

July - August 2017

Open to Adults 55 and over

Join us and like us on Facebook

www.resourcesforseniors.com



**"Annual Willie Ray Cookout"
Luau and Beach Party Theme**

July 13, 2017

10 am - 12

At The Renaissance Center

**Join us for Fun, Food and Great
Entertainment and**

Honoring Our Veterans and First Responders

Space is limited to first 200!

Sign up at front desk by July 10

Congratulations

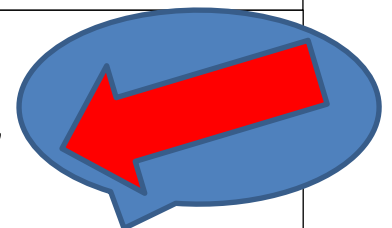
To ALL Our Volunteers!

**To Dorothy Maynard for receiving
"Unsung Hero of the Year"**

To our four **Lifetime Award** winners:
Arra Johnson, Mary Evelyn Jones,
Bertha & Wilson Salgado.
(Each person has contributed over
4000 hours to our center!)

We also have several achievers
in the **Gold 500+**,
Aileen Izawa, Joyce Massey and
Dorothy Mavnard.

NEW SENIOR CENTER EXPANSION UPDATES:
"SENIOR CENTER WITHOUT WALLS"



The Northern Wake Senior Center will be starting the new expansion project in the next few months. The Senior Center staff is working very hard to find space around town to continue offering the programs and services that are on our regular calendar. Some programs and services will begin moving from the senior center to new location in August and September. A calendar of events and locations are being finalized and will be available in August at the center and also will be listed on our website. With the help of the Town of Wake Forest, Parks and Recreation, Renaissance Center, Northern Regional Center, Brookdale of Wake Forest, Carillon Assisted Living of Wake Forest, The Lodge, and the American Legion many of our programs have been arranged. We have more businesses willing to help us during the time we are out of the building. We will continue updating everyone with time-lines of the expansion. When we move out of the center the expansion expected time line is ten to twelve months. Resources for Seniors and all of our partners are working together to make this expansion an easy transition. The end results will be a BEAUTIFUL CENTER, almost doubling our current space. We will continue to provide the same excellent services during our transition using our "Senior Center without Walls" concept.

A Special Thank You to Our Community Partners for all of their support and services.

Socialize · Exercise · Prioritize

Everyday

(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 - 4:30 Computer Lab (**call to see when available**)
 8:00 - 4:30 Cards, dominoes and other games

Monday

- 8:30 Low-Impact Aerobics – Level 2 w/ Laura (1 hr.)
 9:45 Low-Impact Aerobics – Level 1 w/Pandora (½ hr.)
 10:00 Decorative Painting w/ Les (2 hr.)
 10:15 Geri Fit (45 min.)
 10:30-1 Ping Pong (call to schedule room)
 11:00 Basic Drawing with Gaylord (1½ hr.)
 11:30 Bingo (Dates and Providers listed on p. 3)
 12 - 3 Computer Tutor w/ David (by appointment)
 1:00 Zumba Gold w/Maria **at Flaherty Park** (1 hr.)
 1:00 Beg/Inter Line dance w/ Ronnie (1 hr.)
 1:30 Fit & Strong (1 ½ hr.)
 2:00 Shag Lessons w/ Gaylord (1 hr.)
 2:30 Ping Pong (call to schedule room)
 3:00 Ballroom Dance Lessons w/ Gaylord (1 hr.)
 3:30 Chair Yoga w/ Marty (1 hr.)
 2:15 (**Sign up class**) Tai Chi - Level 1 (1 hr.)
 3:30 (**Sign up class**) Tai Chi - refresh (1 hr.)

Tuesday

- 8:30 Core Yoga w/ Laura (1 hr.)
 9:00 Shell Art (3 hrs.)
 9:30 Intermediate Tap Dance w/Leneve (1 hr.)
 10:45 Drama group – “Acting Our Age” (2 hr.)
 11:30 Storytelling Workshop (**July 11, 25, Aug 8, 22**) (1 hr)
 12:00 Beg. & Inter. Acrylic Painting w/ John (3 hrs.)
 12:30 Mahjongg (3 ½ hr.)
 1:00 Wood Carving (2 hr.)
 3:30 Theater Group - (**July 11, Aug 8**) (1 hr.)

