



May 31, 2023

Northern Wake Senior Center - 10AM - 1PM

Wendell Community Center - 10AM - 2PM



National Senior Health & Fitness Day, now in its 30th year, has traditionally been held on the last Wednesday in May. As the nation's largest annual older adult health and wellness event, its goals are to help keep older Americans healthy and fit, and to showcase what local organizations are doing in their communities to promote senior health and wellness.

Join us at both senior centers for exercise demos and pop up classes, hearing testing, blood pressure checks (Wendell), cooking demonstrations (and sampling!), music, and more! Bring your family and join the fun!

Many of our community partners will be on site with information on topics ranging from mental health to proper footwear to wills and directives! Scroll down to see more information for each center!

Please note - Regular classes at Northern Wake Senior Center are cancelled for May 31. Eastern Wake (Wendell) classes will be held as usual.



Monday, May 29 is Memorial Day. Both centers will be closed for the holiday.



NWSC (Wake Forest) Announcements

Wanted - a Euchre instructor! You asked and we listened. We've had several requests to offer a Euchre class and/or a Euchre club. We now need someone who knows the game to teach it to others. Don't let this opportunity pass you by! Contact the front desk (919-554-4111) and volunteer your skills and knowledge!

Backgammon Club – Tuesdays, 10AM-12PM, starting June 6th

Fellow member and group leader, Michael Erwin, is calling all backgammon enthusiasts to challenge him (and others) in this fun board game. Don't know how to play but want to learn? Come and watch and get instruction along the way. It's a fun way to stay intellectually (and socially!) engaged. Register in person or by phone (919) 554-4111.

Zumba Gold will now be offered on **Mondays, 1-2PM, starting June 5th**. Scroll down for more information.

Cathy's Tai Chi for Life class will be offered virtually in addition to in-person, **starting June 5th**. Prerequisite: Students must have completed Tai Chi levels 1 and 2. Call your local senior center to request the Zoom log-in information.

Ask the Pharmacist - If you have ever wondered why you may be on some medications and not others then come meet the Resources for Seniors Pharmacist on **May 31st** for the National Health and Fitness event at the Northern Wake Senior Center from 10-12:30. Casey will be available for questions about medications, herbals, supplements, medication technique as well as general disease state questions. She is able to schedule 1:1 consults if you would prefer a more personalized session.

NOTICE: DO NOT PARK in the "Maintenance Vehicle Parking Only" spot. You could be towed!



CANCELLATIONS:

Both locations (Wake Forest and Wendell) are closed Monday, May 29 for Memorial Day.

Classes at NWSC (Wake Forest) are cancelled on Wednesday, May 31st to host a National Senior Health & Fitness Day event.

Marlene's Senior Balance and Geri-Fit are cancelled Tuesday, May 23. **THIS IS FOR THE WAKE FOREST LOCATION ONLY!**

John's Functional Weight Training and Groovin Moovin classes are cancelled on May 24.

CLASSES ENDING (last day in parentheses):

Spanish – Advanced Grammar (May 24)
Barre (May 24)
Dance It Off (May 24)
Tai Chi for Memory (May 24)
Tai Chi for Diabetes (May 25)
Intermediate Knitting (May 25)
Dulcimer (May 26)



WEDNESDAY, MAY 31
10AM - 1PM

**POP UP FITNESS CLASS
SCHEDULE (Wake Forest)**

Is there a class you've wanted to take but either it didn't fit your schedule or you were unsure of the fitness level? Here's your chance! These are 10 minute pop up classes to give you a taste of some of the classes offered at the center!

Dance Fusion	Linda	10:00 - 10:10 10:20 - 10:30 10:40 - 10:50	Fitness Room A
Groovin Moovin	John	10:10 - 10:20 10:30 - 10:40 10:50 - 11:00	Fitness Room B
Chair Yoga	Vivien	11:00 - 11:10 11:20 - 11:30 11:40 - 11:50	Fitness Room A
Senior Balance	Marlene	11:10 - 11:20	Fitness Room B
Aerobics	Cara	11:30 - 11:40 11:50 - 12:00	Fitness Room B
Zumba Gold	Cuqui	12:00 - 12:10 12:20 - 12:30 12:40 - 12:50	Fitness Room A
Drumming	Cara	12:10 - 12:20 12:30 - 12:40 12:50 - 1:00	Fitness Room B



WEDNESDAY, MAY 31
10AM - 1PM

Community Partners



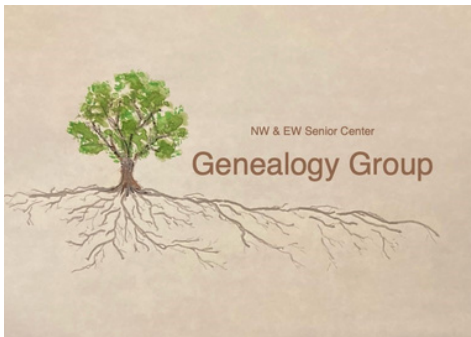
*Here is a list of our community partners and collaborators
who will be at Northern Wake Senior Center May 31.*



Heritage Audiology



Upcoming Events



Monday, May 22, 2PM via Zoom

The session will include a video on "Spring Cleaning Your Family Tree" and have further discussion of any ideas we have on that topic. If you want to join this group, call your Senior Center to get access to the Zoom meeting.

