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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

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

Projected Timeline Updates:

May 2018
Construction start

March 2019
Target completion date

April 2019
Target Grand Re-opening
Celebration



Celebrate Older Americans Month
With The Senior Center and Our
Partners!

- **May 15 Spring Carnival**
Held at the Gardens of Wakefield Plantation. 2:00 pm – 4:00
- **May 17 - 45th Annual Volunteer Appreciation Banquet**
Held at McKinnon Center, Raleigh, (Invitation Event)
- **May 25 – Ice Cream Social and Volunteer Appreciation Day**
Held at The Lodge of Wake Forest 1:30 pm. Fun and entertainment.

SMART PHONE AND I-PAD TUTORS
Available through the Senior Center
No Charge.
Call center for more information.



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



To Linda Harvey and her
Wonderful AARP Tax-Aide Volunteer Team for assisting so many seniors and other members of the community. They will be returning in 2019 to the Northern Regional Center in January.

Thank you to the Northern Regional Center Staff for their Hospitality and offering their facility.



Wake County Senior Games and
Silver Arts

www.wcseniorgames.org

Congratulations to everyone who
participated in the games
and our medalists.

Socialize · Exercise · Prioritize

NEW SCHEDULE and LOCATIONS

(NOTE: More important 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)
- 10:30 Intermediate Mt. Dulcimer (1 ½ hrs.) (BSLWF)
- 11:00 Basic Drawing (1 ½) (WFRC)
- 11:00 **Craft Group and Community Outreach Group**
(3 ½ hr.)(The Forks Cafeteria)
- 12:15 Beginner Mt. Dulcimer (1 hr.) (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)
- 2:00 Shag Lesson (1 hr.) (WFCH).
- 2:00 Current Events & Issue Class (May 21)
(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) no class 6/26
- 10:45 Acting Group (2 hr.) (CALWF)
- 12:00 Beg. & Inter. Acrylic Painting Studio (3 hrs.) (WFRC)
- 12:30 Mahjongg Group (3 ½ hours) (TFC)
- 1:00 Wood Carving (2 hr.) (CALWF)
- 3:30 Theater Group (May 8 & June 12) (1 hr.) (CALWF)
- 3:30 **Friends of Northern Wake Senior Center Meetings**
(May 1 and June 5) (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 (May 16 & June 20) (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)
- 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)
- 12:30 Mahjongg Group (3 ½ hours) (Forks Cafeteria)
- 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)
- 1:00 (NEW) Bridge (2 ½ hr.) (TFC)

*SPECIAL ANNOUNCEMENTS: ...

SOME CLASS TIMES and LOCATIONS HAVE CHANGED. 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. "SEE PAGE 8 FOR NEW FITNESS CHANGES"

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: EVIDENCE-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 – CALW
Flaherty Park Community House – FPCC
Northern Regional Center – NRC
The Forks Cafeteria – TFC
The Gardens of Wakefield Plantation - TGWP
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

May 2 & 23 - Northern Regional Center

June 6 & 27- 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 at 1:00 pm

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

Call 919-554-4111 to register

May 2 & June 6

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

Caregiver Support Group

Co-Hosted by Heartland Hospice

May 9 and June 13

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)

May 9 and June 13

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
With Joe Paradise**

Will start back

Wed. July 18 and August 15

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**

SAVE THE DATES: Coming in July 2018



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS **

If you have restricted activities because of fear of falling or if you have fallen in the past, this class is for you. Please sign-up today! This class shares ways to improve balance, flexibility and strength. Please call or stop by the office to sign-up.



**ANNUAL WILLIE RAY COOKOUT
Friday, July 20, 2018**

UNDERSTANDING DEMENTIA:

July 15 MEMORY Cafe' Sun. 2 -2:30pm (Free)

**July 26 Know The Ten Warning Signs – Early
Detection Matters – Part of Educational Series
9:30 -11:30 am**

Registration required – 919-435-9566

**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 go to www.resourcesforseniors.com.

**You Must Pre-Register To Attend
These Evidence-Based Classes.**



PLEASE NOTE CHANGES IN LOCATIONS!!!!

See page 8

Monday

- 9:15 (NEW) Geri Fit (45 min.) (TGWP)
- 10:00 Fit and Strong (1 ½) (TLWF)
- 10:15 Geri Fit (45 min.) (WFCH) – no classes June /Aug
- 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

- 10:30 Fit and Strong (1 ½) (TLWF)
- 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

- 9:15 (NEW) Geri Fit (45 min.) (TGWP)
- 10:15 Geri Fit (AM) starts June and Aug.

✓ **Geri Fit**

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

This session has already started: Feb. 19 – May 18

Mon. & Wed. mornings, 10:15 – 11:00 am. (12 weeks). Call center to sign up for next session.
*Surveys are taken at beginning and end.

