

January-February 2012 News

Sing Out!! Hits Chorus Recruiting New Voices!

If you are interested in joining this fantastic chorus, please come on Thursdays at 1:15pm. They also travel next door to

Mayview to
sing for
residents.



**CLOSINGS: Monday, January 2, New Year's Day
Monday, January 16, MLK Jr. Birthday**

Special Events

Interplay. Interplay will be held on the 1st and 3rd Wednesdays of January and February at 10am.

Glaucoma and Thyroid Awareness Month (January): We will have special presentations centered around these two diseases so take a look at January events!

Black History Month (February): We have planned special presentations/events centered around black history, check out the events for February and sign-up!

Everyday

8:00-5:00 Body Shop
8:00-4:30 Computer Lab

Monday

9:00 Every **1st & 3rd Monday**
Blood Pressures
9:00 Cardio Express
9:15 Movers and Shakers
9:30 Private Computer Lessons by appt only
9:30 Reflexology (30 min slots)
10:00 Ping Pong
10:00 Bingo in the Nutrition Site
10:00 UFO (Unfinished Objects Craft Class)
1:00 Intro to Line Dancing (8-week class)
[Next series begins 1/23]
2:00 Raleigh Footnotes Performing Line Dance Practice
3:00 Beginning/Intermediate Line Dance

Tuesday

8:45 Pump and Tone Exercise
9:30 **NEW!** Casey Gardner's Health Topic
(every 1st Tuesday)
9:30 **NEW!** Tai Chi (8 week class)
10:30 Advanced Line Dance
12:30 Intermediate Line Dance
1:30 Beginning Line Dance
2:30 Yoga



Wednesday

8:45 Low Impact Aerobics
9:30 Ceramics
9:30 Walking Group
9:30 **Every 2nd & 4th Wednesday:** Health & Wellness Staff Presentation
10:00 Computer Class by appointment
10:00 UFO (Unfinished Objects Craft Class)
11:30 Acrylic Class
3:00 **NEW!** Intermediate/ Advanced Line Dance

Thursday

8:45 Pump and Tone Exercise
9:30 **NEW!** Senior Talk
10:00 Bingo in the Nutrition Site
11:30 Yoga (1 1/2 hour class)
12:30 **NEW!** Mahjong class
1:00 Advanced Line Dancing
1:15 Hits Chorus
2:00 Computer class by appointment
2:00 Beginner's Tap Class

Friday

9:30 Low Impact Aerobics
10:30 Raleigh Footnotes Performing Line Dance Practice
11:30 **NEW!** Tai' Chi class
12:30 Bridge Club
12:30 **NEW!** Zumba Gold
1:30 Beginning Line Dance

SPECIAL EVENTS

January

GLAUCOMA AND THYROID AWARENESS MONTH



- 1/2 Monday **CLOSED. Happy New Year!**
- 1/3 Tuesday 9:30 AM **Casey Gardner:** Our senior pharmacist speaks on thyroid disorders for Thyroid Awareness Month.
- 1/9 Monday 9:00 AM **Welcome Back.** Light refreshments and mingling in coffee klatch area to welcome you back in the new year!
- 1/11 Wed. 9:15 AM **Living Healthy Series.** Living Healthy Series will run for 6 consecutive weeks ending on February 15th. It will last from 9:15-11:30am every Wednesday.
- 1/16 Monday **CLOSED. Happy Birthday MLK Jr.**
- 1/19 Thursday 9:00 AM **Medi Home Health.** Representative of Medi Home Health Kristen Melvin will come in before bingo to fix canes and/or wheelchairs of any senior participant.
- 1/23 Monday 1:00 PM **Intro to Line Dancing will begin for a new 8 week session**
- 1/24 Tuesday 9:30 AM **Dr. Dion Manning Presentation.** Dr. Manning will be presenting on glaucoma for Glaucoma Awareness Month. He will also bring his spinal alignment chair since he is a licensed and practicing chiropractor.
- 1/26 Thursday 12:30PM **AARP Safe Driving Course.** Please sign-up in advance for this class. There needs to be a minimum of 5 people signed-up. It will last from 12:30-4PM.

***Remember Senior Talk and Advocacy Meeting every Thursday at 9:30am (Orange Room)**

February

BLACK HISTORY MONTH

- 2/1 Wed. 9:15 AM **Living Healthy.** The Living Healthy Series will continue up until 2/15 from 9:15am to 11:30am.
- 2/7 Tuesday 9:30 AM **Casey Gardner.** Casey Gardner's Health Topic.
- 2/13 Monday 9:30 AM **Black History Bingo.** Join us before our regularly scheduled bingo for a special Black History Bingo Game. Do you know your history?
- 2/14 Tuesday 9:30 AM **Health Presentation.** Jessica Bricker from Connected Care will speak on 10 tips for successful aging.
- 2/20 Monday 9:30AM **Black History Bingo.**
- 2/24 Friday 1:00 PM **Annual Black History Luncheon.** Please sign up in advance along with the soul-food you will bring. Also needing volunteers to assist with the program. See CT.
- 2/28 Tuesday 9:30 AM **Health Presentation.** Jessica Bricker will be returning to present on Music and Reminiscing.

****Volunteers are needed to make our annual Black History program another success! PLEASE SEE CT!**

Resources for Seniors serves senior and disabled adults in Wake County by providing home and community based services and information so that they can maximize their choices for comfort, safety, security and well-being. Services include direct care, support services, care management, information and outreach.