Resources FOR SENIORS

Northern Wake Senior Center
"A Center of Excellence"

Open 8-5, M-F
1151 S. Main
Wake Forest
919-554-4111

May - June 2019 Open to Adults 55 and over

Join us and like us on Facebook www.resourcesforseniors.com

Senior Center Office location during expansion:
The Lodge at Wake Forest
1151 S. Main St.,
Wake Forest - ***2nd Floor***

Save the Date:
July 18th

Annual Willie Ray Cookout

Join use for Great Food, Great Entertainment and an Opportunity to See Old Friends and Meet New Ones.

Registration Required.
Call the Senior Center for more information.

The Senior Center and Meal on Wheels will be

CLOSED

Memorial Day
May 27

MEDICARE COUNSELING
1-on-1 Appointments with SHIIP Counselors Available
See page 5.

* SPECIAL ANNOUNCEMENTS *

- **All Community Center classes will be changing location for June, July, and August.** Instructors will share updated information when new locations are determined.
- Weekly Schedule is on **page 2**; Special Events are on **pages 6 and 7**.
- **Project time-line update:** Target Grand Re-opening is Summer 2019.

OLDER AMERICANS MONTH

CONNECT, CREATE, CONTRIBUTE MAY 2019

Join us in promoting and supporting seniors in our communities!

Connect with friends, family and services that support participation.

Create by engaging in activities that promote learning, health and personal enrichment.

Contribute time, talent, and life experience.

MAY EVENTS:

- **Volunteer Raleigh Banquet - McKimmon Center, May 29th**
- **Ice Cream Social celebrating volunteers, in participation with The Lodge at Wake Forest - May 17th, 2:00 pm**
  (See pg. 6)

Call the Senior Center for additional information: 919-554-4111

Refresh Your Driving Skills With AARP Smart Driving Course

Tuesday May 14th at 12:30 pm
Held at the Northern Regional Center
Call the Center to register.

WEEKLY SCHEDULE

To register for a class or event, or for more information, **call the Senior Center at: 919-554-4111**

MONDAYS	
8:30	Low-Impact Aerobics, Level 2 - 1 hr. **(WFCH)**
9:00	Geri Fit - 1 hr. **(TGWP)** ***In Session till July 19th***
9:00	Beg. Mt. Dulcimer - 1 hr. **(BSLWF)** *NEW CLASS!*
9:45	Low-Impact Aerobics, Level 1 - 1 hr. **(WFCH)**
10:30	Intermediate Mt. Dulcimer - 1.5 hrs. **(BSLWF)**
11:00	Basic Drawing - 1.5 hrs. **(WFRC)**
11:00	Craft Group and Comm. Outreach - 3.5 hrs. **(TFC)**
11:00	Spanish Advanced Conversation D - 2hrs. **(CALWF)** ***Starts May 6th. Reg. Req'd. $30***
1:00	Zumba Gold - 1 hr. **(FPCC)**
12:30	Basics of Beginning Line Dance - ½ hr. **(WFCH)** *NEW CLASS!*
1:00	Beginning Line Dance - 1 hr.**(WFCH)**
1:30	Fit & Strong 1.5 hrs. **(NRC)** ***In session till May 10th***
1:30	Jump Start to Spanish 1 - 2hrs. **(CALWF)** ***Starts May 6th. Reg. Req'd. $30***
2:00	Shag Lesson - 1 hr. **(WFCH)**
2:15	Tai Chi 1 - 1hr. **(FPCC)** ***In session till June 3rd***
3:00	Ballroom Dance Lesson - 1 hr. **(WFCH)**
3:30	Tai Chi 2 -1hr. **(FPCC)** ***In session till June 3rd***
3:30	Chair Yoga -1hr. **(AMC)**

