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www.resourcesforseniors.com



Senior Center Office
location during expansion:
The Lodge at Wake Forest
1151 S. Main St.,
Wake Forest - 2nd Floor

**The Month of February is
Black History Month**

Join us at
The Lodge at Wake Forest for
a *Visual Presentation*
Celebrating
Black History Month
Pastries & Coffee
Served every Wednesday!
(Held thru Feb., 9 am to 4 pm)

The Senior Center and
Meal on Wheels
will be

CLOSED

January 1st
New Year's Day
January 21st

Martin Luther King Jr. Day

Feb. 1st. "Go Red for Women"
Celebrate National
"Wear a Red Hat Day".
Tea & Pastries at Carillon 3pm



**MEDICARE
COUNSELING**

1-on-1 Appointments with
SHIP Counselors Available
See page 5 for more information.

*** SPECIAL ANNOUNCEMENTS ***

- Some class times and locations may have changed; thank you for your understanding during our renovation!
- See page 2 for the Weekly Schedule and pages 6 and 7 for Special Events;
- **Projected time-line update:** Target Grand Re-opening – Spring of 2019



**HAPPY NEW YEAR!
WELCOME 2019**



A SPECIAL "THANK YOU" TO OUR VOLUNTEERS & SPONSORS

**FOR MAKING OUR VETERAN'S CELEBRATION
AND ALL OUR EVENTS A SUCCESS!**

SEE PAGE 8 FOR A LIST OF OUR GRACIOUS SPONSORS



February is American Heart Month

"Go Red for Women"

Feb. 1st is National "Wear a Red Hat Day"

Get Healthy in the New Year!

Evidence Based Fitness Classes Starting this January:
Geri Fit – Fit and Strong – Tai Chi – Matter of Balance

Learn a New Skill!

Wake Tech Classes Starting this January:

Spanish, Computer, Presentations & Current Events

Join in Enriching Activities!

Painting Classes – Dance – Ceramics – Cards - MORE



Special Announcement! Free AARP Tax-Aid

Jan. 29th - April 10th, 2019

Appointments Tues. & Wed., 9 am to 3 pm

Refresh Your Driving Skills

With AARP Smart Driving Course

Registration is required for both programs
See Page 4 for more information.



To register for a class or event, or for more information,
call the Center at: 919-554-4111

WEEKLY SCHEDULE

Mondays

8:30	Low-Impact Aerobics – Level 2- 1 hr. (WFCH)
9:00	Geri Fit- 1 hr. (TGWP) Registration Req. (Jan. 7th)
9:30	Beg. Mt. Dulcimer-1 hr. (BSLWF) <i>Please call ahead</i>
9:45	Low-Impact Aerobics – Level 1- 1 hr. (WFCH)
10:30	Intermediate Mt. Dulcimer- 1.5 hrs.(BSLWF) Jan. 28th
10:30	Fit & Strong-1.5hrs. (TLWF) Reg. Req. Starts Jan. 14th
10:40	Geri Fit-1hr. (WFM) Registration Req. Starts Feb. 25th
11:00	Basic Drawing- 1.5 hrs. (WFRC)
11:00	Craft Group and Comm. Outreach- 3.5 hrs. (TFC)
11:30	BINGO. Dates/Sponsors on pg. 8. (MOW at WFPC)
1:00	Zumba Gold- 1 hr. (FPCC)
1:00	Beg./Inter. Line Dance – 1 hr.(WFCH)
1:30	Fit & Strong 1.5 hrs. (NRC) Reg. Req. Starts Jan. 7th
2:00	Shag Lesson- 1 hr. (WFCH)
2:15	Tai Chi 1- 1hr. (FPCC) Reg. Req. Starts Jan. 7th
3:00	Ballroom Dance Lesson- 1 hr. (WFCH)
3:30	Tai Chi 2-1hr. (FPCC) Reg. Req. Starts Jan. 7th
3:30	Chair Yoga-1hr. (AMC)

