

Join us and like us on Facebook

www.resourcesforseniors.com



Senior Center Office location during expansion:

The Lodge of Wake Forest
1151 S. Main St. Wake Forest
2nd Floor

Check inside pages for more upcoming programs

FLU SHOTS Available

At The Lodge
Sept. 11, 2018 at 9:00 am
Provided by Rite Aid

Bring your Medicare and Insurance Cards

LEGAL AID OF NORTH CAROLINA
1-on-1 Counseling

Oct. 4, 2018
10:00 am – 12:00 pm
Call 919-554-4111 for an appointment

Appointments held at the Lodge of Wake Forest

MEDICARE OPEN ENROLLMENT
1-on-1 Appointments with SHIP Counselors

Oct. 15 to Dec. 7.
See page 6 for more information.

SPECIAL NOTES:

Some of our classes and programs will be moving to different locations.

See page 2 for Weekly Schedule and page 7 for Special Events.

Projected Time-line Update:
Target Grand Re-opening
Spring of 2019



AMERICAN CITIZENSHIP TUTOR

Available For Seniors

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



AARP SAFETY DRIVING CLASS

Tuesday, Oct. 2, 2018
12:30 pm – 4:30 pm

Classroom Course:
Cost: \$15 AARP Members
\$20 Non- AARP Members

Class will be held at the Northern Regional Center. You must call to register at the Senior Center, 919-554-4111

- Refresh your driving skills and knowledge of the rules of the road.
- Learn techniques for handling left turns, right-of-ways and roundabouts.
- Discover proven driving methods to help keep you and your loved ones safe on the road.
- And More



Can You Hear Me Now? Advocacy Campaign

Thank you for joining seniors across NC to advocate for increased funding for senior centers.

Your Letters Were Sent to the Sub Committee on Aging.



Wake County Board of Elections
Information & Assistance Day

Join Us at The Lodge of Wake Forest
Wednesday, September 5th from 3 pm. – 5 pm
Call 554-4111 to sign-up

During this visit, the MAT Team (Multipartisan Assistance Team) will be assisting you with registering to vote, requesting an absentee ballot, and providing information about the upcoming election. In order to better assist you with the registration and absentee request forms, they will need to know their last four digits of their social security numbers or the NC ID/ driver's license number.

Socialize · Exercise · Prioritize

NEW SCHEDULE and LOCATIONS

CENTER CLOSED LABOR DAY Sept. 3

Mondays

- 8:30 **(NEW)** Low-Impact Aerobics – Level 2 (1 hr) **(WFCH)**
- 9:30 Beg. Mt. Dulcimer – (1hr) **(BSLWF)**
- 9:45 **(NEW)** Low-Impact Aerobics – Level 1 **(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 available on pg. 8 **(Meals on Wheels at WFPC)**
- 1:00 Zumba Gold – (1 hr.) **(FPCC)**
- 1:00 Beg./Inter. Line Dance – Starts Sept. 10 (1 hr.) **(WFCH)**
- 2:00 Shag Lesson – (1 hr.) **(WFCH)**
- 2:00 Current Events & Issues Class –Sept. 24 & Oct. 22 (1.5 hrs) **(New location: WFRC)**
- 3:00 Ballroom Dance Lesson –(1 hr.) **(WFCH)**
- 4:00 Chair Yoga –(1 hr) **(AMC)**

Tuesdays

- 8:30 Core Yoga –(1 hr) **(WFCH)**
- 9:30 Beg. Watercolor –(2 hrs) **(WFRC)**
- 9:30 Intermediate Tap Dance – **TBA start date** (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)**
- 3:00** Wake Forest Sr. Center Advisory Board – Sept. 25 **(Town Hall)**
- 3:30 Theater Group – **Sept. 11 & Oct. 9** (1 hr.) **(CALWF)**
- 3:30 Friends of Northern Wake Senior Center Meeting – Sept. 4 & Oct. 2, everyone welcome **(CALWF)**

