

Join us and like us on Facebook

www.resourcesforseniors.com



**Happy New Year
Everyone!**
Center Expansion Begins 2018

Groundbreaking Date Will Be
Announced!

EXPANSION UPDATE

Senior Center Office Moves To The Lodge of Wake Forest
1151 S. Main St. Wake Forest

Thank you to **The Lodge** and their staff for providing us office and program space during our expansion period.

Check inside pages for class changes and additions to our schedules of events and services located at all of our off-site locations.

We welcome you to come by or call us for more information to join the center, sign up for classes or if you need assistance for services.

We will be hosting an **Open House at The Lodge Jan. 22 – 26.**
Expansion pictures and information about the new center are on display in our lobby.

Once our move to the Lodge has been completed more programs and socials are planned and will be added to our schedules of events. Updates will be added to our website and Facebook. We will also be announcing in all classes and also through local media.

Resources for Seniors and the Northern Wake Senior Center Staff and Participants Would Like to Say...

"THANK YOU"

To the following businesses and their staff who are providing space during our expansion and who have made the Senior Center participants and staff feel welcome...

- Alston-Massenburg Center
- American Legion Post 187
- Brookdale Senior Living - Wake Forest
- Carillon Assisted Living of Wake Forest
- Flaherty Park Community Center
- Northern Regional Center
- The Lodge of Wake Forest
- Wake Forest Community Center
- Wake Forest Presbyterian Church
- Wake Forest Renaissance Center
- Town of Wake Forest
- Forks Cafeteria

Special
Announcement



Jan. 31 - April 11, 2018
Appointments
on
Tues. & Wed.
9:00 – 3:00 pm

**Wake County Senior Games and
Silver Arts**
"Don't Quit.....Stay Fit !"



March 27- April 28, 2018

www.wcseniorgames.org

**Registration Starts
January 29, 2018**

FOR MORE INFORMATION, CONTACT:
Jennie Griggs, 165 River Watch Lane, Youngsville NC 27596
E-mail: FriendsNWSC@gmail.com

Email: FriendsNWSC@gmail.com. More info. Page 8

Socialize · Exercise · Prioritize

NEW SCHEDULE and LOCATIONS

Monday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Decorative Painting (3 hrs.) (CALWF)
(3 rd. Mon. each month)
- 9:45 Low-Impact Aerobics – Level 1 (½) (WFCH)
- 10:30 Intermediate Mt. Dulcimer (1 ½ hrs.) (BSLWF)
- 11:00 Basic Drawing (1 ½) (WFRC)
- 12:15 Beginner Mt. Dulcimer (1) (BSLWF)
- 11:30 BINGO - (Meals on Wheels at WFPC)
(Dates/Sponsors available on page 3)
- 12:15 Beg. Mt. Dulcimer (1hr) (BSLWF)
- 1:00 Zumba Gold (1 hr.) (FPCC)
- 1:00 Beg/Inter Line Dance (1 hr.) (WFCH)
- 2:00 Shag Lesson (1 hr.) (WFCH).
- 3:00 Ballroom Dance Lesson (1 hr.) (WFCH)
- 3:30 Chair Yoga (1 hr.) (AMC)

Tuesday

- 8:30 Core Yoga (1 hr.) (WFCH)
- 9:30 Beg. Watercolor (2 hr.) (WFRC)
- 9:30 Intermediate Tap Dance (1 hr.) (AMC)
- 10:45 Acting Group (2 hr.) (CALWF)
- 11:30 Storytelling Workshop (Starting back in March)
- 12:00 Beg. & Inter. Acrylic Painting (3 hrs.) (WFRC)
- 1:00 Wood Carving (2 hr.) (CALWF)
- 3:30 Theater Group (Jan. 2 & Feb. 13) (1 hr.) (CALWF)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Ceramics * (3 hr.) (WFRC)
- 9:00 Craft Group & Comm. Outreach (3 hrs.) (CALWF)
- 9:45 Low Impact Aerobics – Level 1 (½ hr.) (WFCH)
- 11:30 Bridge (2 hr.) (WFRC)
- 1:00 Quilt! Quilt! Stitch and Gab (3 hrs.) (AL)
- 1:00 Ladies of Valor Quilting Group (3 hrs.) (AL)
- 1:00 Book Club (Jan. 17 & Feb. 21) (1 hr.) (BSLWF)
- 1:00 Pinochle (3 hr.) (CALWF)
- 2:00 Zumba Gold (1 hr.) (FPCC)

Thursday:

- 8:30 Gentle Yoga (1 hr.) (WFCH)
- 9:00 Ceramics * (2 hrs.) (Jan. 16.) (CALWF)
- 10:00 Beg./Inter. Line Dance (1 hr.) (WFCH)

Thursday (cont.)

