

RESOURCES FOR SENIORS, Inc.

Eastern Wake Senior Center

323 Lake Dr., Wendell, NC

919-365-4248

Open Monday - Friday 8am - 5pm

Serving ages 55 and better!

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



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.

Informed Choices for Maximum Independence

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](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
- 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.



We're Here To Help



Informed Choices for Maximum Independence