



January - February 2015 News



Valentines Dance and Social

Thursday Feb. 12

7:00—10:00 pm

Cost \$5.00

Please bring a finger food to share.



CHILI COOKOFF and BUTTERBEAN AUCTION - Thursday Jan. 29

10:00—noon

Enter your favorite chili to win a fabulous prize. Butterbean auction sponsored by Carillon Assisted Living of Wake Forest

Sign-up to attend and enter your prize winning chili by Monday, January 26.

*** CENTER CLOSED JAN. 19th Martin Luther King's Day.**

SPECIAL EVENTS -- See back for more programs and information!!

BILL OF RIGHTS CLASS: Starts Thursday, Jan. 8, Runs Jan 15, 22, 29 & Feb. 5, 12. Sign up at front desk. Limited to 18 participants.

DOGS FOR SENIORS - Learn about the Franklin Co. Rescue Pets Program and meet some of the wonderful dogs that are up for adaption. **Jan. 27 at 10:00**

LUNCH GROUP FOR WIDOWS - Starts Monday Feb. 2 . A four week lunch group for those who have lost their husbands in recent months or years. A light lunch will be provided free of charge. Limited space. Sign up by Jan. 30th.

Free AARP TAX AIDE: Starts Feb. 3, runs through April 15. Available Tues. and Wed. 9 - 3 pm. You **MUST** Sign up at the front desk or call for an appointment. Please be patient with any room changes we have to make to accommodate this valuable program.

February - Black History Month. Details of the event will be provided later.

Everyday

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 4:30 Computer Lab (closed during scheduled classes)
- 8:00 - 4:30 Cards and other games

Monday (no classes Jan 19)

- 8:30 Low-Impact Aerobics – Level 2 w/ Ann (no Class Feb.23)
- 9:30 Blood Pressure Check - Stay At Home Sr. Care (Jan 5 & Feb.2)
- 10:00 Low-Impact Aerobics – Level 1 w/ Pandora
- 10:00 Decorative Painting
- 10:30 Blood Pressure Checks (Jan 26 & Feb.23) Casey, RFS
- 10:30 Basic Exercise/Strength Training
- 11:30 Bingo
- 12:00 Computer Tutor w/ David (by appt. only,)
- 1:00 Zumba Gold with Maria Bolanz
- 2:00 Theater Group - (Feb.9)
- 2:00 Open Painting Workshop
- 2:00 Shag Lessons w/ Gaylord Picard
- 2:00 (NEW TIME) Beg./Inter. Line dance with Ronnie
- 3:00 Ballroom Dance Lessons with Gaylord Picard
- 3:30 Chair Yoga w/ Marty Gooch

Tuesday

- 8:30 Core & Flex Training with Ann (no class Feb. 24)
- 9 - 3 (NEW) AARP TAX AIDE (Beg. Feb. 3. Appointments required)
- 9:30 Beginner Tap Dance w/ Leneve
- 9:30 Beginning Watercolor Class with Gaylord
- 10:00 Presentation (see Special Events)
- 10:00 Caregiver Support Group
- (3rd Tuesday—Meeting at Carolina House)
- 12:00 Acrylic Painting w/ John Duzs (no class Jan 6)
- 12:30 Mahjongg
- 1:00 Wood Carving
- 1:00 SHIIP One-on-One Counseling (Jan 13, 27 & Feb.10, 24)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 w/ Ann (no class Feb. 25)
- 9 - 3 (NEW) AARP TAX AIDE (Beg. Feb. 3. Appointments required)
- 9:00 Ceramics
- 9:30-11 Fit and Strong!
- 9:45 Low Impact Aerobics - Level 1 w/ Pandora
- 10:00 Newcomers Social & Laughter (Jan. 14 & Feb. 11)

Wednesday (continued)

- 10:15 Basic Exercise/Strength Class
- 10:45 Sing Along
- 11:00 Bridge
- 12:00 Ping Pong (call to schedule room)
- 1:00 Quilt! Quilt! Stitch and Gab
- 1:00 Quilts of Valor Sewing Group
- 1:00 Pinochle
- 1:00 Book Club (Jan 21 & Feb. 18))
- 1:00 Pottery and Clay Class
- 2:00 Zumba Gold
- 2:00 Open Painting Workshop

Thursday: (NO CLASSES JAN. 1)

