

March – April 2017

Special Announcements

Free AARP TAX AID

February 1 - April 12, 2017

Appointments are available on
Tues. & Wed. from 9:00-3:00PM.

Call front office for an appointment.

**2nd Annual
Senior Lifestyle Expo**

**Tuesday, March 28, 2017
10:00 am – 2:00 pm**

**Richland Creek Community Church
3229 Burlington Mills Road, Wake Forest**

The Expo will feature 50+ booths, informative speakers, demonstrations and performances, health screenings, refreshments, prizes and giveaways, and more. Join Resources for Seniors and Northern Wake Senior Center at our booth.

**Wake County Senior Games and
Silver Arts**

March 27 – April 28, 2017

Open to Wake County residents ages 50 plus

"Silver Follies" Show - Wed. April 5 4PM
Come support our Carolina Steppers Line Dancers and other members of the center competing in the Silver Follies. Garner Performing Arts Center 4:00.

Stop by the center to pick up a registration packet or log on to www.wcseniorgames.org to register.



Kickoff!

Wed. March 8 at 9:45 AM

Come learn about our new exciting exercise class that incorporates strengthening, flexibility, balance, and endurance training.

Your Two Cents Worth Needed

Focus Groups for the New Center design

Join us for either of the following dates:

March 14 from 12:30 – 2:00 PM

Focus will be Fitness, Dance and Movement Classes needs

March 21 from 12:30 – 2:00 PM

Focus on arts (painting, writing, crafts, & ceramics) and card/games

All members are welcome to attend both sessions.

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
9:45 Low-Impact Aerobics – Level 1 w/Pandora
10:00 Decorative Painting w/ Les
10:15 (NEW) Geri Fit
10:30-1 Ping Pong (call to schedule room)
11:00 Basic Drawing with Gaylord
11:45 Bingo (Dates and Providers listed on Back)
12 - 3 Computer Tutor w/ David (by appointment)
1:00 Zumba Gold w/Maria
1:00 Beg/Inter Line dance w/ Ronnie
1:00 Open Painting Workshop
2:00 Shag Lessons w/ Gaylord
2:30 Ping Pong (call to schedule room)
3:00 Ballroom Dance Lessons w/ Gaylord
3:30 Chair Yoga w/ Marty
2:15 **(Sign up class)** Tai Chi for Fall Prevention - Level 1
3:30 **(Sign up class)** Tai Chi for Fall Prevention - refresh

Tuesday

- 8:30 Core Yoga w/ Laura
9:00 Shell Art
9:30 Intermediate Tap Dance w/Leneve
9:30 Beg. Watercolor Class w/Gaylord
11:30 Storytelling Workshop **(Mar 14 & 28, Apr 11 & 25)**
12:00 Beg. & Inter. Acrylic Painting w/ John
12:30 Mahjongg
1:00 Wood Carving
3:30 Theater Group - **(Mar. 14, Apr. 11)**

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 w/ Laura
9:00 Ceramics *
9:45 Low Impact Aerobics - Level 1 w/Pandora
10:15 (NEW) Geri Fit
11:00 Sing Along
11:00 Bridge
1:00 Quilt! Quilt! Stitch and Gab
1:00 Ladies of Valor Quilting Group
1:00 Book Club **(Mar 15, Apr 19)**
1:00 Pinochle
1:00 Pottery and Clay Open Studio
2:00 Zumba Gold

www.resourcesforseniors.com

Thursday:

- 8:30 **(Sign up class)** Tai Chi for Fall Prevention - Level 2
8:30 Gentle Yoga w/ Laura
9:00 Gourd Art w/ Dick
9:45 **(March only)** Beg./Inter. Line Dance w/Ronnie
10:00 **(April)** Beg. /Inter. Line Dance w/ Ronnie
10:30 Bingo (Dates and Providers listed on Back)
10:45 Performing Line dance Group Practice
11:45 Adaptive Yoga w/Diane
12:30 Watercolor Open Studio
1:00 Mahjongg
1:00 Canasta / Hand & Foot / Pinochle
1:00 Wood Carving
3-5 Ping Pong (call to schedule room)

