

March—April 2015 News

CLOSINGS:

Good Friday: April 3rd
Happy Easter

Living Healthy with Chronic Pain
March 17th—April 21st
Every Tuesday, 9 am—11:30 am
6-weeks—Call center to sign up!

Intro to Line Dance Class—4 weeks
Every Tues.—March 10th—31st at 12

AARP Tax Aid
held at Longview Baptist Church

Feb. 2nd—April 15th,
Mon & Wed 9:30—3:00 pm.
Call 919-365-4248 for appt.

SPECIAL EVENTS

Thursdays, March 5th, 8:30 am: Tai Chi with Norma Ferrell—A 6 week class that meets once a week, so, join us!

Friday, March 13th & April 17th, 10:30-11:30am: Karaoke Party with The Lewis'. Bring your dancing shoes and let's have some fun.

Thursday, March 12th & April 9th, 1:00- 4:00 pm: SHIIP. Larry Bradbury from the Senior Health Insurance Information Program will be here to assist with any Medicare questions you may have. Call center for appointment.

March 17th- April 21, 9-11:30 am: Living Healthy with Chronic Pain. 6-week evidence-based program designed to help you self-manage your chronic pain. Call 919-365-4248 to register for the class.

Wednesday, March 25th, 10:30 am: The Dancing Divas and The East Wake Strutters. They will perform at the Wendell Community Center. Please come out and support these groups for lots of fun and dancing.

Wednesday, April 29th, 10:00 - 11:30 am—Spring Planting Workshop with Sherry and Robin from NC State Master Gardener Program. Join us!

Every Day!

8:00–5:00 Body Shop (unless occupied)
8:00–5:00 Computer Lab (unless occupied)
8:00–5:00 Socialization
8:00–5:00 Puzzles, Library

Monday

9:00 Tone and Sweat
9:30 Cards, Dominoes
10:00 Craft/Sewing Group
10:00 Bingo
11:00 Pinochle
12:00 Yahtzee
1:00 Low Impact Aerobics /Strengthening
2:00 Beginner Line Dancing



Tuesday

8:30 Bandercise
9:00 Living Healthy w/Chronic Pain **(6 weeks)**
9:30 Chi Gong (Video in Body Shop)
9:30 Cards, Dominoes, Yahtzee
10:00 Crafts/Ceramics Class **(No Class 2nd Tues.)**
10:30 Seminar/Program (see Special Events)
12:00 Intro to Line Dance (March 10th—31st)
1:30 Zumba Gold w/ Maria
2:30 East Wake House Band Practice

Wednesday

9:00 Tone & Sweat
9:30 Strutters Line Dancing
9:30 Cards, Dominoes, Yahtzee
10:00 Crafts / Sewing Group
10:30 Seminar/Program (see Special Events)
1:00 Aerobics
2:00 Beginner Line Dancing

Thursday

8:30 Tai Chi w/ Norma Ferrell
9:30 Relaxation/Meditation Class
9:30 Cards, Dominoes, Yahtzee
10:00 Choir Rehearsal
12:00 Gardening Group
1:00 SHIIP One on One Counseling **(2nd Thurs)**
1:00 Acrylic Painting Class (3 hr. class)

Friday

8:30 Tone & Sweat
9:00 Chi Gong
9:00 Cards, Dominoes
10:00 Bingo
10:45 Bell Chimes Choir
11:00 Pinochle
12:00 Yahtzee
1:00 Yoga w/ Laura
2:00 Strutters Line Dancing



SPECIAL EVENTS

March

- 3/5 Thurs. 8:30 am **Tai Chi with/ Norma Ferrell**—Please join Instructor Norma Ferrell for gentle relaxing movement through Tai Chi. Classes will go on for 6 weeks
- 3/5 Thurs. 10:00 am **Basic Computer Classes**—with Bob German. He will be here each Thursday to teach the basics of computers. **Appointment required. Please call the center to sign-up.**
- 3/10 Tues. 10:00 am **Blood Pressure Checks**—with Casey Baldwin, RFS Pharmacist
- 3/10 Tues. 12 Noon **Introduction to Line Dance**—Join Tanya and Patsy for the basics of Line Dancing. (4 Weeks)
- 3/11 Wed. 10:30 am **Kidney Awareness**—with Casey Baldwin, RFS Pharmacist
- 3/12 Thurs. 1pm-4pm **SHIP Medicare Counseling** —Larry Bradbury from the **Senior Health Insurance Information Program** will be here to provide one-on one counseling to assist with specific questions related to Medicare. **(Call center for appointment)**
- 3/13 Fri. 10:30 am **Karaoke Party**—Please join Jimmy and Brenda Lewis for lots of fun and good music. Put on your dancing shoes and join us.
- 3/17 Tues. 9am-11:30am **Living Healthy with Chronic Pain**—Instructor Travis Battle will help you with ways to self-manage your chronic pain. (6 week program)
- 3/18 Wed. 10:30 am **Fire Safety and Fire Drill**—Brian Emerson with Wendell Fire Dept. will be here to discuss fire safety and safe way to do a fire drill.
- 3/24 Tues. 2:00 pm **EWSC House Band** will travel to Wellington Nursing and Rehab Center in Knightdale to perform. Please come out to support our house band and enjoy good music and lots of dancing.
- 3/25 Wed. 10:30 am **The Dancing Divas and East Wake Strutters** will perform at the Wendell Community Center located at 600 W. Third Street, Wendell, NC. Please come out and enjoy some good music and lots of dancing.

April—Happy Easter

- 4/1 Wed. 10:30 am **Multi Level Chair Exercises** —Please join Elizabeth Spendor-Smith from Eastern Regional Center as she shares different levels of chair exercises.
- 4/1 Wed. 4:00 pm **"East Wake Strutters"** —Please come out and support The Strutters as they perform at the Wake County Senior Games at The Garner Historic Auditorium—724 W. Garner Road, Garner 27529.
- 4/7 Tues. 9 -11:30am **Living Healthy with Chronic Pain continues** —Please join Travis Battle as he completes the last few weeks on this Self-Management program for chronic pain.
- 4/8 Wed. 10:30 am **Dementia / Alzheimer's** —Casey Baldwin, RFS Pharmacist will be here to discuss the causes and effects of dementia and Alzheimer's.
- 4/9 Thurs. 1pm-4pm **SHIP Medicare Counseling (Senior Health Insurance Information Program) —** Larry Bradbury will be here to assist one-on-one with specific questions related to Medicare. (Call center for appointment)
- 4/14 Tues. 10:00 am **Blood Pressure Checks** —Casey Baldwin, RFS Pharmacist
- 4/15 Wed. 10:30 am **Safety in the Home** —Phillip Sutton with Wake Co. Sheriff Dept. will be here to discuss ways to remain safe within the home.
- 4/17 Fri. 10:30 am **Karaoke Party** —Join Jimmy and Brenda Lewis as we dance and have lots of fun. Bring your partners and dancing shoes.
- 4/22 Wed. 10:30 am **Preventive Solutions for Healthy Living**—Please join Mrs. Shereta Hunt with Physicians Mutual as she discusses healthy living and the benefits of physical and oral health.
- 4/29 Wed. 10am -11:30 **Spring Planting Workshop**—Please join us as we kick off our summer planting. Sherry and Robin with NC State Master Gardeners program will be here to discuss our summer gardening program. All who are interested please stop by for more information

