

Join us and like us on Facebook

www.resourcesforseniors.com



Senior Center Anniversary  
and  
Veterans Celebration  
"Giving Thanks"

Join us for  
Fun, Food and Entertainment.

There will also be a special

Ladies of Valor of Wake Forest  
Quilt Presentations

And

A Veteran Pinning/Certificate Ceremony!

This Pinning Ceremony is for all Veterans and  
Spouses of Deceased Veterans  
Presented by Amedysis Hospice

Sign up to receive a pin and certificate.  
You MUST sign up for this!

Our "Giving Thanks" Letter Writing Campaign will also  
be held at this event.

November 2, 2017 ■ 10-12 pm

At the Renaissance Center

Call Center now to sign up for party and pinning as space is  
limited! Everyone welcome to attend.

919-554-4111

ADVOCACY OPPORTUNITY

**"Giving Thanks" Letter  
Campaign will be held during the  
month of November.**

**There is Power in One Voice -  
Thank You Letters To Our  
Representatives for Funding Older  
Americans Act.  
More information inside on page 6**

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Senior Center  
EXPANSION UPDATE

**Our Senior Center and office is  
still OPEN!  
at 235 East Holding Ave.**

The new expansion date has been moved  
to January 2018.

Our senior center office and staff will be  
moving to The Lodge later this year.

The Body Shop, computer lab, SHIIP  
counseling, ceramics, meeting groups and  
some Wake Tech classes are still being held  
at the center. Check inside pages for class  
changes and additions to our schedules of  
events and services located at our off-site  
locations.

Come by or call center for more information  
to join the center, sign up for classes or if you  
need assistance for services. Expansion  
pictures and information about the new center  
are on display in our lobby.

# Socialize · Exercise · Prioritize

## NEW SCHEDULE and LOCATIONS

### Monday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:45 Low-Impact Aerobics – Level 1 (½) (WFCH)
- 10:00 Decorative Painting (2 hrs.) (CALWF)
- 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 3)
- 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).
- 3:00 Ballroom Dance Lesson (1 hr.) (WFCH)
- 3:30 Chair Yoga (1 hr.) (AMC)

### Tuesday

- 8:30 Core Yoga (1 hr.)(No class Nov. 7) (WFCH)
- 9:30 Beg. Watercolor (2 hr.) (WFRC)
- 9:30 Intermediate Tap Dance (1 hr.) (AMC)
- 10:45 Acting Group (2 hr.) (CALWF)
- 11:30 Storytelling Workshop (Nov. 14, 28 & Dec. 12)  
(1 hr)(BSLWF)
- 12:00 Beg. & Inter. Acrylic Painting (3 hrs.) (WFRC)
- 1:00 Wood Carving (2 hr.) (CALWF)
- 3:30 Theater Group (Nov. 7 & Dec. 12)(1 hr.) (CALWF)

### Wednesday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Ceramics \* (3 hr.) (NWSC)
- 9:00 Craft Group & Comm. Outreach (3 hrs.) (CALWF)
- 9:45 Low Impact Aerobics – Level 1 (½ hr.) (WFCH)
- 11:30 Bridge (2 hr.) (WFRC)
- 1:00 Quilt! Quilt! Stitch and Gab (3 hrs.) (AL)
- 1:00 Ladies of Valor Quilting Group (3 hrs.) (AL)
- 1:00 Book Club (Nov. 15 & Dec. 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)
- 9:00 Ceramics \* (2 hrs.) (Beginning Dec. ) (CALWF)
- 10:00 Beg./Inter. Line Dance (1 hr.) (WFCH)

### Thursday (cont.)

- 10:30 BINGO - (Meals on Wheels at WFPC)  
(Dates/Sponsors available on page 3)
- 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/Pinochle (2 ½ hrs.) (TLWF)
- 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)

\*\*\*NOTE: SOME CLASS TIMES HAVE CHANGED \*\*\*  
Call Center for Start Dates for Class

#### **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 center for Appointment. 919-554-4111

**Nov.1 & 22- Northern Regional Center  
Dec. 6 - Northern Regional Center**

Information provided on eligibility, procedures, and  
contacts for older adults and persons with disabilities in  
Wake County

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**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

**Nov. 1 and Dec. 6, 1:00 pm**

*No Registration necessary. Just show up!*

**At the Northern Regional Center  
350 E. Holding Ave., Wake Forest**

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**Caregiver Support Group**

*Co-Hosted by Heartland Hospice*

**Nov. 8 and Dec. 13**

**Held at Brookdale Living at 2:30 PM**

*Call Center for appointment. 919-554-4111*

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**Caregiver and Grief Support  
"One on One" Counseling**

