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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



The Senior Center
and
Meal on Wheels
will be
CLOSED

Monday, Nov. 12th
for observance of Veteran's Day

Nov. 22nd & 23rd
for observance of Thanksgiving

Dec. 24th, 25th & 26th
for observance of Christmas

**MEDICARE OPEN
ENROLLMENT
Ends December 7th**



**1-on-1 Appointments with
SHIP Counselors Available**
See page 4 for more information.

*** SPECIAL ANNOUNCEMENTS ***

- Some class times and locations may have changed; thank you for your understanding during our renovation!
- See page 2 for the Weekly Schedule and pages 6 and 7 for Special Events;
- Projected time-line update: Target Grand Re-opening – Spring of 2019



**ANNUAL SENIOR CENTER ANNIVERSARY
and
VETERANS DAY CELEBRATION**

With a special "thank you" to our first responders!

"GIVING THANKS LUNCHEON"

THURSDAY, NOV. 1ST

FOOD – FUN – ENTERTAINMENT

Ladies of Valor Quilt Presentation &
Veterans Pinning/Certificate Ceremony!

for ALL Veterans and Spouses of Deceased Veterans

YOU MUST SIGN UP TO RECEIVE A PIN & CERTIFICATE

Presented by Amedysis Hospice

Held at the Renaissance Center from 10 am to 12 noon

Call to sign up; space is limited!

**AMERICAN
CITIZENSHIP TUTOR**
Available For Seniors



If you are in need of assistance in
preparing for your American
Citizenship test,
call the Center for more information.

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

WEEKLY SCHEDULE: Socialize - Exercise - Prioritize

Mondays

- 8:30 Low-Impact Aerobics – Level 2. 1 hr. (WFCH)
- 9:15 Geri Fit. 1 hr. *See pg. 3. (TGWP)*
- 9:30 Beg. Mt. Dulcimer. 1 hr. (BSLWF)
- 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)
- 11:30 BINGO. Dates/Sponsors on pg. 8. (MoW at WFPC)
- 1:00 Zumba Gold. 1 hr. (FPCC)
- 1:00 Beg./Inter. Line Dance. (WFCH)
- 1:00 Geri Fit. 1 hr. *See pg. 3. (NRC)*
- 2:00 Shag Lesson. 1 hr. (WFCH)
- 2:15 Tai Chi 1. 1hr. *See pg. 3. (AMC)*
- 3:00 Ballroom Dance Lesson. 1 hr. (WFCH)
- 3:30 Chair Yoga. 1 hr. (AMC)
- 3:30 Tai Chi 2. 1hr *See pg. 3. (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)
- 12:00 Beg. & Inter. Acrylic Painting
Open Studio Group. **(New location: WFUMC)**
- 12:30 Mahjongg Group. 3.5 hrs. (TFC)
- 1:00 Wood Carving. 2 hrs. (CALWF)
- 3:30 Theater Group. 1 hr. A social group attending plays/theater. Nov. 14th & Dec. 11th (CALWF)
- 3:30 Friends of Northern Wake Senior Center Meeting. Everyone welcome. Nov. 6th & Dec. 4th (CALWF)
- 6:00 Wake Forest Sr. Center Advisory Board. Nov. 27th (Town Hall)

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. 1/2 hr. (WFCH)
- 11:30 Bridge. 2 hrs. (TFC)
- 1:00 Quilt! Quilt! Stitch and Gab. (AL)
- 1:00 Martha's Quilting Group. (AL)
- 1:00 Book Club. 1 hr. Nov. 21st & Dec. 18th (BSLWF)
- 1:00 Pinochle. 3 hrs. (CALWF)
- 2:00 Zumba Gold. 1 hr. (FPCC)