TUESDAYS	
8:30	Core Yoga - 1 hr. **(WFCH)**
9:30	Beg. Watercolor -2 hrs. **(WFRC)**
9:30	Intermediate Tap Dance - 1 hr. **(AMC)**
10:45	Acting Group - 2 hrs. **(CALWF)** ***May 7th & June 4th***
12:30	Mahjongg Group - 3.5 hrs. **(TFC)**
1:00	Beg. & Inter. Acrylic Painting w/ Gaylord Picard - 2hrs. **(New location: WFUMC)**
1:00	Wood Carving - 2 hrs. **(CALWF)**
3:00	Wake Forest Sr. Center Advisory Board **(Town Hall)**
3:30	Theater Group. - 1 hr. **(CALWF)** ***TBD –call center***

WEDNESDAYS	
8:30	Low-Impact Aerobics, Level 2 - 1 hr. **(WFCH)**
9:00	Ceramics - 2 hrs. **(WFRC)**
9:00	Craft Group & Comm. Outreach - 3 hrs. **(CALWF)**
9:45	Low Impact Aerobics, Level 1 – 1 hr. **(WFCH)**
10:30	Bridge - 2hrs. **(TFC)** ***Please call Center if new player***
1:00	Quilt! Quilt! Stitch and Gab **(AL)**
1:00	Martha's Quilting Group **(AL)**
1:00	Book Club - 1hr. **(BSLWF)**
1:00	Pinochle - 3hrs. **(CALWF)**
1:45	Zumba Gold - 1 hr. **(FPCC)**

THURSDAYS	
8:30	Gentle Yoga - 1 hr. **(WFCH)**
10:00	Beg./Inter. Line Dance - 1 hr. **(WFCH)**
10:00	Advanced Conversational Spanish B (3) - 2hrs. **(CALWF)** ***Starts May 9th. Reg. Req'd. $30***
11:00	Advanced Beginning Line Dance. - 1 hr. **(WFCH)**
12:30	Mahjongg Group - 3.5 hrs. **(TFC)**
12:30	Jump Start to Spanish 3. **(CALWF)** ***Starts May 9th. Reg. Req'd. $30***
1:30	Watercolor Open Studio - 3 hrs. **(CALWF)**
1:30	Fit & Strong - 1.5 hrs. **(NRC)** ***In session till May 10th***
1:30	Canasta/Hand & Foot- 2.5 hrs. **(TLWF)**
1:30	Pinochle - 2.5 hrs. **(CALWF)**
2:15	Tai Chi 1 - 1hr. **(AMC)** ***Reg. Req'd. In session till June 3rd***
3:00	Music Group - 1.5 hrs. **(CALWF)**
3:30	Tai Chi 2 - 1hr. **(AMC)** ***Reg. Req'd. In session till June 3rd***

FRIDAYS	
8:30	Zumba Gold - 1 hr. **(AMC)**
9:00	Craft Group & Comm. Outreach - 3 hrs. **(CALWF)**
9:00	Geri Fit - 1 hr. **(TGWP)** ***In session till July 19th***
9:45	Low-Impact Aerobics, Level 1 – 1 hr. **(AMC)**
12:30	Bridge - 2hrs. **(TFC)** ***Please call Center if new player***
1:30	Fit & Strong - 1.5 hrs. **(NRC)** ***In session till May 10th***

LOCATION KEY (see **page 5** for addresses)

AMC: Alston-Massenburg Center
AL: American Legion Post 187, Wake Forest
BSLWF: Brookdale Senior Living Wake Forest
CALWF: Carillon Assisted Living Wake Forest
FPCC: Flaherty Park Community Center
NRC: Northern Regional Center
TFC: The Forks Cafeteria
TGWP: The Gardens of Wakefield Plantation
TLWF: The Lodge at Wake Forest
WFCH: Wake Forest Community House
WFPC: Wake Forest Presbyterian Church
WFRC: Wake Forest Renaissance Centre
WFUMC: Wake Forest United Methodist Church
WFM: Wakefield Manor

NOTES

- Evidence-based fitness classes are listed on **page 3**; **Registration is required for these classes.**
- There may be times that we need to move or cancel a class due to unexpected changes in schedule. We will make every effort to inform you of these changes in advance.

