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www.resourcesforseniors.com



**Senior Center Office
Location During Expansion**

The Lodge of Wake Forest
1151 S. Main St. Wake Forest
2nd Floor



Northern Wake Senior Center
And Resources For Seniors
Proud Members of SING- WF

SPECIAL NOTES:

Some of our classes and programs will be held at different locations throughout the year.

Times and days for some classes may have to be changed due to summer camps, early elections, and previous space commitments.

We are working hard to continue offering services and programs during the senior center's renovation.

Resources for Seniors, the staff and participants would like to **THANK** all of our partners for their support, program space and services.

Please visit and let our community partners know how much they are appreciated Thank You.

SEE PAGE 8 for Some Up-coming Changes



VISIT OUR BOOTHS:

"PLUS +50 EXPO"

Wake Tech Northern Campus Blvd. K
6600 Louisburg Road, Raleigh

Tuesday, March 13, 2018
9:00 am – 12:00 pm

"SENIOR LIFESTYLE EXPO"

Tuesday, March 20, 2018
10:00 am - 2:00 pm

Richland Creek Community Church
3229 Burlington Mills Rd., Wake Forest

NEW! Preview Night
Mon., March 19, 2018 5:30 - 7:00 pm



NEW LOCATION:

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

Tuesday and Wednesday
9 am to 3:00 pm

March 6 - April 11, 2018

YOU MUST CALL FOR AN APPOINTMENT!

Call Senior Center Office at
919-554-4111 to make an appointment.

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



March 27- April 28, 2018

OPEN to Wake Co. Residents AGES 50 and OVER!

www.wcseniorgames.org
Registration Ends: March 10th

Socialize · Exercise · Prioritize

NEW SCHEDULE and LOCATION

(NOTE: More changes on page 8)

Monday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Decorative Painting (3 hrs.) (CALWF)
(3rd. Mon. each month)
- 9:45 Low-Impact Aerobics – Level 1 (½) (WFCH)
(No classes – April 16 – May 21)
- 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 8)
- 12:15 Beg. Mt. Dulcimer (1hr) (BSLWF)
- 1:00 Zumba Gold (1 hr.) (FPCC)
- 1:00 Beg/Inter Line Dance (1 hr.) (WFCH) Starts Mar. 8
- 2:00 Shag Lesson (1 hr.) (WFCH).
- 2:00 **(NEW)** Current Events & Issue Class
(March 26 & April 30) (1 ½ hr) (TLWF)
- 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)
- 12:00 Beg. & Inter. Acrylic Painting (3 hrs.) (WFRC)
- 1:00 Wood Carving (2 hr.) (CALWF)
- 3:30 Theater Group (April 10) (1 hr.) (CALWF)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Ceramics * (2 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.) (Moved to the Forks)
- 1:00 Quilt! Quilt! Stitch and Gab (3 hrs.) (AL)
- 1:00 Ladies of Valor Quilting Group (3 hrs.) (AL)
- 1:00 Book Club (Mar. 21 & Apr. 18) (1 hr.) (BSLWF)
- 1:00 Pinochle (3 hr.) (CALWF)
- 2:00 Zumba Gold (1 hr.) (FPCC)

Thursday:

- 8:30 Gentle Yoga (1 hr.) (WFCH)
- 10:00 Beg./Inter. Line Dance (1 hr.) (WFCH) starts Mar. 8

*Special note: Line-dance moved to 11:00 Apr. 12 & 19 only

Thursday (cont.)

- 10:30 BINGO - (Meals on Wheels at WFPC)
(Dates/Sponsors available on page 8)
- 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)

*SPECIAL ANNOUNCEMENTS: ...

SOME CLASS TIMES and LOCATIONS HAVE CHANGE.
There will 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 (\$).
 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

March 7 & 28 - Northern Regional Center

April 4 & 25 - 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 Northern Wake Senior Center, Resources for Seniors, and Carillon Assisted Living

March 7 and April 4 at 1:00 pm

No Registration necessary. Just show up!

New Location these 2 Months

Carillon Assisted Living of Wake Forest
3218 Heritage Trade Drive, Wake Forest

Caregiver Support Group

Co-Hosted by Heartland Hospice

March 14 and April 11

Held at Brookdale Living at 2:30 PM

Call Center for appointment. 919-554-4111

Caregiver and Grief Support
"One on One" Counseling

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

March 14 and April 11

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. March 21 and April 18

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.

919-554-4111



YOU ARE INVITED



"WIDOWS AND WIDOWERS LUNCHEON"

DATES: April 9, 16, 23, 30

TIME: 12:00 PM

LOCATION: Brookdale Living of Wake Forest

PROVIDED BY
HEARTLAND HOSPICE

Space is limited.
Call the Senior Center
919-554-4111 to register.

**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.**

PLEASE NOTE CHANGES IN LOCATIONS!!!!