Thursdays

- 8:30 Gentle Yoga. 1 hrs. (WFCH)
- 10:00 Beg./Inter. Line Dance. 1 hr. (WFCH)
- 10:30 BINGO. Dates/Sponsors on pg. 8. (MoW at WFPC)
- 11:00 Performing Line Dance Practice. (WFCH)
- 12:30 Mahjongg Group. 3.5 hrs. (TFC)
- 1:00 Geri Fit. 1 hr. *See pg. 3. (NRC)*
- 1:30 Watercolor Open Studio. 3 hrs. (CALWF)
- 1:30 Canasta/Hand & Foot. 2.5 hrs. (TLWF)
- 1:30 Pinochle. 2.5 hrs. (CALWF)
- 2:15 Tai Chi 1. 1hr. *See pg. 3. (AMC)*
- 3:00 Music Group. 1.5 hrs. (CALWF)
- 3:30 Tai Chi 2. 1hr. *See pg. 3. (AMC)*

Fridays

- 8:30 Zumba Gold. 1 hr. (AMC)
- 9:00 Craft Group & Comm. Outreach. 3 hrs. (CALWF)
- 9:15 Geri Fit. 1 hr. *See pg. 3. (TGWP)*
- 9:45 Low-Impact Aerobics – Level 1. 1/2 hr. (AMC)
- 10:15 Basic Strength & Balance. 1/2 hr. (AMC)

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

NOTES

- Evidence-based fitness classes are listed on [page 3](#). **Registration is required for these classes.**
- There may 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 (\$) .
- Fees for use of Center's supplies marked by (*).
- Donations are always accepted for ongoing program support.

KEY

(see [page 5](#) for full addresses)

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

Evidence-Based Classes

Registration is required. Please call to register, space is limited!

To register, or for more information, call the Center at: 919-554-4111



Classes starting back up
in January 2019:

✓ A Matter of Balance



**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. This class shares ways to improve balance, flexibility and strength.

*Call to put your name on the waiting list.
2019 dates to be announced.*



✓ Fit & Strong!

Focus on strengthening one's lower extremities
This is a 24 day class series.

*Call to put your name on the waiting list.
2019 dates to be announced.*

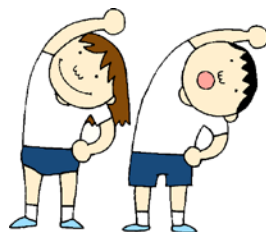
Consumer Evidence-Based Class Contribution Opportunity:

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 to go
www.resourcesforseniors.com*

NOTES

- Instructors will inform class members of any additional class changes.



Classes happening now:

✓ 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.

**Oct. 4th to Dec. 20th (2 days a week);
20 classes**

2:15 pm - 3:15 pm

Mondays: Held at Flaherty Park

Thursdays: Held at Alston Massenburg Center
Call to put your name on the waiting list for the next class. 2019 dates to be announced.

✓ Intermediate Tai Chi (Level 2) for Arthritis and fall prevention

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

**Oct. 4th to Dec. 20th (2 days a week);
20 classes**

3:30 pm – 4:30 pm

Mondays: Held at Flaherty Park

Thursdays: Held at Alston Massenburg Center
Call to put your name on the waiting list for the next class. 2019 dates to be announced.

✓ Geri Fit



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

Geri Fit – at the Gardens of Wakefield

ALREADY IN SESSION TO DEC. 21
Mon. & Fri. 9:15 am to 10:15 am

Geri Fit – at Northern Regional Center

ALREADY IN SESSION TO DEC. 10
Mon. & Thur., 1 pm to 2 pm

Call to put your name on the waiting list for the next class. 2019 dates to be announced.