NEW Geri Fit Class: Will start May 11 at the Gardens at Wakefield Plantation. Class begins at 9:15 am (12 weeks). Call Center 554-4111 to register.

Call center to put your name on waiting list for next Geri Fit Class.

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)

This class already started April 9 – June 21

Call Center to sign up for next session in July

✓ **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).

This class already started April 9 – June 21

Call Center to sign up for next session in July

✓ **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: **These classes already started**

Call center to sign up for next session in July.

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 – 10:00 – 11:30
Thursday – 10:30 – 12:00

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 Forks Cafeteria (FC)

339 Brooks Street. Wake Forest, NC 27587

The Gardens at Wakefield Plantation (TGWP)

12800 Spruce Tree Way, Raleigh, NC 27614 919-562-5580

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

May 16, 17, 31

June 20

FREE Wake Tech Classes at Northern Regional Center

Jump Start to Spanish 1

Starts May 11, 2018 and ends June 15, 2018
10:00 am – 12:00 pm

Jump Start to Spanish 2

Starts May 11, 2018 and ends June 15, 2018
12:30 pm – 2:30 pm

Computer Lectures – new dates and locations will be announced.

Call Northern Wake Senior Center to register or for more information 919-554-4111

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



June 23, 2018

**Five Points Center for Active Adults
2000 Noble Road, Raleigh, NC 27608
11:00 AM to 4:00 PM**

There will be exhibitors, educational sessions, and numerous exciting activities

Presented by
SAGE Raleigh and Resources for Seniors

MAY 2018

- 5/1 Tues. 10:15 AM **(PRESENTATION) TOPIC: HEALTH AWARENESS FOR PHYSICAL FITNESS.** Presented by Anthony Parks – Gateway Health. Held at Meals on Wheels Site Wake Forest Presentation Church.
- 5/1 Tues. 3:30 PM **ADVOCACY GROUP MEETING: Friends of the Northern Wake Sr. Center. Speaker: Tammy Robbins – Learn about SING- Wake Forest.** Held at Carillon Assisted Living of Wake Forest. Refreshments will be served.
- 5/2 & 23 Wed. 8:30 –3:15 **ONSITE SERVICE COORDINATOR – Susan McGuire, RFS, see p.3.**
- 5/2 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. **Krisitin Lassister will facilitate the care partners' group. See page 3.**
- 5/8 Tues. 10:15 AM **(Screening) EAR SCAN by Down East Hearing**
Held at Meals on Wheels Site Wake Forest Presentation Church.
- 5/8 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 5/9 Wed. 1-2:30 PM **CAREGIVERS SUPPORT-1 on 1 Counselor.** Held at Brookdale Living on Holding Ave.
- 5/9 Wed. 2:30 PM **CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living. Hosted by Heartland Hospice.
- 5/15 Tues. 10:15 AM **(PRESENTATION) TOPIC:SECRETS TO MAKING THE MOST OF YOUR DOCTOR'S Visit** by Aging Care Matters. Join Carla Payne at Meals on Wheels Site, Wake Forest Presbyterian Church.
- 5/15 Tues. 2- 4 PM **(SOCIAL) SPRING CARNIVAL. The Senior Center will be partnering with The Gardens of Wakefield Plantation in this fun event. Everyone welcome to attend at The Gardens.**
- 5/16 Wed. 12:30 -5 **SHIIP One on One Counseling.** Call center for an appointment.
- 5/16 Wed. 1:00 PM **BOOK CLUB.** Members will start meeting at Brookdale Living until we reopen.
- 5/17 Thurs. 12:30 -5 **SHIIP One on One Counseling.** Call center for an appointment.
- 5/21 Mon. 2:00 PM **CURRENT EVENTS & ISSUES CLASS.** This is an information and discussion group moderated by RoseMarie Betucker, retired AP government teacher. Will be held at The Lodge.
- 5/25 Fri. 1:30 PM **(SOCIAL) ICE CREAM SOCIAL AND VOLUNTEER APPRECIATION DAY at THE LODGE.** Join us for Fun, Ice Cream and Entertainment. Call 554-4111 to sign up if you are NOT a Resident of The Lodge. Sign up by May 22.
- 5/28 Friday **CENTER CLOSED FOR MEMORIAL DAY.**
- 5/29 Tues. 10:15 AM **(PRESENTATION) TOPIC: Urgent Repair Program for Home Repair** presented by Resources For Seniors. Held at Meals on Wheels Site Wake Forest Presbyterian Church.
- 5/31 Thurs. 12:30 -5 **SHIIP One on One Counseling.** Call center for an appointment.