Monday

10:15 Geri Fit (45 min.) (WFCH) March 5 – April 16)
Moved to Friday April 16 & April 23)
And will meet at AMC during this time.

10:30 Fit and Strong (1 ½) (TLWF) (start April 2)
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

10:00 Fit and Strong (1 ½) TLWF (starts April)
1:30 Fit & Strong (1½ hr.) (NRC)
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)
10:15 Geri Fit (AMC) will replace Strength training
(April 16 & April 23 only)

✓ **Geri Fit**

Geri Fit uses light dumbbells and stretch bands for a full body workout.
This session has already started: **Feb. 19 – May 18, 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.**
(SPECIAL NOTE: Monday's classes are moved to Fridays during April 16 – May 21 and will be held at Alston-Massenburg Center). This class will replace the Strength & Balance Class during this time.

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)

Mon. & Thurs. afternoons 2:15 -3:15 pm.
(Total of 20 classes)

New session: April 9 – June 21
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)
Mon. & Thurs. afternoons, 3:30-4:30 pm. (Total of 20 classes).

New session: April 9 – June 21
Call Center to sign up.

✓ **Fit & Strong!**

Focuses on strengthening one's lower extremities. (This is a 24 class series)

Call center to sign up for next sessions.

***Surveys are taken at beginning and end of each session.**

NEW SESSIONS:

March 19 – June 4 at Northern Regional Center
Mon.-Thu.-Fri. 1:30 – 3:30
no classes: May 17 and May 18

April 2 – June 28 at The Lodge of Wake Forest
Mondays – 10:30 – 12:00
Thursday – 10:00 – 11:30

NOTES:

Instructors will inform class members of any additional class changes.

Thank you for understanding during our renovation.

If you have questions please call our office. 919-554-4111.

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

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

March 15, 20, 29

April 17, 26



SPECIAL NOTE: WAKE TECH CLASSES

Spanish Classes will start back in APRIL
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.



Is an evidenced based educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country. This class series meets once a week for six weeks.

Starting Date:
Saturday, April 14, 2018
Time: 10:30 – 12:00

Location: Carillon Assisted Living
3218 Heritage Trade Drive, Wake Forest, NC

Space is limited.
Call the Senior Center Office to register
For more information - 919-554-4111

Provided in Partnership with The Center for Volunteer Caregiving, Carillon Assisted Living and the Northern Wake Senior Center



Join the following groups
AT THE FORKS CATERERIA

Craft Group and Community Outreach Mon. 11am -2:30pm
Mahjongg Group Tues. & Thurs. 12:30 pm - 4 pm
Wednesday Bridge Group Wed. 11:30 am – 1:30 pm



Community-wide SING members meetings are held quarterly. Sign up at SING-WF.com to register for meeting and to receive updates about future events.

NEXT MEETING!
Friday- April 27, 2018 8:30-10:00 am

Understanding Dementia Series:

This series is presented with partnership WF-SING and the Alzheimer's Association

LIVING WITH ALZHEIMER'S – YOUNGER ONSET
"When someone under 65 is diagnosed with younger-onset Alzheimer"

April 26 – Thursday 9:30 – 11:30am
Will be held at
The Renaissance Center -Wake Forest

Join us for a workshop that will provide answers to many questions about the disease. Hear from those directly affected. Learn how to plan and what you can do to ease the impact throughout the course of the disease.

Admission is Free. (Seating limited, you must be registered to attend.)
To Register: wakeforestnc.gov/dementia-awareness-education-series.aspx

March 2018

Tues and Wed. 9 – 3 pm. AARP TAX AIDE. Call Senior Center at 554-4111 for appointment. **(See page 1)**

- 3/6 Tues. 3:30 PM ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center.**
Speaker Troy Stratton, one of longest survivor of ALS - "How Faith, Nutrition, exercise and the power of positive thinking changed my life". Held at Carillon Assisted Living of Wake Forest. Space limited to 25. Reserve space at email: FriendsNWSC@gmail.com.
- 3/7 & 28 Wed. 8:30-3:15 ON-SITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. All Coordinator's appointments will be held at the Northern Regional Center until we reopen.
- 3/7 Wed. 1:00 PM PARKINSON'S SUPPORT GROUP** will meet this month at Carillon Assisted Living. **Topic: JUST US!** Support Group meeting for person's with PD and their caregivers to share about our challenges and successes. See page 3.
- 3/13 Tues. 3:30 PM THEATER GROUP.** SPECIAL NOTE: CANCELLED THIS MONTH.
- 3/14 Wed. 1-2:30 PM CAREGIVERS SUPPORT-1 on 1 Counselor.** Held at Brookdale Living on Holding Ave.
- 3/14 Wed. 2:30 PM CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 3/21 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.
- 3/21 Wed. 1:00 PM BOOK CLUB.** Members will start meeting at Brookdale Living until we reopen.
- 3/21 Wed. 3:00 PM (SCREENING) FREE HEARING PRESENTATION AND SCREENING AT THE LODGE.** Provided by Evolution Hearing. **Presentation: Dementia's Connection to Hearing Loss.** Call 919-554-4111.
- 3/26 Mon. 2:00 PM (NEW TIME AND LOCATION) CURRENT EVENTS & ISSUES CLASS.** This is an information and discussion group moderated by RoseMarie Betucker, retired AP government teacher. Held at The Lodge. Call center for information.
- 3/27 Tues. 6:00 PM SENIOR CENTER ADVISORY BOARD MEETING.** Meeting held at the Wake Forest Town Hall.
- 3/30 Friday CENTER CLOSED FOR GOOD FRIDAY**

