



Jennie Griggs, MA Dir. NWSC & EWSC

### **Moving Forward Together**

It has been another great week filled with blessings as we gain steam in the Moving Forward Together Movement. One of our members, with a great sense of humor, left this bell on my desk. So, don't be surprised if I come into your class, ring the bell and talk more about the GO-GO Campaign.





In addition, I would like to remind you about the upcoming membership meetings at NWSC that will be held on April 3rd, 1 PM-3 PM; April 5th, 10 AM-12 PM; and April 6, 6 PM-8 PM. These meetings are for existing members, new members, and potential members. Please come learn about our plans and goals, focus areas, volunteering opportunities and the continuation and expansion of the auxiliary board.

Need help with some minor chores such as changing light bulbs or a little yard work? SING is holding a volunteer day on Friday, April 21, from 8 AM – 12 PM. Members of the SING organization will give their time to help several of you.

Please email me, Jennie Griggs jennieg@rfsnc.org, if you have a need. Requests will be evaluated and paired with volunteers. Not all needs or requests will be met. However, it is an attempt to create community awareness and effective altruism. Please have requests in before April 5. You will be notified before April 21 if your requests will be met.



### **Wake Forest Announcements**

#### **Cancellations**

- Cara's drumming classes are cancelled on the following dates: March 31st, April 3rd, April 4th, and April 6th.
- **Donna's Groovin Moovin** on Monday, March 27 is cancelled.
- Vivien's gentle yoga class on Friday, March 31 is cancelled.

### **Space Available**

• YMCA Yoga at NWSC - Tuesday, March 28 at 6PM. Call NWSC to register.

### **Schedule Change**

• **Groovin Moovin** On Wednesday, March 29 will start at 10AM (new time) and John Allen will sub.

#### **New Classes**

Tai Chi for Memory and Energy and Tai Chi for Diabetes will start April 3 and 4th respectively. Scroll down for specific dates and times!

Sol Guzman will be the instructor. Sol is a new instructor for NWSC so we wish her a huge WELCOME! and are thrilled to have her on board as an instructor. We'll let Sol introduce herself to you -- " My name is Soledad Guzmán, most people call me "Sol". I moved from Colombia to the U.S. twenty three years ago, and I have been a proud resident of North Carolina since 2018. I have been studying Tai Chi since 2021, following the program of Dr. Paul Lam and the Tai Chi for Health Institute. The positive impact Tai Chi brought to my life, encouraged me to become an instructor of the same institute, and I currently hold four Tai Chi Certifications: Beginners, Diabetes, Rehabilitation, and Memory. "



Click the link to watch Sol in action with her Tai Chi forms!







## **NWSC Membership Meeting**

If you are an existing member, new member, or think you want to be a member, please plan to attend the NWSC Membership Meeting! There are three sessions scheduled for your convenience (only need to attend one). The Center is *Moving Forward Together* and we want you to be part of the action!

The sessions are:

Monday, April 3 - 1pm - 3pm Wednesday, April 5 - 10am - 12pm Thursday, April 6 - 6pm - 8pm



## **Spotlight Programs**

This week we are spotlighting the Group Meets! Find your inner crafter or needleworker and join the fun!

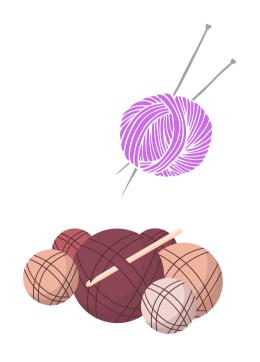


# Monday/Wednesday Arts & Crafts Group Meets 9AM-12PM (stop in for an hour or more).

Calling all crafters – bring your project and visit with other group members while working on your project. Let's use this as an opportunity to learn from one another and socialize. We also work on group projects, such as support of Project Linus. Some supplies are available. You must be a member of the Senior Center but registration is not required.

