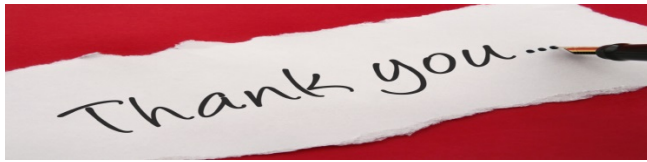


Join us and like us on Facebook

www.resourcesforseniors.com



TO ALL OF OUR VETERANS AND SPONSORS FOR OUR ANNUAL JULY WILLIE RAY COOKOUT...

TO ALL OF OUR WONDERFUL VOLUNTEERS WHO HELPED WITH OUR ANNUAL AUGUST YARDSALE FUNDRAISER

WE APPRECIATE YOU FOR ALL THAT YOU DO!

**SEPTEMBER
NATIONAL SENIOR CENTER
MONTH**

EXCITING NEWS - SENIOR CENTER EXPANSION STARTS

"NEW SCHEDULES, LOCATIONS and ADDRESSES INCLUDED IN THIS EDITION".

The Northern Wake Senior Center will begin offering classes and services this month at locations around Wake Forest. With the help of The Town of Wake Forest Parks and Recreation, The Renaissance Center, Northern Regional Center, Brookdale of Wake Forest, Carillon Assisted Living of Wake Forest, The Lodge of Wake Forest, and the American Legion, many of our programs have been relocated. We have more businesses willing to help us during the time we are out of the building and we will continue updating everyone with new programs and services and with time-lines of the expansion. Some classes and programs will be moving out the week after Labor Day and all programs will be relocated by September 22. The Senior Center staff will continue operating in the present location at 235 East Holding Ave until mid-October where they will then move into The Lodge of Wake Forest. Meals on Wheels has been relocated to the Wake Forest Presbyterian Church.

A Special Thank You To Our Community Partners For All Of Their Support And Services.

Resources for Seniors and the Senior Center staff would like to THANK the local businesses that have opened up their doors and space to help us continue offering programs and services during this expansion project. Expected time line for the expansion is ten to twelve months. We would like to also THANK All of the individuals, businesses and our Community Partners who have been so supportive throughout the past 23 years. Because of this wonderful community support we have been able to provide many services and programs to our Seniors, Family Members, Caregivers and Community. We will continue to update our calendar and website about up-coming events. Resources for Seniors and all of our partners are working together to make this expansion an easy transition. The end results will be a BEAUTIFUL CENTER, almost doubling our current space. We will continue to provide the same excellent services during our transition using our "Senior Center without Walls" concept. If you have questions please contact the Senior Center.

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)
- 11:00 Basic Drawing (1 ½) (WFRC)
- 10:30 Intermediate Mt. Dulcimer (1 ½ hrs) (BSLWF)
- 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.) (No class Sept. 11) (AMC)

Tuesday

- 8:30 Core Yoga (1 hr.) (WFCH)
- 9:30 Shell Art (2 hrs.) (CALWF)
- 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 (Sept. 12, 26 & Oct.10, 24)
(1 hr) (BSLWF)
- 12:00 Beg. & Inter. Acrylic Painting (3 hrs.) (WFRC)
- 12:30 Mahjongg (3 ½ hr.) (BSLWF)
- 1:00 Wood Carving (2 hr.) (CALWF)
- 3:30 Theater Group (Sept.26 & Oct. 10) (1 hr.) (CALWF)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) (WFCH)
- 9:00 Ceramics * (3 hr.) (Beginning Oct. 4) (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.) (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 (Sept. 20, Oct. 18) (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 Nov. 9) (CALWF)
- 10:00 Beg./Inter. Line Dance (1 hr.) (WFCH)
- 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 Grp & 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 TIMES HAVE CHANGED ***

Call Center for Start Dates for Classes

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

w/ Susan McGuire

ON-SITE SERVICE COORDINATOR

1st and 4th Wed. 8:30 am - 3:15 PM

Call center for Appointment. 919-554-4111

**Sept. 27- Northern Regional Center
Oct. 4 & 25 - 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

Co-sponsored monthly by the Northern Wake Senior Center, Resources for Seniors, and Northern Regional Center

Sept. 6 and Oct. 4, 1:00 pm

No Registration necessary. Just show up!

