

May – June 2017 open to adults 55 and over

Join us and like us on Facebook

www.resourcesforseniors.com

VOLUNTEER BREAKFAST!

May 9, 2017 at 9:00 AM

Our breakfast will be provided by
Brookdale of Wake Forest.

If you are a volunteer for the Senior
Center and/or Meals on Wheels, we
invite you to join us for our Annual
Volunteer Breakfast.

Sign up at front desk by May 5.

On behalf of everyone at the center
and Resources for Seniors and Meals
on Wheels, we would like to **THANK
YOU** for all that you do to make our
center great!



Fitness Open House

May 31, 2017

Join us throughout the day to tour our
center and peek in on the various
fitness classes offered at the center.
Refreshments will be provided.

MAY is Older Americans Month!

“SENIOR SCAM JAM EVENT”

MAY 18, 2017

8:30 AM – 12 PM

at the Renaissance Center in Wake Forest

Sponsored by Triangle Family Services www.tfsnc.org

In Partnership With

Resources For Seniors - Northern Wake Senior Center, AARP,
Bank of America, SING-WF, Renaissance Center of Wake Forest

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 Geri Fit
10:30-1 Ping Pong (call to schedule room)
11:00 Basic Drawing with Gaylord
11:30 Bingo (Dates and Providers listed on p.4)
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 (**May 9 & 23, June 13 & 27**)
12:00 Beg. & Inter. Acrylic Painting w/ John
12:30 Mahjongg
1:00 Wood Carving
3:30 Theater Group - (**May. 16, June 13**)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 w/ Laura
9:00 Ceramics *
9:45 Low Impact Aerobics - Level 1 w/Pandora
10:15 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 (**May 17, June 21**)
1:00 Pinochle
1:00 Pottery and Clay Open Studio
2:00 Zumba Gold **at Flaherty Park**

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
10:00 Beg. /Inter. Line Dance w/ Ronnie
10:30 Bingo (Dates and Providers listed on p.4)
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 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.

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

May 3 & 24 and June 7 & 28

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

May 3 - Northern Regional Center 1:00 PM

June 7 - 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

2nd Wednesday each month

May 10 – 2:30 PM

June 14 – 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!
Cinco de Mayo
Covered Dish Social**

**Friday, May 5th
10AM – 12 noon**

Join us for fun, food and entertainment!
Bring a dish to share.
Sign up by May 2.

Thank you to our Sponsors!

Bingo

11:30	5/1	RFS
10:30	5/4	Seniors Helping Seniors
11:30	5/8	Franklin Manor
10:30	5/11	Carillon Assisted Living
11:30	5/15	Stay at Home Senior Care
10:30	5/18	Brookdale
11:30	5/22	RFS
10:30	5/25	Carillon Assisted Living
11:30	5/29	Center Closed
10:30	6/1	Seniors Helping Seniors
11:30	6/5	Stay at Home Senior Care
10:30	6/8	Carillon Assisted Living
11:30	6/12	Franklin Manor
10:30	6/15	Brookdale
11:30	6/19	Stay at Home Senior Care
10:30	6/22	Carillon Assisted Living
11:30	6/26	RFS
10:30	6/29	RFS

Health Screenings

Monday Blood Pressure checks:

9:30	5/1	Stay at Home Senior Care
9:30	5/8	Franklin Manor
9:30	5/13	Stay at Home Senior Care
10:30	5/22	Dr. Casey Baldwin, Pharmacist
9:30	6/5	Stay at Home Senior Care
9:30	6/12	Franklin Manor
9:30	6/19	Stay at Home Senior Care
10:30	6/26	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.



**Congratulations to all
those who participated in
this year's Senior Games
and brought home medals.
Awesome job!**

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 art room. The current session runs through May 22 with balance assessments 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 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 meets Thursday mornings at 8:30 AM. New session begins May 18. Get your name on the list for the next session.

- ✓ **Geriatric Fit**

Geriatric Fit uses light dumbbells and stretch bands for a full body workout. Classes meet M/W/F from 10:15-11:00. **Registration required. Surveys will be taken at beginning and end of each session.**

- ✓ **Fit & Strong**

New class began April 17. It will run for 8 weeks, ending June 12. We have a final questionnaire the last class. Sign up at the front desk to be ready for the next session: June 19.