### Tuesday/Thursday Kitting/Crochet Group Meets 9AM-12PM (stop in for an hour or more)

Knitters and crocheters bring existing projects and visit while working on them. Group exchanges patterns, helps each other with new stitches, correcting mistakes, and making yarn selection. Group works on projects to support Project Linus, the Senior Center, and other Wake Forest groups. You must be a member of the Senior Center but registration is not required.



### **Upcoming Wake Forest Fitness Classes**

### Barre - Mondays & Wednesdays, 1PM-2PM, starting April 3

Barre classes combine low-impact exercises like stretching or upper arm circles with faster-paced physical activity such as jumping squats to create a variety of aerobic conditioning sessions which has been shown over time are more effective at improving core strength than traditional sit-ups can offer alone. Combining classic ballet technique and basic exercises, Barre is a fun and elegant approach to staying fit and fulfilled.

#### Jazzercise - Mondays and Wednesday, 2PM-3PM, Starting April 3

Jazzercize merges the worlds of dance and fitness to create an environment in which participants can learn dance technique and stay fit, all while having fun.

#### Tai Chi for Memory and Energy - Mondays & Wednesdays, 9AM-10AM, Starting April 3

Join Sol Guzman for this new tai chi class. Tai Chi for Memory is especially useful for people with memory loss, Alzheimer's disease, or similar conditions. It is also designed to prevent these conditions. Tai Chi for Energy will improve your health and wellness, internal energy, and the ability to manage stress.

### Tai Chi for Diabetes - Tuesdays & Thursdays, 9AM-10AM, Starting April 4

Join Sol Guzman for this new tail chi class. This program will help minimize the risk of complications of diabetes by improving heart/lung function, muscular strength, flexibility, balance, and stress reduction.

### **Upcoming Wake Forest Non-Fitness Classes**

### Beginner Mountain Dulcimer Part 2 - Fridays, 9:30AM - 10:30AM, Starting March 31

This class builds on skills for beginners who have already mastered the basics of reading tablature, strumming, basic rhythms, and playing chords. Emphasis will be on hand positions, fingering, playing smoothly, and changing rhythms. Learning to flat pick and harmonize will show new variations on standard songs. This class will make you a better player.

#### Garden Art, Tuesdays, 10AM-12PM, starting April 4th. Four week class.

Join Gaylord Picard each week starting April 4th. During this four week class you will create forever flowers for your garden!. Cost of \$25 covers all materials. Cash only due by first day of class.

#### Knit-A-Long - Mondays, 1PM-3PM, starting April 3rd, 8 weeks

If you know how to knit, purl, cast on and cast off, then this class is for you. For 8 weeks you will learn how to apply those skills to create patterns that can be used for blankets, scarves, shawls and other projects. In each class you will knit small samples to help you understand the pattern. You will need about a small skein of light colored worsted weight yarn (scrap is fine), and a pair of size 7 or 8 needles. Optional: a small ruler, scissors, needle markers, row counter, and pencil or pen.

#### Intermediate Knitting - Thursdays, 1:30PM-3:30PM, starting April 6th, 8 weeks

If you can knit and purl and are eager to take your skills to the next level, come to an eight week class to learn some easy knit techniques to create interesting projects.