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

Caregiver Support Group

Hosted by Heartland Hospice

Sept. 20 – NWSC Senior Center, 2:30 PM

Oct. 11 – Brookdale Living, 2:30 PM

Call Center for appointment. 919-554-4111

**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)

Sept. 20 – NWSC Senior Center, 1-2:30 PM

Oct. 11 – 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

Wed. Oct.18 from 9:00 am to 1:00 pm

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

10:30	9/7	Seniors Helping Seniors
11:30	9/11	Franklin Manor
10:30	9/14	Carillon Assisted Living
11:30	9/18	Stay at Home Senior Care
10:30	9/21	Brookdale Living
11:30	9/25	Terramor Homes
10:30	9/28	Carillon Assisted Living
11:30	10/2	Resources For Seniors
10:30	10/5	Seniors Helping Seniors
11:30	10/9	Franklin Manor
10:30	10/12	Carillon Assisted Living
11:30	10/16	Stay At Home Senior Care
10:30	10/19	Brookdale Living
11:30	10/23	Always Best Senior Care
10:30	10/26	Carillon Assisted Living
11:30	10/30	Terramor Home

Health Screenings at MOW Site

New Location: Wake Forest Presbyterian Church

Monday Blood Pressure checks:

10:30	9/18	Stay at Home Senior Care
10:30	10/2	Stay at Home Senior Care
10:30	10/9	Always Best Senior Care
10:30	10/16	Stay At Home Senior Care
10:30	10/30	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.

**You Must Pre-Register To Attend
These Evidenced Base 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

8:30 Tai Chi – Level 3 (1 hr.) (AMC)
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)

**PRESENTATION and ADVOCACY
OPPORTUNITY:**

**“LET’S TALK ABOUT WAKE FOREST”
With Mayor Vivian Jones.**



**September 7, 2017
10:00 am**

At the Northern Wake Senior Center

**Question and Answer Opportunity about
Senior Issues in Wake Forest.**

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: Sept. 25, 2017.
New session: Oct. 2 – Dec. 11, 2017. Mon. & Thurs. afternoons, 2:15-3:15 pm. (Total of 20 classes. No class Nov. 23.) Monday classes at **FPCC**, 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 TaiChi moves. (12 Total).
Current session ends: Sept. 25, 2017.
New session: Oct. 2 – Dec. 11, 2017. Mon. & Thurs. afternoons, 3:30-4:30 pm. (Total of 20 classes. No class Nov. 23.) Monday classes meet at **FPCC**, Thursday classes at **AMC**. Call Center to sign up.

✓ **Advanced (Level 3) Tai Chi for
Arthritis for Fall Prevention**

Class is for those who have completed Levels 1 & 2 and would like to delve deeper into their Tai Chi practice to learn the next 6 moves. (18 total)
New Session: Sept.14 – Feb.1, 2018. Thursdays, 8:30 – 9:30 am. (Total of 20 classes. No class Nov. 23) Class meets 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, Mon. & Wed. mornings, 10:15 – 11:00 am. (12 weeks. No class Sept. 4) 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: Aug.14 – Oct. 9. (8 weeks) M/W/F, 1:30-3:00. Class held at **NRC** beginning Sept. 6.
New Session: Oct. 11 – Dec. 8. (8 weeks) M/W/F, 1:30-3:00. (No classes Nov. 10 & 24) Call center to sign up for next session. Classes held at **NRC**.

Class locations w/ Addresses and Codes

Maps Available At 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 October)
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



