

May—June 2014 News

CLOSINGS:

Monday, May 26th

In Observance of Memorial Day

SHIIP Counseling available

2nd Tuesday of each month from 1pm—4pm. Call center for more info.

Special Thanks to NC State Extension Master Gardner Volunteers

AARP Driving Class

with Lynroy Thomas

Thurs. June 12th

12:00 pm—4:00 pm

\$15—AARP Members, \$20—NON Members

Call the Senior Center to sign-up

SPECIAL EVENTS

Tuesday, May 6th, 10:00 AM—**Mother's Day Event: Pampering our Mothers.**

Wednesday, May 21st, 10:30 AM—**How to Protect Yourself from Consumer Scams and Fraud**

Friday, May 23rd, 10:30 AM—**Memorial Day Service**

Friday, May 30th, 10:45 AM—**Moving and Grooving Dance Party.**

Friday, June 6th, 10:00 AM—**Luau Cookout Party**

(BINGO and Exercise Classes Cancelled)

Wednesday June 11th—10:00 AM, **Meals on Wheels 40th Anniversary Party.**

(Strutters Class CANCELLED)

Thursday, June 12th, 12PM—4PM, **AARP Driving Class**

Everyday!

8:00—5:00 Body Shop (unless occupied)

8:00—5:00 Computer Lab

8:00—5:00 Coffee & Conversation

8:00—5:00 Puzzles, Library

Monday

8:30 Tone & Sweat

9:00 Tone & Sweat

9:30 Cards, Dominos

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

9:00 Bandercise

9:30 Chi Gong

9:30 Cards, Dominos, Yahtzee

10:00 Crafts Class

10:00 Sewing/Craft Group

10:30 Seminar/Program (see Special Events)

12:30 Tai Chi (Videotape)

1:30 Zumba Gold

2:30 Eastern Wake House Band Practice

Wednesday

8:30 Tone & Sweat

9:00 Tone & Sweat

9:30 Strutters Line Dancing

9:30 Cards, Dominos, Yahtzee

10:00 Crafts / Sewing Group

10:30 Seminar/Program (see Special Events)

1:00 Aerobics

2:00 Beginner Line Dancing

Thursday

9:00 Bandercise

9:30 Relaxation/Meditation Class

9:30 Cards, Dominos

10:00 Garden Group

12:00 Yahtzee

1:00 Acrylic Painting Class (3 hr. class)

Friday

8:30 Tone & Sweat

9:00 Chi Gong Class

9:00 Cards, Dominos, Yahtzee

10:00 Bingo

10:45 Bell Chimes Choir

11:00 Pinochle

12:00 Bridge

1:00 Aerobics

2:00 Strutters Line Dancing

SPECIAL EVENTS

May

- 5/2 Fri. 12 pm-2pm **RSVP Banquet—RSVP Members Only**, This semi-formal occasion will be held at the McKimmon Center in Raleigh, NC to honor all of our wonderful volunteers.
- 5/6 Tues. 10:00 AM **Pampering our Mothers:** Happy Mothers' Day to all our mothers. Come enjoy moisturizer and hand lotion for your hands and face. **(First 20 ladies to sign-up)**
- 5/7 Wed. 10:30 AM **Hypertension: Know your Blood Pressure Numbers.** Mrs. Denise Hicks, RN from Eastern Regional Center. **(Blood Pressure Checks offered)**
- 5/13 Tues, 10:00 AM **Blood Pressure Checks:** Casey Baldwin, RFS Pharmacist
- 5/13 Tues. 1PM - 4PM **SHIIP Medicare Counseling (Senior Health Insurance Information Program)** Larry Bradbury will be here to answer and assist with specific questions related to Medicare. ***Pre-Screen is required** (Call center for appointment)
- 5/20 Tues, 10:30 AM **Trivia Tuesdays** with Ellen White.
- 5/21 Wed. 10:30 AM **How to Protect Yourself from Consumer Scams and Fraud:** with Carol Young from the Attorney General's office.
- 5/23 Fri. 10:30 AM **Memorial Day Service:** Please join Robert Clark and Emanuel Jones to honor our fallen heroes.
- 5/27 Tues. 10:30 AM **Vascular/Circulatory Health:** with Casey Baldwin, RFS Pharmacist. Please join Casey as she shares information about health issues relating to arteries, veins, and circulation.
- 5/30 Fri. 10:45 - 11:30 AM **Moving and Grooving Dance Party:** Please join us for some Freestyle Dancing and lots of fun and fellowship.

June

- 6/3 Tues. 10:30 AM **Trivia Tuesdays** with Ellen White.
- 6/4 Wed. 10:30 AM **Senior Choices for Healthy Living:** Please join Always Best Care as they discuss options for long-term care, from independent living to skilled nursing care.
- 6/6 Fri. 10:00 AM **Luau Summer Cookout: (Bingo Cancelled)** Please join us for lots of fun and outdoor games. The senior center will provide the hotdogs, so please bring a dish to complement our hotdog lunch. **(Wear your luau or island outfit!)**
- 6/10 Tues. 10:00 AM **Blood Pressure Checks:** Casey Baldwin, RFS Pharmacist
- 6/10 Tues, 1PM - 4PM **SHIIP Medicare Counseling (Senior Health Insurance Information Program):** Larry Bradbury will be here to answer and assist with specific questions related to Medicare. ***Pre-Screen is Required** (Call center for appointment)
- 6/11 Wed, 10:00 AM **Meals on Wheels 40th Anniversary Party-** Help celebrate 40 years of Meals on Wheels with special guest, Zebulon Mayor Robert S. Matheny, and Brenda and Jimmy Lewis. Now let's have a good time! **(Strutters Class Cancelled)**
- 6/12 Thurs. 12PM - 4PM **AARP Driving Class:** Lynroy Thomas with AARP will here to share all the new driving laws and ways to stay safe behind the wheel. (Call center to sign up.)
- 6/17 Tues. 10:30 AM **Arthritis Information:** Casey Baldwin, RFS Pharmacist will be here to discuss the different types of arthritis and ways to cope with it.
- 6/18 Wed. 10:30 AM **Infinite Wellness:** Dr. Glen Peterson, Chiropractor