FEE STRUCTURE

- Classes are at no cost unless marked by a (***$***).
- Fees for use of Center's supplies marked by (*******).
- Donations are accepted for program support.

EVIDENCE-BASED CLASSES

Registration is required for Evidence-Based classes; space is limited.
To register, or for more information, **call the Center at: 919-554-4111**

A Matter of Balance

If you have restricted activities because of fear of falling or if you have fallen in the past, this class is for you. This class shares ways to improve balance, flexibility and strength.

In Session – Call for Up-Coming Dates

Fridays from 1:30 to 3:00pm

Held at The Lodge at Wake Forest

Fit & Strong!

Focus on strengthening the lower extremities
24-day class series.

In Session – Call for Up-Coming Dates

Mondays, Thursdays, and Fridays, 1:30 to 3:00 pm
Held at the North Regional Center

Additional Fit & Strong Classes Coming Soon!

Powerful Tools for Caregivers

Learn how to handle stress, communicate better, improve self-confidence, improve your ability to make tough decisions, locate helpful resources, and MORE.

Six 90-min. sessions, held at:
Wake County Southern Regional Center
130 N. Judd Parkway NE, Fuquay-Varina, 27526

May 7th – June 11th, 6:30pm to 8:00pm

Limited number of participants; registration req'd.

To register call: The Center for Volunteer Caregiving, 919-460-0567

Beginner Tai Chi (Level 1) for Arthritis and 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 the first 6 moves.*

In Session – Call for Up-Coming Dates

20 classes (2 days a week)

2:15 pm - 3:15 pm

Mondays: Held at Flaherty Park
Thursdays: Held at Alston Massenburg Center

Intermediate Tai Chi (Level 2) for Arthritis and Fall Prevention

This class is for those who have completed Level 1 and would like to learn the next 6 Tai Chi moves
12 total moves.

In Session – Call for Up-Coming Dates

20 classes (2 days a week)

3:30 pm – 4:30 pm

Mondays: Held at Flaherty Park
Thursdays: Held at Alston Massenburg Center

Geri Fit

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

In Session – Call for Up-Coming Dates

Mondays & Fridays, 9:00 to 10:00 am

Held at the Gardens of Wakefield

Additional Geri Fit Classes Coming Soon!

NOTE: Instructors will inform class members of any additional class changes.

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.

INFORMATION · ASSISTANCE · REFERRALS

1-ON-1 COUNSELING
with ON–SITE SERVICE COORDINATOR
Heather Arcuri

May 1st & 22nd and June 5th & 26th
9 am to 12 pm
Held at the Northern Regional Center

Information provided on eligibility, procedures, and contacts for older adults and adults with disabilities in Wake County. **Call to make an appointment.**

Support Groups

➡ **Parkinson's Support Group**

1st Wednesday of each month, at 1 pm

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

Held at: Carillon Assisted Living of Wake Forest

Wed., May 1st *Topic: "Just Us"*

Wed., June 5th *Topic: "Driving & PD"*

➡ **Caregiver Support Group**
with Heartland Hospice
and "1-on-1" Grief Counseling

May 8th & June 12th

Held at: Brookdale Assisted Living

from 1pm to 2pm: 1-on-1 Counseling
starting at 2:30 pm: Caregiver Support Group

Call the Center to schedule a 1-on-1 appointment

➡ ***NEW!* Grief Support Group**

Join Kristen Lassiter with Heartland Hospice

Topics: understanding the grief process, making life adjustments, and carrying on without your loved one.

Starting May 10th thru May 31st

Fridays from 1:30 to 3:00pm

Held at: Carillon Assisted Living

Please call the Senior Center
for more information 919-554-4111

To register for a class or event, or for more information, **call the Senior Center at: 919-554-4111**

This June we are joining the Northern Regional Center for the Summer Feeding Intergenerational Program for Kids

The program runs the first 4 Wednesdays, starting June 19th. from 12pm to 1pm.
Volunteers are needed to help the kids
With arts, crafts, and ceramics projects

Please call the center to volunteer.