Wednesdays

- 8:30 Low-Impact Aerobics – Level 2 (1 hr.) **(WFCH)**
- 9:00 Ceramics – (2 hr.) **(WFRC)**
- 9:00 Craft Group & Comm. Outreach –(3 hrs.) **(CALWF)**
- 9:45 Low Impact Aerobics – Level 1 (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 –**Sept. 19 & Oct. 17** (1 hr.) **(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 – Starts Sept. 6 (1 hr) **(WFCH)**
- 10:30 BINGO – Dates/Sponsors available on pg. 8 **(Meals on Wheels at WFPC)**
- 11:00 Performing Line Dance Practice – Starts Sept. 6 **(WFCH)**
- 12:30 Mahjongg Group –(3.5 hrs) **(TFC)**
- 1:30 Watercolor Open Studio –(3 hrs) **(CALWF)**
- 1:30 Canasta/ Hand & Foot –(2.5 hrs) **(TLWF)**
- 1:30 Pinochle (2.5 hrs) **(CALWF)**
- 3:00 Music Group (1.5 hrs) **(CALWF)**

Fridays

- 8:30 Zumba Gold –(1 hr) **(AMC)** **(No class Sept. 7)**
- 9:00 Craft Group & Comm. Outreach –(3 hrs) **(CALWF)**
- 9:45 Low-Impact Aerobics – Level 1 (1/2 hr) **(AMC)**
- 10:15 Basic Strength & Balance –(1/2 hr) **(AMC)**
- 1:00 Bridge –(2.5 hrs) **(TFC)**

SPECIAL ANNOUNCEMENTS

Some class times and locations have changed. There will be times that we may need to move or cancel a class due to unexpected changes of schedules at the different locations. We will make every effort to inform you of these changes in advance.

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 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 Forks Cafeteria – **TFC**
 The Gardens of Wakefield Plantation - **TGWP**
 The Lodge at Wake Forest – **TLWF**
 Wake Forest Community Center – **WFCH**
 Wake Forest Presbyterian Church – **WFPC**
 Wake Forest Renaissance Center – **WFRC**
 Wake Forest United Methodist Church - **WFUMC**

NOTE: Evidence-based fitness classes are listed on page 4.
You must register for these classes.

INFORMATION · ASSISTANCE · REFERRALS

1-on-1 Counseling

ON-SITE SERVICE COORDINATOR

October 24, Wed. 8:30 am - 3:15 PM
at the Northern Regional Center

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

Call the Center for an appointment.

Support Groups

Parkinson's Support Group

1st Wednesday each month at 1:00 pm

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

September 5 Presentation:

Parkinson's Disease:
Sharing Tips To Make Life Easier

October 3 Presentation:

"15 Minutes of Fame:
Interacting with Your Neurologist.

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

Caregiver Support Group

Co-Hosted by Heartland Hospice

Sept. 12 and Oct. 10

Held at Brookdale Wake Forest at 2:30 PM

Call Center for appointment. 919-554-4111

Caregiver and Grief Support

"One on One" Counseling

Sept. 12 and Oct. 10

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

Held at Brookdale Wake Forest, 1-2:30 PM

Call the center for appointment. 919-554-4111

SENIOR FINANCIAL CARE ASSISTANCE

One on One Counseling

Provided by

**Triangle Family Services of Raleigh
With Joe Paradise**

Will start back

Wed. September 19 and October 17

9:00 am to 1:00 pm

At the Northern Regional Center

Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, how to improve & repair credit, debt management plans for credit card debt, help in understanding/sorting medical bills, help in making complex financial decisions and much, much more.

Call Senior Center to schedule an appointment.

919-554-4111



SAVE THE DATE:

UNDERSTANDING DEMENTIA

September 27

9:30 am – 11:30 am

Held at the Renaissance Center of Wake Forest

Topic: Dementia Conversations

Learn about information and tips on how to have honest and caring conversations with family members about deciding when to stop driving, going to the doctor and making legal and financial plans.

Must be registered to attend.

For more information on this session or to register call 919-435-9566.

**Consumer Evidence-Based Class
Contribution Opportunity:**

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for these services is a combination of federal, state, county/local funds, plus consumer contributions. We realize that not all participants are able to contribute. Please understand that you are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in the programs and services is **NOT** dependent upon your willingness, or ability to contribute. *To make a contribution or for more information to go www.resourcesforseniors.com.*

✓ **(NEW) 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. Please sign-up today! This class shares ways to improve balance, flexibility and strength.

**No charge for this program.
Registration is required.**

Please call or stop by the office for more information about the class and to sign-up for future classes.