Tuesdays

8:30	Core Yoga- 1 hr. (WFCH)
9:30	Beg. Watercolor-2 hrs. (WFRC)
9:30	Intermediate Tap Dance- 1 hr. (AMC) Back on Jan. 8th
10:45	Acting Group- 2 hrs. (CALWF)
12:30	Mahjongg Group- 3.5 hrs. (TFC)
1:00	Beg. & Inter. Acrylic Painting -2hrs. w/ Gaylord Picard (New location: WFUMC)
1:00	Wood Carving- 2 hrs. (CALWF)
3:30	Theater Group. 1 hr. Jan. 8th & Feb. 12th (CALWF)
3:30	Wake Forest Sr. Center Advisory Board. Jan. 22nd (Town Hall)

February is Black History Month

Join us at the Lodge of Wake Forest for a Visual Presentation celebrating Black History Month
Pastries & Coffee Served Wednesdays thru February.
9:00 am – 4:00 pm

Wednesdays

8 -5	Visual Presentation Celebrating Black History (TLWF)
8:30	Low-Impact Aerobics – Level 2. 1 hr. (WFCH)
9:00	Ceramics- 2 hrs. (WFRC)
9:00	Craft Group & Comm. Outreach- 3 hrs. (CALWF)
9:45	Low Impact Aerobics Level 1-hr. (WFCH)
10:30	Bridge-2hrs. (TFC) <i>Please call if new player</i>
10:40	Geri Fit-1hr. (WFM) Registration Req. Starts Feb 25th
1:00	Quilt! Quilt! Stitch and Gab. (AL)
1:00	Martha’s Quilting Group. (AL)
1:00	Book Club-1hr. (BSLWF) Jan. 15th & Feb. 19th
1:00	Pinochle-3hrs. (CALWF)
2:00	Zumba Gold - 1 hr. (FPCC)

Thursdays

8:30	Gentle Yoga- 1 hrs. (WFCH)
10:00	Beg./Inter. Line Dance- 1 hr. (WFCH)
10:00	Jump Start to Spanish 4–Jan. 24th-2hr. (CALWF) \$30
10:30	BINGO. Dates/Sponsors on pg. 8. (MOW at WFPC)
10:30	Fit & Strong-1.5hrs. (TLWF) Reg. Req. Starts Jan. 14th
11:00	Performing Line Dance Practice. 1 hr. (WFCH)
12:30	Mahjongg Group- 3.5 hrs. (TFC)
12:30	Jump Start to Spanish 1–Jan. 24th-2hr. (CALWF) \$30
1:30	Watercolor Open Studio- 3 hrs. (CALWF)
1:30	Fit & Strong 1.5 hrs.(NRC) Reg. Req. Starts Jan. 7th
1:30	Canasta/Hand & Foot- 2.5 hrs. (TLWF)
1:30	Pinochle- 2.5 hrs. (CALWF)
2:15	Tai Chi 1-1hr.(AMC) Reg. Req. Starts Jan. 7th
3:00	Music Group-1.5 hrs. (CALWF)
3:30	Tai Chi 2-1hr.(AMC) Reg. Req. Starts Jan. 7th

Fridays

8:30	Zumba Gold. 1 hr. (AMC)
9:00	Craft Group & Comm. Outreach. 3 hrs. (CALWF)
9:00	Geri Fit. 1 hr. <i>See pg. 3. (TGWP) Reg. Req. (Jan. 7th)</i>
9:45	Low-Impact Aerobics – Level 1hr. (AMC)
10:00	Jump Start to Spanish 3–Jan. 24th-2hr. (CALWF) \$30
12:30	Bridge-2hrs. (TFC) <i>Please call if new player</i>
12:30	Spanish Advanced Conversation B–Jan. 24th-2hr. (CALWF) Advanced Registration Req. \$30
1:30	Fit & Strong 1.5 hrs. (NRC) Reg. Req. Starts Jan. 7th

NOTE

- Evidence-based fitness classes are listed on page 3. **You must register for these classes.**
- There may be times that we may need to move or cancel a class due to unexpected changes of schedules at the different locations. We will make every effort to inform you of these changes in advance.