- 10:00 Current Event Discussion Group (BSLWF)
(4th Wednesday each month)
- 10:30 BINGO - (Meals on Wheels at WFPC)
(Dates/Sponsors available on page 3)
- 11:00 Performing Line Dance Practice (1 hr.) (WFCH)
- 11:45 Adaptive Yoga (1 hr.) (WFCH)
- 1:30 Watercolor Open Studio (3 hrs.) (CALWF)
- 1:30 Canasta/ Hand & Foot (2 ½ hrs.) (TLWF)
- 1:30 Pinochle (2 ½ hrs.) (CALWF)
- 3:00 Music Group (1 ½ hr.) (CALWF)

Friday:

- 8:30 Zumba Gold (1 hr.) (AMC)
- 9:00 Craft Group & Comm. Outreach (3 hrs.) (CALWF)
- 9:45 Low-Impact Aerobics – Level 1 (½ hr.) (AMC)
- 10:15 Basic Strength & Balance (½ hr.) (AMC)
- 1:30 Bridge (2 ½ hr.) (TLWF)

***NOTE: SOME CLASS TIMES HAVE CHANGED ***
Call Center for Start Dates for Class

Fee Structure:

Classes are at no cost unless marked by a (\$).
Fee for use of Center's supplies marked by (*)
Donations are always accepted for ongoing
program support.

**NOTE: EVIDENCED-BASED FITNESS CLASSES
LISTED ON PAGE 4.**

You must register for these classes

KEY (see pg. 5 for addresses)

Alston-Massenburg Center – AMC
American Legion Post 187, Wake Forest – AL
Brookdale Senior Living Wake Forest – BSLWF
Carillon Assisted Living Wake Forest – CALWF
Flaherty Park Community House – FPCC
Northern Regional Center – NRC
The Lodge at Wake Forest – TLWF
Wake Forest Community Center – WFCH
Wake Forest Presbyterian Church – WFPC
Wake Forest Renaissance Center - WFRC

**INFORMATION - ASSISTANCE -
REFERRALS**

ONE on ONE COUNSELING

With Susan McGuire

ON-SITE SERVICE COORDINATOR

1st and 4th Wed. 8:30 am - 3:15 PM

Call the Center for an appointment.

919-554-4111

Jan. 3 & 24 - Northern Regional Center

Feb. 7 & 28 - Northern Regional Center

Information provided on eligibility, procedures, and contacts for older adults and persons with disabilities in Wake County

Support Groups

Parkinson's Support Group

1st Wednesday each month

Co-sponsored monthly by the Northern Wake Senior Center, Resources for Seniors, and Northern Regional Center

Jan. 3 and Feb. 7 at 1:00 pm

No Registration necessary. Just show up!

At the Northern Regional Center

350 E. Holding Ave., Wake Forest

Caregiver Support Group

Co-Hosted by Heartland Hospice

Jan. 10 and Feb. 14

Held at Brookdale Living at 2:30 PM

Call Center for appointment. 919-554-4111

**Caregiver and Grief Support
"One on One" Counseling**

Kristen from Heartland Hospice will be available for "One on One" appointments prior to the Caregiver Support Group. (See above)

Jan. 10 & Feb. 14

Held at Brookdale Living, 1-2:30 PM

Call the center for appointment. 919-554-4111

SENIOR FINANCIAL CARE ASSISTANCE

One on One Counseling

Provided by

Triangle Family Services of Raleigh

Wed. Jan. 17 and Feb. 21

9:00 am to 1:00 pm

At the Northern Regional Center

Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, how to improve & repair credit, debt management plans for credit card debt, help in understanding/sorting medical bills, help in making complex financial decisions and much, much more.

Call Senior Center to schedule an appointment.

Thank you to our Sponsors!

