**Eastern Wake Senior Center**

“A Center of Merit”

---

**September—October 2014 News**

**CLOSINGS:**
- Labor Day: Monday, Sept. 1

**SHIIP Counseling:**
- September: 2nd Tuesdays, 1-4 pm
- October and November: 2nd & 4th Tuesday 1-4 pm

**Suggestion Box in Lobby:**
- We value your input!

**COMMUNITY HEALTH FAIR**
- Friday, September 12
  - 9:00am—Noon
  - Wendell Community Center
  - 601 W. Third Street, Wendell

**SPECIAL EVENTS**
- Friday, Sept. 5 and Oct. 10, 10:30 am: Karaoke Party with The Lewis's - Join Jimmy and Brenda Lewis for lots of fun and dancing.
- Friday, September 19, 12–3 pm: Will Clinic (Free): Prescreen required and Simple Wills ONLY. Call center for info.
- Tuesday, October 7, 5–8 pm: Zaxby’s Spirit Night EWSC Fundraiser. Come out and eat at Zaxby’s to help support the Center’s activities and services.
- **October 27–31: SPIRIT WEEK**
  - Monday: Decade Day (Dress from your favorite era: --50’s, 60’s, etc.)
  - Tuesday: Funky Tie/Funky Hat Day (Wear your funkiest tie/hat)
  - Wednesday: Wacky Tacky Day
  - Thursday: Pajama Day (Please wear appropriate PJ’s)
  - Friday: FALL FESTIVAL, 10:00 am, pizza party. Please bring $5.00 per person.
  - (Exercise classes and Bingo cancelled)
  - Friday: Favorite Costume Contest (Please wear your favorite costume)

**Everyday!**
- 8:00–5:00 Body Shop (unless occupied)
- 8:00–5:00 Computer Lab (unless occupied)
- 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/Ceramics Class
- 10:30 Seminar/Program (see Special Events)
- 1:00 SHIIP One on One Counseling
- 1:30 Zumba Gold
- 2:30 East 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 Shag Dance Class w/Gaylord Picard
  - (8 weeks) starts 9/10/2014
- 3:00 Ballroom Dance Class w/Gaylord Picard
  - (8 weeks) starts 9/10/2014

**Thursday**
- 9:00 Bandercise
- 9:30 Relaxation/Meditation Class
- 9:30 Cards, Dominos
- 10:00 Choir Rehearsal
- 12:00 Gardening 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

---

Main office: 1110 Navaho Dr, Fourth Floor, Raleigh, NC  27609 • 919-872-7933 • www.resourcesforseniors.com
**Special Events**

**September**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/3 Wed.</td>
<td>10:30 am</td>
<td>“How Diet Affects Diabetes”— Beth Collins from the Eastern Regional Center will discuss how your eating habits can affect your diabetes.</td>
</tr>
<tr>
<td>9/5 Fri.</td>
<td>10:30 am</td>
<td>Karaoke Party — Join Jimmy and Brenda Lewis for lots of good music, fun and dancing.</td>
</tr>
<tr>
<td>9/9 Tues.</td>
<td>10:00 am</td>
<td>Blood Pressure Checks — Casey Baldwin, RFS Pharmacist</td>
</tr>
<tr>
<td>9/9 Tues.</td>
<td>10:30 am</td>
<td>Trivia Tuesday — Join Ellen White for lots of fun and trivia.</td>
</tr>
<tr>
<td>9/9 Tues.</td>
<td>1-4 pm</td>
<td>SHIIP 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)</td>
</tr>
<tr>
<td>9/10 Wed.</td>
<td>10:30 am</td>
<td>“The History of Knightdale” — Wanda Ramm and Billy Wilder (former Knightdale Mayor) will share information about the Town of Knightdale.</td>
</tr>
<tr>
<td>9/11 Thurs.</td>
<td>10-noon</td>
<td>Legal Aid Consultations— Legal-Aid of NC will be at the Center to assist with non-criminal legal questions. Space is limited. (Call center for appointment)</td>
</tr>
<tr>
<td>9/12 Fri.</td>
<td>9- noon</td>
<td>Community Health Fair— at Wendell Community Center, 601 W. Third Street, Wendell. Flu, Pneumonia, or Tdap Shots, plus other health screenings and valuable information. (For vaccinations, please bring ALL insurance cards/information)</td>
</tr>
<tr>
<td>9/16 Tues.</td>
<td>10:30 am</td>
<td>“Seniors’ Choices for Healthy Living”— Join Always Best Care as they discuss assisted living and other care options for seniors.</td>
</tr>
<tr>
<td>9/19 Fri.</td>
<td>12-3 pm</td>
<td>Will Clinic (Free) — Ihuoma Igboanugo and Pamela Harrigan-Young (attorneys in private practice) will be here to assist you with preparing your will. (Pre-Screen Required—Simple Wills ONLY) Call for appointment and information about what you need to bring.</td>
</tr>
<tr>
<td>9/23 Tues.</td>
<td>10:30 am</td>
<td>“A Day In The Life of a Private Investigator”</td>
</tr>
<tr>
<td>9/24 Wed.</td>
<td>10:30 am</td>
<td>Planning for Future Financial Security”— Cheryl Wike and Eric Smith from AIG Financial Network will discuss vital financial information.</td>
</tr>
</tbody>
</table>