✓ **Geri Fit**



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

Geri Fit – at the Gardens of Wakefield
SESSION STARTS SEPT. 7 TO DEC. 21
Mon. & Fri. 9:15 AM to 10:15 AM

Geri Fit – at Northern Regional Center
SESSION STARTS AUG. 9 TO DEC. 10
Mon. & Thur. 1:00 PM to 2:00 PM

Call center, at 554-4111, to put your name on waiting list for next Geri Fit Classes.

NOTES

- Instructors will inform class members of any additional class changes.
- Thank you for understanding during our renovation.

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 the first 6 moves).

July 9 – September 24
(2 days a week) 20 classes
2:15 pm - 3:15 pm

Mondays – at Flaherty Park.
Thursdays – at Alston Massenburg Center

Call center to sign up for next class starting in October. Dates to be announced.

✓ **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).

July 9 – September 24
(2 days a week) 20 classes
3:30 pm – 4:30 pm

Mondays – at Flaherty Park.
Thursdays – at Alston Massenburg Center

Call center to sign up for next class starting in October. Dates to be announced.

✓ **Fit & Strong!**



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

CLASS ALREADY STARTED - July 16 – Oct. 15
At The Lodge of Wake Forest

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

Call Center to sign-up for next class starting in November.

If you have questions, please call our office at: 919-554-4111.

Class Locations with 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, 27587

American Legion Post 187, Wake Forest (AL)

225 E Holding Ave, Wake Forest, 27587

Brookdale Senior Living of Wake Forest (BSLWF)

611 S 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 N White St, Wake Forest, 27587

Ph: 919-554-6726

Northern Regional Center (NRC)

350 E 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)

1151 S Main St, Wake Forest, 27587

Ph: 919-554-8768

➔ Temporary home of the Northern Wake Senior Center Main Office

Wake Senior Center Ph: 919-554-4111

Wake Forest Community House (WFCH)

133 W Owen Ave, Wake Forest, 27587

Ph: 919- 435-9560

**Driving note: you will pass W Owen Ave, but you cannot make a left turn because the street is one way traffic*

Wake Forest Presbyterian Church (WFPC)

12605 Capital Blvd, Wake Forest, 27587

Ph: 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, 27587

Ph: 919-435-9458

Wake Forest United Methodist Church (WFUMC)

905 S Main St, Wake Forest, 27587

Ph: 919-556-2239

Resources for Seniors

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 919.713.1556.



Finding the Answers You Need!

Interesting in learning more about Options Counseling.

*Schedule a Speaker
By Calling
919-713-1556*



1110 Navaho Drive
Fourth Floor
Raleigh, NC 27609
Telephone 919.872.7933



Senior Health Insurance Information Program

1-on-1 Counseling

Held at
The Lodge of Wake Forest

**Call for an appointment:
Senior Center 554-4111**

Available Dates

Sept. 6, 19, 20
Oct. 15, 17, 18, 22, 29
Nov. 5, 8, 15, 19, 26, 29
Dec. 3, 6

Remember, Medicare
Open Enrollment Period is
October 15 – December 7, 2018



**SMART PHONE
AND
I-PAD TUTORS**

**Available at the Senior Center
office.
No Charge.
Call center for an appointment.**

Wake Tech Classes Held at Northern Regional Center

Special Note: There will be a fee for these classes: \$30.00 payable to Wake Technical Community College

Jump Start to Spanish Conversation 2
Starts 9/13/2018 and ends 10/18/2018
Thursdays, 10:00 am - 12:00 pm, **Cost: 30.00**

Jump Start to Spanish Conversation 1
Starts 9/13/2018 and ends 10/18/2018
Thursdays, 12:30 pm - 2:30 pm, **Cost: 30.00**

Jump Start to Spanish Conversation 3
Starts 9/14/2018 and ends 10/19/18
Fridays, 10:00 am - 12:00 pm, **Cost: 30.00**

Jump Start to Spanish Conversation 4
Starts 9/14/2018 and ends 10/19/2018
Fridays, 12:30 pm - 2:30 pm, **Cost: 30.00**

**More Spanish and Computer Lecture classes will be offered in November.
Call Northern Wake Senior Center to register or for more information 919-554-4111**