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

**Nov. 8 and Dec. 13**

**Held at Brookdale Living, 1-2:30 PM**

*Call the center for appointment. 919-554-4111  
Co-sponsored by Senior Center & Heartland Hospice*

**SENIOR FINANCIAL CARE ASSISTANCE**

**One on One Counseling**

*Provided by*

**Triangle Family Services of Raleigh**

**Wed. Nov. 15 from 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***

**Thank you to our Sponsors!**

**BINGO**

**New Location: Wake Forest Presbyterian Church**

**11:30 11/6** Resources for Seniors  
**10:30 11/9** Carillon Assisted Living  
**11:30 11/13** Franklin Manor  
**10:30 11/16** Brookdale Living  
**11:30 11/20** Stay At Home Senior Care  
**11:30 11/27** Seniors Helping Seniors  
**10:30 11/30** Carillon Assisted Living  
**11:30 12/4** Resources For Seniors  
**10:30 12/7** Seniors Helping Seniors  
**11:30 12/11** Franklin Manor  
**10:30 12/14** Carillon Assisted Living  
**11:30 12/18** Stay At Home Senior Care  
**11:30 12/21** Brookdale Living  
**10:30 12/28** Carillon Assisted Living

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**Health Screenings at MOW Site**

**New Location: Wake Forest Presbyterian Church**

**Monday Blood Pressure checks:**

**10:30 11/6** Stay at Home Senior Care  
**10:30 11/13** Always Best Senior Care  
**10:30 11/20** Stay At Home Senior Care  
**10:30 12/4** Stay At Home Senior Care  
**10:30 12/11** Always Best Senior Care  
**10:30 12/18** Stay At Home Senior Care

**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](http://www.resourcesforseniors.com).

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

**Monday**

10:15 Geri Fit (45 min.) (WFCH)  
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)  
1:30 Fit & Strong (1½ hr.) (NRC)

**Thursday**

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)

 **Join the following groups**

**AT THE FORKS CAFETERIA**  
339 Brooks Street

**Mondays 11:00 am – 2:30 pm**  
**Craft Group and Community Outreach**  
Working on their community projects.

**Tues. & Thur. - Mahjongg Group**  
**12:30 – 4 pm**

**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)  
**Current session ends: Dec.11, 2017**

**New session:** Will start in January.

Mon. & Thurs. afternoons, 2:15 -3:15 pm. (Total of 20 classes). Monday classes at **FPCC** and Thursday classes at **AMC**. 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). **Current session ends:** Dec. 11. 2017

**New session:** Will start in January.

Mon. & Thurs. afternoons, 3:30-4:30 pm. (Total of 20 classes). Monday classes meet at **FPCC**, Thursday classes at **AMC**. Call Center to sign up.

✓ **Geri Fit**

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

**Current session:** Aug.14 – Nov.6, 2017

**New Session:** Nov.13 – Feb.12.

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 of each session.**

✓ **Fit & Strong**

Focuses on strengthening one's lower extremities.

**Current session:** Oct. 11 – Dec. 8. (8 weeks)

M/W/F, 1:30-3:00.

Class held at **Northern Wake Senior Center**.

**New Session:** Will start in January (8 weeks) M/W/F, 1:30-3:00. Call center to sign up for next session.

**Class location will be determined and announced.**

## 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

(Home of Northern Wake Senior Center Main Office after December)  
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

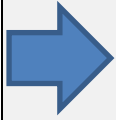
12605 Capital Blvd, Wake Forest, NC 27587

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)**

**OPEN ENROLLMENT ENDS DEC. 7**

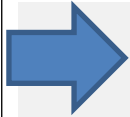
**Call Senior Center 554-4111 for Appointment**

**1 on 1 Counseling will be held at the Senior Center for the following dates:**

**12:30 pm to 5:00 pm**

**November 7, 14, 21, 28**

**December 5, 19**



## **AARP DRIVER SAFETY CLASS**

**Friday Dec. 15<sup>th</sup> 12-4 PM**

Class will be held at the Northern Regional Center located across from Senior Center.

Call (919) 554-4111 for information or to register.

**Cost: For AARP Members - \$15.00 Non- AARP Members - \$20.00**

## **NC Senior Center Alliance Advocacy Event**

### **Month of November:**

## **NEW- SENIOR CENTER STATEWIDE “GIVING THANKS” ADVOCACY OPPORTUNITY**

Join Participants of the Senior Center and other senior centers across the state in thanking our Representatives for providing funding of the Older Americans Act (OAA).