Wednesday

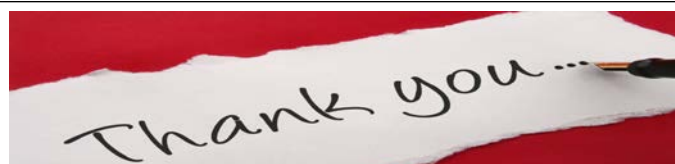
- 8:30 Low-Impact Aerobics – Level 2 w/ Laura (1 hr.)
 9:00 Ceramics * (3 hr.)
 9:45 Low Impact Aerobics - Level 1 w/Pandora (½ hr.)
 10:15 Geri Fit (45 min.)
 11:00 Sing Along (15 min.)
 11:00 Bridge (2 hr.)
 1:00 Quilt! Quilt! Stitch and Gab (3 hrs.)
 1:00 Ladies of Valor Quilting Group (3 hrs.)
 1:00 Book Club (**July 19, Aug 16**) (1 hr.)
 1:00 Pinochle (3 hr.)
 1:00 Pottery and Clay Open Studio (3 hrs.)
 1:30 Fit & Strong (1½ hr.)
 2:00 Zumba Gold at **Flaherty Park** (1 hr.)

Thursday:

- 8:30 (**Sign up class**) Tai Chi - Level 2 (1 hr.)
 8:30 Gentle Yoga w/ Laura (1 hr.)
 9:00 Gourd Art w/ Dick (2 hrs.)
 10:00 Beg. /Inter. Line Dance w/ Ronnie (1 hr.)
 10:30 Bingo (Dates and Providers listed on p. 3)
 11:45 Adaptive Yoga w/Diane (1 hr.)
 12:30 Watercolor Open Studio (3 hrs.)
 1:00 Mahjongg (3 hrs.)
 1:00 Canasta / Hand & Foot / Pinochle (3 hrs.)
 1:00 Wood Carving (2 hrs.)
 3:00 Music Group (1 ½ hrs.)

Friday:

- 8:30 Zumba Gold w/ Maria (1 hr.)
 9:00 Intermediate Acrylic Painting w/ Alma (3 hrs.)
 9:45 Low-Impact Aerobics – Level 1 w/Pandora (½ hr.)
 10:15 Basic Strength & Balance (½ hr.)
 10:30 Inter. Mountain Dulcimer w/ Cricket (1 ½ hr.)
 12:00 Bridge (4 hr.)
 12:00 Beg. Mountain Dulcimer w/Cricket (½ hr.)
 1:30 Fit & Strong (1 ½ hr.)



Brookdale Living for providing the delicious breakfast at our Volunteer Breakfast on May 9th!

And

Jason Burgess w/ Senior Plan Advisors for sponsoring our Senior Health & Fitness Day May 31th

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.

Mission Statement

Resources for Seniors, Inc. (RFS) was founded in 1973. Our mission is to provide home- and community-based services so that disabled and senior adults can maximize their independence for as long as possible while remaining in their homes. We are committed to excellence in service and care for individuals, families and their communities.

**INFORMATION - ASSISTANCE -
REFERRALS**

ONE on ONE COUNSELING

Susan McGuire

ON-SITE SERVICE COORDINATOR

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

Call for Appointment

July 5 & 26 and Aug. 2 & 23

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

June 28 - Northern Regional Center 1:00 PM

Aug. 2 - Northern Regional Center 1:00 PM

Location: 350 E. Holding Ave. in Wake Forest

Caregiver Support Group

Hosted by Heartland Hospice
At the Senior Center

Aug. 9 – 2:30 PM

Call Center to schedule an appointment

**Caregiver and Grief Support
One on one counseling**

Kristen from Heartland Hospice will be available for one on one appointment prior to the support group Aug. 9th.

Call the center to schedule an appointment.

**SENIOR FINANCIAL CARE
ASSISTANCE**

1 on 1 Counseling

Provided by

Triangle Family Services of Raleigh

Wed. August 9 from 12:00 - 4:00 pm

Appointments required. 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 more.

Thank you to our Sponsors!

Bingo

11:30	7/3	RFS
10:30	7/6	Seniors Helping Seniors
11:30	7/10	Franklin Manor
10:30	7/13	Carillon Assisted Living
11:30	7/17	Stay at Home Senior Care
10:30	7/20	Brookdale
11:30	7/24	Senior Plan Advisors
10:30	7/27	Carillon Assisted Living
11:30	7/31	Terramor Homes
10:30	8/3	Seniors Helping Seniors
11:30	8/7	Senior Plan Advisors
10:30	8/10	Carillon Assisted Living
11:30	8/14	Franklin Manor
10:30	8/17	Brookdale
11:30	8/21	Stay at Home Senior Care
10:30	8/24	Carillon Assisted Living
11:30	8/28	Terramor Homes
10:30	8/31	Terramor Homes