Every Monday, Starting June 3rd, SNAP is offering a

Chronic Disease Workshop

held at our Meals on Wheels location (WFPC):

"Take Control"

Take Control is an 8-session chronic disease prevention program that provides strategies to help adults manage their health. It informs, empowers, and motivates participants to change their eating and physical activity patterns, and provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors.

Each 1-hour session contains a basic cooking demonstration and sample of a healthy recipe. Recipes, nutrition handouts and water bottles are provided to program participants.

A **grocery and farmer's market tour**, tied to the Take Control content, has also been added to the curriculum.

Registration is required; please call the Senior Center to sign up. SNAP recipients encouraged to join.

***Please note:** Transportation is NOT PROVIDED for grocery and farmer's market tour.*

CLASS LOCATIONS WITH ADDRESSES AND CODES

Alston-Massenburg Center (AMC)
416 North Taylor St., Wake Forest, 27587

American Legion Post 187, Wake Forest (AL)
225 East Holding Ave., Wake Forest, 27587

Brookdale Senior Living of Wake Forest (BSLWF)
611 South Brooks St., Wake Forest, 27587
Ph: 919-562-8400

Carillon Assisted Living of Wake Forest (CALWF)
3218 Heritage Trade Dr., Wake Forest
Ph: 919-569-2101

Flaherty Park Community Center (FPCC)
1226 North White St., Wake Forest, 27587
Ph: 919-554-6726

Northern Regional Center (NRC)
350 East Holding Ave., Wake Forest, 27587
Ph: 919-562-6300

The Forks Cafeteria (TFC)
339 Brooks St., Wake Forest, 27587

The Gardens at Wakefield Plantation (TGWP)
12800 Spruce Tree Way., Raleigh, 27614
Ph: 919-562-5580

The Lodge at Wake Forest (TLWF)
Temporary home of the Northern Wake Senior Center Main Office – Ph: 919-554-4111
1151 S Main St, Wake Forest, 27587
Ph: 919-554-8768

Wake Forest Community House (WFCH)
133 W Owen Ave, Wake Forest, 27587
Ph: 919-435-9560
*Driving note: W. Owen Ave. is a one-way street, you cannot turn left there!

Wake Forest Presbyterian Church (WFPC)
12605 Capital Blvd, Wake Forest, 27587
Ph: 919-602-2533 (Meals on Wheels number)
*To Reserve a meal, call between 9 am and 12 pm, the day prior to needing a meal!

Wake Forest Renaissance Centre (WFRC)
405 Brooks St, Wake Forest, 27587
Ph: 919-435-9458

Wake Forest United Methodist Church (WFUMC)
905 S Main St, Wake Forest, 27587
Ph: 919-556-2239

Wakefield Manor (WFM)
10710 Nickleby Way, Raleigh
Ph: 919-554-3299

JOIN US! On our website and FACEBOOK.

Wake Audiology and Hearing Aid Associates

Free Hearing Services: Hearing Aid and Ear Wax Checks
2nd Tuesday of each month, 9 am - 10 am

Held at The Lodge, in the Game Room on the 2nd floor.

Space is limited. If you are not a resident of the Lodge, please call the Center to sign up.

Senior Health Insurance Information Program(SHIIP)

1-on-1 Counseling

Held at The Lodge at Wake Forest
Call the Center to make an appointment!
Held on the 3rd Wednesday of every month

THANK YOU!!!!

For taking part and making your voice heard to our local and State Legislature during our recent Advocacy Event:

"From the Heart of the Senior Center"

Senior Centers across the State wrote letters and created flyers that were sent to our state representatives asking them to Increase Senior Center Funding

Letters were mailed to:
Sen. Richard Burr; Sen. Thom Tillis;
Congressman George Holding

CALENDARS are on-line at:
- **www.resourcesforseniors.com**
- **www.wakeforestnc.gov** (Search: "Senior Center")
- **www.facebook.com** (Search: "Northern Wake Senior Center")

MAPS are available **at the Center** and:
- **www.resourcesforseniors.com**
- **www.wakeforestnc.gov** (Search: "Senior Center")

MAY 2019 SPECIAL EVENTS
"OLDER AMERICANS MONTH"

To register for a class or event, or for more information, **call the Center at: 919-554-4111.**
For the KEY of address codes, see pg. 2; for ADDRESSES see pg. 5.