### **“3” Opportunities to Participate**

- (1) Join us at the “Giving Thanks” Senior Center Anniversary and Veterans Celebration on November 2 at the Renaissance Center for our Letter Writing Campaign
- (2) Bring your letter to the Center to be mailed with the other letters collected
- (3) Call or Write your Representatives
  - Note: Senior Center Phones and Computer Lab are available.

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### **Thank You!**

Thank you to everyone who participated in the recent- *Statewide Let’s Hear It! NC Senior Center Outcome Survey Project* which was held September 18 – October 16, 2017. This information was collected and shared with the NC Division on Aging and Adult Services. The information will also be shared in our Annual Senior Center Report to the Wake Forest Town Board.

## November 2017

- 11/1 Wed. 10:00 AM (CURRENT EVENTS) America In Transition.** This is an information and discussion group moderated by RoseMarie Betucker, retired AP government teacher. Will be held at Brookdale Living located beside Senior Center. Call center for more information.
- 11/1 Wed. 8:30 – 3:15 ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. All Coordinator's appointments will be held at the Northern Regional Center until we reopen in 2018.
- 11/1 Wed. 1:00 PM PARKINSON'S SUPPORT GROUP** at Northern Regional Center. See page 3.
- 11/2 Wed. 10:00-12 (SOCIAL) SENIOR CENTER ANNIVERSARY AND VETERANS CELEBRATION.**  
Fun, Food and Entertainment. There will be a Special Presentations. **See Page 1 for info.**  
**SPECIAL NOTE – Today only: Senior Center closed 8 am – 2pm. Re-open at 2pm**
- 11/7 Tues. 3:00 PM ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center** at Sr. Center.
- 11/8 Wed. 1- 2:30 PM CAREGIVERS SUPPORT-1 on 1 Counselor.** Held at Brookdale Living beside Sr. Center.
- 11/8 Wed. 2:30 PM CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 11/14 & 28 Tues. 11:30 STORY TELLING WORKSHOP.** Join Drew and the group at Brookdale Assisted Living  
Everyone welcome to attend.
- 11/14 Tues. 3:30 PM THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 11/15 Wed. 10:30 AM (PRESENTATION): UPDATES ON ANNUAL ENROLLMENTS** with Anthony Parks from Gateway Health. Presentation will be held at Meals on Wheels- Wake Forest Presbyterian Church.
- 11/15 Wed. 1:00 PM BOOK CLUB.** Members will start meeting at Brookdale Living this month until we reopen
- 11/15 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.
- 11/23 & 24 CENTER CLOSED FOR THANKSGIVING**
- 11/28 Tues. 10:30 AM HEARING PRESENTATION.** Provided by Evolution Hearing. Call (919)554-4111 to sign-up.  
This will be held at the Meals on Wheels site at Wake Forest Presbyterian Church.
- 11/28 Tues. 6:00 PM SENIOR CENTER ADVISORY BOARD MEETING.** Meeting will be held at the Wake Forest Town Hall.

## December 2017

- 12/5 Tues. 3:00 PM ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center. Place TBA.**
- 12/6 Wed. 8:30 –3:15 ONSITE SERVICE COORDINATOR** – Susan McGuire, RFS, see p.3. Will be held at the Northern Regional Center until we reopen in 2018.
- 12/6 Wed. 1:00 PM PARKINSON'S SUPPORT GROUP** at Northern Regional Center.
- 12/12 Tues. 11:30 STORY TELLING WORKSHOP.** Join Drew and the group at Brookdale Assisted Living. Everyone welcome to attend.
- 12/12 Tues. 3:30 PM THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 12/13 Wed. 10:00 AM CHRISTMAS SOCIAL** – held at the Meals on Wheels at Wake Forest Presbyterian Church.  
Call 919-602-2533 to sign up- Space is limited.
- 12/13 Wed. 1- 2:30 PM CAREGIVERS SUPPORT 1 on 1 Counselor.** Held at Brookdale Living beside Sr. Center.
- 12/13 Wed. 2:20 PM CAREGIVERS SUPPORT GROUP.** Held at Brookdale Living, Hosted by Heartland Hospice.
- 12/20 Wed. 1:00 PM BOOK CLUB** meets at Brookdale Living.
- 12/25 & 26 CENTER CLOSED FOR THE HOLIDAYS**