SEPTEMBER 2017

- 9/12 Tues. 3:00 PM **ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center at Sr. Center.**
- 9/6 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP** at Northern Regional Center. See page 3.
- 9/7 Thur. 10:00 AM **(PRESENTATION) and ADVOCACY OPPORTUNITY: LEARN ABOUT WAKE FOREST with Mayor Vivian Jones.** Question and Answer Opportunity about Senior Issues in Wake Forest. Will be held at the Northern Wake Senior Center.
- 9/7 Thur. 11:00 AM **(NEW) PERFORMING LINE DANCE PRACTICE STARTS BACK.** Call center for more Information about joining the team. Will be held at Wake Forest Community House starting Sept. 14.
- 9/12 & 26 Tues. 11:30 **STORY TELLING WORKSHOP.** Join Drew and the group at Brookdale Assisted Living Everyone welcome to attend.
- 9/26 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 9/15 Fri. 12- 4 PM **AARP DRIVER SAFETY CLASS.** This class will be held at the Northern Regional Center Located across of the Northern Wake Senior Center. Call 554-4111 for info or to register.
- 9/19 Tues. 12:30 – 5 **SHIIP** one on one counseling in the computer lab at center. Call for an appointment.
- 9/20 Wed. 1:00 PM **BOOK CLUB.** Members will start meeting at Brookdale Living this month until we reopen
- 9/21 Thur. 9:30 AM **(EDUCATION SERIES) UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIORS.** This will be held at the Renaissance Center in Wake Forest. Presented by Renaissance Center, SING-WF Senior Information Network Group, and Alzheimer's Association. FREE ADMISSION. Register at wakeforestrecen.org or call 919-435-9458
- 9/26 Tues. 3:00 PM **SENIOR ADVISORY BOARD MEETING at Senior Center.** All members are welcome to attend.
- 9/27 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.
- 9/28 Thur. 10-12 **LEGAL AID 1 on 1 Counseling.** All appointments will be held at the Carillon Assisted Living in . Wake Forest. You must call the center 554-4111 for an appointment.

OCTOBER 2017

- 10/3 Tues. 3:00 PM **ADVOCACY GROUP MEETING: Friends of the Northern Wake Senior Center. Place TBA.**
- 10/4 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.
- 10/4 Wed. 1:00 PM **PARKINSON'S SUPPORT GROUP** at Northern Regional Center.
- 10/10 & 24 Tues. 11:30 **STORY TELLING WORKSHOP.** Join Drew and the group at Brookdale Assisted Living. Everyone welcome to attend.
- 10/10 Tues. 3:30 PM **THEATER GROUP.** Meeting at Carillon Assisted Living in Wake Forest.
- 10/11 Wed. 12:30-5 PM **SHIIP** One on One counseling will be held at Carillon Assisted Living. Call for an appointment.
- 10/12 Thur. 11:30 AM **(PRESENTATION) CANCER AWARENESS** with Anthony Parks from Gateway Health. Presentation will be held at Meals on Wheels- Wake Forest Presbyterian Church.
- 10/16 – 12/7/17 **SHIIP (Senior Health Insurance Information Program)**
Note: OPEN ENROLLMENT STARTS. Call Senior Center 554-4111 for Appointment times)
- 10/18 Wed. 9 – 1 PM **(FINANCIAL COUNSELOR ASSISTANCE – One on One Counseling** sessions with Joe Paradise from Triangle Family Services. Call center 554-4111 for appointments. Appointments will be held at the Northern Regional Center. See page 3.
- 10/18 Wed. 1:00 PM **BOOK CLUB** meets at Brookdale Living.
- 10/24 Tues. 12:30- 5 **SHIIP** one on one counseling at Carillon Assisted Living. Call Sr. Center for an appointment.
- 10/25 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.
- 10/26 Thur. 12:30-5 **SHIIP** One on One counseling at Carillon Assisted Living. Call for an appointment.
- 10/31 Tues. 12:30-5 **SHIIP** One on One counseling at Carillon Assisted Living. Call for an appointment.

