

Caregiving Support Group

Sponsored by: Resources for Seniors and
East Wake Senior Center

2nd Wednesday of each month
Wendell Community Center;
601 W. Third Street, Wendell, NC.
Call 919-365-4248 for information.
9:30am-11:00am

Wake County Senior Games and Silver Arts



March 27 – April 28, 2018

OPEN TO Wake Co. Residents AGES 50 AND OVER!
www.wcseniorgames.org

Registration Ends Promptly March 10th, 2018
"Don't Quit.....Stay Fit!"

AARP FREE TAX PROGRAM

Eastern Wake Senior Center will be taking
Appointments for free tax preparation at:

Longview Baptist Church
2308 New Hope Road
Raleigh, NC

Call today for your appointment 919-365-4248



Cooking Class – Cooking Matters

Inter-Faith Food Shuttle
Thurs. March 22 – April 26
9:30am-11:30pm
Registration Required

Individual Counseling

INFORMATION; ASSISTANCE; REFERRALS

1:1 Counseling w/ *Susan McGuire*

ON-SITE SERVICE COORDINATOR

2nd & 3rd Wed. each month 8:30am-4:00pm

March 14th & 21st and April 11th & 18th

Information provided on eligibility, procedures,
and contacts for older adults and persons with
disabilities in Wake County. Call for your one-
on-one appointment

Fish Fry Fundraiser

Saturday, April 7th, 2018

11:00 AM to 5:00 PM

\$9.00 per plate (Cash Only)

Tickets on-sale March 5th, 2018

Catered by: **Fitzgerald's Seafood**

Plate Includes: Flounder, Green Beans, Cole Slaw,
Hushpuppies, Desserts and bottled water.

Soft Drinks available for \$1.00

(Drive Thru or Dine In is available)



Please call (919)365-4248 with any questions.

All proceeds go to support programs and services
offered at the Senior Center

Socialize · Exercise · Prioritize

****Center Closed****
Good Friday – March 30, 2018

Drop-in activities – (Closed during scheduled classes)

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 5:00 Computer Lab **(when available)**
- 8:00 - 5:00 Cards, Corn Hole, Piano and more

Monday

- 8:30 Fit and Strong
- 9:00 Geri-Fit (Begins 4/30/18)
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:15 Bingo
- 12:30 Geri-Fit
- 12:30 Fun & Fit (Begins 4/30/18)
- 1:30 Beginner Line Dance

Tuesday

- 8:30 Tai Chi for Arthritis & Falls Prevention (Adv.)
- 9:30 Tai Chi for Arthritis & Falls Prevention (Beg.)
- 9:30 Cards, Dominoes, Yahtzee
- 10:00 Ceramics Class (10am-2pm, no class 2nd Tues.)
- 10:30 Seminar/Program (see Special Events)
- 1:00 Yoga
- 1p-4p SHIP, One on One Counseling
Appt. Req'd (3/13 & 4/17 Only)

Wednesday

- 8:30 Fit and Strong
- 9:00 Geri-Fit (Begins 4/30/18)
- 9:00 Qi Gong **(Video in Body Shop)**
- 9:30 Strutters Line Dancing
- 9:30 Caregiver Support Group (1-1/2 hour)
(Wendell Community Center—2nd Wed.)
- 9:30 Cards, Dominoes, Pinochle
- 10:00 Quilting / Sewing Group
- 10:00 Knitting/Crocheting
- 10:30 Seminar/Program (see Special Events)
- 12:30 Geri-Fit
- 12:30 Fun & Fit (Begins 4/30/18)
- 1:30 Beginner/Intermediate Line Dancing

2:30 Chair Yoga w/Camille **(Begins 3/7/2018)**

Thursday

- 9:00 Bandercise
- 9:30 Relaxation/Meditation Class
- 9:30 Zumba Gold & DXF w/ Linda Monden-Thomas
(Wendell Community Center)
- 10:00 Choir Rehearsal
- 11:00 Gardening Group (Subject to Change)
- 1:00 Acrylic Painting Class (3 hr. class)

Friday

- 8:30 Tone and Sweat
- 9:00 Qi Gong **(Video)**
- 9:00 Cards, Dominoes, Pinochle
- 10:15 Bingo
- 10:45 Bell Chimes Choir

\$ - Fee for class

*** - Fee if using center's supplies**

Evidenced Based Classes:



Geri-Fit - Every Monday and Wednesday starting April 30 – June 22, 2018 from 9:00 am – 9:45 am. Geri-Fit is designed to help with Osteoporosis and Arthritis, focusing on muscle strength, flexibility, balance, and endurance. Sign – Up today!



Tai Chi for Arthritis and Falls Prevention – This class is designed to help with arthritis and improve balance using slow and gentle movements.