May 2017

- 5/2 Tues. 10:00 AM** (Pres.) **THE SKINNY ON FAT** with Joe from Humana. Find out which fats you should avoid and which you should keep.
- 5/2 Tues. 2-3:30 PM** **WALKING THROUGH GRIEF.** Group meets for 9 weeks: 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20, and 6/27. Led by Bryan Chapman of Lincoln Hospice.
- 5/2 Tues. 3:00 PM** **FRIENDS OF THE NWSC MEETING.**
- 5/3 Wed. 8:30 – 3:15** **ONSITE SERVICE COORDINATOR** Susan McGuire, see p.3.
- 5/3 Wed. 1:00 PM** **PARKINSON'S SUPPORT GROUP**, see p32.
- 5/5 Fri. 10:00 AM** **CINCO DE MAYO CELEBRATION.** Grab your sombrero and join the fun!
- 5/9 Tues. 9:00 AM** **VOLUNTEER BREAKFAST** provided by Brookdale of Wake Forest. If you are a volunteer for the Senior Center and/or Meals on Wheels, we invite you to join us for our Annual Volunteer Breakfast. **Sign up at front desk by May 5.** On behalf of everyone at the center and Resources for Seniors and Meals on Wheels, we would like to THANK YOU for all that you do to make our center great!

May continued

- 5/11 Thur. 10:00 AM (Pres.) **DO I NEED A GERIATRIC CARE MANAGER?** By Heather McLaughlin with A&A Aging Life Care.
- 5/11 Thur. 10:30 AM **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** This is an information and discussion group moderated by RoseMarie Betuker, retired AP government teacher.
- 5/16 Tues. 10:00 AM (Pres.) **READING LABELS** with Joe from Humana. Find out what a food label reveals about what's really in your food, and whether your favorite foods are as healthy as you think.
- 5/16 Tues. 1-4 PM **SHIIP** one on one counseling in the computer room. Call for an appointment.
- 5/17 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
- 5/18 Tues. 10:30 AM **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** (Session 2) This is an information and discussion group moderated by RoseMarie Betuker, retired AP government teacher.
- 5/19 Fri. 12-4 PM **AARP SAFE DRIVING CLASS.** Cost: AARP members \$15. Non-members \$20. Learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. Registration required. Sign up at front desk.
- 5/23 Tues. 10:00AM (Pres.) **MEDICARE & LONG TERM CARE.** Hans Scheil, CFP is the president of Cardinal Retirement Planning, Inc. He will be here to help us understand the different parts of Medicare, including how it pays for long-term care. He will explain options available to combat the financial and emotional risks that come with longevity.
- 5/23 Thur. 10:30 AM **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** (Session 3) This is an information and discussion group moderated by RoseMarie Betuker, retired AP government teacher.
- 5/23 Tues. 3:00 PM **SENIOR ADVISORY BOARD MEETING.** All members are welcome to attend.
- 5/24 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3.
- 5/25 Thur. 10:30 AM **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** This is an information and discussion group moderated by RoseMarie Betuker, retired AP government teacher.
- 5/25 Thur. 10:00 AM (Pres.) **5 MINUTE DAILY ENERGY ROUTINE** with Cindy of Vital Energy Medicine.
- 5/26 Fri. 10:15 AM **ADULT COLORING WITH SUSAN.** Supplies are provided. No charge.
- 5/29 Mon. **MEMORIAL DAY – CENTER CLOSED.**
- 5/30 Tues. 10-11 AM (Pres.) **EVOLUTION HEARING**
- 5/30 Tues. 11 AM **HEARING SCREENINGS** sign up at front desk for a spot.
- 5/31 Wed. **FITNESS OPEN HOUSE** see p. 1 for details.

June 2017

- 6/6 Tues. 10:00 AM **HABITS OF HAPPY PEOPLE** with Joe from Humana. Learn tips for staying positive during life's challenges.
- 6/6 Tues. 3:00 PM **FRIENDS OF THE NWSC MEETING.**
- 6/7 Wed. 8:30 – 3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
- 6/7 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP**, see p.3.
- 6/13 Tues. 10:00 AM (Pres.) **HEART/STROKE** by Gateway Health.
- 6/14 Wed. 1-2:30 PM **ONE ON ONE CAREGIVER/GRIEF SUPPORT** in the craft room. Sign up in advance at the front desk.
- 6/14 Wed. 2:30 PM **CAREGIVER/GRIEF SUPPORT**, see p.3.
- 6/14 Wed. 12-4 PM **ONE ON ONE FINANCIAL CARE COUNSELING** with Joe from Triangle Family Services.
- 6/20 Tues. 1-4 PM **SHIIP** one on one counseling in the computer room. Call for an appointment.
- 6/21 Wed. 1:00 PM **BOOK CLUB** meets in the craft room.
- 6/22 Thur. 10:00 AM (Pres.) **5 MINUTE DAILY ENERGY ROUTINE** with Cindy of Vital Energy Medicine.
- 6/27 Tues. 10:00 AM (Pres.) **AGING HAPPILY** with Joe from Humana. Discover ways to boost your physical, emotional, and spiritual health so you can live a healthier and happier life.
- 6/28 Wed. 8:30-3:15 **ONSITE SERVICE COORDINATOR** Susan McGuire, RFS, see p.3.
- 6/30 Fri. 10:15 AM **ADULT COLORING WITH SUSAN.** Supplies provided. No charge.