### Call NWSC to register for classes!

### NWSC (WAKE FOREST LOCATION) Fitness & Activities Mar. 27-31

Start	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Aerobics Functional Weight Training Arts & Crafts Beginner Crocheting Open Pottery Studio (Until 4pm)	Cross Punch (V) Knitting/Crocheting Low Impact Aerobics  9:30 - Beginning Bridge	Aerobics (V) Functional Weight Training Arts & Crafts Open Pottery Studio (Until 4pm)	Cross Punch (V) Knitting/Crocheting Low Impact Aerobics Open Pottery Studio (until 12PM)	Functional Weight Training Aerobics Open Pottery Studio (Until 4pm) 9:30 - Dominoes
10:00	Tai Chi 1 Drumming Subjective Study (Hybrid) Beginner Stained Glass	Tone & Sculpt (V) Drumming Garden Art Pottery 101 10:30 Sr. Balance	Tai Chi 1 Vivien's Yoga Flow Watercolor (Hybrid) Spanish Conv. Pt. 1 Groovin Moovin - NEW TIME TODAY	Tone & Sculpt (V) Drumming 10:30 - Steppers 10:30 - Sr. Balance	Drumming - CANCELLED Vivien's Gentle (on mat) Yoga - CANCELLED
11:00	Tai Chi for Life Groovin Moovin - CANCELLED Intermediate Crocheting	Beginning Line Dancing (V) Self-Defense	Tai Chi for Life	Advanced Line Dancing	
11:30 11:45		11:30 - GeriFit	11:30 Vivien's Chair Yoga	GeriFit 11:45 - Int. Line Dancing	
12:15 12:30		12:15 - Dance Fusion 12:30 - Vivien's Chair Yoga	12:30 - Zumba Gold (Hybrid)	12:15 - Dance Fusion 12:30 - Beginner Line Dancing	
1:00	Drawing (Hybrid)	Fit & Strong Open Pottery Studio (Until 4pm) Parkinson's Support Group - Next Mtg 4/11 Ballroom	Quilt, Stitch & Gab Book Club - Next Mtg 4/26 Acrylics (Hybrid)	Fit & Strong Samba, Pinochle, Mahjong Woodcarving Open Paint Studio (Until 4pm)	
2:00	Genealogy (V) - Next Mtg 3/27	Grief Counseling - Next Mtg 4/18 2:30 Vivien's Gentle (on mat) Yoga		Acoustic Jam (2nd Thurs of Month)	
3:00 3:30 4:00	3:30 - Marty's Chair Yoga - CANCELLED	3:00 - Shag		4:00 - Beginning Handbuilding	
6:00 7:00		6:00 YMCA: Yoga		7:00 - Beginning Handbuilding	

Self-Defense is sponsored by <u>Humana</u>.

**EWSC (Wendell)** - This week's Wink goes out to Alignment Healthcare for their support of the Drumming program in Wendell! Alignment purchased the drums and assisted with the cost of the certifications.











NWSC (WF) - This Wink goes out to Sam Joyner, VP of Sales, and his team at Creative Business Interiors for the work they have done to put our Center back together! Their philosophy is that "Our commitment to relationship building leads to a better understanding and an anticipation of what our customers' needs are and the requirements they are seeking for their future success."

This was so true in their partnership with NWSC! Thanks Sam & Team!



Creative BUSINESS INTERIORS

## March is.....

Ramadan - the holiest month in Islam.
Ramadan is the ninth month of the
Islamic calendar, observed by Muslims
worldwide as a month of fasting,
prayer, reflection and community.
This year Ramadan begins on March
22 and ends on April 21.







Spring Equinox - the first day of Spring! This happens when both of Earth's hemispheres receive equal sunlight, resulting in equal lengths of day and night. Spring is a time for growth and renewal -- celebrate by joining a new class at the Senior Centers!



March 20 is the International Day of Happiness, which aims to make people around the world realize the importance of happiness within their lives. Celebrate by performing a random act of kindness, do something for yourself that makes you happy, and take steps toward creating a happier environment for all!





### Tuesday, Mar. 28 - 10AM

This month there will be 3 inservice on March 28th starting at 10 am and running back-to-back. We will be using Zoom so please see below for the zoom web link and/or phone number to call in. I hope to see many smiling faces! If you are unable to stay for all, that is ok, come for one or however many you can! And remember if you miss one you really wish to hear, they will be recorded and I can send you the link. If you have future topics of interest, please let me know as well. Feel free to forward to link to interested parties as well!

#### The topics are:

- **Vertigo** What is it? What causes it? Do you have to take medicine to treat it? How does it impact other conditions? How is it treated? Can anything non-pharmacologically be done to treat it?
- Vitamin D What exactly is this and how can I get more of it? What does not having enough Vitamin D cause? Can I take to much of it? How can I naturally get more Vitamin D? What foods is it in? Any other place we find Vitamin D? How much time to I have to be outside?
- **Genomic Medicine** What is this? How do we use it? What medicines are available now that use genomics? What is genomic testing for medications and how does it impact medicine use? How does it impact healthcare coverage?