September 2018

9/4	TUE	3:30 pm	Advocacy Group Meeting: "Friends of the Northern Wake Sr. Center." Presenter: Elder Law w/ Alexander & Associates Elder Law Attorneys. Held at Carillion Assisted Living of Wake Forest. Refreshments will be served.
9/5	WED	1:00 pm	Parkinson's Support Group: Held at Carillion Assisted Living of Wake Forest. Presentation: Parkinson's Disease: Sharing Tips to Make Life Easier from Heartland Hospice.
9/5	WED	3:00 pm	Wake County Board of Elections - Information & Assistance Day: Assistance with registering to vote, absentee ballots, & info about the upcoming election.
9/6	THU	12:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: by appointment. Held at the Lodge at Wake Forest, call 919-554-4111 to schedule an appointment.
9/11	TUE	9:00 am - 10:00 am	Hearing Service: Provided by WAKE AUDIOLOGY. See pg. 8 for more info.
9/11	TUE	10:15 am	(PRESENTATION) ClearCaptions – Donuts & Chat! How to receive a Free Caption phone if you struggle with hearing loss. Meals on Wheels site Wake Forest Presbyterian Church.
9/11	TUE	3:30 pm	Theater Group: Meeting at Carillion Assisted Living in Wake Forest.
9/12	WED	1:00 pm - 2:30 pm	Caregiver/Grief Support – Counseling & Support Group: Hosted by Kristin w/ Heartland Hospice, held at Brookdale Wake Forest. Call Center for appt. 919-554-4111.
9/19	WED	9:00 am - 1:00 pm	Senior Financial Care Assistance: 1-on-1 Counseling by Triangle Family Service of Raleigh w/ Joe Paradise. Call Center to schedule an appointment 919-554-4111
9/19	WED	12:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: by appointment. Held at the Lodge at Wake Forest, call 919-554-4111 to schedule an appointment.
9/19	WED	1:00 pm	Book Club – Members Meeting: Held at Brookdale , for info Call 919-435-9566
9/20	THU	12:00 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: by appointment. Held at the Lodge at Wake Forest, call 919-554-4111 to schedule an appointment.
9/24	MON	2:00 pm - 3:30 pm	Current Events & Issues Class: This is an information and discussion group moderated by Rose Marie Betucker, retired AP government teacher. NEW: Held at The Renaissance Center
9/25	TUE	10:15 am	(PRESENTATION) Introduction to Low Vision & Rehab Services: Hosted by Christine Yates w/ Therapeutic Solutions. Meals on Wheel' site Wake Forest Presbyterian Church.
9/27	THU	9:30 am	(FREE EDUCATION SERIES – Understanding Dementia) Dementia Conversation: Information & tips on family discussions regarding dementia. Registration required call 919-435-9458

October 2018

10/2	TUE	12:30 pm - 4:00 pm	AARP Smart Driving Course: Sign-up and Learn! See pg. 1. Call Center to register.
10/2	TUE	3:30 pm	Advocacy Group Meeting: "Friends of the Northern Wake Sr. Center." Presenter: Smooth Moving transitions for Seniors. Held at Carillion Assisted Living of Wake Forest. Refreshments will be served.
10/3	WED	1:00 pm	Parkinsons Support Group: Held at Carillion Assisted Living of Wake Forest. Presentation: "15 Minutes of Fame: Interacting with Your Neurologist w/ Christopher Sparks.
10/4	THU	10:00 am - 12:00 pm	Legal Aid of North Carolina: 1-on-1 appointments. Registration required. Call center: 919-554-4111.
10/9	TUE	9:00 am - 10:00 am	Hearing Service: Provided by WAKE AUDIOLOGY (2 nd Tuesday of each month). Held at the Lodge. Hearing Aid and Ear Wax Checks. No charge. Limited space. Call center to sign up.
10/10	WED	1:00 pm - 2:30 pm	Caregiver/Grief Support – Counseling & Support Group: Hosted by Kristin w/ Heartland Hospice, held at Brookdale Wake Forest, Call Center for appt. 919-554-4111.
10/15	MON	12:30 pm - 5:00 pm	SHIIP *OPEN ENROLLMENT*(Senior Health Insurance Information Program): 1-on-1 counseling. Held at the Lodge at Wake Forest, call 919-554-4111 to schedule an appointment. *Open enrollment counseling dates: Oct. 15th, 17th, 22nd & 29th-by appt.*
10/17	WED	9:00 am - 1:00 pm	Senior Financial Care Assistance: 1-on-1 Counseling by Triangle Family Service of Raleigh w/ Joe Paradise. Call Center to schedule an appointment 919-554-4111
10/17	WED	1:00 PM	Book Club – Members Meeting: at Brookdale Wake Forest. For info Call 919-435-9566
10/22	MON	2:00 pm - 3:30 pm	Current Events & Issues Class: This is an information and discussion group moderated by Rose Marie Betucker, retired AP government teacher. NEW: Held at The Renaissance Center
10/31	WED		HALLOWEEN PARTY: Join us at Carillon Assisted Living in Wake Forest. Call Center to Sign-up.