# FREE Wake Tech Classes at Northern Wake Senior Center

## 2017 Fall Classes

*These lectures will be held at the Senior Center*

**Computer Security Lecture w/ Jerry Glenn** – This is a 2 hour lecture.  
November 9, 2017. 9:30 – 11:30a.m., (Max. 22 students)

**Microsoft Windows File Management Lecture w/ Jerry Glenn** – This is a 2 hour lecture.  
November 15, 2017. 9:30 – 11:30 a.m., (Max. 22 students)

**Microsoft Windows 10 Lecture w/ Jerry Glenn** – This is a 2 hour lecture.  
November 16, 2017. 9:30 – 11:30 a.m., (Max. 22 students)

**Computer Optimization Lecture w/ Jerry Glenn** – This is a 2 hour lecture. December 6,  
2017. 9:30 – 11:30 a.m., (Max. 22 students)

**Internet Searching Lecture w/ Jerry Glenn** – This is a 2 hour lecture.  
December 7, 2017. 9:30 – 11:30 a.m., (Max. 22 students)

**Special Note: Conversational Spanish for Plus 50 w/ Michelle Fulwider**  
Classes will start back in January

### 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 1<sup>st</sup> day of class or lecture.
- Students **MUST** be in the 1<sup>st</sup> 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.



# Alston-Massenburg Center

## 416 N Taylor St, Wake Forest, NC 27587

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

6 min (1.3 miles)

**via S White St**

(Turn right out of parking lot) Head northwest on E Holding Ave toward S White St  
440 ft.

Turn right at the 1st cross street onto S White St

1.0 mi

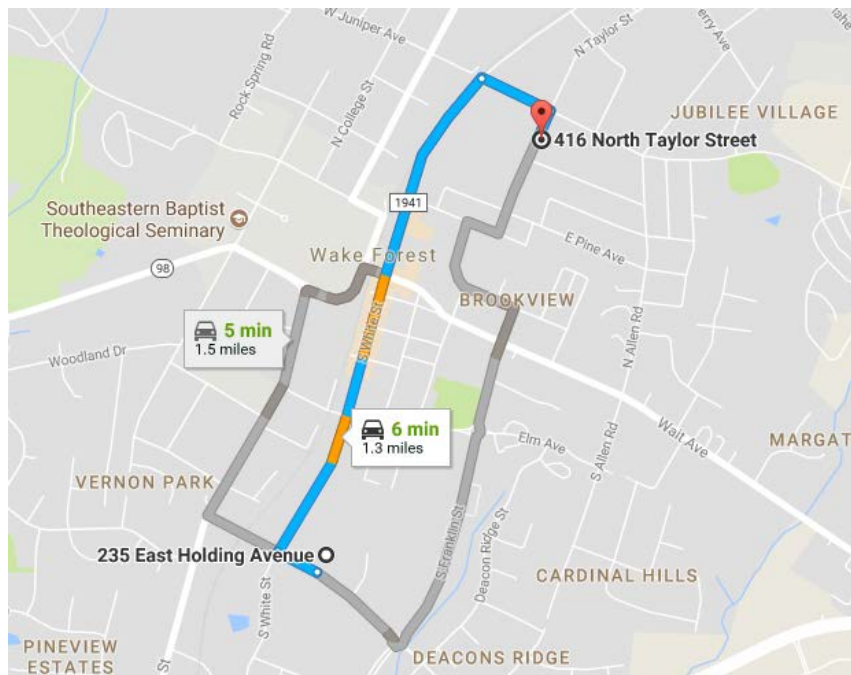
Turn right onto E Juniper Ave (Feggins & Feggins Funeral Service will be on the right corner)

0.1 mi

Turn right at the 1st cross street onto N Taylor St

Destination will be on the left

315 ft.



