

Caregiver Support Group



Sponsored by: Resources for Seniors  
and Eastern Wake Senior Center

**2<sup>nd</sup> Wednesday of each month**  
**9:30 am – 11:00 am**

Held at: Wendell Community Center  
601 W. Third Street, Wendell, NC



CONNECT, CREATE, CONTRIBUTE MAY 2019

Join EWSC in May 2019 as we celebrate Older  
American Month through a variety of activities.

**\*\*CLOSINGS\*\***

Monday, May 27, 2019 for Memorial Day



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

**APPOINTMENT REQUIRED**

**Medicare Counselors available  
for 1:1 Appointments. Call the center today!**

**Appointments available 1 pm to 4 pm**  
**-- June 11<sup>th</sup> --**

**Rex Mammogram**



**May 3, 2019 10am – 2:30pm**

**Eligibility Requirements:** Must have a physician or  
medical home • No previous history of breast cancer •  
No present symptoms such as pain or lumps • Must not  
be pregnant • Bring your insurance card and photo ID.

**Weatherize Your Home**



**May 15, 2019 10am**

Join Tanya Barrett as she shares the process of  
getting your home weatherized.

**Walk to Cure Arthritis**

**June 27, 2019 10am**



Join the walk to fight the life altering disease and raise funds for  
research, resources and a cure.

*Held at the Wendell Community Center.*

**INFORMATION · ASSISTANCE · REFERRALS**

Individual Counseling

**1:1 Counseling with Heather Arcuri,  
On-Site Service Coordinator**

**May 8<sup>th</sup> and May 15<sup>th</sup> 9am - 1pm**

**June 12<sup>th</sup> and June 19<sup>th</sup> 9am - 1pm**

Information provided on eligibility, procedures, and  
contacts for older adults and persons with disabilities.

**Call to make an appointment on the 2<sup>nd</sup> and 3<sup>rd</sup>  
Wednesdays of each month.**

To register for a class or event, or for more information, **call the Center at: 919-365-4248**

# WEEKLY SCHEDULE

## Socialize · Exercise · Prioritize

### Drop- in activities

(Closed during scheduled classes)

8 am-5pm	Craft Room & Community Outreach
8 am-5pm	Body Shop Fitness Room
8 am-5pm	Computer Lab <i>(when available)</i>
8 am-5pm	Cards, Corn Hole, Piano and more

### Mondays

9-9:45	Geri-Fit
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:15	Bingo
12:30	Fun and Fit
1:30	Beginner Line Dance

### Tuesdays

8:30	Tai Chi for Fall Prevention & Arthritis <i>(Advanced)</i>
9:30	Tai Chi for Fall Prevention & Arthritis <i>(Intermediate)</i>
9:30	Qi Gong <i>(Video in Body Shop)</i>
9:30	Cards, Dominoes, Yahtzee
9:30	Ceramics Class <i>(*)</i>
10:00	Seminar/Program <i>(see Special Events)</i>
12:00	Muscle Yoga <i>(\$)</i>
1:00	Gentle Yoga <i>(\$)</i>
1p-4p	SHIIP, One on One Counseling <i>(Appt. Req'd)</i>
1:30	Powerful Tools for Caregivers <i>(TBD)</i>

### Wednesdays

9-9:45	Geri-Fit
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:30	Caregiver Support Group <i>(1.5 hrs.)</i> <i>(Wendell Comm. Center)</i>
9:30	Performing Line Dance Practice
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:00	Knitting/Crocheting
10:00	Seminar/Program <i>(see Special Events)</i>
12:30	Fun and Fit
1:30	Beginner/Intermediate Line Dancing

### Thursdays

9:00	Qi Gong <i>(Video in Body Shop)</i>
9:00	Tai Chi for Fall Prevention & Arthritis <i>(Beginner)</i>
9:30	Relaxation/Meditation Class
9:30	Zumba Gold & DXF w/ Linda Monden-Thomas <i>(Wendell Comm. Center)</i>
10:00	Gardening Group
10:00	Choir Practice
11:00	Spanish Level 2 <i>(Advanced) (\$)</i>
1:00	Acrylic Painting Class <i>(2 hr. class)</i>
1:30	Spanish Level 3 <i>(Beginner) (\$)</i>

### Fridays

9:00	Tone and Sweat
9:00	Qi Gong <i>(Video in Body Shop)</i>
9:00	Cards, Dominoes, Pinochle
10:15	Bingo
10:30	Bell Chimes <i>(1<sup>st</sup> and 3<sup>rd</sup>)</i>
12:00	Muscle Yoga <i>(\$)</i>
1:00	Gentle Yoga <i>(\$)</i>

### NOTES

- Evidence-based fitness classes are listed on [page 3](#). *Registration is required for these classes.*
- There may be times that we need to move or cancel a class due to unexpected schedule changes at the different locations. We will make every effort to inform you of these changes in advance.

### FEE STRUCTURE

- Classes are at no cost unless marked by a *(\$)*.
- Fees for use of Center's supplies marked by *(\*)*.
- Donations are always accepted for ongoing program support.



To register for a class or event, or for more information, call the Center at: 919-365-4248

## Evidence-Based Classes

*Registration is required.*

*Please call to register, space is limited!*



### ✓ Geri Fit

Geri Fit uses light dumbbells and stretch bands for a full body workout, and is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance.