FEE STRUCTURE

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

LOCATION KEY (see page 5 for full addresses)

AMC: Alston-Massenburg Center
AL: American Legion Post 187, Wake Forest
BSLWF: Brookdale Senior Living Wake Forest
CALWF: Carillon Assisted Living Wake Forest
FPCC: Flaherty Park Community Center
NRC: Northern Regional Center
TFC: The Forks Cafeteria
TGWP: The Gardens of Wakefield Plantation
TLWF: The Lodge at Wake Forest
WFCC: Wake Forest Community Center
WFPC: Wake Forest Presbyterian Church
WFRC: Wake Forest Renaissance Center
WFUMC: Wake Forest United Methodist Church
WFM: Wakefield Manor

Evidence-Based Classes

Registration is required. Please call to register, space is limited!

To register, or for more information, call the Center at: 919-554-4111

- ✓ **A Matter of Balance will be coming back soon!**



Fit & Strong!

Focus on strengthening the lower extremities
24-day class series.

Jan. 7th, 2019 to March 8th

Monday-Thursday-Friday at 1:30–3pm

Held at North Regional Center

Jan. 14th, 2019 to April 25th

Monday and Thursday at 10:30 am to 12 pm

Held at The Lodge at Wake Forest

Registration is required

Call the Senior Center sign up



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

Powerful Tools for Caregivers is six 90-min. sessions of practical training, providing caregivers with tools to better cope with their challenges. Taught by professionals from:

“The Center for Volunteer Caregiving”

Every Tuesday, Jan. 8th –Feb. 12th 1:30 pm to 3:30pm

Registration is required, limited number of participants.

Held at the Rolesville Chamber of Commerce

200 E. Young St., Rolesville

Call: 919-460-0567

Consumer Evidence-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 to go
www.resourcesforseniors.com

- ✓ **Beginner Tai Chi (Level 1)
for Arthritis and 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 the first 6 moves.

Jan. 7th to March 14th

- *Registration is required for these classes.*

20 classes (2 days a week)

2:15 pm - 3:15 pm

Mondays: Held at Flaherty Park

Thursdays: Held at Alston Massenburg Center

- ✓ **Intermediate Ti Chi (Level 2)
for Arthritis and fall prevention**

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

**Jan. 7th to March 14th (2 days a week);
20 classes**

3:30 pm – 4:30 pm

Mondays: Held at Flaherty Park

Thursdays: Held at Alston Massenburg Center

- ✓ **Geri Fit**



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

Geri Fit – at the Gardens of Wakefield

Jan. 7th to April 8th

Mon. & Fri. 9:00 am to 10:00 am

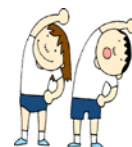
Geri Fit – at Wakefield Manor

February 25th to May 22nd

Mon. & Wed. at 10:40 am

NOTE

- Instructors will inform class members of any additional class changes.



INFORMATION · ASSISTANCE · REFERRALS

1-on-1 Counseling

ON-SITE SERVICE COORDINATOR

Heather Arcuri

Jan. 2nd & 23rd, & Feb. 6th & 27th

9 am to 12 pm

Held at the Northern Regional Center

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

Call to make an appointment.

Support Groups



➔ **Parkinson's Support Group**

1st Wednesday of each month, at 1 pm

Co-Sponsored monthly by Northern Wake Senior Center, Resources for Seniors, and Carillon Assisted Living

Held at: Carillon Assisted Living of Wake Forest

Wed., January 2nd:

Topic: "Just Us"

Wed., February 6th:

Topic: "Knowledge is Power"

➔ **Caregiver Support Group and "1-on-1" Grief Support Counseling**

Jan. 9th & Feb. 13th

1pm to 2pm: 1-on-1 Counseling
2:30 pm: Caregiver Support Group

Kristin from Heartland Hospice will be available for "1-on-1" appointments **prior to** the Caregiver Support Group

Call the Center if you would like to make a 1-on-1 appointment.