FREE Wake Tech Classes at Northern Wake Senior Center

2017 Spring Classes

Advanced MS Word w/ Jerry Glenn – April 24, 25, 27, 28, 2017.

9:00 – 11:00 a.m., (Max. 9 students)

Advanced MS Excel w/ Jerry Glenn – May 1, 2, 4, 5, 2017.

9:00 – 11:00 a.m., (Max. 9 students)

Lecture – Security w/ Jerry Glenn – May 19, 2017.

12 - 2:00 p.m., (Max. 22 students)

Computer 301 w/ Jerry Glenn – May 22, 23, 25, 26, 30, 31, 2017.

9:00 – 11:00 a.m., (Max. 9 students)

Computer 401 w/ Jerry Glenn – June 8, 9, 12, 13, 14, 15, 2017.

9:00 – 11:00 a.m., (Max. 9 students)

Windows 10 w/ Jerry Glenn – June 20, 21, 22, 23, 26, 27, 2017.

9:00 – 11:00 a.m., (Max. 9 students)

Lecture – Files Management w/ Jerry Glenn – June 23, 2017.

12 - 2:00 p.m., (Max. 22 students)

Watercolor Basics w/ Gaylord Picard – May 2, 9, 16, 23, 30 and June 6, 13, 20, 2017.

9:30 – 11:30 a.m., (Max. 15 students)

Conversational Spanish for Plus 50 w/ Michelle Fulwider – May 11, 18, 25, June 1, 8, 15, 22, 29, and July 6, 2017. 10:00 – 12:00 p.m., (Max. 18 students)

Conversational Spanish for Plus 50 II w/ Michelle Fulwider – May 11, 18, 25, June 1, 8, 15, 22, 29, and July 6, 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.



Senior citizens are most likely to have a nest egg, to own their home, and/or to have excellent credit - all of which make them attractive to con artists.
 - Federal Bureau of Investigation



We Cordially Invite You to Attend a Special Program

Seniors at Risk: 21st Century Scam Threats, Prevention and Solutions

Featured Presenters

- Elaine Marshall, NC Secretary of State
- Stephanie Bias, NC Dept. of Insurance
- John Maron, NC Dept. of the Secretary of State
- Josh Stein, NC Attorney General
- Natalie Wood Riche, NC Dept. of Justice



Learn From the Experts State-of-the-Art Ways to Protect Your Clients, Loved Ones or Yourself from Financial, Technology and Other Fraud Impacting Older Americans

Thursday, May 18, 2017 | 8:30 am-noon

Wake Forest Renaissance Centre | 405 Brooks Street, Wake Forest, NC 27587

Free-of-Charge, Breakfast Served | Guests Welcome
 Attendance for All or Part of Workshop Welcome | Q&A Session

Topics Include

Healthcare Fraud, Investment, Internet and Marketing Scams, Pyramid and Ponzi Schemes, Sweepstakes and Lottery Scams, Emotional/Personal Manipulation and Q&A

Register at www.tfsnc.org/events by **May 12th**
 Questions? mbuice@tfsnc.org



Financial scams targeting seniors have become so prevalent that they're now considered 'the crime of the 21st century.' - National Council on Aging

Sponsored by Triangle Family Services www.tfsnc.org
 in partnership with Bank of America, AARP and Resources for Seniors



Resources for Seniors and the Northern Wake Senior Center, a member of SING Wake Forest, invite you to join the following events:

UNDERSTANDING Dementia

May 25

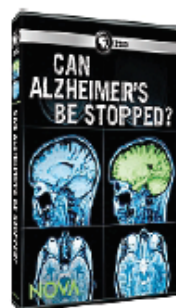
4:00-7:30 pm

program and dinner are free, but registration is required

Dinner & Movie Screening

Can Alzheimer's Be Stopped?

Join us for an evening of food, information, and learning from the experts in the field of dementia research and care. The program will start with exciting news from medical experts followed by dinner and the special screening of the PBS documentary *Can Alzheimer's Be Stopped?*



July 20

Aug 17

Sept 21

9:30 am

free admission

Education Series

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Effective Communication Strategies

Understanding and Responding to Dementia Related Behaviors

May 18

8:30 am-12 pm

free admission

Senior Scam Jam

This event is offered by Triangle Family Services



Triangle Family Services

Presented By:



405 S BROOKS ST, WAKE FOREST
wakeforestncc.org | 919.435.9458