

Flu Shot Clinic

Eastern Wake Senior Center
Sponsored by Wendell Drug Co.

September 28, 2017 9AM-12 Noon

Please sign up and complete
registration form in the office

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.

Open Enrollment for Medicare

October 15 – December 7, 2017
Tuesday's – 12:30 - 4:30 pm
Eastern Wake Senior Center

Counselors available
by appointment only

Please call or sign up in the office



Annual Craft Fair
Monday, November 13 – 17th,
9am – 3pm
East Wake Senior Ctr, 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
September 13 & 20 and
October 11 & 18, 2017

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****

"New Time" on Thursday's

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.

We will be Closed Labor Day

Monday, September 4, 2017

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

- 8:30 Fit and Strong **(Begins 9/11/2017)**
- 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 (Muscle Strength, Toning)
- 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 Spa Yoga (10/10 –11/14)
- 1:00 SHIP, Counseling by appt. on 9/5/17 **(Every Tues. at 12:30pm starting 10/17)**
- 2:30 EWSC House Band

Wednesday

- 8:30 Fit and Strong **(Begins 9/11/2017)**
- 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
- 2:30 Tai Chi **(Beginner)**

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
- 1:00 Tai Chi (Advanced)
- 2:00 Yoga (Floor) w/ Gay Camille Grace

\$ - Fee for class

* - Fee if using center's supplies

Evidenced Based Classes:



Geri-Fit - Monday and Wednesday Oct 2nd – December 20th, 2017 from 12:30 pm – 1:15 pm. Geri-Fit is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance.
Sign – Up today!



Fit and Strong - Monday and Wednesday September 11th – November 29th, 2017 from 8:30am - 10:00am. 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.
July 5th – November 21st, 2017
Advanced class – Tues, 8:30 am – 9:30 am
Fri., 1:00 pm – 2:00 pm
Beginner Class – Tues, 9:30 am – 10:30 am
Wed., 2:30 pm – 3:30 pm

Special Events

September 2017

9/5	Tues. 10:30 am	Total Body Strength – Macey Phelps with Wellington Nursing & Rehab for strengthening exercise techniques.
9/5	Tues. 1 – 4 pm	SHIIP Medicare Counseling – with Larry Bradbury – 1:1 counseling to assist with specific questions related to Medicare. Appointment Required
9/6	Wed. 10:30 am	Dealing with Loss – Grief or bereavement of losing a loved one with Patsy Voyles(Volunteer Coordinator) & Amy Wood(Bereavement Coordinator) from Amedisys Hospice Care.
9/8	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
9/11	Mon. 8:30 am	Fit & Strong – This class is designed to help muscle strength, promote mobility and independence.
9/12	Tues. 10:00 am	Blood Pressure Checks - Casey Baldwin, RFS Pharmacist
9/13	Wed. 10-12 pm	Blood Pressure & Health Screenings – Wendy Marsden with Capital Nursing
9/20	Wed. 10:30 am	What is Aging Life Care? – with Heather McLaughlin from A & A Aging Life Care.
9/22	Fri. 10:30 am	Donald & Friends – Music from 20’s – 50’s and Hawaiian music
9/27	Wed. 10:00 am	Arts/Crafts Project – Ms. Maura Pettit and Barbara Messenger will demonstrate Halloween arts/crafts project
9/28	Thurs. 9:30 am	Praise Dance – with Christy & Ginger during Meditation/Relaxation
9/28	Thurs. 9-12pm	Flu Shot Clinic – with Debbie Ladd from Wendell Drug Co. Registration Req’d
9/29	Fri. 10:45 am	Rockin’ Dickie – Come out and Rock with this wonderful singing and wonderful music. Bring your dancing shoes!

Special Events

October 2017

10/2	Mon. 12:30 pm	GeriFit – This is an Evidence Based Program designed to help strengthen and tone the whole body. Class held on Mon. and Wed. at 12:30pm.
10/4	Wed. 10:30 am	Medicare Coverage/Managing Medicare on the Internet – with Ken and Amy Schaeffer from Schaeffer Business Assoc.
10/10	Tues. 10:00 am	Blood Pressure Checks – Casey Baldwin, RFS Pharmacist; (Open to Public)
10/11	Wed. 10:30 am	Medicare & Supplement Education Seminar(Q & A) – Robbie & Charlotte with Mutual of Omaha
10/13	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
10/17	Tues. 10:30 am	Food Stamp Presentation with Zach Nissen from Food Bank of NC.
10/17	Tues. 12:30 – 4:30	SHIIP Medicare Counseling – with Larry Bradbury; 1:1 counseling to assist with Open Enrollment and Policy Changes; Appointment Required (SHIIP Counseling weekly starting 10/17 – 12/7/2017)
10/18	Wed. 10:30 –12:30	Food Stamp Assistance with Zach Nissen from Food Bank of NC for 1:1 Appointments to assist with Food Stamp sign up. Please bring all required documents.

Special Events

October 2017

- 10/24 Tues. 11 – 1:30pm **Spinal Health & Screenings** – Dr. Tran & Kendall from Team Chiropractic Sports Medicine will discuss total body health and spinal wellness (11-11:30)
Complimentary Myovision Spinal Screening – Sign up for your appt.
- 10/27 Fri. 10:45 am **Rockin’ Dickie** – Come out and Rock with this wonderful singing and music. Bring your dancing shoes!

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 or more information go to www.resourcesforseniors.com.

FREE Wake Tech Classes at Eastern Wake Senior Center 2017 Fall Classes 2017 Fall Classes

You Must be 55 and up to Attend these Classes

Computer 101 w/Doris Wilson – Sept. 11th, 12th, 13th, and 14st, 2017 from 2 – 4:30pm (Max. 9 Students)

Computer 201 w/Doris Wilson – Sept. 25th, 26th, 27th, 28th, 2017 from 2 – 4:30pm (Max. 9 Students)

Spanish (Beg) with Elizabeth Mariani–Sept. 7th – Nov. 2nd, 2017 from 11:00 – 1:00pm (Max. 15 Students)

Spanish (Adv) with Elizabeth Mariani –Sept. 7th – Nov. 2nd, 2017 from 1:30 – 3:30pm (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.