Health Screenings

Monday Blood Pressure checks:

9:30	7/3	Stay at Home Senior Care
9:30	7/17	Stay at Home Senior Care
10:30	7/24	Dr. Casey Baldwin, Pharmacist
9:30	8/7	Stay at Home Senior Care
9:30	8/21	Stay at Home Senior Care
10:30	8/28	Dr. Casey Baldwin, Pharmacist

**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.

Volunteer Caregiver Training

**Volunteer Orientation
Provided by
The Center of Volunteer
Caregiving**

Thursday August 10
12:00 PM – 2:00 PM
Sign up by Aug. 2nd

**For More Information Call Center or See
flyer on page 7 of the on-line calendar at
our website www.resourcesforseniors.com**

Evidence Based Classes

You must sign up as space is limited

✓ **Beginner Tai Chi for Arthritis for
Fall Prevention**

This class meets Monday afternoons at 2:15 PM in the fitness room. The current session runs through Sept. 25. We will have a final questionnaire that day.

✓ **Refresher Tai Chi for Arthritis for
Fall Prevention**

This class is for those who have completed level 1 and would like to continue learning Tai Chi. Class meets Monday afternoons at 3:30 PM in the art room. The last class of the current session will be Sept 25.

✓ **Advanced Tai Chi for Arthritis for
Fall Prevention**

This is for those who wish to delve deeper into their Tai Chi practice. Class meets Thursday mornings at 8:30 AM. Current session ends Aug. 31.

✓ **Geri Fit**

Geri Fit uses light dumbbells and stretch bands for a full body workout. Current Schedule: 12 weeks, June 5-Aug. 23, Mon. & Wed., 10:15-11:00. **Surveys are taken at beginning and end of each 12 week session.** Next survey will be Aug 23.

✓ **Fit & Strong**

Focuses on strengthening lower extremities. Current Schedule June 19-Aug. 11, (8 weeks), M/W/F, 1:30-3:00. Final questionnaire at last class. Sign up at the front desk for new class beginning Aug. 14, 2017.



Annual Yard Sale

Friday August 18 from 9 - 4

Saturday August 19 from 7:30 – 12

Mon. Aug. 14 – Thurs. Aug. 17: Drop off your donated items to the meal site at the end of the building. **NO** clothing Please. All proceeds benefit the Northern Wake Senior Center.

July 2017

- 7/3 Mon. 1:30-3 **CURRENT EVENTS** with RoseMarie in the craft room.
7/4 Tues. **CENTER CLOSED – Happy 4th of July!**
7/5 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, see p.3.
7/11 Tues. 10:00 AM **(Pres.) RECOGNIZING AND PREVENTING ELDER ABUSE** with Richard Trottier.
7/12 Wed. 10:00 AM **NEWCOMER’S SOCIAL.** Come learn about our programs and classes, meet other new members, and enjoy light refreshments.
7/13 Thur. 10:00 AM **ANNUAL WILLIE RAY COOKOUT.** See the front page for details.
7/17 Mon 12:30 PM **SHIIP** one on one counseling in the computer room. Call for an appointment.
7/17 Mon. 1:30-3 **CURRENT EVENTS** with RoseMarie in the craft room.
7/18 Tues. 10:00 AM **(Pres.) PROBLEM GAMBLING IN OLDER ADULTS** Dr. Lauren Bridges will be here to talk about senior isolation and the risks associated with gambling.
7/18 Tues. 12:30-5 **SHIIP** one on one counseling in the computer room. Call for an appointment.
7/19 Wed. 8:30-10:30 **ABSTRACT ACRYLIC PAINT CLASS “Freedom of Expression in Art.”** Join Tom Leonardo to learn how a painting evolves by painting what moves you. 2 sessions.
7/19 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
7/25 Tues. 10:00 **(Pres.) SPOTTING AND PREVENTING ELDER ABUSE** with Madeline Masters. Nearly 1 out of 10 seniors has fallen victim to a scam or experienced elder abuse. Come learn the signs at Spotting & Preventing Elder Abuse presented by Legal Aid of NC. We will go over some of the most common scams and tell you how to protect you and your friends.
7/25 Tues. 1-3 PM **MEET, GREET, AND SHARE.** Great opportunity to meet Advisory Board members and share your ideas for the senior center.
7/25 Tues. 6:00 PM **SENIOR ADVISORY BOARD MEETING.** All members are welcome to attend.
7/26 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR –** Susan McGuire, RFS, see p.3.
7/26 Tues. 8:30 AM **ABSTRACT ACRYLIC PAINT CLASS** 2nd session.
7/31 Mon. 1:30-3 **CURRENT EVENTS** with Rosemarie in the craft room.