BINGO

New Location: Wake Forest Presbyterian Church

10:30 1/4 Brookdale Living
11:30 1/8 Franklin Manor
10:30 1/11 Carillon Assisted Living
10:30 1/18 Golden Harmony Concierge
11:30 1/22 Stay At Home Senior Care
10:30 1/25 Carillon Assisted Living
11:30 1/29 Resources For Seniors
10:30 2/1 Brookdale Living
11:30 2/5 Resources For Seniors
10:30 2/8 Carillon Assisted Living
11:30 2/12 Franklin Manor
10:30 2/15 Golden Harmony Concierge
11:30 2/19 Stay At Home Senior Care
10:30 2/22 Carillon Assisted Living
11:30 2/26 Transport 4/Seniors

Health Screenings at MOW Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

10:30 1/8 Always Best Senior Care
10:30 1/22 Resources For Seniors
10:30 1/29 Stay At Home Senior Care
10:30 2/5 Stay At Home Senior Care
10:30 2/12 Always Best Senior Care
10:30 2/19 Stay At Home Senior Care
10:30 2/26 Resources For Seniors

**Consumer Evidenced-Based Class
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.

**You Must Pre-Register To Attend
These Evidenced-Based Classes.**

Monday

- 10:15 Geri Fit (45 min.) (WFCH)
- 1:30 Fit and Strong (1 ½) (NRC)
- 2:15 Tai Chi - Level 1 (1 hr.) (FPCC)
- 3:30 Tai Chi –Level 2 (1 hr.) (FPCC)

Wednesday

- 10:15 Geri Fit (45 min.) (WFCH)

Thursday

- 1:30 Fit & Strong (1½ hr.) (NRC) ***New Day
- 2:15 Tai Chi - Level 1 (1 hr.) (AMC)
- 3:30 Tai Chi –Level 2 (1 hr.) (AMC)

Friday

- 1:30 Fit and Strong (1 ½) (NRC)



Join the following groups

AT THE FORKS CAFETERIA
339 Brooks Street

Mondays 11:00 am – 2:30 pm

Craft Group and Community Outreach
Working on their community projects.

Tues. & Thur. - Mahjongg Group
12:30 – 4 pm

Evidence-Based Classes

You must call center to sign up as space is limited!

✓ **Beginner (Level 1) Tai Chi for
Arthritis for Fall Prevention**

Tai Chi consists of fluid, gentle movements and slow, deep breathing. It has been proven to improve balance, reduce the risk of falling and improve one's overall health & well-being. (Learn first 6 moves

New session: January 8 – March 19
No class: Jan. 15

Mon. & Thurs. afternoons, 2:15 -3:15 pm. (Total of 20 classes). Monday classes at **FPCC** and Thursday classes at **AMC**. Call Center to sign up.

✓ **Intermediate (Level 2) Tai Chi for
Arthritis for Fall Prevention**

Class is for those who have completed Level 1 and would like to learn the next 6 Tai Chi moves. (12 Total)

New session: January 8 – March 19
No class: Jan. 15

Mon. & Thurs. afternoons, 3:30-4:30 pm. (Total of 20 classes). Monday classes meet at **FPCC**, Thursday classes at **AMC**. Call Center to sign up.

✓ **Geri Fit**

Geri Fit uses light dumbbells and stretch bands for a full body workout.

New Session: Feb. 19 – May 9, 2018

Mon. & Wed. mornings, 10:15 – 11:00 am. (12 weeks)
Class meets at **WFCH**. Call center to sign up for next session. ***Surveys are taken at beginning and end of each session.**

✓ **Fit & Strong**

Focuses on strengthening one's lower extremities.

New Session: January 8 – March 9, 2018

No classes: Jan. 11 and Feb. 16

(8 weeks) M/Thur/F - 1:30-3:00. Call center to sign up for next session. ***Surveys are taken at beginning and end of each session.**

Class location: Northern Regional Center.