Co-Hosted by Heartland Hospice

Held at: Brookdale Assisted Living, Wake Forest

To register for a class or event, or for more information, **call the Center at: 919-554-4111**



IT'S TAX TIME....

Tax Assistance is 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 pm

YOU MUST CALL FOR AN APPOINTMENT!

January 29th – April 10th

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

Refresh your Driving Skills

AARP SMART DRIVER™ COURSE!

CLASSROOM COURSE:

\$15 for AARP members

\$20 for non-members



For more information visit www.aarp.org/drive

- Defensive driving techniques
- Proven safety strategies
- New traffic laws and rules of the road

Plus, there are no tests to pass. You simply sign up and learn. Upon completion you could receive a multi-year discount on your car insurance.* (Please check w/ your insurance)

One Day Class:

Tuesday, February 26th, 2019, 12:30 pm - 4:30 pm

HELD AT:

Northern Regional Center
350 E. Holding Ave., Wake Forest, NC 27587

CALL THE SENIOR CENTER TO SIGN UP: 919-554-4111

**AMERICAN CITIZENSHIP TUTOR
Available For Seniors**



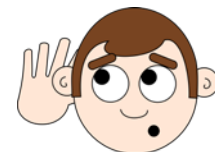
If you are in need of assistance in preparing for your American Citizenship test, call the Center for more information.

CLASS LOCATIONS WITH ADDRESSES AND CODES

Maps are available at the Center and at:
resourcesforseniors.com or www.wakeforestnc.gov
(search "senior center")

- Alston-Massenburg Center (AMC)**
416 North Taylor St., Wake Forest, 27587
- American Legion Post 187, Wake Forest (AL)**
225 East Holding Ave., Wake Forest, 27587
- Brookdale Senior Living of Wake Forest (BSLWF)**
611 South Brooks St., Wake Forest, 27587
Ph: 919-562-8400
- Carillon Assisted Living of Wake Forest (CALWF)**
3218 Heritage Trade Dr., Wake Forest
Ph: 919-569-2101
- Flaherty Park Community Center (FPCC)**
1226 North White St., Wake Forest, 27587
Ph: 919-554-6726
- Northern Regional Center (NRC)**
350 East Holding Ave., Wake Forest, 27587
Ph: 919-562-6300
- The Forks Cafeteria (TFC)**
339 Brooks St., Wake Forest, 27587
- The Gardens at Wakefield Plantation (TGWP)**
12800 Spruce Tree Way., Raleigh, 27614
Ph: 919-562-5580
- The Lodge at Wake Forest (TLWF)**
Temporary home of the Northern Wake Senior Center Main Office – Ph: 919-554-4111
1151 S Main St, Wake Forest, 27587
Ph: 919-554-8768
- Wake Forest Community House (WFCH)**
133 W Owen Ave, Wake Forest, 27587
Ph: 919-435-9560
*Driving note: W. Owen Ave. is a one-way street, you cannot turn left there!
- Wake Forest Presbyterian Church (WFPC)**
12605 Capital Blvd, Wake Forest, 27587
Ph: 919-602-2533 (Meals on Wheels number)
*To Reserve a meal, call between 9 am and 12 pm, the day prior to needing a meal!
- Wake Forest Renaissance Center (WFRC)**
405 Brooks St, Wake Forest, 27587
Ph: 919-435-9458
- Wake Forest United Methodist Church (WFUMC)**
905 S Main St, Wake Forest, 27587
Ph: 919-556-2239
- Wakefield Manor (WFM)** 10710 Nickleby Way, Wake Forest
919-554-3299

Wake Audiology and Hearing Aid Associates



Free Hearing Services: Hearing Aid and Ear Wax Checks
2nd Tuesday of each month, 9 am - 10 am

Held at The Lodge, in the Game Room on the 2nd floor.
Space is limited. If you are not a resident of the Lodge,
please call the Center to sign up.



