

SPECIAL ANNOUNCEMENTS

The Senior Center and Meals on Wheels will be **CLOSED** Monday, September 2nd

MEDICARE OPEN ENROLLMENT is October 15th to December 7th, 2019

SHIIP Medicare Counselors are available for 1:1 appointments, on the following dates:

**Before open enrollment: 1 pm to 4 pm,
Sept. 10th and Oct. 8th**

**During open enrollment: 1 pm to 4 pm,
Oct. 22nd; Oct. 29th; Nov. 5th; Nov. 12th; Nov. 19th;
Nov. 26th; and Dec. 3rd**

**Appointment required.
Call the Center to schedule.**



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

Individual Counseling with Heather Arcuri

Information · Assistance · Referrals

**September 18th, 9 am to 1 pm
October 9th and 16th, 9 am to 1 pm**

1:1 counseling on eligibility, procedures, and contacts for older adults and adults with disabilities.

Caregiver Support Group



This gathering is for all caregivers. Come to share resources, suggestions, tips and support.

Sponsored by Resources for Seniors
and EWSC

2nd Wednesday of each month, 9:30 – 11 am

September is National Senior Center Month!

Senior Centers
are the key to aging well!

Join us at the Eastern
Wake Senior Center

Great classes & events, &
opportunities to advocate
for seniors.



Volunteer Appreciation Breakfast



September 9th
9:30 am

Join the
Eastern Wake
Senior Center
as we express our
appreciation for our
volunteers with
food and
fellowship.

Annual Eastern Wake Senior Center Fish Fry Fundraiser

Saturday October 19th, 11 am to 5 pm

\$10 a plate

flounder • string beans • slaw • hushpuppies
water • pound cake

Catered by:



Advance tickets available.

Call the Center for more information.

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

WEEKLY SCHEDULE

Socialize · Exercise · Prioritize

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

DROP-IN ACTIVITIES

(Closed during scheduled classes)

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

MONDAYS

9:00	Geri-Fit (45 min.) Starts Sept. 11th. See page 3 for more information.
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 Dancing

TUESDAYS

8:30	Tai Chi for Fall Prevention & Arthritis (Level 2)
9:30	Tai Chi for Fall Prevention & Arthritis (Level 1)
9:30	Qi Gong (Video in Body Shop)
9:30	Cards, Dominoes, Yahtzee
9:30	Ceramics Class (*)
12:00	Muscle Yoga (\$)
1:00	Gentle Yoga (\$)
1 - 3 pm	SHIP One on One Counseling Appt. req'd. Call Center. See page 1 for dates.

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 changes in schedules at the different locations. We will make every effort to inform you of these changes in advance.

WEDNESDAYS

9:00	Geri-Fit (45 min.) Starts Sept. 11th. See page 3 for more information.
9:00	Qi Gong (Video in Body Shop)
9:30	Caregiver Support Group (1.5 hrs.)
9:30	Performing Line Dance Practice
9:30	Cards, Dominoes, Pinochle
10:00	Quilting / Sewing Group
10:00	Knitting/Crocheting
10:00	Seminar/Program (see Special Events)
12:30	Fun and Fit
1:30	Beginner/Intermediate Line Dancing

THURSDAYS

9:00	Qi Gong (Video in Body Shop)
9:30	Relaxation/Meditation Class
9:30	Zumba Gold & DXF w/ Linda Monden-Thomas (Wendell Comm. Center)
10:00	Gardening Group
10:00	Choir Practice
11:00	Spanish Level 3 (Advanced) (\$)
1:00	Acrylic Painting Class (2 hrs.)
1:30	Spanish Level 4 (Beginner) (\$)

FRIDAYS

9:00	Tone and Sweat
9:00	Qi Gong (Video in Body Shop)
9:00	Cards, Dominoes, Pinochle
10:15	Bingo
10:30	Bell Chimes (1st and 3rd Friday of ea. month only)
12:30	Intro to Line Dance (9/20 – 10/25)

FEE STRUCTURE

- Classes are free unless marked by a **(\$)**.
- Classes with fees for the use of Senior Center supplies are marked by a **(*)**.
- Donations are always accepted for ongoing program support.

EVIDENCE-BASED CLASSES

Registration is required for these classes.
Please call soon to register, space is limited!



Full-body workout using light dumbbells and stretch bands. Focuses on increasing muscle strength, flexibility, balance, and endurance. Designed to help with osteoporosis and arthritis.

Mondays and Wednesdays

September 11th to December 2nd, 9 am to 9:45 am



A Matter of Balance

Improve balance, flexibility, and strength. If you have restricted activities because of fear of falling or if you have fallen in the past, this class is for you!