SPECIAL NOTE:

Classes will meet Monday-Thursday- Friday

Class Locations w/ Addresses and Codes
Maps Available at the Center and On-line
at ResourcesForSeniors.com or
Town of Wake Forest (search “senior center”)

Alston-Massenburg Center - AMC

416 N Taylor St, Wake Forest, NC 27587

American Legion Post 187, Wake Forest - AL

225 E Holding Ave, Wake Forest, NC 27587

Brookdale Senior Living of Wake Forest – BSLWF

611 South Brooks St., Wake Forest, NC 27587 919-562-8400

Carillon Assisted Living of Wake Forest - CALWF

3218 Heritage Trade Drive, Wake Forest, NC 919-569-2101

Flaherty Park Community Center - FPCC

1226 N. White St, Wake Forest NC 27587 919-554-6726

Northern Regional Center - NRC

350 E. Holding Ave., Wake Forest, NC 27587 919- 562-6300

The Lodge at Wake Forest – TLWF

1151 S. Main St, Wake Forest, NC 27587 919-554-8768

Temporary Home of Northern Wake Senior Center Main Office starting in January
554-4111

Wake Forest Community House - WFCH

133 W. Owen Ave, Wake Forest, NC 27587

(*Note* you will pass W. Owen Ave, but you cannot make a left turn because the street is one way traffic) 919- 435-9560

Wake Forest Presbyterian Church - WFPC

12605 Capital Blvd, Wake Forest, NC 27587

919-602-2533 (Meals on Wheels number at Church)

**To Reserve a meal, call between 9-12 pm, the day prior to needing a meal!*

Wake Forest Renaissance Centre - WFRC

405 Brooks St, Wake Forest, NC 27587 919-435-9458



SHIIP (Senior Health Insurance Information Program)

Call Senior Center 554-4111 for Appointment

1 on 1 Counseling will be held at The Lodge for the following dates:

12:30 pm to 5:00 pm

January 16

February 20



SPECIAL NOTE: WAKE TECH CLASSES

Wake Tech Computer Classes and Spanish Classes will start back in March.

Updates will be listed on our website and Facebook page.

Call center at 919-554-4111 or come by The Lodge to put your name on interest lists.



IT'S TAX TIME....

Due to the renovation of the Northern Wake Senior Center Tax Assistance will be held in partnership with the Senior Center, Northern Regional Center and AARP.

NEW LOCATION:

**NORTHERN REGIONAL CENTER
350 E. HOLDING AVE., WAKE FOREST**

**Tuesday and Wednesday
9 am to 3:00 pm**

**YOU MUST CALL FOR AN
APPOINTMENT!**

January 31 – April 11

**Call Senior Center Office at 919-554-4111 to
make an appointment!
Space Is Limited!**



Resources for Seniors - Northern Wake Senior Center proud member of SING-Wake Forest.

Learn More About SING-WF
(Senior Information Networking Group of Wake Forest
At SING-WF.com

Community-wide meetings are held quarterly. [Sign up](#) at [SING-WF.com](#) to receive updates about future events. Please also like us on [Facebook](#).



Friday, January 26, 2018 - 8:30-10:00 am
SING-WF Community-wide Meeting

Also: Dementia @ Work Training Program Coming Soon! Check website for more info.

Upon completion of the 1.5 hour training, your organization will receive a window decal which you can proudly display, and each of your employees will receive a certificate of completion. Your organization will also be listed on the SING web site as being dementia friendly.

What You'll Learn:

- What dementia is and some facts about Alzheimer's
- How to recognize the signs of dementia
- Tips for communicating and interacting with a person who has dementia
- Tips for creating a dementia-friendly physical space
- Resources in your community

By participating in this training, you will help your organization heighten its awareness of dementia and be equipped to respond warmly and effectively when serving people living with dementia and their families.

January 2018

- 1/2 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 1/2 Tues. **ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center.** Time & Place TBA.
- 1/3 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. All Coordinator's appointments will be held at the Northern Regional Center until we reopen.
- 1/3 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP** at Northern Regional Center. See page 3.
- 1/10 Wed. 1- 2:30 PM **CAREGIVERS SUPPORT-1 on 1 Counselor.** Held at Brookdale Living beside Sr. Center.
- 1/10 Wed. 2:30 PM **CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 1/15 Monday **CENTER CLOSED FOR Martin Luther King, Jr. Day**
- 1/17 Wed. 9 – 1 PM **FINANCIAL COUNSELOR ASSISTANCE – One on One Counseling** sessions with Joe Paradise from Triangle Family Services. Call Center (919) 554-4111 for appointments. Appointments will be held at the Northern Regional Center. See page 3.
- 1/17 Wed. 10:00 AM **CURRENT EVENTS-THE CONSTITUTION.** This is an information and discussion group moderated by RoseMarie Betucker, retired AP government teacher. Held at Brookdale Living the 3rd Wednesday each month located beside Senior Center. Call center for info.
- 1/17 Wed. 1:00 PM **BOOK CLUB.** Members will start meeting at Brookdale Living until we reopen.