# American Legion Post #187 Wake Forest 225 E Holding Ave, Wake Forest, NC 27587

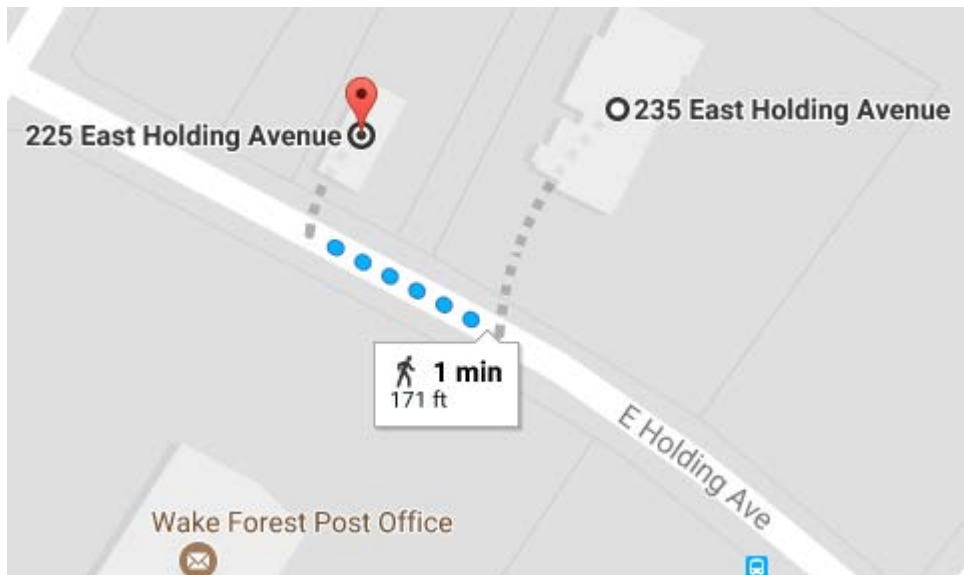
Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

1 min (171 ft.)

**via E Holding Ave**

(Turn right out of parking lot) Head northwest on E Holding Ave toward S White St  
171 ft.

Destination will be on the right.



# Brookdale Senior Living of Wake Forest

## 611 South Brooks St., Wake Forest, NC 27587

919-562-8400

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

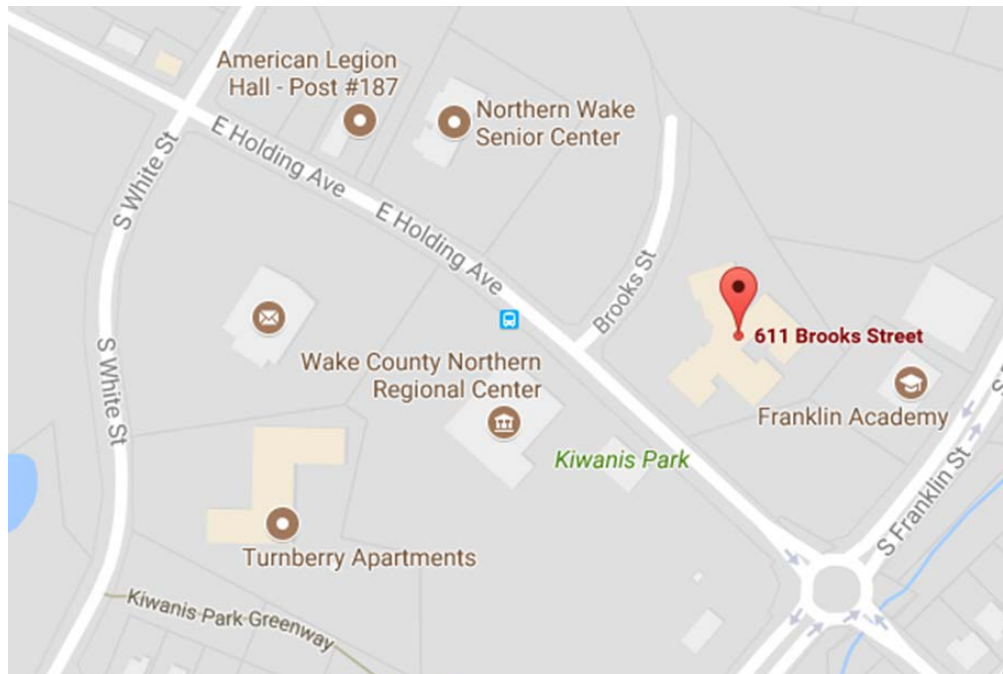
2 min (0.1 mile)

**via E Holding Ave and Brooks St**

(Turn left out of parking lot) Head southeast on E Holding Ave toward Brooks St  
407 ft.

