

Caregiving Support Group
Sponsored by: Resources for Seniors and
East Wake Senior Center

2nd Wednesday of each month
Wendell Community Center;
601 W. Third Street, Wendell, NC.
Call 919-365-4248 for information.

Center Closings
November 10th

In Observance of Veterans Day

November 23rd & 24th

In Observance of Thanksgiving

December 25th & 26th

In Observance of Christmas



Annual Craft Fair

November 13th – 17th, 2017

9am – 3pm

Eastern Wake Senior Center
323 Lake Dr, Wendell, NC

Individual Counseling

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

ON-SITE SERVICE COORDINATOR

2nd & 3rd Wed. each month 8:30am-4:00pm

November 8th & 15th

&

December 13th & 20th

Information provided on eligibility,
procedures, and contacts for older adults and
persons with disabilities in Wake County. Call
for your one-on-one appointment.



****EXERCISE IN DISGUISE****

Thursdays

9:30am – 10:30am

Classes held at Wendell Community Center;

601 W. Third St. Wendell, NC 27591

You **MUST** be a Registered Member of the Eastern
Wake Senior Center before beginning this class.

Call 919-365-4248 to sign up

Zumba Gold—Perfect for active older adults who are
looking for a modified Zumba® class that recreates the
original moves you love at a lower-intensity.

DXF®- is a FUN, uplifting, and empowering **fitness** program
for all ages and ability levels incorporating four disciplines:
dance, kickboxing, strength training and soul line dancing.

Socialize · Exercise · Prioritize

Drop in activities – (Closed during scheduled classes)

- 8:00 – 5:00 Craft Room
- 8:00 - 5:00 Body Shop **(when available)**
- 8:00 - 5:00 Computer Lab **(when available)**
- 8:00 - 5:00 Cards, Corn Hole, Piano and more

Monday

- 8:30 Fit and Strong **(Ends 11/29/2017)**
- 9:00 Tone and Sweat **(Begin 12/4/2017)**
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 12:30 Geri-Fit **(Ends 12/20/2017)**
- 1:30 Beginner Line Dance

Tuesday

- 8:30 Tai Chi for Fall Prevention & Arthritis **(Advanced)**
- 9:30 Tai Chi for Fall Prevention & Arthritis **(Beginner)**
- 9:30 Cards, Dominoes, Yahtzee
- 9:30 Ceramics Class
- 10:30 Seminar/Program (see Special Events)
- 1:00 Qi Infused Yoga **(11/21 – 12/19)**
- 1:00 SHIP, Counseling by appt **(2nd Tuesday; 1pm – 4pm)**
- 2:30 EWSC House Band

Wednesday

- 8:30 Fit and Strong **(Ends 11/29/2017)**
- 9:00 Tone and Sweat **(Begins 12/4/2017)**
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Strutters Line Dancing
- 9:30 Caregiver Support Group (1-1/2 hour) **(Wendell Community Center—2nd Wed.)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:00 Knitting/Crocheting
- 10:30 Seminar/Program (see Special Events)
- 12:30 Geri-Fit (Muscle Strength, Toning)
- 1:30 Beginner/Intermediate Line Dancing

Thursday

- 9:00 Bandercise
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas **(Wendell Community Center)**
- 10:00 Choir Rehearsal
- 11:00 Gardening Group (Subject to Change)
- 1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Tone & Sweat
- 9:00 Qi Gong
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:45 Bell Chimes Choir

\$ - Fee for class

* - Fee if using center's supplies

Cooking Class - Cooking Matters



Inter-Faith Food Shuttle

Thursdays, Nov. 2nd – Dec. 14th

9:30am – 11:30am; Registration Required

Join us for healthy, budget friendly recipes.

Evidence Based Classes



Geri-Fit - Monday and Wednesday Nov. 1st – Dec. 20th, 2017 from 12:30p –1:30p. Geri-Fit is designed focus on muscle strength, flexibility, balance and endurance. Sign Up Today!