1/23- 26 9:00 -3:00 (SOCIAL) SENIOR CENTER OPEN HOUSE. Visit the Senior Center staff at our new location at THE LODGE. Our hours of operation will be 8:00 am – 5:00 pm. Monday through Friday. Light refreshment provided.

- 1/23 Tues. 3:00 PM **SENIOR CENTER ADVISORY BOARD MEETING.** Meeting will be held at the Wake Forest Town Hall.
New Board Members Orientation Day and Time To Be Announced.
- 1/24 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. All Coordinator's appointments will be held at the Northern Regional Center until we reopen.
- 1/31 Wed. 9 – 3 pm. **AARP TAX AIDE** starts today. Call Senior Center at 554-4111 for appointment. **(See page 6.)**

February 2018

- 2/6 Tues. **ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center.** Place & time TBA
- 2/7 Wed. 8:30 –3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. Will be held at the Northern Regional Center until we reopen. Call 554-4111 for appointment.
- 2/7 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP** at Northern Regional Center.
- 2/13 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 2/14 Wed. 1- 2:30 PM **CAREGIVERS SUPPORT 1 on 1 Counselor.** Held at Brookdale Living beside Sr. Center.
- 2/14 Wed. 2:30 PM **CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 2/20 Wed. 9 – 1 PM **FINANCIAL COUNSELOR ASSISTANCE – One on One Counseling** sessions with Joe Paradise from Triangle Family Services. Call Center (919) 554-4111 for appointments.
- 2/21 Wed. 10:00 AM **CURRENT EVENTS.** This is an information and discussion group moderated by RoseMarie Betucker, retired AP government teacher. Held at Brookdale Living the 3rd Wednesday each month located beside Senior Center. Call center for info.
- 2/21 Wed. 1:00 PM **BOOK CLUB** meets at Brookdale Living.
- 2/28 Wed. 8:30 –3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. Will be held at the Northern Regional Center. Call 554-4111 for an appointment.
Northern Regional Center until we reopen.



FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
Friends Helping Friends



BUILDING A BETTER COMMUNITY ONE BRICK AT A TIME

When shopping this Holiday Season, please keep in mind the Friends of the Northern Wake Senior Center (FNWSC). We are 501(c)7 Non-profit created to support the Northern Wake Senior Center (The Center) through recognition, financial assistance and action.

Our mission is to create an auxiliary of members, businesses and citizens who desire to help The Center through volunteering and fundraising. Our goal is to support the current membership by adding services, supplies, volunteer staff and activities that would not otherwise be possible.

The expansion of the Northern Wake Senior Center, commencing in 2018, will include a "Friendship Court Yard". The current budget has restricted many desired finishes, for example recognition (bricks/plaques), interior and exterior features. The FNWSC Auxiliary decided to step in by commencing a "**Brick Campaign**" to raise funds to meet these needs.

Are there people on your list who might appreciate having a donation to the FNWSC made in their name rather than receiving a tangible gift? This is a perfect option for people who "have everything" or whose lives have been impacted in some way by The Center.

Purchasing a **BRICK** is a great way to gift to friends, family members, coworkers and even clients while sending a message that you are mindful of their service to The Center or for those you may wish to memorialize.

You may also just **DONATE** instead of purchasing a brick and still have a truly a thoughtful opportunity to spread the message of cheer and charitable giving during this HOLIDAY SEASON!!

Thank you for using the **BRICK** Campaign as a unique opportunity to support The Center and the wellbeing of our community.



Give THE Gift

Purchase a **BRICK** for the Friendship Courtyard

*Building a better community,
one generous brick at a time!*

FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
Friends Helping Friends

FOR MORE INFORMATION CONTACT:
Jennie Griggs, 165 River Watch Lane, Youngsville NC 27596
E-mail: FriendsNWSC@gmail.com

**Happy
Holidays**

May the peace and joy of the season stay with you all year long.