Turn left onto Brooks St

Destination will be on the right



# Carillon Assisted Living of Wake Forest

## 3218 Heritage Trade Drive, Wake Forest, NC

919-569-2101

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587  
7 min (2.8 miles)

**via US-1 ALT S and Rogers Rd**

(Turn right out of parking lot) Head northwest on E Holding Ave toward S White St

0.2 mi

Turn left onto S Main St

1.5 mi

Turn left onto Rogers Rd

0.8 mi

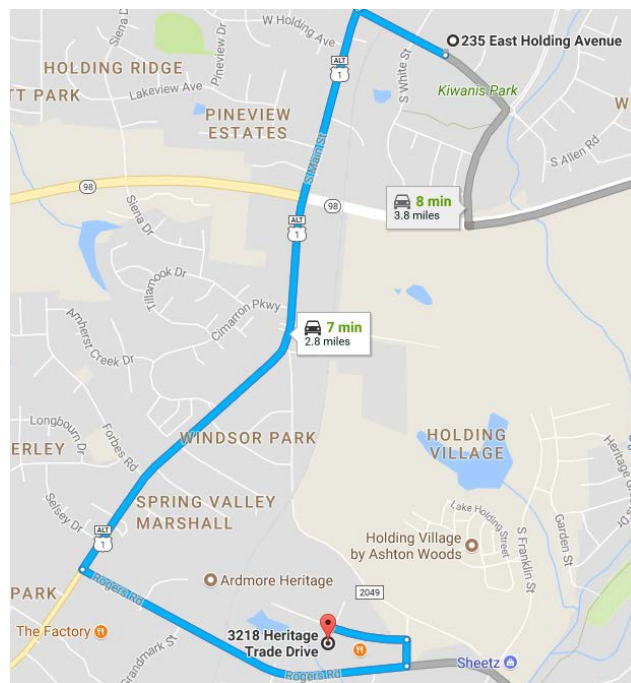
Turn left onto Forestville Rd

335 ft.

Turn left onto Heritage Trade Dr

0.2 mi

Destination will be on the left



# Flaherty Park Community Center

**1226 N. White St, Wake Forest NC 27587**  
**919-554-6726**

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

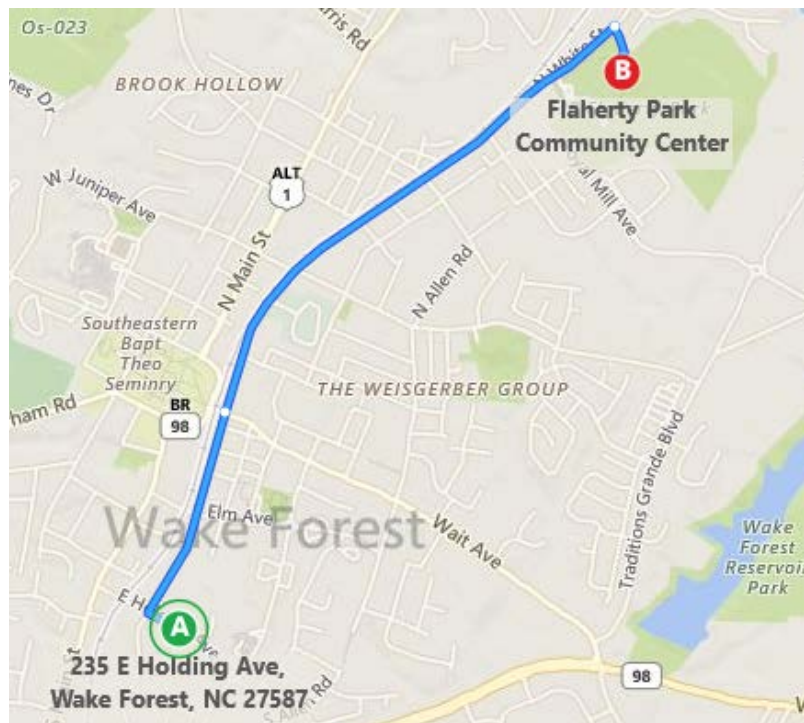
2.3 mi. About 6 mins

**via S White St**

Head northwest on E Holding Ave toward S White St  
440 ft.