July 10 – November 20, 2018

Advanced class

Tuesday; 8:30am – 9:30am

Beginner Class

Tuesday; 9:30am – 10:30am

Special Events

March 2018

3/2	Fri. 12:00 noon	North American Senior Benefits – with Bryan & Omar to discuss eye care, dental, hearing benefits.
3/6	Tues. 10:30 am	Triangle Hearing Services & Home Health Care – with Audiologist Donella Hellenkamp
3/9	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
3/13	Tues. 10:00 am	Blood Pressure Checks – Casey Baldwin, RFS Pharmacist(Open to Public)
3/13	Tues. 1-4 pm	SHIIP Medicare Counseling – with Sue Howlett – 1:1 counseling to assist with specific questions related to Medicare; Appointment Required
3/14	Wed. 10:30 am	Flexi Band Exercise – with Kimberly and Katie/Physical Therapist.
3/20	Tues. 10:30 am	“Brown Bag Event” – Wendell Drug Co. presentation and review of your medications and supplements. Appointments scheduled between 11-1pm.
3/22	Thurs. 9:30 am	Cooking Matters Class – This is a six week cooking class sponsored by the Interfaith Food Shuttle. Join us to create healthy meals on a budget. Each class is 2 hours. Sign Up Required!
3/23	Fri. 10:45 am	Rockin Dickie – Bring your dancing shoes and let’s rock out for a good time.
3/27	Tues. 10:30 am	Blood Pressure Screenings – Mrs. Paige VanLenten will conduct blood pressure checks on a first come first serve basis. If you are interested please call office to sign-up or stop by during scheduled time. (10:30am – 11:15am)
3/28	Wed. 10:30 am	Decluttering – Join Rachel Evans with Silver Linings as she shares ways to declutter your home.

Special Events

April 2018

4/4	Wed. 10:30 am	Down East Hearing Care – Presentation and Ear Scans will follow at 11:00 with Susan Fortier. Please call or stop the office to sign up.
4/7	Sat. 11-5pm	Annual Fish Fry – Catered by Fitzgerald’s Seafood. Tickets on Sale beginning March 5 th , 2018 stop by to purchase tickets (Volunteers needed)
4/10	Tues. 10:00 am	Blood Pressure Checks - Casey Baldwin, RFS Pharmacist (Open to Public)
4/10	Tues. 1-4 pm	SHIIP Medicare Counseling -with Sue Howlett; 1:1 counseling to assist with specific questions related to Medicare; Appointment Required
4/11	Wed. 10:30 am	Isolation and Health Impacts – presented by Casey Baldwin, RFS Pharmacist
4/12	Thurs. 12noon-2pm	“The Deep” Self-Management Diabetic Program – Sammy Bailey with Alliant Quality will teach you fun and interactive ways to manage your diabetes.
4/13	Fri. 10:30 am	Karaoke Party – Join Jimmy and Brenda Lewis for fun and good music.
4/17	Tues. 10:30 am	Stress Management – with Rachel Evans from Silver Linings.
4/18	Wed. 10:30 am	Fire Safety & Fall Prevention – Chief Amerson will discuss keeping seniors safe in the home and conduct a mock fire drill.
4/27	Fri. 10:45 am	Rockin Dickie - Bring your dancing shoes and let’s rock out for a good time.

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. If you would like to make a contribution or more information go to www.resourcesforseniors.com.

FREE Wake Tech Classes offered at Eastern Wake Senior Center 2018 Winter/Spring Classes

Must be 55 and up to Attend these Classes

Yoga – Tuesday's, from 1:00pm – 2:00pm; Dates 3/6/18 – 4/10/18. (Max. 15 Students)

Spanish (Beg.) – Thursdays from 11:00am – 1:00pm; Dates 3/8/2018 – 4/12/2018
(Max. 18 Students)

Spanish (Adv.) – Thursday's from 1:30pm – 3:30pm; Dates 3/8/2018 - 4/12/2018
(Max. 18 Students)

Introduction to Microsoft Excel – Mon. – Thurs. from 2pm – 4:30; Dates 3/19/18 – 3/22/18
(Max. 9 Students)

Introduction to Computers – Dates and Times TBA (Max. 9 Students)

Computer 101; 201; 301; 401 – Dates and Times TBA (Max. 9 Students)

TBA – To Be Announced – Call the center or check the website for dates and times of Wake Tech Classes listed below.

Important Notes About Wake Tech Classes:

- An asterisk * means the class is full or has already begun.
- If you see a class you'd like to take and it is full or has already begun, see front desk personnel to put your name on a waiting list. However, there is no guarantee the class will be offered again.
- Wake Tech class application form **MUST** be submitted and signed no later than one day prior to 1st day of class or lecture.
- Students **MUST** be in the 1st day of class. **NO ONE** is allowed to start in the second class.
- Arrive for class no later than scheduled time – latecomers will be considered absent and not allowed to enter the classroom.
- Wake Tech classes are College Classes. **It is important that ALL students be committed to attending every class they have signed up for.** Instructors are paid by Wake Tech to teach these classes at no charge to the students. If you miss more than one class in a course, you may not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech may discontinue offering these special classes to EWSC. All students will receive a certificate upon completion of each Wake Tech class.