

www.resourcesforseniors.com

Caregiver Support Group

Sponsored by: Resources for Seniors and East
Wake Senior Center

2nd 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.

September 11th

October 9th, 23rd and 30th

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

****CLOSED****

**Monday, September 3rd
Observance of Labor Day**

Free Medicare 101 Seminar

September 7th, 2018 1:00pm – 3:00pm

Wendell Harvest Festival

October 6, 2018



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 12th and 19th

October 10th and 17th

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

*Volunteer Appreciation/ Spirit
Week*

October 22nd – 26th, 2018

Monday: Hat Day

Tuesday: Favorite Sports Team

Wednesday: Wacky Tacky

Thursday: Pink Day (Breast Cancer Awareness)

Friday: Favorite Costume

Matter of Balance

Starting October 4th, 2018 9:30am -11:30am



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 **(Begins 9/10/18)**
- 9:00 Qi Gong **(Video in Body Shop)**
- 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 **(TBD)**
- 1:00 Gentle Yoga **(TBD)**
- 1p-4p SHIP, One on One Counseling
Appt. Req'd (2nd Tuesday)

Wednesday

- 9-9:45 Geri – Fit
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Strutters Line Dancing **(Begins 9/5/18)**
- 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)
- 12:00 Bell Chimes Choir Practice
- 12:30 Fun and Fit
- 1:30 Beginner/Intermediate Line Dancing

Thursday

- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Matter of Balance **(Begins 10/4/18)**
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas
(Wendell Community Center)
- 10:00 Gardening Group
- 1:00 Acrylic Painting Class (3 hr. class)
- 11:00 Spanish Level 2 **(Beginner) (Begins 9/27/18)**
- 1:30 Spanish Level 1 **(Advanced) (Begins 9/27/18)**

Friday

- 9-9:45 Geri-Fit
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo

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

Evidenced Based Classes:



Geri-Fit – Mon., Wed., Fri., September 10th to November 2nd, 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 10th – November 20th, 2018
Advanced class
Tuesday; 8:30am – 9:30am
Beginner Class
Tuesday; 9:30am – 10:30am



Matter of Balance – This class shares ways to improve balance, flexibility and strength.
October 4th – November 29th, 2018
9:30am-11:30am

Special Events

September 2018 – “Happy Labor Day Month”

9/3	Mon.	CENTER CLOSED FOR OBSERVANCE OF LABOR DAY
9/5	Wed. 10:00 am	Fall Prevention Seminar – George Ramos with Access Home Health will share what to do if you fall and do a balance screening. Sign- up in office.
9/7	Fri. 1:00pm	(Free) Medicare 101 Seminar- Presented by Gary Knutson with SHIIP. Call center to register. Seminar is open to anyone new to Medicare or interested in learning about Medicare. Includes a question and answer session.
9/10	Mon. 10:30 am	Hospice & Volunteering info- Mary Siva with Amedisys will be here to share information on Hospice and Volunteering. (Light refreshments served)
9/11	Tues. 1:00 pm	SHIPP Medicare Counseling- 1: 1 counseling to assist with specific questions related to Medicare; Appointment Required
9/14	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
9/19	Wed. 10:30 am	Wills/ Advance Directives - Richard Trottier will share information about what they are and why to get them.
9/20	Thurs. 9:30 am	Cooking Matters - This is a six week cooking class sponsored by the Interfaith Food Shuttle. Join us to create healthy meals on a budget. Each class is 2 hours. Sign-up Required.
9/26	Wed. 10:30 am	Home Health Care info – Sarah Middendorf will share information about the benefits of home health care.
9/27	Thurs. 1:00 pm	CPR Class- Sign-Up Required
9/28	Fri. 10:45 am	Rockin’ Dickie – Bring your dancing shoes and let’s rock out to a good time.

Special Events

October 2018 – “Spirit and Volunteer Month”

10/5	Fri. 10:45 am	Gumbo Day- Sign-Up Required. * Please bring your favorite soup dish
10/6	Sat. 9:00 am	Harvest Festival- Please join us as we celebrate with Wendell Chamber of Commerce at their annual Harvest Festival.
10/9	Tues. 1-4 pm	SHIIP Medicare Counseling- 1:1 counseling to assist with specific questions related to Medicare; Appointment Required
10/12	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
10/17	Wed. 10:30 am	Physical Therapy Seminar – George Ramos with Access Home Health will share information about physical therapy.
10/22	Mon.	Spirit Week- Join EWSC as we wear our favorite hat for hat day.
10/23	Tues.	Spirit Week- Wear your favorite sports apparel.
10/24	Wed.	Spirit Week- Wear pink today in awareness for Breast Cancer.
10/25	Thurs.	Spirit Week- Wear your favorite costume.
10/26	Fri. 10am	Spirit Week Party – Join Eastern Wake Senior Center as we celebrate spirit week and volunteer appreciation.



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.

2018 Fall Classes

Must be 55 and up to attend these Classes

TBA – To Be Announced – Call the center or check the website for dates and times of Wake Tech Classes listed below.

Core, Tone & Flex – Tuesdays from 12:00 noon – 1:00 pm; August 7th – September 11th, 2018

Gentle Yoga – Tuesdays from 1:00pm – 2:00pm; August 7th – September 11th, 2018 (**Max. 15 Students**)

Spanish (Beginner) – Thursdays from 11:00 am to 1:00 pm; September 27th- October 25th, 2018 (**Max. 18 Students**)

Spanish (Advanced) – Thursdays from 1:30 pm to 3:30 pm; September 27th- October 25th, 2018 (**Max. 18 Students**)

Introduction to Microsoft Word – Mon., Tues., Wed.; 2:00 pm – 4:30 pm & Fri. 2:00pm – 4:30pm; September 10th, 11th, 12th and 14th, 2018 (**Max. 9 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.