5/1	WED	1:00 pm	Parkinson's Support Group. ***(CALWF)*** Topic : "Just Us". See page 4.
5/2	THURS	10:00 am	Presentation at Meals on Wheels: "Information on Matter of Balance program." ***(WRPC)*** With Jennie Griggs.
5/7	TUE	10:45 am	"Acting our Age" Comedy Acting Group. ***(CALWF)***
5/8	WED	9:00 am	Free Hearing Services: Hearing Aid & Ear Wax Checks. ***(TLWF)*** See page 5.
5/14	TUE	12:30 pm	AARP Smart Driving Course. 2hr. ***(NRC)*** Call the Center to register.
5/15	WED	12:30 pm to 3:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: ***(TLWF)*** Call to make an appointment. See page 5.
5/16	THUR	10:00 am	Presentation at Meals on Wheels: "Words of Encouragement and Up-Lifting Devotion." ***(WRPC)*** With Kristen Lassiter from Heartland Hospice.
5/17	FRI	2:00 pm	Ice Cream Social at the Lodge at Wake Forest. Join us for a fun event! Call Center to sign up.
5/22	WED	9:00 am to 12:00 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See page 4.
5/27	**MON**	**CLOSED**	**Center closed in observance of Memorial Day.**
5/28	TUE	3:00 pm	Senior Center Advisory Board Meeting. ***At Wake Forest Town Hall.***

"Salsa Sisters"

at the 2019 Senior Games

Congratulations Ladies

on winning the Bronze Medal!

Ice Cream Social

Come celebrate our seniors and volunteers!

The Senior Center is partnering with
The Lodge at Wake Forest for an "Ice Cream Social"

May 17th at 2:00 pm

Held at The Lodge at Wake Forest
Call the Senior Center to sign up!

Ice Cream ~ Chocolate Fountain ~ Entertainment!

FYI: **"On January 14, 2020, the Extended Support for Microsoft Windows 7 ends. From this point on, no new security vulnerabilities will be closed by Microsoft. For both home and business customers, using a Windows 7 computer after January 2020 poses a potential threat. Many customers now need to consider migrating to Windows 10."**

JUNE 2019 SPECIAL EVENTS
"MEN'S HEALTH MONTH"

To register for a class or event, or for more information, **call the Center at: 919-554-4111.**

6/3	MON	10:00 am	Workshop at Meals on Wheels: "Take Control – Chronic Disease Workshop." Presented by SNAP. ***(WFPC)*** Runs 8 sessions on Mondays. Call the center to register. See page 6.
6/4	TUE	9:00 am	Free Hearing Services: Hearing Aid & Ear Wax Checks. ***(TLWF)*** See page 5.
6/4	TUE	10:45 am	"Acting our Age" Comedy Acting Group. ***(CALWF)***
6/5	WED	1:00 pm	Parkinson's Support Group. ***(CALWF)*** Topic: "Driving & PD. See page 4.
6/5	WED	9:00 am - 12:00 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. ***(NRC)*** See page 4.
6/10	MON	10:00 am	Workshop at Meals on Wheels: "Take Control – Chronic Disease Workshop." Presented by SNAP. ***(WFPC)*** Runs 8 sessions on Mondays. Call the center to register. See page 6.
6/11	TUE	3:30 pm	Theater Group. 1hr. ***(CALWF)*** Join this great group and enjoy group dining and local plays.
6/12	WED	1:00 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling. ***(BSLWF)*** Hosted by Kristin from Heartland Hospice. Call to make a private appointment. See pg. 4.
6/17	MON	10:00 am	Workshop at Meals on Wheels: "Take Control – Chronic Disease Workshop." Presented by the SNAP program**. *(WFPC)* Runs 8 sessions on Mondays. Call the center to register.** See page 6.
6/19	WED	12:30 - 3:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: ***(TLWF)*** Call to make an appointment. See page 5.
6/24	MON	10::00 am	Workshop at Meals on Wheels: "Take Control – Chronic Disease Workshop." Presented by SNAP. ***(WFPC)*** Runs 8 sessions on Mondays. Call the center to register. See page 6.
6/26	WED	9:00 am - 12:00 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. ***(NRC)*** See page 4.