- 8:30 Gentle Yoga with Ann Copley (no class Feb 19 & 26)
- 8:30 Tai Chi w/ Norma (Ends Jan. 22)
- 10:00 Presentation (See back for details)
- 10:00 Beg. /Inter. Line Dance w/ Ronnie Pignataro (NEW TIME!)
- 11:00 ULTRA Beg. Line Dance Class (Jan. 8, 15, 22, 29 ONLY)
- 11:00 Line Dance Practice (NEW TIME! - Starts Back Feb.5)
- 10:00 Butterbean Auction (Jan. 29 and Feb. 26)
- 10:30 Bingo
- 12:30 Open Watercolor Studio
- 1 - 3 Mahjongg
- 1 - 3 Computer Tutor w/Hal (by appt. only)
- 1:00 Canasta / Hand & Foot / Pinochle
- 1:00 Wood Carving

Friday:

- 8:30 Zumba Gold with Maria Bolanz
- 10:00 Acrylic Painting with Alma Burke
- 10:00 Low-Impact Aerobics – Level 1 w/ Pandora
- 10:30 Balance Training
- 11:15 (NEW TIME) Mountain Dulcimer with Cricket Wright
- 11:30 Chess, Checkers, Mexican Train Dominoes
- 12:00 Bridge
- 12:30 Gourd Art with Dick Balcon

FREE WAKE TECH CLASSES AT SENIOR CENTER
CALL CENTER for upcoming classes OR Check our website

SPECIAL EVENTS: MORE INFO ON LOBBY INFORMATION BOARD

JANUARY

- 1/2 Fri. 11:15 (NEW TIME) Mountain Dulcimer Class time has changed.
- 1/5 Mon.. 9:30 am Blood Pressure Checks provided by Stay At Home Senior Care—First Monday Each Month
- 1/5 Mon. 2 - 3 pm (NEW TIME) Beginner/Intermediate Line Dance Class with Ronnie
- 1/6 Tues. 9:30 am Shell Art Class with Rose Bunch starts back.
- 1/8 Thurs. 9:30 - 11:30 (NEW) Bill of Rights Class. Jan 8,15,22, 29 and Feb. 5, 12. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Must pre-register. Class limited to 18. Sign up at front desk.
- 1/8 Thurs. 10 - 11 am (NEW TIME) Beginner/Intermediate Line Dance Class with Ronnie
- 1/8 Thurs. 11 am (NEW) Ultra Beginner Line Dance Class with Ronnie. Jan only.
- 1/13 Tues 1 –4 SHIIP One on One Counseling (Senior Health Insurance Information Program). Counselors will help you to understand your Medicare options and identify plans that will suit your needs. Call for appointment.
- 1/14 Wed. 10 am Newcomers Social & Laughter: Orientation for new members. Great opportunity to meet other new members, staff and class instructors. Refreshments provided.
- 1/15 Thurs. 10:30 Bingo - Sponsored by Carillon Assisted Living of Wake Forest.
- 1/17 Tues. 10 am Caregiver Support Group - Co-sponsored by Carolina House of Wake Forest and the Northern Wake Senior Center. Group meets at Carolina House of Wake Forest. Everyone welcome.
- 1/26 Mon, 10:30 am Blood Pressure Checks with Dr. Casey Baldwin, Resources for Seniors Pharmacist.
- 1/27 Tues. 10:00 am (Presentation) DOGS FOR SENIORS - Learn about the Franklin Co. Rescue Pets Program and meet some of the wonderful dogs that are up for adaption.
- 1/27 Tues. 1– 4 pm SHIIP One on One Counseling (Senior Health Insurance Information Program). Call for appointment.
- 1/29 Thurs. 9 am -3 pm Kibbles For a Cause: Collection Day. Center is collecting dry dog food for this nonprofit program serving seniors who are having financial trouble feeding their pets (Last Thurs. each month). Applications for this program are available at the front desk. For more information, call the center.
- 1/29 Thurs. 10 –12 CHILI COOKOFF AND BUTTERBEAN AUCTION. Enter your favorite chili to win a fabulous prize. Butterbean auction sponsored by Carillon Assisted Living of Wake Forest. Sign-up to attend and enter your prize winning chili by Mon. Jan. 23.

