

[www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Caregiver Support Group

Sponsored by: Resources for Seniors and East  
Wake Senior Center

2<sup>nd</sup> Wednesday of each month  
Held at: Wendell Community Center;  
601 W. Third Street, Wendell, NC.  
Call 919-365-4248 for information.  
9:30am-11:00am



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

**APPOINTMENTS REQUIRED:**

Medicare Counselors available for 1:1  
Appointments. Call the center today.  
November 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
December 4<sup>th</sup>

**Appointments available: 1:00pm – 4:00pm**

**\*\*CLOSED\*\***

**Monday, November 12<sup>th</sup>  
Observance of Veterans Day**

**November 22<sup>nd</sup> and 23<sup>rd</sup>  
Observance of Thanksgiving**

**December 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>  
Observance of Christmas**

**Craft Fair**

**November 5<sup>th</sup>, 2018- November 9<sup>th</sup>, 2018**

**Resources for Seniors:  
Who We Are and What We Do?**

**November 14<sup>th</sup>, 2018 10:00am-10:30am**

**Individual Counseling**

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ Heather Arcuri

*ON-SITE SERVICE COORDINATOR*

2<sup>nd</sup> & 3<sup>rd</sup> Wed. each month 9:00am-1:00pm

**November 14<sup>th</sup> and 21<sup>st</sup>**

**December 12<sup>th</sup> and 19<sup>th</sup>**

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

**Christmas & Holiday Party**



**December 12<sup>th</sup>, 2018 10:30am**

**Join us for our annual Christmas and Holiday  
Party**

**Powerful Tools for Caregivers**

Wendell Community Center

Every Tuesday from 11/6/18-12/11/18

Learn how to handle stress, improve self-  
confidence, communicate better, improve  
your ability to make tough decisions, locate  
helpful resources and more.

# Socialize · Exercise · Prioritize

## Drop-in activities – (Closed during scheduled classes)

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

## Monday

- 9-9:45 Geri-Fit
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:00 Tone and Sweat **(11/21-12/28)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 12:30 Fun and Fit
- 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)
- 12:00 Core, Tone & Flex \$
- 1:00 Gentle Yoga \$
- 1p-4p SHIP, One on One Counseling **Appt. Req'd**
- 1:30 Powerful Tools for Caregivers **(Wendell Community Center- 11/6-12/11)**

## Wednesday

- 9-9:45 Geri-Fit
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:00 Tone and Sweat **(11/21 -12/28)**
- 9:30 Strutters Line Dancing **(Wendell Community Center)**
- 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 Fun and Fit
- 1:30 Beginner/Intermediate Line Dancing

## Thursday

- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas **(Wendell Community Center)**
- 10:00 Gardening Group
- 10:00 Choir Practice
- 1:00 Acrylic Painting Class (3 hr. class)
- 11:00 Spanish Level 2 **(Beginner)** \$
- 1:30 Spanish Level 1 **(Advanced)** \$

## Friday

- 9-9:45 Geri-Fit
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:00 Tone and Sweat **(11/21-12/28)**
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:30 Bell Chimes

\$ - Fee for class  
\* - Fee if using center's supplies

### Evidenced Based Classes:



**Geri-Fit** – Mon., Wed., Fri., September 10th to November 19th, 2018 from 9:00 am – 9:45 am. Geri-Fit is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance. Sign – Up today!



**Tai Chi for Fall Prevention and Arthritis** – This class is designed to help with arthritis and balance using slow and gentle movements.  
July 10<sup>th</sup> – November 20<sup>th</sup>, 2018  
**Advanced class**  
Tuesday; 8:30am – 9:30am  
**Beginner Class**  
Tuesday; 9:30am – 10:30am