Friday:

- 8:30 Zumba Gold w/ Maria
9:00 Intermediate Acrylic Painting w/ Alma
9:45 Low-Impact Aerobics – Level 1 w/Pandora
10:15 (NEW) Geri Fit
10:30 Inter. Mountain Dulcimer w/ Cricket
11:30 Chess, Checkers, Mexican Train Dominoes
12:00 Bridge
12:00 Beg. Mountain Dulcimer w/Cricket
3:00 Drama Group

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.

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**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

Mar. 1 & 22 and Apr. 5 & 26

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

Mar. 1 - Northern Regional Center 1:00 PM

Apr. 5 - Northern Regional Center 1:00 PM

Location: 350 E. Holding Ave. in Wake Forest

Caregiver and Grief Support Group

Hosted by Heartland Hospice
At the Senior Center

2nd Wednesday each month

March 8 – 2:30 PM

April 12 – 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 appointments before the
support group meeting the 2nd Wed. of
each month. Call the center to schedule
an appointment.

**Come party with us!
St. Patrick's Day
Covered Dish Social**



Friday, March 17
10AM – 12 noon



Join us for fun, food and entertainment!
Bring a dish to share.
Sign up by March 14

**Wake Tech's
PLUS 50 SUMMIT**

Wed. Mar. 15, 2017 1 – 4 PM

At the Wake Tech Western Wake Campus

Wake Tech offers courses especially for
adults 50 and over Sample courses and
attends presentations from community
experts on a variety of topics.
Visit Resources for Seniors Booth, Demos
and Presentations

Advocacy Opportunity:

“Making Your Voice Heard”
**Aging Related Issues Considered By
the NC General Assembly**

Friday, March 31, 2017

10:30 AM

Join

Mary Bethel
President, NC Coalition on Aging

**Presentation followed by
Question & Answer Opportunity**

Thank you to our Sponsors!

Bingo

10:30	3/2	Seniors Helping Seniors
11:45	3/6	RFS
10:30	3/9	Carillon Assisted Living
11:45	3/13	Franklin Manor
10:30	3/16	Brookdale
11:45	3/20	Stay at Home Senior Care
10:30	3/23	Carillon Assisted Living
11:45	3/27	RFS & Gateway Health
10:30	3/30	RFS & Gateway Health
11:45	4/3	Stay at Home Senior Care
10:30	4/6	Seniors Helping Seniors
11:45	4/10	Franklin Manor
10:30	4/13	Carillon Assisted Living
11:45	4/17	Stay at Home Senior Care
10:30	4/20	Brookdale
11:45	4/24	RFS & Gateway Health
10:30	4/27	Carillon Assisted Living

Health Screenings

Monday Blood Pressure checks:

9:30	3/6	Stay at Home Senior Care
9:30	3/13	Franklin Manor
9:30	3/20	Stay at Home Senior Care
10:30	3/27	Dr. Casey Baldwin, Pharmacist
9:30	4/3	Stay at Home Senior Care
9:30	4/10	Franklin Manor
9:30	4/17	Stay at Home Senior Care
10:30	4/24	Dr. Casey Baldwin, Pharmacist

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

TAI CHI for Fall Prevention Instructor Workshop

Call center for information

March 25 & 26, 2017 9 AM – 5 PM each day

Northern Wake Senior Center. You must attend both days.

Evidence Based Classes

You must sign up as space is limited

- ✓ Beginner Tai Chi for Arthritis for Fall Prevention

This class will meet Monday afternoons at 2:15 PM in the art room. The first class meets March 13 and will run for 11 weeks with the last class meeting May 22. We will be conducting balance assessments the 2nd and 11th classes (Mar. 20 and May 22).

