

## RESOURCES FOR SENIORS, Inc.

Northern Wake Senior Center  
235 East Holding Ave  
Wake Forest, NC 27587  
Open Monday-Friday 8 AM -5 PM  
Serving ages 55 and better!

### DAILY ACTIVITIES AVAILABLE:

- Computer Lab (including large monitors and ez-see keyboard)
- Wireless Internet Access
- Treadmills and Elliptical Machines
- Recumbent and Stationary Exercise Bikes
- Fitness classes
- Open Art Studio
- Open Ceramic and Pottery Studio
- Piano
- Board and Card Games
- Wii Games
- Cornhole Boards
- Horseshoes
- Darts
- Ping Pong
- Community Outreach Projects



### Our Mission



To provide home and community-based services so that disabled and senior adults can maximize their choices for comfort, safety, security, and well-being.

*Informed Choices for Maximum Independence*

### Visit us on the web:

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

for more information about our services.

**Senior Center Calendars available  
at**

[www.resourcesforseniors.com/  
calendar.php](http://www.resourcesforseniors.com/calendar.php)

### SENIOR CENTER SERVICES

- Directory of Resources for Older Adults in Wake County (also available on our website [www.resourcesforseniors.com](http://www.resourcesforseniors.com))
- Tax Assistance
- Legal Aid - One on One Counseling
- Health Screenings
- SHIIP (Senior's Health Insurance Information Program) - One on One Counseling
- Senior Games
- Job Training/ Placement
- Nutrition Programs (Daily Lunch & Home Delivered Meals Access)
- Support Groups Information
- Monthly Activity Calendar
- Annual Health Fairs
- Arrange speakers for Senior Groups - Resources for Seniors Speakers Bureau
- Wake Tech Classes at Senior Center
- Referral assistance to Resources for Seniors Services and More

### RESOURCES FOR SENIORS SERVICES AVAILABLE - 919-872-7933

- Adult Day Centers: Total Life Centers
- Caregiver Support - 919-713-1556
- Community Alternatives Program for Disabled Adults: CAP/DA
- Companion Plus Sitters Registry
- Friendly Visitor and Telecare - 919-460-0567
- Housing and Home Improvement
- Weatherization and Heating Unit Repair and Replacement
- Information and Referral - 919-872-7933
- In- Home Aide Services
- Medicare Counseling - 919-462-3983
- Medication Education for Drug Safety (MEDS Program)
- Options Counseling - 919-713-1556
- Senior Activity Centers Information
- Transportation - 919-713-1556
- & much, much more - Call us with your aging needs.



### We're Here To Help



*Informed Choices for Maximum Independence*