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

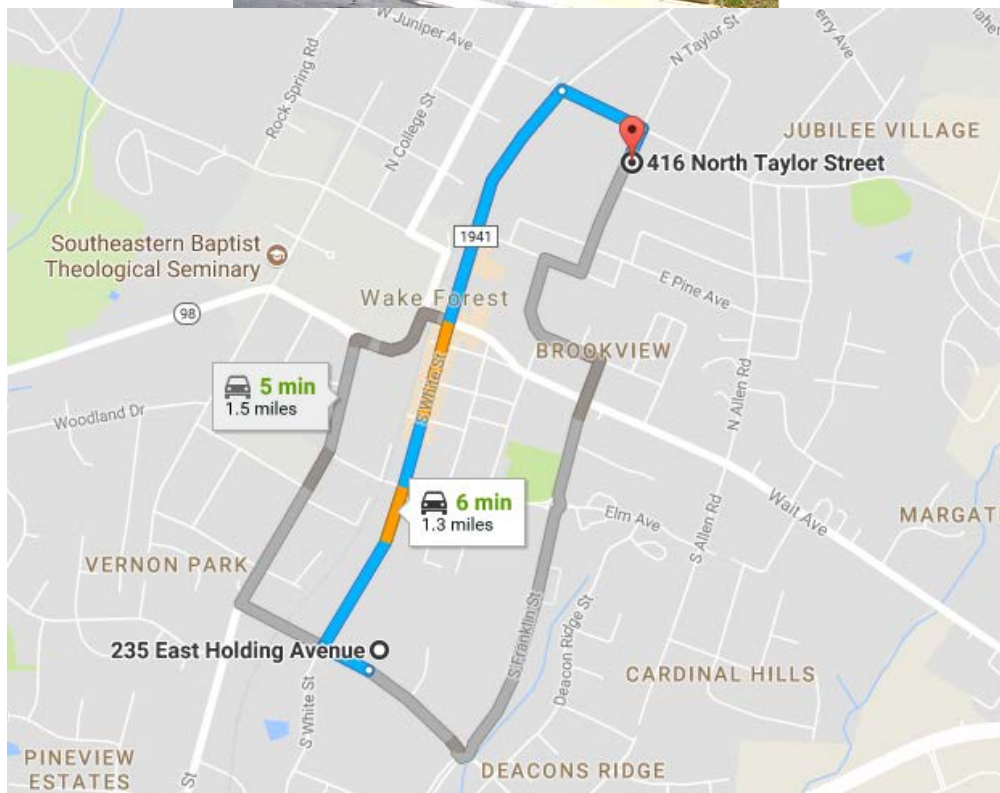
Turn right at the 1st cross street onto S White St
1.0 mi

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

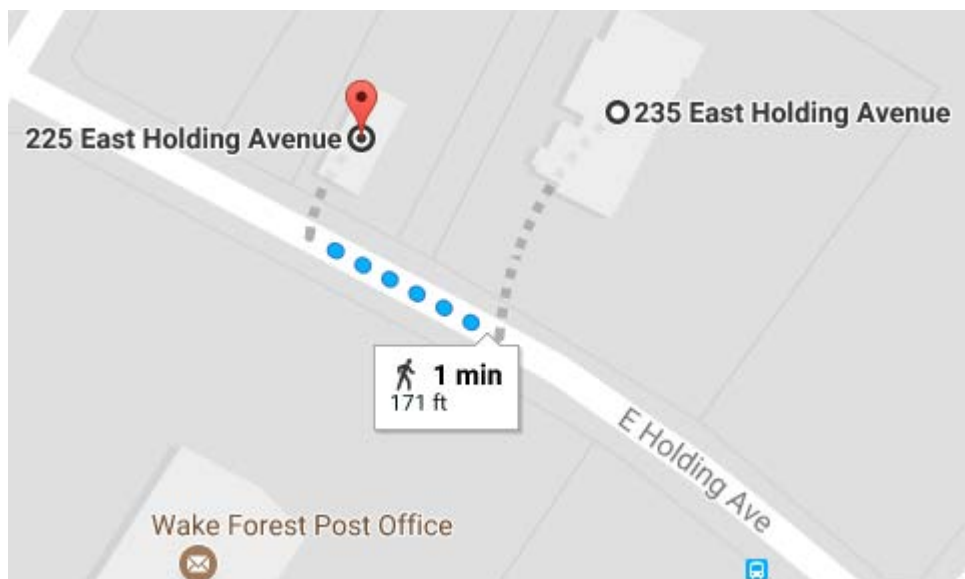
Directions From: NWSC, 235 E Holding Ave, Wake Forest, NC 27587

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)