JUNE 2018

- 6/5 Tues. 10:15 AM **(PRESENTATION) TOPIC: VIAL OF LIFE.** Presented by Stay At Home Senior Care -Wake Forest at Meals on Wheel Site Wake Forest Presbyterian Church
- 6/5 Tues. 3:30 PM **ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center. Program Learn about RAISE Family Caregivers Act.** Held at Carillon Assisted Living of WF. Refreshments.
- 6/6 & 27 Wed. 8:30 –3:15 **ONSITE SERVICE COORDINATOR – Susan McGuire, RFS, see p.3.**
- 6/6 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP** at Carillon Assisted Living of Wake Forest.
Topic: Speech Therapy for Parkinson's Disease. Carolina Smith from NC Central University will talk about free speech, voice and swallowing therapy services.
- 6/12 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 6/13 Wed. 1-2:30 PM **CAREGIVERS SUPPORT-1 on 1 Counselor.** Held at Brookdale Living on Holding Ave.
- 6/13 Wed. 2:30 PM **CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living. Hosted by Heartland Hospice.
- 6/13 Wed. 3:00 Pm **(PRESENTATION AND SCREENING At THE LODGE) COMMUNICATING WITH A HEARING LOSS** with EVOLUTION HEARING. Hearing screening will follow presentation
- 6/20 Wed. 12:30 – 5 **SHIIP One on One Counselor. Call Center for Appointment.**
- 6/20 Wed. 1:00 PM **BOOK CLUB** meets at Brookdale Living.
- 6/26 Tues. 3:00 PM **SENIOR CENTER ADVISORY BOARD MEETING.** Meeting held at the Wake Forest Town Hall.

BINGO:

Thank you to our Sponsors!

New Location: Wake Forest Presbyterian Church

10:30	5/3	Brookdale Assisted Living
11:30	5/7	Aging Care Matters
10:30	5/10	Carillon Assisted Living
11:30	5/14	Franklin Manor
10:30	5/17	Golden Harmony Concierge
11:30	5/21	Senior Helping Seniors
10:30	5/24	Carillon Assisted Living
	5/28	CLOSED – Memorial Day
10:30	5/31	Elmcroft at Northridge
11:30	6/4	Atria Senior Living
10:30	6/7	Brookdale Assisted Living
11:30	6/11	Franklin Manor
10:30	6/14	Carillon Assisted Living
11:30	6/18	Stay At Home Senior Care
10:30	6/21	Elmcroft at Northridge
11:30	6/25	Transport 4/Seniors
10:30	6/28	Carillon Assisted Living

Health Screenings at MOW Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

10:30	5/7	Resources for Seniors, Inc.
10:30	5/14	Resources for Seniors, Inc.
10:30	5/21	Always Best Senior Care
	5/28	CLOSED - Memorial Day
10:30	6/4	Stay At Home Senior Care
10:30	6/11	Always Best Senior Care
10:30	6/18	Stay At Home Senior Care
10:30	6/25	Resources For Seniors



WE NEED YOUR HELP!

**THE SENIOR CENTER OFFICE IS
UPDATING OUR RECORDS.**

**PLEASE CALL OR COME BY THE CENTER TO
UPDATE YOUR REGISTRATION INFORMATION.**

Note: We Also Have Volunteers Calling.



FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
friends helping friends

"The Friends" of the Northern Wake Senior Center (FNWSC) fundraiser for the Friendship Courtyard has raised over \$4000.00 to date exceeding their goal of \$2000.00 for the Holiday season campaign.

Your continued contributions are needed to complete the engraved paver section and additional items identified by the Senior Center Advisory Board Renovation Committee members.

See page 7 for monthly meeting information held at Carillon Assisted Living of Wake Forest.

For donations, purchases or additional information please email FriendsNWSC@gmail.com

**SPECIAL NOTICE:
FOR CLASSES HELD AT
THE WAKE FOREST COMMUNITY HOUSE,
FLAHERTY And ALSTON-MASSENBURG CENTER**

IMPORTANT CHANGES FOR MAY – AUG.

*May 8 - no classes at Community House due to elections

*June 4 – Aug 10 ...No Classes in Community House
Due to Summer Children's Camp

Monday:

Laura's aerobics class will be cancelled

Myra's aerobics class will be cancelled

Geri Fit class on Monday will be cancelled

***We are searching for new locations for
these classes.

*All other classes from the Community House will move to Alston Massenburg Center.

*Note: Chair Yoga with Marty:
NEW TIME 4:00 pm in June

*Flaherty Park stays the same during this time

Tuesday: Core Yoga moves to AMC starting June

Wednesday: 8:30 and 9:45 aerobics AMC starting June

Thursday: Gentle Yoga moved to AMC starting June
10:00 Beg/Int. Linedance moved to 11:00 AMC
11:45 Adaptive Yoga moved to 12:15

*June 26 no Tap Class at AMC

If you know of any locations that are available please call Miranda at 919-554-4111. Thank you.