BINGO:

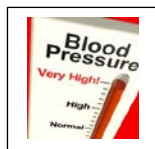
Thank you to our Sponsors!

New Location: Wake Forest Presbyterian Church

- 11:30 9/3 **CLOSED LABOR DAY**
- 10:30 9/6 **Brookdale Assisted Living**
- 11:30 9/10 **Franklin Manor**
- 10:30 9/13 **Carillon Assisted Living**
- 11:30 9/17 **Stay at Home Senior Care**
- 10:30 9/20 **Smooth Transitions**
- 11:30 9/24 **Resources for Seniors**
- 10:30 9/27 **Carillon Assisted Living**
- 11:30 10/1 **Atrium Senior Living**
- 10:30 10/4 **Brookdale Assisted Living**
- 11:30 10/8 **Franklin Manor**
- 10:30 10/11 **Carillon Assisted Living**
- 11:30 10/15 **Stay at Home Senior Care**
- 10:30 10/18 **Golden Harmony Concierge**
- 11:30 10/22 **Transport 4/Seniors**
- 10:30 10/25 **Carillon Assisted Living**
- 11:30 10/29 **Resources for Seniors**

Health Screenings at MOW Site

New Location: Wake Forest Presbyterian Church



Monday
Blood Pressure checks:

- 10:30 am 9/3 **CLOSED LABOR DAY**
- 10:30 am 9/10 Always Best Senior Care
- 10:30 am 9/17 Stay at Home Senior Care
- 10:30 am 9/24 Resources for Seniors
- 10:30 am 10/1 Stay at Home Senior Care
- 10:30 am 10/8 Always Best Senior Care
- 10:30 am 10/15 Stay at Home Senior Care
- 10:30 am 10/22 Resources for Seniors
- 10:30 am 10/29 Stay at Home Senior Care

Wake Audiology And Hearing Aid Associates

Free Hearing Services 2nd Tuesday each month
9:00 am - 10:00 am

At The Lodge in Game Room on second floor

Limited Space. If you are not a resident of the Lodge please call and sign up for an appointment through the Senior Center.
919- 554-4111



FRIENDS OF THE NORTHERN WAKE SENIOR CENTER
friends helping friends

"The Friends" of the Northern Wake Senior Center (FNWSC) 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



A SPECIAL THANK YOU!!

To our wonderful sponsors and volunteers who made our ANNUAL Willie Ray Cookout So Special.

- Mr. Willie Ray
- Town of Wake Forest
- Resources For Seniors, Inc.
- Renaissance Center and staff
- Wake County Meals on Wheels
- The Lodge of Wake Forest
- Seniors Helping Seniors
- Carillon Assisted Living
- Brookdale Living of Wake Forest
- Jason Burgess Senior Plan Advisors
- Anthony Parks – Gateway Health
- Lowes Food at Gateway Wake Forest
- Wal-Mart
- U.S. Marine Corps Detachment 1257
- Friends of the Northern Wake Senior Center
- Carolina Steppers Dancers
- Our wonderful cooks – Larry Rochelle & Tim Edwards
- Duke Cancer Institute Health Project PLACE
- Northern Wake Advisory Board
- SING-WF members



JOIN US! On Our Website and FACEBOOK.

Our calendars are also on-line at the following...

- Resources for Seniors – www.resourcesforseniors.org
- Facebook.com: Northern Wake Senior Center
- Town of Wake Forest - www.wakeforestnc.gov



SAVE THE DATE:

Annual Veteran's Celebration
Thursday, November 1st, 2018