INFORMATION · ASSISTANCE · REFERRALS

1-on-1 Counseling

ON-SITE SERVICE COORDINATOR

November 7th, 9 am to 12 pm

November 28th, 9 am to 1 pm

December 5th, 9 am to 12 pm

Held at the Northern Regional Center

Information provided on eligibility, procedures, and contacts for older adults and persons 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

November 7th Presentation:

Parkinson's Disease: Coping with PD and Living Alone

December 5th Presentation:

Non-Motor Symptoms of PD

➔ **Caregiver Support Group and "1-on-1" Grief Support Counseling**

Nov. 14th & Dec. 12th

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

Kristin from Heartland Hospice will be available for "1-on-1" appointments **prior to** the Caregiver Support Group

Call the Center if you would like to make a 1-on-1 appointment.

Co-Hosted by Heartland Hospice

Held at: Brookdale Assisted Living, Wake Forest

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

SENIOR FINANCIAL CARE ASSISTANCE:



1-on-1 Counseling

Provided by:

Triangle Family Services of Raleigh, with Joe Paradise

Wed. November 21st and December 19th

9:00 am to 1:00 pm

Held 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 to make an appointment.

Special Event:

UNDERSTANDING DEMENTIA

December 2nd, 2018,

2:00 pm to 4:00 pm



Topic: Memory Café

Held at the Renaissance Center of Wake Forest

Must be registered to attend. For more information, or to register, call: 919-435-9566.

An opportunity for persons with early stage memory loss and their partners/family/caregivers to engage with peers in a relaxed, unstructured environment. The café promotes social engagement & support with others experiencing similar lifestyle changes.

Special Holiday entertainment will be provided.



Senior Health Insurance Information Program (SHIIP)

1-on-1 Counseling

Held at The Lodge of Wake Forest
Call the Center to make an appointment.

Available Dates:

November: 5th, 8th, 15th, 19th, 26th, and 29th

December: 3rd, 6th, 7th, and 19th

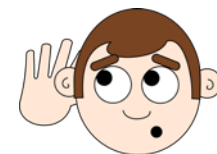
Reminder: Medicare Open Enrollment Period is Oct. 15th – Dec. 7th, 2018.

CLASS LOCATIONS WITH ADDRESSES AND CODES

Maps are available at the Center and at:
resourcesforseniors.com or www.wakeforestnc.gov
 (search "senior center")

- 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 Wy., Raleigh, 27614
 Ph: 919-562-5580
- The Lodge at Wake Forest (TLWF)**
Temporary home of the Northern Wake Senior Center Main Office; Center Ph: 919-554-4111
 1151 S Main St, Wake Forest, 27587
 Lodge 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 Center (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

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.



FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
friends helping friends

"The Friends" of the Northern Wake Senior Center

Monthly information meetings and presentations are held at Carillon Assisted Living of Wake Forest

2nd Tuesdays at 3:30 pm

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



OPTIONS COUNSELING

Opening Doors for
Seniors
and Individuals with
Disabilities

What is options counseling?

- Options Counseling is a gateway for many Wake County seniors and people living with disabilities to receive community supports and services;
- Options Counseling helps individuals navigate the maze of programs, services and agencies;
- Options Counseling ensures that seniors and people with disabilities have the opportunity to consider long-term support options at a variety of points in the planning process;
- Options Counseling promotes the 'no wrong door' approach to accessing services.

To schedule an appointment with an Options Counselor, call RFS at 919-713-1556.

Interested in learning more about Options Counseling? Schedule a speaker by calling RFS at 919-713-1556.

NOVEMBER 2018 SPECIAL EVENTS: “Veteran’s 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 page 2.