FEBRUARY

- 2/2 Mon. 12:30 LUNCH GROUP FOR WIDOWS - Starts Monday Feb. 2 . A four week lunch group for those who have lost their husbands in recent months or years. This will be a combination support and educational meeting focusing on particular ways grief comes to us with the loss of a spouse. A light lunch will be provided free of charge. Limited space. Sign up by Jan. 30th. Offered by Kristin D. Lassister, Bereavement Coordinator, Heartland Hospice.
- 2/2 Mon. 9:30 am Blood Pressure Checks provided by Stay At Home Senior Care—First Monday Each Month
- 2/3 Tues. 9 - 3 pm FREE AARP TAX AIDE: Starts Feb. 3 through April 15.. Available Tues. and Weds. 9 - 3 pm. You MUST Sign up at the front desk or call for an appointment. Please be patient with any room changes we have to make to accommodate this valuable program.
- 2/5 Thurs. 9:30 - 11:30 Bill of Rights Class. Last 2 classes—Feb. 5 & 12. . Moderated by RoseMarie Betuker.
- 2/5 Thurs. 11 am Carolina Steppers Line Dance Group - Practice time begins again on Thursdays.
- 2/10 Tues. 1-4 pm SHIIP One on One Counseling (Senior Health Insurance Information Program). Call for appointment.
- 2/11 Wed. 10 am Newcomers Social & Laughter: Orientation for new members. Great opportunity to meet other new members, staff and class instructors. Refreshments provided.
- 2/12 Thurs. 7:00 pm Valentines Dance and Social. Ballroom lessons and Line dance lessons provided at 6:30. Dance will be held from 7:00 - 10:00 pm. Cost \$5:00. Please bring a finger food to share.
- 2/12 Thurs. 10:30 am Bingo - Sponsored by Carillon Assisted Living of Wake Forest. Join us for the fun!
- 2/17 Tues. 10 am Caregiver Support Group - Co-sponsored by Carolina House of Wake Forest and the Northern Wake Senior Center. Group meets at Carolina House of Wake Forest. Everyone welcome.
- 2/23 Mon, 10:30 am Blood Pressure Checks with Dr. Casey Baldwin, Resources for Seniors Pharmacist. - Fourth Monday each month.
- 2/24 Tues 1 –4 SHIIP One on One Counseling (Senior Health Insurance Information Program). Counselors will help you to understand your Medicare options and identify plans that will suit your needs. Call for appointment space is limited.
- 2/26 Thurs. 9 am -3 pm Kibbles For a Cause: Collection Day. See above (1/29) for more information.
- 2/26 Thurs. 10:00 am Butterbean Auction - Sponsored by Carillon Assisted Living of Wake Forest. Join in the fun!

RESOURCES FOR SENIORS, Inc.

Northern Wake Senior Center
235 East Holding Ave
Wake Forest, NC 27587
Open Monday-Friday 8 AM -5 PM

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.

Visit us on the web:

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)
- 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

Wake Tech Courses for Spring 2015

Intro. To Computers with Jerry Glenn – Feb. 9, 10, 11 and 16, 17, 18, 2015.
9:00 – 11:00 a.m., (Max. 9 students)

Microsoft Windows 8.1 Lecture with Jerry Glenn – Feb. 24, 2015.
12:00 – 2:00 p.m., (Max. 22 students)

Microsoft Word with Jerry Glenn – March 2, 3, 4, 5, 2015.
9:00 – 11:00 a.m., (Max. 9 students)

Computer 201 with Jerry Glenn – April 6, 7, 8, 9, 10, 2015.
9:00 – 11:00 a.m., (Max. 9 students)

Conversational Spanish 101 with Andreas Quintana – Thursdays,
February 5 – April 2, 2015. 10 – 12 p.m., (Max. 20 students)

Tai Chi w/ Michael Horonas – January 16 – March 6, 2015.
1:00 – 2:00 p.m., (Max. 20 students)

QiGong w/ Michael – January 16 – March 6, 2015
2:15 – 3:15 p.m., (Max. 20 students)

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 the waiting list, however there is no guarantee 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 1st day of class. NO ONE is allowed to start class on the second week (or class).
- Arrive for class at scheduled time – latecomers will be considered absent and not allowed to enter the class.
- 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 two classes in a course, you will not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech will discontinue offering these special classes to NWSC.
- All students receive a certificate upon completion of each Wake Tech class.