April 2018

Tues and Wed. 9 – 3 pm. AARP TAX AIDE . Call Senior Center at 554-4111 for appointment. **(LAST April 11)**

- 4/3 Tues. 3:30 PM ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center.** Meeting will include an education program. Will be at Carillon Assisted Living of Wake Forest. Topic: TBA.
- 4/4 & 25 Wed. 8:30 –3:15 ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3.
- 4/4 Wed. 1:00 PM PARKINSON'S SUPPORT GROUP** at Carillon Assisted Living. **Topic: Rock Steady Boxing is Growing.** Greg Geheb, co-owner and RSB Certified Coach will talk about the benefits of Rock Steady Boxing and their new locations in Wake County. (See page 3).
- 4/9 Mon. 12:00 PM WIDOW/WIDOWERS LUNCHEON.** This is a 4 week series. April 9, 16, 23, and 30 and held at Brookdale Living. Space is limited and registration is required. Call 554-4111. Provided by Heartland Hospice.
- 4/10 Tues. 3:30 PM THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 4/11 Wed. 1- 2:30 PM CAREGIVERS SUPPORT 1 on 1 Counselor.** Held at Brookdale Living beside Sr. Center.
- 4/11 Wed. 2:30 PM CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 4/14 Sat. 10:30-12 (EVIDENCED BASED WORKSHOP) POWERFUL TOOLS FOR CAREGIVERS . This is a 6 weeks series.** Will be held at Carillon Assisted Living. Call center to register. Space Limited. See p.6.
- 4/18 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.
- 4/18 Wed. 1:00 PM BOOK CLUB** meets at Brookdale Living.
- 4/30 Mon. 2:00 AM CURRENT EVENTS & ISSUES CLASS.** Held at the Lodge. Call center for information.

BINGO:

Thank you to our Sponsors!

New Location: Wake Forest Presbyterian Church

10:30	3/1	Brookdale Living
11:30	3/5	Aging Care Matters
10:30	3/8	Carillon Assisted Living
11:30	3/12	Franklin Manor
10:30	3/15	Golden Harmony Concierge
11:30	3/19	Stay At Home Senior Care
10:30	3/22	Carillon Assisted Living
11:30	3/26	Seniors Helping Seniors
10:30	3/29	The Gardens of Wakefield Living
11:30	4/2	Atria Senior Living
10:30	4/5	Brookdale Living
11:30	4/9	Franklin Manor
10:30	4/12	Carillon Assisted Living
11:30	4/16	Stay At Home Senior Care
10:30	4/19	Golden Harmony Concierge
11:30	4/23	Transport 4/Seniors
10:30	4/26	Carillon Assisted Living
11:30	4/30	Seniors Helping Seniors

Health Screenings at MOW Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

10:30	3/5	Stay At Home Senior Care
10:30	3/12	Always Best Senior Care
10:30	3/19	Resources For Seniors
10:30	3/26	Stay At Home Senior Care
10:30	4/2	Stay At Home Senior Care
10:30	4/9	Always Best Senior Care
10:30	4/16	Stay At Home Senior Care
10:30	4/23	Resources For Seniors



WE NEED YOUR HELP!



**THE SENIOR CENTER OFFICE IS
UP-DATING OUR RECORDS.**

**PLEASE CALL OR COME BY THE CENTER TO
UP-DATE YOUR REGISTRATION
INFORMATION.**

Note: We Also Have Volunteers Calling.



FOR MORE INFORMATION CONTACT:

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



**SPECIAL NOTICE:
FOR CLASSES HELD AT
THE WAKE FOREST COMMUNITY HOUSE**

During April 16 – 27

**Classes will be moved to the Alston-Massenburg Center.
Any Changes to this schedule will be announced.**



FREE HEARING TEST and PRESENTATION:

"Dementia's Connection to Hearing Loss"

Provided By Evolution Hearing, Raleigh

Date: March 21, 2018

Time: 3:00 pm

Location: The Lodge of Wake Forest

Call Center 554-4111 to sign up for Free Hearing Screening

**In partnership with Evolution Hearing, The Lodge of Wake Forest
and the Northern Wake Senior Center**