Senior Health Insurance Information Program (SHIIP)

1-on-1 Counseling

Held at The Lodge at Wake Forest

Call the Center to make an appointment!

**Held on the 3rd Wednesday of every month,
and on the 4th Tuesday thru February.**



OPTIONS COUNSELING

Opening Doors for
Seniors
and Individuals with
Disabilities

What is options counseling?

- Options Counseling is a gateway for many Wake County seniors and people living with disabilities to receive community supports and services;
- Options Counseling helps individuals navigate the maze of programs, services and agencies;
- Options Counseling ensures that seniors and people with disabilities have the opportunity to consider long-term support options at a variety of points in the planning process;
- Options Counseling promotes the 'no wrong door' approach to accessing services.

**To schedule an appointment with an Options Counselor,
call RFS at 919-713-1556.**

**Interested in learning more about Options Counseling?
Schedule a speaker by calling RFS at 919-713-1556.**

JANUARY 2019 SPECIAL EVENTS: “STARTING A NEW YEAR”

To register for a class or event, or for more information, call the Center at: 919-554-4111.
For the KEY of address codes, see page 2 and page 5

1/1	TUES	CLOSED	CLOSED FOR THE NEW YEAR
1/2	WED	1 pm	Parkinson’s Support Group: Parkinson’s Disease: Topic-“Just Us.” (CALWF)
1/2	WED	9 am – 12 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4. (NRC)
1/3	THUR	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Brookdale Assisted Living.
1/7	MON	10:30 am	Blood Pressure Checks/Wellness at MOW site (WFPC) . By Stay at Home Senior Care
1/7	MON	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Brookdale Assisted Living.
1/8	TUE	10:30 am	Acting our Age Drama Group – meeting (CALWR)
1/8	TUE	3:30 pm	Theater Group Meeting (CALWF)
1/9	WED	1 pm – 2:30 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling. Hosted by Kristin from Heartland Hospice. Call to make a private appointment. See pg. 4 for more info. (BSLWF)
1/10	THUR	10:30 am	BINGO at MOW site (WRPC) . Sponsored by Franklin Manor.
1/14	MON	10:30 am	Blood Pressure Checks/Wellness at MOW site (WFPC) . By Always Best Senior Care.
1/14	MON	10:30 am	Presentation at Meals on Wheels “Fraud & Identity Theft – How to Stay Safe – w/ Kathryn Lanier of Wake County DHHS.
1/14	MON	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Resources for Seniors.
1/15	TUE	1 pm	Book Club – Members Meeting (BSLWR)
1/16	WED	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. See page 5. (TLWF)
1/17	THUR	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Golden Harmony Concierge.
1/18	FRI	TBD	IT’S CASINO NIGHT! Join The Lodge at Wake Forest for a fun night of socializing – refreshments served, call the Senior Center for sign up and more information. (TLWF)
1/21	MON	CLOSED	Senior Center and all Classes CLOSED in observance of Martin Luther King, Jr. Day
1/22	TUE	9 am – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. See page 5. (TLWF)
1/22	TUE	3:30 pm	Senior Center Advisory Board Meeting. At Wake Forest Town Hall.
1/23	WED	9 am – 12 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4. (NRC)
1/24	THUR	10 am – 2:30 pm	Wake Tech Spanish Classes Starting (CALWF) . See page 8 for Registration information. Call the Senior Center to sign-up. Jump Start to Spanish 1 & 4. \$30
1/24	THUR	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Carillon.
1/25	TUE	10 am – 2:30 pm	Spanish Classes Starting at (CALWF) . See page 8 for Registration information. Call the Senior Center to sign-up. Jump Start to Spanish 3 & Advance Conversation B. \$30
1/28	MON	10:30 am	BINGO & Blood Pressure Checks at MOW site (WRPC) . By RFS & Always Best Senior Care.
1/28	MON	10:30 am	Presentation at Meals on Wheels site (WFPC) . “Weatherization for your home” by Tanya Barrett with Resources for Seniors.
1/28	MON	2 pm	Current Events w/ Stephen Betucker, MLSW, Dept. of Psychiatry UNC Chapel Hill. “Mental Health and subsequent issues”. (WFRC)
1/29	TUE	TBD	Beginning day of AARP Free Tax-Aid Assistance. Appointments are required, call center. (NRC)
1/31	THUR	10:30 am	Presentation at Meals on Wheels site (WFPC) . “Benefits of LIEAP Program,” presented by Heather Arcuri of Resources for Seniors. BINGO BY Resources for Seniors.