- ✓ 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 will meet Monday afternoons at 3:30 PM in the art room. The first class starts March 13 and will run for 11 weeks ending May 22.

- ✓ Advanced Tai Chi for Arthritis for Fall Prevention

This is for those who wish to delve deeper into their Tai Chi practice. Class will meet Thursday mornings at 8:30 AM. It will run for 11 weeks from Feb 23 till May 4.

- ✓ Geri Fit

Geri Fit will start March 1 at 10:15 AM in the meal site. It will take the place of our basic exercise/strength and balance classes on Mon/Wed/Fri. Geri Fit uses light dumbbells and stretch bands for a full body workout.. **Registration required. Surveys will be taken at beginning and end of each session.**

- ✓ Fit & Strong

Our current session will continue to meet Mondays from 2-3:30 PM and Thursdays from 11:15-12:45 in the fitness room. The last class will meet Apr 10. We have a final questionnaire the last class. Sign up at the front desk to be ready for the next session.

- ✓ Living Healthy Diabetes Self-Management

Learn to manage pain and fatigue, increase activity and confidence, and how to eat healthy. This class will meet Tuesday afternoons from 1-3:30 PM in the craft room. It will run for 6 weeks from Mar 7 – Apr 11. Feel better and take charge of your life.

March 2017

- 3/1 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, see p.3.
3/1 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP**, see p.32.
3/2 Thur. 10:00 AM **(Pres.) WHEN TO FIND TRUSTWORTHY HELP** by Seniors Helping Seniors.
3/2 Thur. 1:00 PM **CREATIVE WRITING** with Drew in the craft room. Class will meet for 6 weeks: 3/2, 3/9, 3/16, 3/23, 3/30, and 4/6.
3/2 Thur. 1:00 PM **CITIZENSHIP CLASS** with RoseMarie.
3/7 Tues. 1-3:30 PM **LIVING HEALTHY DIABETES SELF MANAGEMENT** first class. See the bottom of p.4 for all the details. Meeting dates: 3/7, 3/14, 3/21, 3/28, 4/4, and 4/11.
3/8 Wed. 1-2:30 PM **ONE ON ONE CAREGIVER/GRIEF SUPPORT** Sign up in advance. For more info, see p.2.
3/8 Wed. 2:30 PM **CAREGIVER/GRIEF SUPPORT GROUP**, see p.3.
3/13 Mon. 1:10 PM **CITIZENSHIP CLASS** with RoseMarie.
3/13 Mon. 2:15 PM **TAI CHI- LEVEL 1** The first of 11 classes. See p.4.
3/13 Mon. 3:30 PM **TAI CHI - REFRESHER** The first of 11 classes. See p.4.
3/14 Tues. 10:00 AM **(Pres.) TIPS ON TAKING MEDICATION.** Join Courtney from Physicians Pharmacy Alliance to learn to some helpful tips. Donuts will be provided.
3/14 Tues. 12:30-2 **FOCUS GROUP FOR THE SENIOR CENTER REMODEL.** Join us in the meal site to share your ideas about the changes coming up. This meeting will look at fitness/dance needs predominantly. All members are welcome to attend.
3/15 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
3/15 Wed. 10-2 PM **SENIOR FINANCIAL CARE ASSISTANCE:** 1 on 1 counseling provided by Triangle Family services of Raleigh. Appointments required-call the front desk.
3/16 Thur. 10:00 AM **(Pres.)"Good Food For Your Gut"** – Joe Walters from Humana. Find out about foods that can help keep your digestive system running smoothly and those you should avoid.
3/17 Fri. 10-12 AM **(Social) ST. PATRICK'S DAY PARTY** Bring a covered dish to share.
3/21 Tues. 10:00 AM **(Pres.) PROTECT YOURSELF AGAINST SCAMS** with Joe from Humana. Find out why seniors are targeted, the toll it can take, and how to protect yourself.
3/21 Tues. 12:30-2PM **FOCUS GROUP FOR THE SENIOR CENTER REMODEL.** Join us in the meal site to share your ideas about the changes to the center. This meeting will look at the needs of those who participate in arts (painting, writing, crafts, ceramics, etc.) and cards/games. All members are welcome to attend.
3/21 Tues. 1-4 PM **SHIIP** one on one counseling in the computer room. Call for an appointment.
3/21 Tues. 4 -6 PM **NEW ADVISORY BOARD MEMBER ORIENTATION** prior to board meeting.(Note 2 hour training)
3/21 Tues. 6:00 PM **SENIOR ADVISORY BOARD** meeting. All Members welcome to attend.
3/22 Wed. 10:00 AM **NEWCOMER'S SOCIAL** orientation for new members. Great opportunity to meet other new members, staff and class instructors. We also need your input on services and programs that you would like to see offered.
3/23 Thurs. 12 – 1:30 **LUNCH/SUPPORT GROUP** for widows/widowers. This group will meet for 4 weeks: 3/23, 3/30, 4/6, and 4/13 in the art room.
3/28 Tues. 10:00 AM **(Pres.) USING TECHNOLOGY** with Joe from Humana. Find out how you can use social networking sites and video chat services to keep in touch with family and friends.
3/29 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3.
3/31 Fri. 10:15 AM **ADULT COLORING WITH SUSAN.** Supplies are provided. No charge.
3/31 Fri. 10:30 AM **ADVOCACY OPPORTUNITY: "Making Your Voice Heard,"** a presentation with question and answers by Mary Bethel, President of the NC Coalition on Aging. Ms. Bethel will be here to discuss aging related issues being considered by the NC General Assembly.