## Special Events

### November 2018 – “Veterans Day Month”

11/5	Mon. 9am-3pm	<b>Craft Fair-</b> Join us for our annual craft fair that starts Monday and ends Friday.
11/6	Tues. 1pm-4pm	<b>SHIIP Medicare Counseling-</b> 1: 1 counseling to assist with specific question related to Medicare SHIPP; Will be here every Tuesday in November. <b>Appointment Required.</b>
11/7	Wed. 10:00am	<b>Weatherize Your Home for FREE-</b> Tanya Barrett with Resources for Seniors will share about how this program treats the entire home.
11/9	Fri. 10:30 am	<b>Karaoke Party-</b> Join Jimmy and Brenda Lewis for good music and fun.
11/12	Mon.	<b>CENTER CLOSED FOR OBSERVANCE OF VETERANS DAY</b>
11/13	Tues. 10:00 am	<b>Blood Pressure Checks –</b> Casey Baldwin, RFS Pharmacist (Open to Public)
11/14	Wed. 10:30am	<b>“Who We Are and What We Do”-</b> Susan McGuire from Resources for Seniors will share information about the overview of the agency and the many resources they provide to the aging population.
11/15	Thurs. 10:30am	<b>Thanksgiving Potluck –</b> Celebrate with EWSC as we celebrate Thanksgiving and what we are thankful for. <b>Sign up required.</b>
11/16	Fri. 10:00am	<b>Veterans Celebration –</b> Join EWSC as we celebrate Veterans for a special program.
11/16	Fri. 10:45am	<b>Rockin’ Dickie –</b> Bring your dancing shoes and let’s rock out to a good time.
11/19	Mon. 9:30 am	<b>Rex Mobile Mammography Event-</b> Call or stop by the center to make your appointment and complete your registration form by Nov. 5 <sup>th</sup> , 2018. Please bring valid I.D. and Insurance Card. Appointment Times: 10:00am – 2:30pm
11/22	Thurs.	<b>CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING</b>
11/23	Fri.	<b>CENTER CLOSED FOR OBSERVANCE OF THANKSGIVING</b>

## Special Events

### December 2018 – “Holiday Celebration Month”

12/4	Tues. 1-4 pm	<b>SHIIP Medicare Counseling-</b> 1:1 counseling to assist with specific questions related to Medicare; <b>Appointment Required</b>
12/5	Wed. 10:00am	<b>“Basic Legal Documents for Seniors”-</b> Rick Messemer from Huston Law Firm will share information about legal documents seniors need to have.
12/11	Tues. 10:00 am	<b>Blood Pressure Checks –</b> Casey Baldwin, RFS Pharmacist (Open to Public)
12/12	Wed. 10:00am	<b>Weatherize Your Home for FREE-</b> Tanya Barrett with Resources for Seniors will share about how this program treats the entire home.
12/11	Tues. 10:00am	<b>Holiday Music Fest-</b> Join EWSC as we celebrate the holidays through music.
12/12	Wed. 10:30am	<b>Holiday Party –</b> Celebrate with EWSC as we celebrate the holiday and share holiday stories. <b>Sign up required.</b>
12/12	Wed. 11:00am	<b>Rockin’ Dickie –</b> Bring your dancing shoes and let’s rock out to a good time.
12/14	Fri. 10:30am	<b>Karaoke Party –</b> Join Jimmy and Brenda Lewis for fun and good music.
12/24	Mon.	<b>CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS</b>
12/25	Tues.	<b>CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS</b>
12/26	Wed.	<b>CENTER CLOSED FOR OBSERVANCE OF CHRISTMAS</b>

12/28 Fri.

**National Card Playing Day** – Join EWSC as we celebrate national card playing day.

**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).

**2018 Winter Classes**

**Must be 55 and up to attend these Classes**

**Note: Wake Tech Classes are no longer free. Please see fee for each class below.**

**Core, Tone & Flex** – Tuesdays from 12:00 noon – 1:00 pm; November 13<sup>th</sup> – December 18<sup>th</sup>, 2018 **(Fee \$15)**

**Gentle Yoga** – Tuesdays from 1:00pm – 2:00pm; November 13<sup>th</sup> – December 18<sup>th</sup>, 2018 **(Max. 15 Students) (Fee \$15)**

**Spanish (Beginner)** – Thursdays from 11:00 am to 1:00 pm; November 8<sup>th</sup> – December 20<sup>th</sup>, 2018**(Max. 18 Students) (Fee \$30)**

**Spanish (Advanced)** – Thursdays from 1:30 pm to 3:30 pm; November 8<sup>th</sup> – December 20<sup>th</sup>, 2018 **(Max. 18 Students) (Fee \$30)**

**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 for a fee 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.