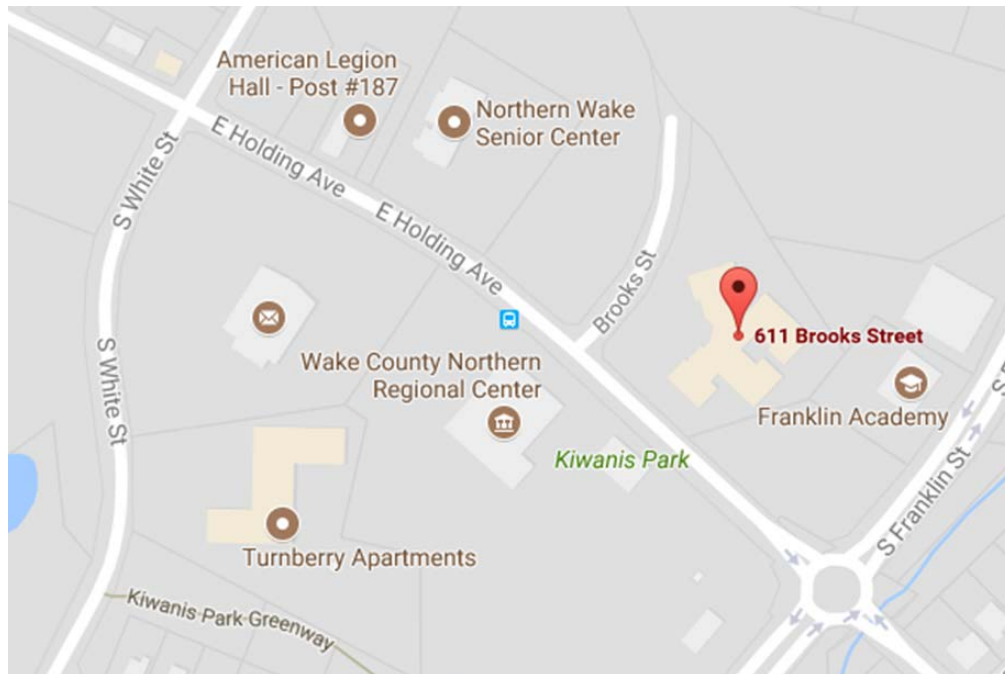
via E Holding Ave and Brooks St

(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

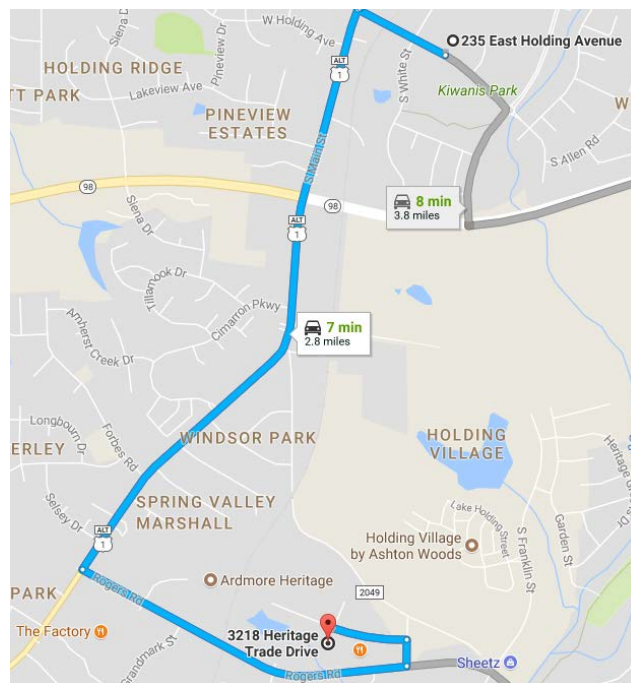
Turn left onto Forestville Rd

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