11/1	THUR	10 am	Veterans Celebration. Call to register. See pg. 1. At WFRC.
11/5	MON	10 am	PRESENTATION: Disaster Preparedness w/ Wake Co. Emergency Services, Ray Porter. At WFPC.
11/5	MON	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
11/6	TUE	10:15 am	PRESENTATION: Clear Captions – Donuts & Chat! How to receive a Free Caption phone if you struggle with hearing loss. At WFPC.
11/6	TUE	3:30 pm	Advocacy Group Meeting: “Friends of the Northern Wake Sr. Center.” See pg. 5. At CALWF.
11/7	WED	1 pm	Parkinson’s Support Group: Parkinson’s Disease: Coping w/ PD & living alone. At CALWF.
11/7	WED	9 am – 12 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4.
11/8	THUR	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
11/8	THUR	10 am	PRESENTATION: Tri-City Ministry Food Bank – Community Information. At WFPC.
11/9	FRI	3 pm	HISTORICAL PRESENTATION: “Dark Raleigh”: Murder, Mayhem & Madness in the Capital City. By Ernest Dollar of the COR Museum. At TLWF. Seating is limited, call to register. See below.
11/13	TUE	9 – 10 am	Hearing Service: Provided by WAKE AUDIOLOGY. See pg. 5.
11/13	WED	3:30 pm	Theater Group Meeting. At CALWF.
11/14	WED	1 pm – 2:30 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling. Hosted by Kristin from Heartland Hospice. Call to make a private appointment. See pg. 4 for more info. At BSLWF.
11/14	WED	3 pm	Hearing PRESENTATION: Healthy Hearing and Aging. Followed by hearing screening. Presented by Evolution Hearing. At TLWF.
11/15	THUR	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
11/19	MON	10 am	PRESENTATION: Social Security. With Heather McLaughlin of NCARA. At WFPC.
11/19	MON	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
11/21	WED	12:30 pm	Senior Financial Care Assistance: 1-on-1 Counseling by Triangle Family Services, Joe Paradise. Call to make an appointment. See pg. 4.
11/21	WED	1 pm	Book Club – Members Meeting. At BSLWF.
11/26	MON	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
11/27	TUE	6 pm	Senior Center Advisory Board Meeting. At Wake Forest Town Hall.
11/28	WED	9 am – 1 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4.
11/29	THUR	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.



SPECIAL PRESENTATION: Historical Lecture

The COR Museum of Raleigh Presents:

“Dark Raleigh”: Murder, Mayhem & Madness in the Capital City

Friday, November 9th at 3 pm; Held at The Lodge at Wake Forest

DECEMBER 2018 SPECIAL EVENTS: "Holiday Celebration 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 page 2.

12/3	MON	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
12/4	TUE	12:30 – 4:30 pm	AARP Driver's Safety Class: At NRC. See pg. 8.
12/4	TUE	3:30 pm	Advocacy Group Meeting: "Friends of the Northern Wake Sr. Center." See pg. 5. At CALWF. Presentation. At CALWF. Refreshments served.
12/5	WED	9 am – 1 pm	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4.
12/5	WED	1 pm	Parkinson's Support Group: Non-Motor Symptoms of PD. At CALWF. See pg. 4.
12/5	WED	10:30 am	PRESENTATION: The N.C. Museum of Natural Science Presents: "North Carolina Treasures." See below. At TLWF. Call to register.
12/6	THUR	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
12/7	FRI	12:30 – 5 pm	**Last Day of Open Enrollment** SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
12/11	TUE	9 – 10 am	Hearing Service: Provided by WAKE AUDIOLOGY. Hearing aid and ear wax checks. See pg. 5. At TLWF.
12/11	TUE	3:30 pm	Theater Group Meeting. At CALWF.
12/12	WED	1 pm – 2:30 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling. Hosted by Kristin from Heartland Hospice. Call to make a private appointment. See page 4 for more info. At BSLWF.
12/19	WED	12:30 – 5 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. At TLWF. See pg. 4.
12/19	WED	12:30 pm	Senior Financial Care Assistance: 1-on-1 Counseling by Triangle Family Services. With Joe Paradise. Call to make an appointment. See pg. 4.
12/19	WED	1:00 pm	Book Club – Members Meeting. At BSLWF.