FEBRUARY SPECIAL EVENTS: “AMERICAN HEART MONTH & BLACK HISTORY MONTH”

To register for a class or event, or for more information, call the Center at: 919-554-4111.
For the KEY of address codes, see page 2 and page 5.

2/1 – 2/28	EVERY WED	9:00 am – 4:00 pm	<i>Celebrating Black History Month: Every Wednesday at the Lodge at Wake Forest thru February; visual presentation with pastries & coffee. Everyone Welcome!</i>
2/1	FRI	3:00 pm – 4pm	Put on your Favorite Red Hat and Join Us at Carillon Assisted Living for “Wear a Red Hat Day”. Tea & Pastries – Raffle Prizes. 3 pm to 4 pm (CALWF) .
2/4	MON	10:30 am	BINGO and BP Checks at MOW site (WRPC) . Sponsored by Transport 4 Seniors and Stay at Home Senior Care.
2/6	WED	9 am – 12 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See page 4.
2/6	WED	1:00 pm	Parkinson’s Support Group: “Knowledge is Power.” See page 4. (CALWF)
2/7	THUR	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Brookdale Assisted Living.
2/11	MON	11:30 am	BINGO and BP Checks at MOW site (WRPC) . Sponsored by RFS and Always Best Senior Care.
2/12	TUE	3:30 pm	Theater Group Meeting - (CALWF)
2/13	WED	1 pm – 2:30 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling. Hosted by Kristin from Heartland Hospice. Call to make a private appointment. See page 4 for more info. (BSLWF)
2/18	MON	10:30 am	BINGO and BP Checks at MOW site (WRPC) . Sponsored by Stay at Home Senior Care.
2/18	MON	10:30 am	Presentation at Meals on Wheels site (WFPC) . “How to Live Well at Home.” Presented by Preferred Living Solutions.
2/19	TUE	1 pm	Book Club Members Meeting (BSLWR)
2/20	WED	12 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. See page 5. (TLWF)
2/20	WED	3 pm	Hearing Screening and Presentation, by Evolution Hearing (TLWF)
2/21	THUR	11:30 am	BINGO at MOW site (WRPC) . Sponsored by Franklin Manor.
2/25	MON	10:30 am	BINGO and BP Checks at MOW site (WRPC) . Sponsored RFS and Always Best Senior Care.
2/25	MON	10:30 am	Hearing Screening at Meals on Wheels site (WFPC) . Presented by Clear Captions.
2/26	TUE	9 am – 5pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 Counseling: Call for appointment.
2/26	TUE	12:30 pm	AARP Smart Driver Course. Registration required, call the Senior Center to sign up. (NRC)
2/26	TUE	3:30 pm	Senior Center Advisory Board Meeting. At Wake Forest Town Hall.



FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
friends helping friends

“The Friends” of the Northern Wake Senior Center
Monthly information meetings and presentations are held at Carillon Assisted Living of Wake Forest

Reconvening in spring 2019
For donations, purchases or additional information please email FriendsNWSC@gmail.com



Smart Phone & Tablet Tutoring held on Fridays

Held at the Lodge at Wake Forest; **No charge.**
Call the Center to schedule a 2019 appointment.