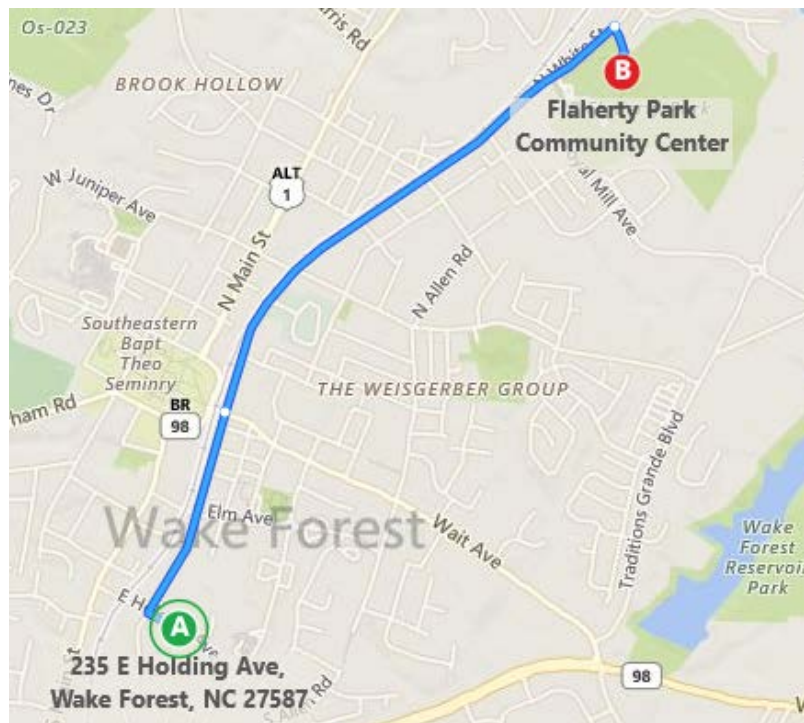
2.3 mi. About 6 mins

via S White St

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

Turn right at the 1st 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

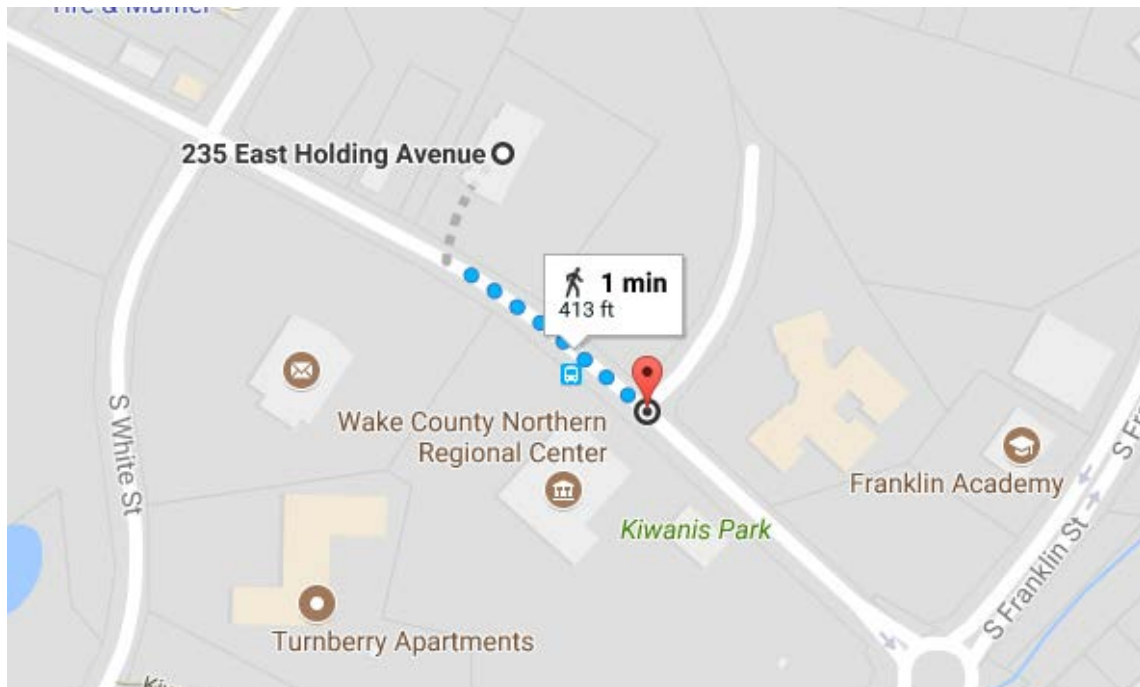
1 min (413 ft)