Turn right at the 1<sup>st</sup> cross street onto S White Main St  
2.0 mi

Destination will be on the right





# Northern Regional Center

## 350 E. Holding Ave, Wake Forest, NC 27587

919- 562-6300

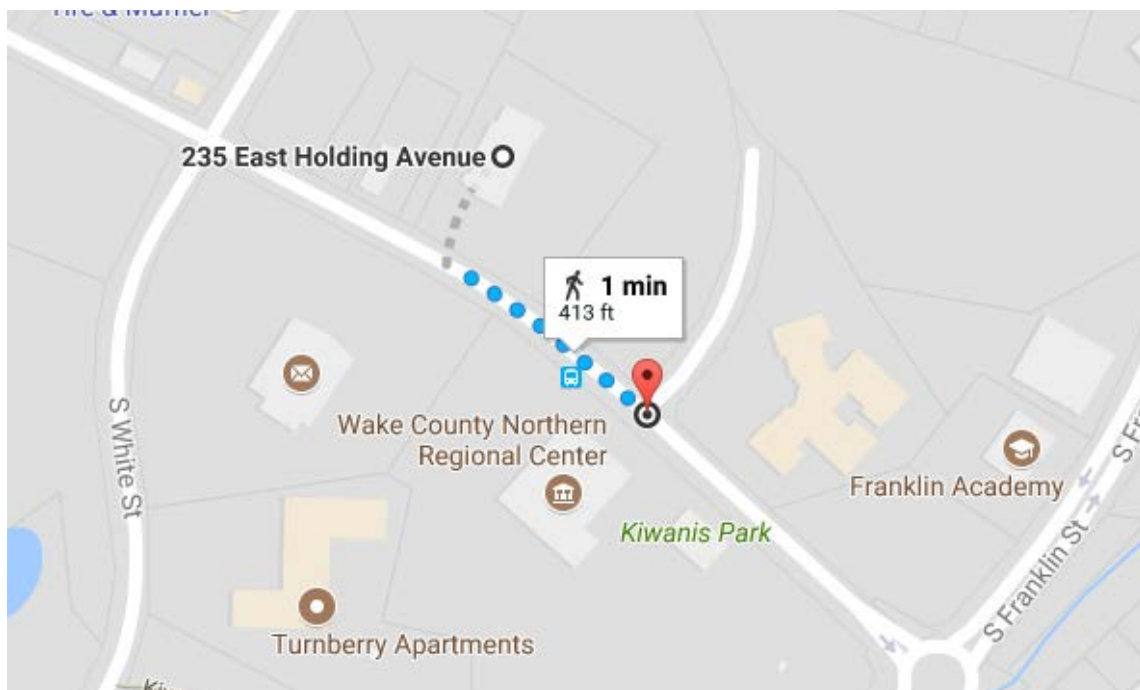
Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

1 min (413 ft.)

**via E Holding Ave**

(Turn left out of parking lot) Head southeast on E Holding Ave toward Brooks St  
413 ft.

Destination will be on your right.



# The Lodge at Wake Forest

## 1151 S Main St, Wake Forest, NC 27587

919-554-8768

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

2min 0.8mi

**via US-1 ALT / S Main St**

(Turn right out of parking lot) Depart E Holding Ave toward S White St

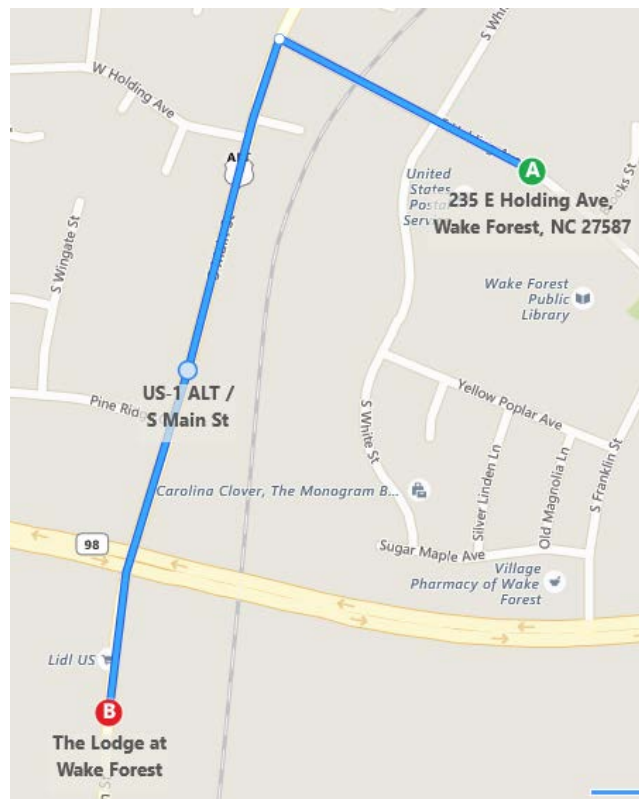
0.25 mi

Turn left onto US-1 ALT / S Main St

0.57 mi

Destination will be on your left.