**Mondays and Wednesdays**  
April 24, 2019 – July 17, 2019  
**9 am – 9:45 am**



### ✓ Tai Chi for Fall Prevention and Arthritis

This class is designed to help with arthritis and balance using slow and gentle movements.

**May 28, 2019 – October 10, 2019**

**Advance Class**  
Tuesdays; 8:30am – 9:30am

**Beginner Class**  
Tuesdays; 9:30am – 10:30am

### EVIDENCED-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for these services is a combination of federal, state, county/local funds, plus consumer contributions. We realize that not all participants are able to contribute.

Please understand that you are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in the programs and services is **NOT** dependent upon your willingness or ability to contribute. If you would like to make a contribution, see staff, or for more information visit [www.resourcesforseniors.com](http://www.resourcesforseniors.com).

## Wake Tech Classes *Held at Eastern Wake Senior Center*



### 2019 Summer Classes

**Please note:** Wake Tech Classes are no longer free. See costs listed below. **Must be age 55+ to attend.**

#### -- Muscle Yoga --

Tuesdays 12:00 pm – 1:00 pm; Max 15 students  
**April 21 – May 28 (Cost: \$15)**  
Fridays 12:00 pm – 1:00 pm; Max 15 students  
**April 26 – May 31 (Cost: \$15)**

#### -- Gentle Yoga --

Tuesdays 1:00 pm – 2:00 pm; Max 15 students  
**April 21 – May 28 (Cost: \$15)**  
Fridays 1:00 pm – 2:00 pm; Max 15 students  
**April 26 – May 31 (Cost: \$15)**

#### -- Spanish (Advance 2) --

Thursdays 11:00 am – 1:00 pm; Max 18 students  
**May 9 – June 13 (Cost: \$30)**

#### -- Spanish (Beginner 3) --

Thursdays 1:30 pm – 3:30 pm; Max 18 students  
**May 9 – June 13 (Cost: \$30)**

#### -- Introduction to Microsoft --

2:00 pm – 4:00 pm; Max 8 students  
**June 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, and 14<sup>th</sup> (Cost: \$15)**

### IMPORTANT NOTES ABOUT WAKE TECH CLASSES

- **These are college classes.** Instructors are paid by Wake Tech to teach for a fee to the students. It is important that students be committed to attending every session of every class. Without regular attendance, Wake Tech may discontinue offering these classes for EWSC.
- **Students must attend the first day of class.** No exceptions.

To register for a class or event, or for more information, call the Center at: 919-365-4248

## May 2019 SPECIAL EVENTS

DATE	DAY OF THE WEEK	TIME	EVENT/DESCRIPTION
5/1	Wednesday	10:30 am	<b>Options for Senior Living-</b> Collen Jones from Aspen will share information on different living options for seniors.
5/3	Friday	10:00 am	<b>Rex Mobile Mammograms-</b> UNC Rex Mobile Mammogram bus will be at the EWSC to perform mammograms. <b><i>Appointment required.</i></b>
5/10	Friday	10:30 am	<b>Karaoke Party-</b> Join Jimmy and Brenda Lewis for fun and good music.
5/14	Tuesday	10:00 am	<b>Blood Pressure Checks-</b> Casey Baldwin, RFS Pharmacist. <b><i>Open to the public.</i></b>
5/15	Wednesday	10:00 am	<b>Weatherize Your Home-</b> Tanya Barrett from RFS will share information about the process to weatherize your home.
5/22	Wednesday	10:00 am	<b>Avada Hearing-</b> Susan Denny from Avada Hearing will share information about hearing and resources for hearing.
5/24	Friday	10:30 am	<b>Rockin' Dickie-</b> Bring your dancing shoes and let's rock out to good music and have a great time!
5/27	Monday		<b><i>CENTER CLOSED FOR MEMORIAL DAY</i></b>

## June 2019 SPECIAL EVENTS

DATE	DAY OF THE WEEK	TIME	EVENT/DESCRIPTION
6/7	Friday	10:30 am	<b>Karaoke Party-</b> Join Jimmy and Brenda Lewis for fun and good music.
6/11	Tuesday	10:00 am	<b>Blood Pressure Checks-</b> Casey Baldwin, RFS Pharmacist. <b><i>Open to the public.</i></b>
6/11	Tuesday	1 pm - 4 pm	<b>SHIP Medicare Counseling-</b> 1:1 counseling to assist with specific questions related to Medicare. <b><i>Appointment required.</i></b>
6/19	Wednesday	10:30 am	<b>Dementia 101-</b> Melissa Karnes from Carillon Assisted Living will share information about dementia and the resources that are available if you have dementia or know someone with it.
6/20	Thursday	10:00 am	<b>Hearing Presentation-</b> Libby Caviness will share about hearing loss and signs of hearing loss for seniors.
6/27	Thursday	10:00 am	<b>Walk to Cure Arthritis-</b> Join Erica Boles as we join the walk to fight a life altering disease and raise funds for research, resources and a cure. <b><i>Held at the Wendell Community Center.</i></b>
6/28	Friday	10:30 am	<b>Rockin' Dickie-</b> Bring your dancing shoes and let's rock out to good music and have a great time!

To register for a class or event, or for more information, call the Center at: 919-365-4248