Call the Center for more information.



Tai Chi for Arthritis and Fall Prevention

Slow and gentle movements proven to reduce risk of falling and improve overall health and well-being. Designed to help with arthritis and balance.

Tuesdays

Level 1: May 28th to October 10th, 9:30 am – 10:30 am

Level 2: May 28th to October 10th, 8:30 am – 9:30 am



Powerful Tools for Caregivers

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

Call the Center for more information.

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. **To make a contribution, or for more information, go to:**
www.resourcesforseniors.com.

Wake Tech Classes

Held at Eastern Wake Senior Center

2019 Classes



Muscle Yoga

Tuesdays, 12 pm to 1 pm

Max 15 students

Tentative; call the Center to confirm:

Sept 17th – Oct 22nd (Cost: \$15)

Gentle Yoga

Tuesdays, 1 pm to 2 pm

Max 15 students

Tentative; call the Center to confirm:

Sept 17th – Oct 22nd (Cost: \$15)

Spanish Jump Start Conversation

Thursdays, 11 am to 1 pm

Max 18 students

Sept. 12th – Oct. 17th (Cost: \$30)

Spanish Conversation

Tuesdays, 1:30 pm to 3:30 pm

Max 18 students

Sept. 12th – Oct. 31st (Cost: \$30)

IMPORTANT NOTES ABOUT WAKE TECH CLASSES:

- Must be age 55+ to attend.
- Classes are no longer free. Please see costs listed above.
- **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.

September 2019 SPECIAL EVENTS

DATE	DAY	TIME	EVENT / DESCRIPTION
9/2	Monday		Center Closed for Labor Day.
9/4	Wednesday	10:15 am	Oliver House Presentation by Dawn Baize.
9/9	Monday	9:30 am	Volunteer Appreciation Breakfast.
9/10	Tuesday	10:00 am	Blood Pressure Checks with Casey Baldwin, RFS Pharmacist. Open to the public.
9/10	Tuesday	1:00 pm – 3:00 pm	SHIIP Medicare Counseling: 1:1 counseling to assist with specific questions related to Medicare. Appointment req'd.
9/11	Wednesday	9:00 am	New Geri Fit Class starts. Reg. req. Mon. and Wed., Sept. 11 th - Dec. 2 nd .
9/11	Wednesday	10:00 am	Advance Directives by Ashleigh Abercrombie with Heartland Hospice.
9/13	Friday	10:30 am	Karaoke Party: Join Jimmy and Brenda Lewis for fun and good music.
9/18	Wednesday	10:00 am	Wendell Dentistry Presentation with Dr. Vo.
9/19	Thursday	9:30 am	Plan Wake Project with Bryan Coates.
9/23	Monday	10:00 am	National Falls Prevention Day with Access Health & Physical Therapy.
9/25	Wednesday	10:00 am	Clear Captions with Dave Bardua.
9/27	Friday	10:30 am	Rockin' Dickie: Bring your dancing shoes & let's rock out to good music!

October 2019 SPECIAL EVENTS

DATE	DAY	TIME	EVENT / DESCRIPTION
10/5	Saturday	10:00 am – 5:00 pm	Wendell Harvest Festival. Visit the EWSC booth and enjoy performances by the EWSC Strutters and Zumba groups. Volunteers needed.
10/7, 10/14, 10/21, 10/28	Mondays	2:00 – 3:15pm	Restorative Writing Group for Grief Support. Join Mary Carter for this wonderful program. Available for 4 weeks. All supplies will be provided. Call Center for more information.
10/8	Tuesday	10:00 am	Blood Pressure Checks with Casey Baldwin, RFS Pharmacist. Open to the public.
10/8	Tuesday	1:00 – 3:00 pm	SHIIP Medicare Counseling: 1:1 counseling to assist with specific questions related to Medicare. Appointment req'd.
10/11	Friday	10:30 am	Karaoke Party: Join Jimmy and Brenda Lewis for fun and good music.
10/16	Wednesday	10:00 am	Making choices at end of life with Five Wish Framework. With Ashleigh Abercrombie from Heartland Hospice.
10/19	Saturday	11:00 am – 5:00 pm	EWSC Annual Fish Fry. Food catered by Off the Hook. Tickets are \$10 per plate. Contact the Center to purchase tickets.
10/25	Friday	10:00 am	Rockin' Dickie: Bring your dancing shoes & let's rock out to good music!
10/31	Thursday	10:30 am	Halloween Party. Wear a costume and join us for fun and snacks! Call the Center for more information and to sign up.

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