**October**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/3 Fri.</td>
<td>2:00 pm</td>
<td>East Wake Strutters — Our performing line dancers will be strutting at the Wendell Harvest Festival! Come on out and see us in the Wendell Towne Square!</td>
</tr>
<tr>
<td>10/7 Tues.</td>
<td>5-8 pm</td>
<td>Zaxby’s Spirit Night Fundraiser— Help support EWSC by joining us at Zaxby’s in Knightdale (6702 US 64 Business) for fun, fellowship and good eating.</td>
</tr>
<tr>
<td>10/8 Wed.</td>
<td>10:30 am</td>
<td>HopeLine Crisis Intervention— Jenny Ayscue will discuss what HopeLine means to the community.</td>
</tr>
<tr>
<td>10/10 Fri.</td>
<td>10:30 am</td>
<td>Karaoke Party — Join Jimmy and Brenda Lewis for lots of good music and dancing.</td>
</tr>
<tr>
<td>10/14 Tues.</td>
<td>10:00 am</td>
<td>Blood Pressure Checks — Casey Baldwin, RFS Pharmacist</td>
</tr>
<tr>
<td>10/14 Tues.</td>
<td>10:30 am</td>
<td>Trivia Tuesday — Please join Ellen for some fun trivia and prizes.</td>
</tr>
<tr>
<td>10/14 Tues.</td>
<td>1-4 pm</td>
<td>SHIIP 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)</td>
</tr>
<tr>
<td>10/21 Tues.</td>
<td>10am &amp; 2pm</td>
<td>East Wake Strutters—Senior Day at NC State Fair. The Strutters will perform in the Annual Folk Festival — come get your fair food and cheer for our dancers.</td>
</tr>
<tr>
<td>10/22 Wed.</td>
<td>10:30 am</td>
<td>Prescription Drug Insurance — Renee Corley and Susan Schluth from Mutual of Omaha will be here to discuss any questions about Medicare Part D plans.</td>
</tr>
<tr>
<td>10/28 Tues.</td>
<td>1-4 pm</td>
<td>SHIIP 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)</td>
</tr>
<tr>
<td>10/27-31</td>
<td></td>
<td>EWSC Spirit Week—Please show your spirit by participating in Spirit Week. Refer to the front of calendar for daily schedule.</td>
</tr>
</tbody>
</table>
RESOURCES FOR SENIORS, Inc.
Eastern Wake Senior Center
323 Lake Dr., Wendell, NC
919-365-4248
Open Monday - Friday 8am - 5pm

DAILY ACTIVITIES AVAILABLE:
- Computer Lab (available large monitors and ezsee keyboard)
- Wireless Internet Access
- Treadmills and Elliptical Machines
- Recumbent and Stationary Exercise Bikes
- Cornhole Boards
- Open Art Studio
- Open Ceramic Studio
- Board and Card Games
- Fitness classes
- Piano
- Wii Games
- Community Outreach Projects
- Staff & Referral Assistance

SENIOR CENTER SERVICES
- Directory of Resources for Older Adults in Wake County (also available on our website 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
- Housing Counseling - 919-713-1537
- 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.

Visit us on the web at:
www.resourcesforseniors.com
for more information about our services.

Senior Center Calendars available at
www.resourcesforseniors.com/calendar.php

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.