Meeting ID: 897 6434 8174

Passcode: 974915

Phone number if you wish to call in: +1 929 436 2866 US (New York)

Zoom Link

Note: Casey's Conversations are for members of both centers!



### **NWSC In the Community**

Northern Wake Senior Center fitness instructor Marlene Silva led a group of women from Olive Branch Baptist Church, Wake Forest, in a series of stretch and balance exercises as part of the church's annual Women's Wellness program, Saturday, March 18.

The group, ranging in age from 13 to 90+ enjoyed a lively, low-impact workout, as Marlene demonstrated a variety of moves that are easy to modify according to abilities; and easy to duplicate at home. Marlene also answered questions and encouraged participants to consider the wide variety of programs and activities available at the Senior Center to assist in achieving ongoing health and wellness goals. Thanks, Marlene!









## Bingo Nights at NWSC 235 E. Holding Ave., WF

The Wake Forest Kiwanis Club Bingo Nights are back!!

**Mondays 7pm - 9:15pm** - Doors open at 6:30pm, so arrive early to claim your cards and seat!

\$20 and \$10 game packs with extra game Coverall sheets available for \$1 each (16 games and a coverall)

No food or drinks sold on site so bring snacks and beverages (non-alcoholic only). NO SMOKING!



## EWSC (Wendell) New Classes



Call the Wendell Center to register for these classes!

WEDNESDAY MARCH 29,2023
AT 12:00

You will be creating beautiful wreaths!!!

Spring Wreath Making Class

# Easter



**FRIDAY MARCH 31, 2023. AT 10AM** 

2 GRAND PRICES= \$25 GIFT CARDS



♣ Regular Bingo

♣ 4 Corners

Around Free Space Cover all

SPONSORED BY ADVANTAGE INSURANCE ADVISORS



JAMES KOLB

## EWSC (WENDELL LOCATION) Fitness & Activities March 27-31

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 11:00	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!
9:00	Senior Balance	Cross Punch (V)	Senior Balance Aerobics (V)	Cross Punch (V)	Zumba (WCC)
10:00	Geri-Fit Aerobics (HBC) Subjective Study (Hybrid) Book Club	Tone & Sculpt (V) Tai Chi 1	Aerobics (HBC) Geri-Fit	Relax & Meditation Tone & Sculpt (V) Tai Chi 1	MOW Bingo Drumming (WCC) Easter Celebration
10:45	Line Dance (HBC)		Line Dance (HBC)		
11:00	Fit & Strong	Beginning Line Dance (V) Tai Chi For Life	Fit & Strong	Ceramics Tai Chi For Life	
12:00	Drawing (Hybrid)		Diamond Dots Art Watercolor (Hybrid) Spring Wreath Workshop	Choir Practice	Crafting w/Donna
12:30	Diorama		Zumba Gold (Hybrid)		
1:00	Martial Arts (WUMC) Humana	Crochet		Acrylics	
2:00	Genealogy (V) - Next mtg 3/28		Acrylics (Hybrid) Strutters Practice		

V = virtual P NWCS=In person NWCS V EWSC = Virtual EWSC WCC- Wendell Community Center, 601 W 3rd St. HBC- Hepzibah Baptist Church, 1794 Wendell Blvd WUMC- Wendell United Methodist Church, 129 N Main Street



### Living Rhythms African Drum Performance coming to Alston-Massenburg Center March 25

Living Rhythms, a cultural arts company that provides hands-on programs in West African drumming and dancing, will offer a free performance on Saturday, March 25, at 11 a.m. at the Alston-Massenburg Center, 416 N. Taylor St.

Known for their captivating drums, high-energy dancing, and non-stop audience participation, Living Rhythms performances are an educational, transformative, and exciting exploration of the drumming and dance of West Africa. The show begins with an attention-grabbing surprise entrance by the artists which has spectators on the edge of their seats right from the beginning.