(If you reach Cimarron Pkwy, you've gone too far)



# Wake Forest Community House

**133 W. Owen Ave, Wake Forest, NC 27587**  
**919- 435-9560**

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

3 min 0.9 mi

**via S Main St**

(Turn right out of parking lot) Head northwest on E Holding Ave toward S White St

0.2 mi

Turn right onto S Main St

(\*Note\* You will pass W. Owen Ave, but you cannot make a left turn because the street is one way traffic)

0.5 mi

At the traffic circle, take the 2nd exit onto South Ave

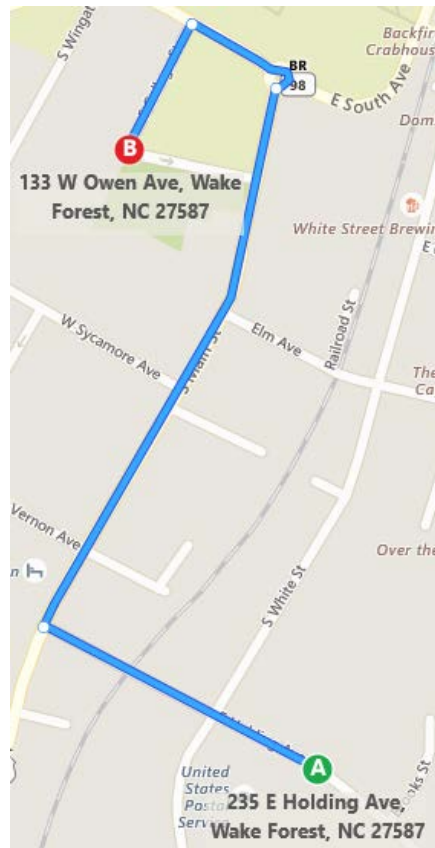
0.1 mi

Turn left onto S College St (If you reach S Wingate St you've gone a little too far)

0.1 mi

S College St turns left and becomes W Owen Ave

Destination will be on the right





# Wake Forest Presbyterian Church

## 12605 Capital Blvd, Wake Forest, NC 27587

Meals on Wheels Ph.# at Church / 919-602-2533

Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

7 min (2.4 miles)

**via Stadium Dr.**

(Turn right out of parking lot) Head northwest on E Holding Ave toward S White St

0.2 mi

Turn right onto S Main St

0.5 mi

At the traffic circle, take the 2nd exit onto South Ave

0.2 mi

Turn right onto S Wingate St

0.2 mi

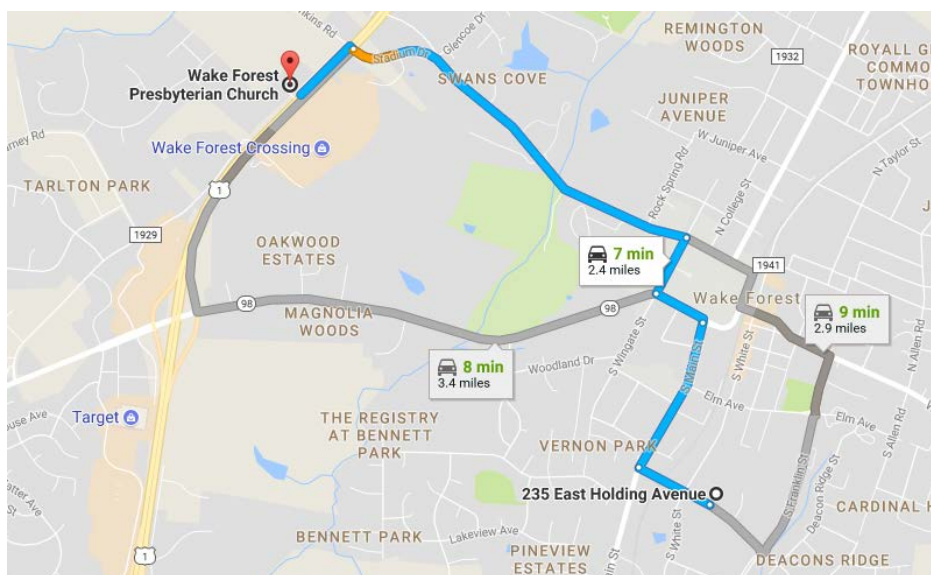
Turn left onto Stadium Dr

1.2 mi

Use the middle lane to turn left onto US-1 S

Destination will be on the right

0.2 mi



# Wake Forest Renaissance Centre

## 405 Brooks St, Wake Forest, NC 27587

919-435-9458

Directions From: NWCS, 235 E Holding Ave, Wake Forest, NC 27587

(Turn right out of parking lot) Depart E Holding Ave toward S White St

482 ft.

Turn right onto S White St

0.3 mi

Turn right onto Elm Ave / E Elm Ave

364 ft.

Turn right onto Brooks St

262 ft.

Destination will be on the left