BINGO

New Location:

Wake Forest Presbyterian Church

- 10:30 1/3 Brookdale Assisted Living
- 11:30 1/7 Smooth Transitions
- 10:30 1/10 Franklin Manor
- 10:30 1/14 Resources for Seniors
- 11:30 1/17 Golden Harmony
- 11:30 1/21 CLOSED
- 10:30 1/24 Carillon Assisted Living
- 11:30 1/28 Resources for Seniors
- 10:30 1/31 Resources for Seniors
- 11:30 2/4 Transport 4 Seniors
- 10:30 2/7 Brookdale Assisted Living
- 11:30 2/11 Resources for Seniors
- 10:30 2/14 Carillon Assisted Living
- 11:30 2/18 Stay at Home Senior Care
- 10:30 2/2 Smooth Transitions
- 11:30 2/25 Resources for Seniors
- 10:30 2/28 Carillon Assisted Living

Thank You to our Sponsors!

Wake Tech Classes Held at Carillon Assisted Living

Please Note: There will be a fee for all Wake Tech Classes (payable by check only) to Wake Technical Community College

Jump Start to Spanish Conversation 1

Jan. 24th to Feb. 28th

Thursdays 12:30-2:30 pm, Cost: \$30

Jump Start to Spanish Conversation 4

Jan. 24th to Feb. 28th

Thursdays 10:00 am to 12:00 pm, \$30

Jump Start to Spanish Conversation 3

Jan. 25th to March 1st, Friday's 10 am-12 pm, Cost: \$30

Advanced Conversational Spanish B

Jan. 25th to March 1st, Fridays 12:30 to 2:30 pm, Cost: \$30



**Computer Classes

Coming Soon

**Call the Senior Center for
More Information**

"THANK YOU" TO OUR GRACIOUS VETERANS DAY SPONSORS!

Town of Wake Forest
Resources for Seniors, Inc.
Wake County Meals on Wheels
Ladies of Valor of Wake Forest
Stars of Hope Quilters of Pittsboro
Renaissance Center and Staff
Amedisys Hospice
Baker & Cake Decorator - Tracy Schwall
Brookdale Living of Wake Forest
Carillon Assisted Living
FOCUS Design Builders
Fragrance at Belks Men's Store - Myra Jackson
Grace Health Care Services - Raleigh
Heartland Hospice
Lowes Food - Gateway
NC Alliance for Retired Americans
Senior Plan Advisors - Jason Burgess
Seniors Helping Seniors - Kathy Uveges
Smithfield BBQ - Wake Forest
Smooth Transitions - Richard Miller
The Aspen at Bedford Falls - Meredith Le Vind
The Lodge at Wake Forest
Transport 4 Seniors - Ashley Garner
Treeo Senior Living
Waltonwood Lake Boone - Gail Honeycutt
Wake Forest Florist & Gifts - Alison Creekmore
Wake Forest Women's Club
Wal-Mart - Wake Forest



Health Screenings at Meals on Wheels Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

- 10:30 am 1/7 Stay at Home Senior Care
- 10:30 am 1/14 Always Best Senior Care
- 10:30 am 1/21 CLOSED
- 10:30 am 1/28 Always Best Senior Care
- 10:30 am 2/4 Stay at Home Senior Care
- 10:30 am 2/11 Always Best Senior Care
- 10:30 am 2/18 Stay at Home Senior Care
- 10:30 am 2/25 Always Best Senior Care

JOIN US! On Our Website and FACEBOOK Our calendars are also on-line at...

- Resources for Seniors:
www.resourcesforseniors.org
- [Facebook.com](https://www.facebook.com): Northern Wake Senior Center
- Town of Wake Forest: www.wakeforestnc.gov

ANNOUNCEMENT 

To register for a class or event, or for more information, call the Center at: 919-554-4111