**Wishing everyone Happy Holidays and a Merry Christmas –
See you in 2019!** (Center will be closed Jan. 1st)



AARP DRIVER'S SAFETY CLASS

Tuesday December 4, 2018

12:30 – 4:30 pm

Classroom Course

Cost: \$15 AARP Members, \$20 Non-Members

Held at the Northern Regional Center

**Call the Center to register;
registration is required.**

SPECIAL PRESENTATION:

Wednesday, December 5th at 10:30 am

The North Carolina Museum of Natural Sciences presents:

**"North Carolina Treasures":
A Live Presentation on Plants and
Animals from Different Regions of NC**

*Held at The Lodge at Wake Forest. Space is
limited. Call to sign up.*



Smart Phone & Tablet Tutoring will be back in January 2019

Held at the Lodge at Wake Forest; **No charge.** Call the Center to schedule a 2019 appointment.

BINGO

New Location:

Wake Forest Presbyterian Church

- 10:30 11/1 Brookdale Assisted Living
- 11:30 11/5 Atrium Senior Living
- 10:30 11/8 Carillon Assisted Living
- **CLOSED NOVEMBER 12th**
- 10:30 11/15 Smooth Transitions
- 11:30 11/19 Stay at Home Senior Care
- **CLOSED NOVEMBER 22nd and 23rd**
- 11:30 11/26 Transport 4 Seniors
- 10:30 11/29 Resources for Seniors
- 11:30 12/3 Atrium Senior Living
- 10:30 12/6 Brookdale Assisted Living
- 11:30 12/10 Franklin Manor
- 10:30 12/13 Carillon Assisted Living
- 11:30 12/17 Stay at Home Senior Care
- 10:30 12/20 Transport for Seniors
- **CLOSED DECEMBER 24th, 25th, and 26th**
- 11:30 12/31 Resources for Seniors

Thank You to our Sponsors!



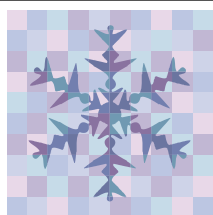
Presentation and Hearing Screening

Wednesday, November 14th, 3 pm

TOPIC: Healthy Hearing and Aging

Presented by Evolution Hearing

Call to register!



JOIN US! On Our Website and FACEBOOK

Our calendars are also on-line at...

- Resources for Seniors: www.resourcesforseniors.org
- [Facebook.com](https://www.facebook.com): Northern Wake Senior Center
- Town of Wake Forest: www.wakeforestnc.gov



Wake Tech Classes Held at Northern Regional Center

Please Note: There will be a fee for all Wake Tech Classes (payable by check only) to Wake Technical Community College

Jump Start to Spanish Conversation 1

Nov. 2nd thru Dec. 14th

Fridays 12:30-2:30 pm, **Cost: \$30**

Jump Start to Spanish Conversation 2

Sept. 13th thru Oct. 18th

Thursdays 12:30-2:30 pm, **\$30**

Jump Start to Spanish Conversation 3

Nov. 1st thru Dec. 13th, Thursdays 10 am-12 pm, **Cost: \$30**

Jump Start to Spanish Conversation 4

Nov. 2nd thru Dec. 14th, Fridays 10 am-12 pm, **Cost: \$30**



Computer Lectures/Workshops:

“Computers and What To Do”

Nov. 13th at North Regional Center, 10:30 am to 1:30 pm, 3-hr class, **Cost: \$10.00**

“Windows 10”

Dec. 10th at North Regional Center, 10:30 am to 12:30 pm, 2-hr class, **Cost: \$10**



Health Screenings at Meals on Wheels Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

- 10:30 am 11/5 Stay at Home Senior Care
- 10:30 am 11/12 Always Best Senior Care
- 10:30 am 11/19 Stay at Home Senior Care
- 10:30 am 11/26 Resources for Seniors
- 10:30 am 12/5 Stay at Home Senior Care
- 10:30 am 12/10 Always Best Senior Care
- 10:30 am 12/17 Stay at Home Senior Care
- **CLOSED DECEMBER 24TH**
- 10:30 am 12/31 Stay At Home Senior Care