Fit and Strong – This class ends November 29th, 2017 from 8:30a – 10:00a. This class is designed to help muscle strength, promote mobility and independence. Sign up Today!



Tai Chi for Fall Prevention and Arthritis – This class is designed to help with arthritis using slow and gentle movements. Nov. 7th – Dec. 19th, 2017

Adv. class – Tues, 8:30a-9:30a

Beginner Class – Tues, 9:30a-10:30a

Special Events

November 2017 – Happy Holidays

- 11/2 Thurs. 9:30 – 11:30 **Cooking Matters** – This is a six week cooking class sponsored by the Interfaith Food Shuttle. Join us to create healthy meals on a budget. **Sign-Up Required!**
- 11/7 Tues. 12:30–4:30 **SHIIP Medicare Counseling** – with Larry Bradbury – 1:1 counseling to assist during Open Enrollment Period through December 5th, 2017. **Appointments Required and Limited.**
- 11/8 Wed. 10:30 am **Neuropathy/Causes & Treatment** – Casey Baldwin with Resources for Seniors
- 11/14 Tues. 10:00 am **Blood Pressure Checks** - Casey Baldwin, RFS Pharmacist **(Open to Public)**
- 11/16 Thurs. 12noon-2pm **“The Deep” Self-Management Diabetic Program** – Sammy Bailey with Alliant Quality will teach you fun and interactive ways to manage your diabetes.
- 11/17 Friday 10:30 am **Karaoke Party** – Join Jimmy and Brenda Lewis for fun and good music.

Special Events

December 2017 – Happy Holidays

- 12/6 Wed. 10:00-11:30am **Arts & Crafts Snowflakes Project** - with Tanya Barrett & Barbara Messenger
- 12/8 Fri. 10:30 am **Karaoke Party** – Join Jimmy and Brenda Lewis for fun and good music.
- 12/12 Tues. 10:00 am **Blood Pressure Checks** – Casey Baldwin, RFS Pharmacist; **(Open to Public)**
- 12/13 Wed. 10:00 am **Christmas Party!** Meals On Wheels & Eastern Wake Senior Center combined celebration. Please bring your favorite covered dish to share. This event is for Registered Members Only (Entertainment Provided)
- 12/20 Wed. 10:30 am **Stretch & Flex** – with Macey Phelps from Wellington Nursing. Join us for easy exercises that you could do at home
- 12/22 Fri. 10:45 am **Rockin Dickie** – Come on out and groove with us so bring your dancing shoes!
- 12/29 Fri. 11:30 **New Year’s Eve Party** – countdown to 2018 at 12 Noon. Bring a snack to share!

Wake Technical Community College Programs

You Must be 55 and up to Attend these Classes

Introduction to Microsoft Word with Doris Wilson – Oct. 30th, Nov. 1st, 6th, 8th, 2017 from 2:00pm – 4:30pm (Max. 9 Students)

Qi Infused Yoga with Brenda Schnable – Nov. 21st – Dec. 19th, 2017 from 1:00pm – 2:00pm (Max. 15 Students)

Important Notes About Wake Tech Classes:

- An asterisk * means the class is full or has already begun.
- If you see a class you'd like to take and it is full or has already begun, see front desk personnel to put your name on a waiting list. However, there is no guarantee the class will be offered again.
- Wake Tech class application form **MUST** be submitted and signed no later than one day prior to 1st day of class or lecture.
- Students **MUST** be in the 1st day of class. NO ONE is allowed to start in the second class.
- Arrive for class no later than scheduled time – latecomers will be considered absent and not allowed to enter the classroom.
- Wake Tech classes are College Classes. **It is important that ALL students be committed to attending every class they have signed up for.** Instructors are paid by Wake Tech to teach these classes at no charge to the students. If you miss more than one class in a course, you may not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech may discontinue offering these special classes to EWSC. All students will receive a certificate upon completion of each Wake Tech class.

Evidence 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 or more information go to www.resourcesforseniors.com.