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

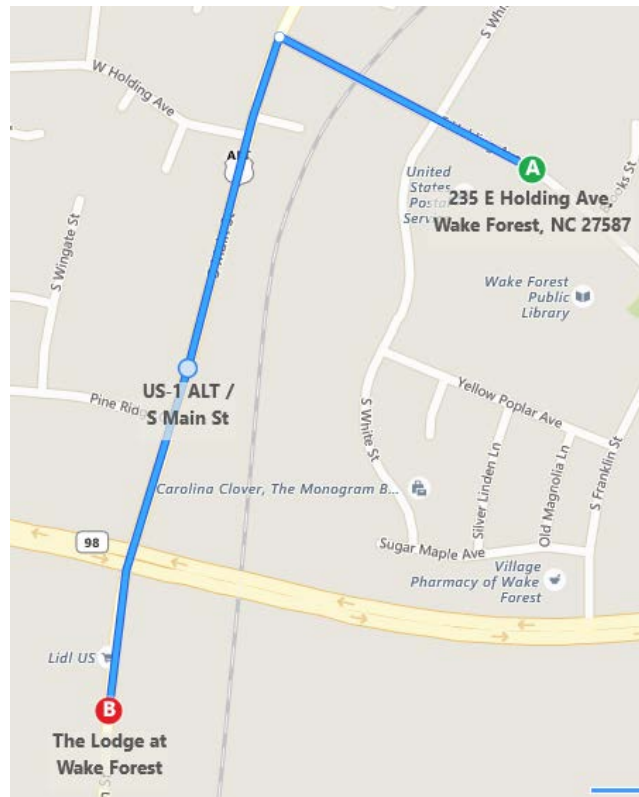
0.25 mi

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

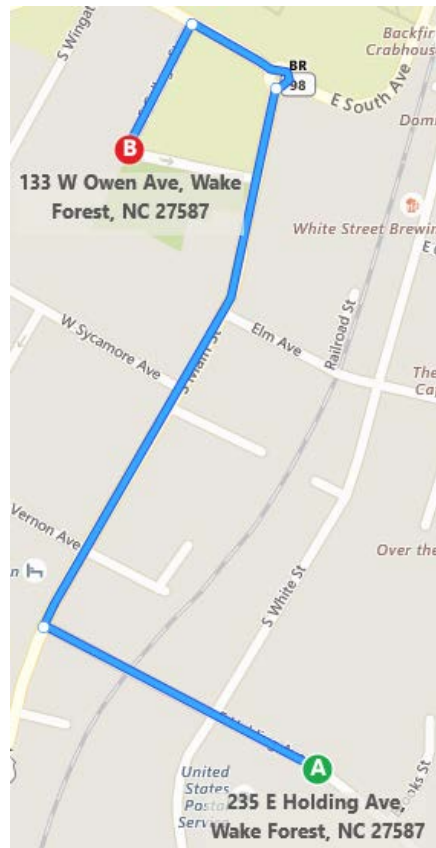
0.1 mi

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

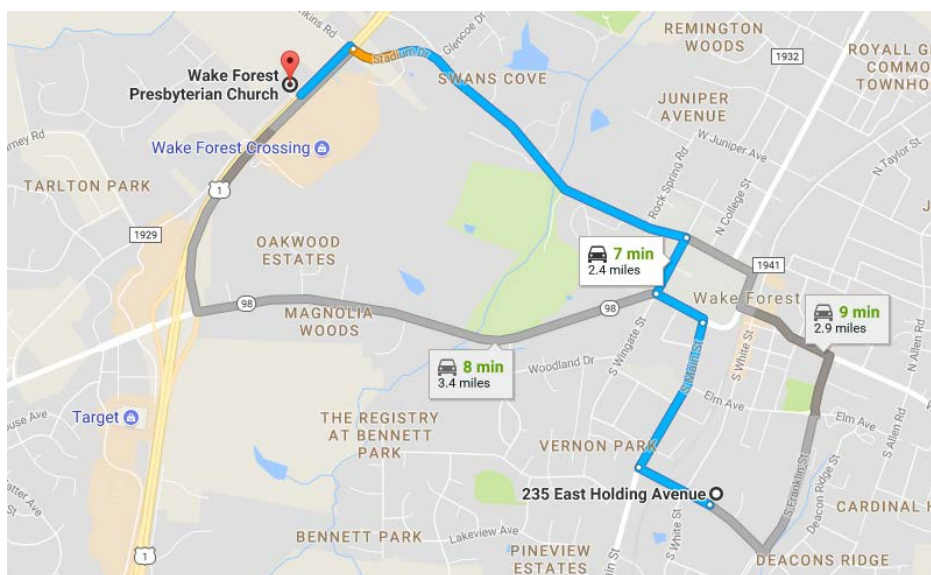
Turn left onto Stadium Dr

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