With continual opportunities to sing and clap along, audience members enjoy learning about the rhythms and songs that represent traditions of several African ethnic groups. They then learn about dances that historically accompany the musical selections. Strong emphasis is placed on the traditional West African values of respect, community, and teamwork.

Families and children of all ages are invited to attend what promises to be a highly animated performance, but seating is limited.

The Living Rhythms African Drum Performance is part of the Wake Forest Renaissance Centre's "Arts for All" free community performance series, which is supported by United Arts Council of Raleigh and Wake County. For more information, contact Renaissance Centre Specialist Debra Horton at 919-435-9566 or dhorton@wakeforestnc.gov.

### Friday Night Social Dance at NWSC

Dance into Spring with some great tunes and learn some new moves! Dancing is great physical, mental, and social exercise, so what are you waiting for????

Friday, March 24 - 7pm - 10pm NWSC - 235 E. Holding Ave. WF

7:00 - 7:30 - Dance lessons by Gaylord Picard

7:30 - 10:00 - Dancing - Ballroom, Latin, Swing, Country!

Music by Frank Battaglia



\$10 admission (cash **ONLY** at the door) - All proceeds benefit NWSC! Open to all adults over 18
Refreshments available for purchase
No registration required.



### **Wake Forest Community Library**



Help your garden and the environment by recycling food scraps, yard waste, other organic materials into nutrient-rich compost or vermicompost.

Presented by Monica Gaal and Karen DiDonato, Wake County Master Gardeners Compost Team

Saturday, April 1 12:30 - 1:30 FREE

For Book Lovers - Meet fellow readers to chat about the books you are reading, learn about new ones and get recommendations.

Wednesday, April 5 1:30 - 2:30 FREE





Saturday, April 15 | 9 am-1 pm - or until the two trucks are full Northern Wake Senior Center parking lot, 235 E. Holding Ave.

Free and open to the public, the shred event will take place as part of Forest Fest rain or shine in the parking lot of the Northern Wake Senior Center, 235 E. Holding Ave., from 9 a.m.-1 p.m. – or until the two paper shredding trucks are full.

The occasion will offer area residents and businesses the opportunity to protect themselves from identity theft and dispose of confidential documents in an environmentally responsible manner.

Residents will drive up to the shredding point, then unload their boxes and bags of paper for shredding.

Please note: The paper will be shredded onsite.

Click link for more details





SUNDAY, APRIL 16TH 2023 11-4PM

E.Carroll Joyner Park 701 Harris Road Wake Forest, NC

#### ACTIVATE YOUR SELF INDEPENDENCE

Join us for this FREE familyfriendly event to promote independence for stroke and brain injury survivors and provide resources to help with recovery and improve their quality of life!

FOOD, GAMES, MUSIC, WELLNESS, ADAPTIVE SPORT EXHIBITS, ETC For more information visit:

www.BelieveSRF.org or call 919.916.5200





#### **Medicare Counseling Appointments (SHIIP)**

Do you have questions about Medicare? These 1:1 appointments will help you understand Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help explain your Medicare options. By appointment only. Call your Senior Center to make an appointment.



### Resources for Seniors Employment Opportunities

When you work for Resources for Seniors, you serve older adults, adults with disabilities, and their families throughout Wake County by connecting them to programs that promote their well-being. Read about our current job openings and apply today.

Click the link below for job descriptions and employment applications.



#### **EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY**

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services, including our Evidence Based Classes, combines federal, state, county, and local funds, plus consumer contributions. We understand that not all participants can contribute. You are under no obligation to contribute; it is entirely voluntary. Your continued participation in programs and services is not dependent upon your willingness or ability to contribute. You can donate at RESOURCES FOR SENIORS.

Note: Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee are you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to determine eligibility.

Resources for Seniors has a full range of services and programs to support aging adults, adults with disabilities, and caregivers. From home care support to daytime programs, you have many options to fit your needs. Visit the website at <a href="Resources for Seniors - Serving Wake County">Resources for Seniors - Serving Wake County</a>, NC since 1973