Wake Tech Spanish Classes

Held at Carillon Assisted Living

Advanced Conversation B
May 9th to June 13th
Thursdays, 10 am to 12 pm
Cost: $30

Jump Start to Spanish 3
May 9th to June 13th
Thursdays, 12:30 pm to 2:30 pm
Cost: $30

Jump Start to Spanish 1
May 6th to June 17th
Mondays, 1:30 pm to 3:30 pm
Cost: $30

Advanced Conversation D
May 6th to June 17th
Mondays, 11 am to1 pm
Cost: $30

Please note: There will be a fee for all Wake Tech classes (payable by check only)

Health Screenings at Meals on Wheels Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks

- 10:30 am 5/6 Stay at Home Senior Care
- 10:30 am 5/13 Always Best Senior Care
- 10:30 am 5/20 Stay at Home Senior Care
- 10:30 am 5/27 Always Best Senior Care
- 10:30 am 6/3 Stay at Home Senior Care
- 10:30 am 6/10 Always Best Senior Care
- 10:30 am 6/17 Stay at Home Senior Care
- 10:30 am 6/24 Always Best Senior Care

FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
friends helping friends

YOU will be UNFORGETTABLE

Purchase Your BRICK for
THE FRIENDSHIP COURTYARD
and ALWAYS be REMEMBERED!

FOR MORE INFORMATION CONTACT
Email friendsnwsc@gmail.com
Mail PO Box 1312, Wake Forest NC
27588-1312

Building a Better Community one Memorable BRICK at a time.

BINGO with Meals on Wheels

Mondays & Thursdays at
Wake Forest Presbyterian Church

10:30	5/2	Brookdale Senior Living
11:30	5/6	Golden Harmony
10:30	5/9	Carillon Assisted Living
11:30	5/13	Resources For Seniors
10:30	5/16	Heartland Hospice
11:30	5/20	Stay at Home Senior Care
10:30	5/23	Carillon Assisted Living
11:30	5/27	Smooth Transitions
10:30	5/30	Resources for Seniors
11:30	6/3	Resources for Seniors
10:30	6/6	Brookdale
11:30	6/10	Smooth Transitions
10:30	6/13	Carillon Assisted Living
11:30	6/17	Stay at Home Senior Care
10:30	6/20	Transport 4 Seniors
11:30	6/24	Golden Harmony
10:30	6/27	Carillon Assisted Living

Thank You to our Sponsors!

Understanding Dementia 2019

Held at the Renaissance Centre
Hope and Action Activities by the Town of Wake Forest and SING-Wake Forest

1. **Community Education Presentations**
   Registration required; open to the public
   June 27th, 9 am - 11am

   Healthy Living for Your Brain & Body with general information vendor tables. Alzheimer's Association program for practical information and resources to help dementia caregivers decode messages from people with dementia.

2. **Evening Caregiver Workshops**
   Registration required; limited seating
   May 23rd, 5:30 pm - 7pm

   Identifying the Enemy - Presented by Pat Snyder (WF Dementia Caregiver Class) and LBDA Lewy Buddy – Tips for a healthier and gentler dementia journey for patient and caregiver.

Dementia Friendly Business Training

Training Sessions held on the second Tuesday of each month;
Registration required

June 2019 session will be held on 6/11.
Location TBD; please call for information.

Upon completion of the training participants will receive a certificate and window decal stating their business is Dementia Friendly.

Sponsored by Home Instead Services

Visit www.sing-wf.com for more information and to register your business for training.

Northern Wake Senior Center
is a Proud Partner of SING - WF

To register for a class or event, or for more information, **call the Senior Center at: 919-554-4111**