August 2017

- 8/2 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
8/2 Wed. 1:00 PM **PARKINSON’S SUPPORT GROUP**, see p.3.
8/4 Fri. 1-3 PM **MEDICARE 101.** This seminar will provide a quick explanation of Medicare and its programs.
8/9 Wed. 12-4 PM **ONE ON ONE FINANCIAL CARE COUNSELING.** See p. 3 for details. Call to sign up.
8/9 Wed. 1-2:30 PM **ONE ON ONE CAREGIVER/GRIEF SUPPORT** in the craft room. Sign up in advance at the front desk. See p. 3 for details.
8/9 Wed. 2:30 PM **CAREGIVER SUPPORT**, see p.3.
8/10 Thurs. 12-2 PM **VOLUNTEER CAREGIVER TRAINING** in art room. More info on page 5 for details.
8/14-8/17 all day **YARD SALE COLLECTION.** Bring in your donated goods and drop off in the meal site at the south end of the building. **NO** clothes or shoes PLEASE.
8/15 Tues. 12:30-5 **SHIIP** one on one counseling in the computer room. Call for an appointment.
8/16 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
8/18 Fri. 9-4 **YARDSALE** Don’t miss out on the BEST stuff! Shop early!
8/19 Sat. 7:30-12 PM **YARD SALE** End of sale bargains to be had!
8/23 Wed. 8:30-3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
8/29 Tues. 10:00 AM **(Pres.) EVOLUTION HEARING** Join Dr. Ashley Linberg as she teaches how to communicate with hearing loss.
8/29 Tues. 11:00 AM **HEARING SCREENING** by Evolution Hearing. Sign up at the front desk for a spot.



SPECIAL NOTICE:
PROGRAMS AND SERVICES WILL BE MOVED TO NEW LOCATIONS BY OCTOBER. MANY WILL BE MOVED STARTING IN SEPTEMBER. NEW SCHEDULE OF LOCATIONS WILL BE AVAILABLE IN AUGUST.

FREE Wake Tech Classes at Northern Wake Senior Center

2017 Summer Classes

Introduction to Computers w/ Jerry Glenn – This is a 4-day class, 3 hrs/day.
July 6, 7, 11, 14, 2017. 9:00 – 12:00 a.m., (Max. 9 students)

Computer 101 w/ Jerry Glenn – This is a 4-day class, 2.5 hrs/day.
July 17, 19, 20, 21, 2017. 9:00 – 11:30 a.m., (Max. 9 students)

Computer 201 w/ Jerry Glenn – This is a 4-day class, 2.5 hrs/day.
July 24, 25, 27, 28, 2017. 9:00 – 11:30 a.m., (Max. 9 students)

Watercolor Basics w/ Gaylord Picard – Tuesdays, July 11 – August 29, 2017.
9:30 – 11:30 a.m., (Max. 15 students)

Conversational Spanish for Plus 50 w/ Michelle Fulwider – Wednesdays,
August 2 – October 4, 2017. 10:00 – 12:00 p.m., (Max. 18 students)

Conversational Spanish for Plus 50 II w/ Michelle Fulwider – Wednesdays,
August 2 – October 4, 2017. 12:30 – 2:30 p.m., (Max. 18 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 NWSC.
- All students attending classes for more than one day will receive a certificate upon completion of each Wake Tech class. Certificates are awarded for class completion and attendance.



It's easy to make a difference!

Local seniors, adults with disabilities and their family caregivers are waiting for assistance with simple, everyday tasks. Flexible volunteering opportunities are available. Needs located everywhere in Wake County, but particularly Wake Forest, Knightdale, Wendell and Garner. Priority given to those with greatest economic and social need or at risk of insitutional placement.

Volunteer Orientation

Northern Wake Senior Center

235 E. Holding Avenue, Wake Forest

Thursday, August 10

Noon - 2 p.m.

Register today at volunteer@ctrvolcare.org



Become a Volunteer Today!

- > Provide compassionate care through friendly visits to older neighbors who are frail and lonely.
- > Offer transportation to help neighbors get to their medical appointments or to the grocery store.
- > Bring joy and respite to family members caring for their loved ones with dementia or other chronic illness.
- > Help with tasks including grocery shopping, or housekeeping, and give families peace of mind.

On Your Schedule

In Your Neighborhood

THE CENTER FOR VOLUNTEER CAREGIVING

1150 SE Maynard Suite 210, Cary NC

VolunteerCaregiving.org

(919)460-0567