April 2017

- 4/4 Tues. 3:00 PM **FRIENDS OF NWSC MEETING**
4/5 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
4/5 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP**, see p.3.
4/6 Thur. 10:00 AM **(Pres.) DRIVE OR RIDE?** by Seniors Helping Seniors.
4/10 Mon. 12:00 PM **(Advocacy) MEET AND SHARE** in the craft room. Share your ideas and suggestions with your Advisory Board members and director.
4/11 Tues. 10:00 AM **(Pres.) SNEAKY CAUSES OF WEIGHT GAIN** with Joe from Humana. Find out about five potential pitfalls that may be causing you to gain.
4/12 Wed. 1-2:30 PM **ONE ON ONE CAREGIVER/GRIEF SUPPORT** in the craft room. Sign up in advance at the front desk.
4/12 Wed. 2:30 PM **CAREGIVER/GRIEF SUPPORT**, see p.3.
4/14 Fri. **HAPPY EASTER!** Center is closed.
4/18 Tues. 1-4 PM **SHIIP** one on one counseling in the computer room. Call for an appointment.
4/19 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
4/25 Tues. 10:00 AM **(Pres.) PARTNER WITH YOUR DOCTOR** with Joe from Humana. Find out how to work with your doctor to meet your needs and stay healthy.
4/26 Wed. 8:30-3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
4/28 Fri. 10:15 AM **ADULT COLORING WITH SUSAN.** Supplies provided. No charge.

FREE Wake Tech Classes at Northern Wake Senior Center

2017 Spring Classes

Intro. To Microsoft Office Word w/ Jerry Glenn – March 2, 3, 6 and 7, 2017

9:00 – 11:00 a.m., (Max. 9 students)

Intro. To Microsoft Office Excel w/ Jerry Glenn – April 10, 11, 12 and 13, 2017

9:00 – 11:00 a.m., (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 NWSC.
- All students receive a certificate upon completion of each Wake Tech class.

SAVE THIS DATE: MAY 18, 2017

“SCAM JAM EVENT”

Hosted By:

Resources For Seniors - Northern Wake Senior Center

Triangle Family Services

Renaissance Center of Wake Forest

Town of Wake Forest

This event will be held at the Renaissance Center in Wake Forest.

Registration and information will be available at the center and on the Resources For Seniors and Town of Wake Forest websites. More information coming soon!