Pollinators and Pollinator Plants – Tuesday, May 23, 2PM – 4PM

1 out of every 3 bites of food you take is because of pollinators? Pollinators support healthy ecosystems that clear the air, stabilize soils, protect us from severe weather, and support wildlife. Their habitat is endangered and YOU can help them survive and thrive! Find out how! **To register, stop by the main desk or call the center at 919-554-4111.**



Nutrition in Aging/Older Adults - Wednesday, June 7th, 2PM-3PM

Healthy eating and getting proper nutrition are important at every stage of life, especially as we age and get older; however, the FDA has recently reported that 8 in 10 Americans think information about what to eat is conflicting and confusing.

Come and learn what the current nutritional recommendations are of the MyPlate guidelines and help improve your diet and reduce the risks of heart disease, Type 2 diabetes, and cancer.

Led by Shawn Southard. **To register, stop by the main desk or call the center at 919-554-4111.**



NWSC (Wake Forest) New Non-Fitness Classes

Garden Art - Tuesdays, 10AM - 12PM - June 6 - 27. \$25 MATERIALS FEE DUE AT REGISTRATION!

Join Gaylord Picard each week starting June 6th. 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.

Beginner's Chess Class – Wednesdays, 9AM to 10:15AM, starting June 7th

Intermediate Chess Class – Wednesdays, 10:30AM-11:45AM, starting June 7th

Keep your mind active! Chess has been recognized as having cognitive benefits for seniors. Fellow member, Brian Mannette, will be teaching a Beginner Chess class for those wanting to learn chess and an Intermediate Chess class for those who know how to play chess but want to improve tactics, strategies and openings. Brian is the President of the Wake Forest Chess Club and will give both classes information about our active local chess scene. Classes will last 8 weeks. Cost is \$5 to cover supplies. Register in person or by phone (919) 554-4111. Cash will be collected at registration or prior to start of 1st class.

Intermediate Crochet Class – Mondays, 11AM-1PM, starting June 5th (8 weeks)

NOTE: It is not necessary to purchase all yarn prior to class starting. You will learn about dye lots and at least 3 stitch patterns and ways to connect them. You will make a scarf and at least 1 baby blanket. You will need a variety of hooks. The instructor has a few hooks available. You will need 4-8 skeins of yarn for the blanket and 1-2 skeins for the scarf. The class is 8 weeks and participants will have time to learn, practice, and complete projects. Additional information is available at the main desk when you register. Call 919-554-4111.

Beginners Knitting Class – Mondays, 1-3PM, starting June 5th

If you know how to make the basic knit and purl stitches, this class will bring your skills to the next level. You will knit small samples to apply those stitches to interesting patterns for blankets, scarves, shawls and other projects. You will need half a skein of light colored worsted weight yarn and either size 7 or 8 needles.

Basic Beading Class - Mondays, 1-3PM, starting June 5th (3 weeks)

In this 3-week class, join fellow member Holly H. for some food, fun, and fellowship while she teaches you to design and create 3 pieces of beaded jewelry by exploring color combinations to accessorize your personal wardrobe. Holly credits the “Beaded Jewelry Made Easy” with discovering a creative hobby in retirement. Cost is \$45 to cover supplies for 2 necklaces and a bracelet so that you can start accessorizing upon completion of the class. To register, stop by the front desk or call (919) 554-4111.

Intermediate Bridge Class – Tuesdays, 12:30-2:30PM, starting June 6th (12 weeks)

The objectives of this 12-week class are to enhance both bidding and playing especially challenging hands, to increase confidence in responding to bids, and to learn the most common conventions all the while having fun and learning. Class prerequisites: students must have played bridge for at least a year and have a solid understanding of the basics found at Level 1, such as point bidding, finesse, no trump, 4 card major responses. For those students seeking more basic instruction, an advanced-beginner class will be scheduled in the fall 2023. Cost of \$10 per student covers supplies.

Yoga - Meet Your Instructor - Vivien Green

May is Osteoporosis Awareness Month. Osteoporosis is a loss of bone density that can occur as we age and is responsible for at least 2 million fractures each year.

A healthy diet, one rich in fruits and vegetables and calcium and vitamin D, as well as weight-bearing and muscle strengthening exercise, are critical elements in building Peak Bone Mass and maintaining bone strength throughout our lives.

Yoga has been found to be a viable alternative to medication in counteracting the effects of osteoporosis.



Vivien will be teaching “Yoga For Stronger Bones”, a 6-week class offered on Fridays starting in June. Watch future editions of the newsletter for more details.

Vivien is an advocate for healthy aging, working in private practice with older adults 55+ to help them develop and implement achievable health and wellness goals, and make realistic healthy lifestyle changes that can give them the tools to remain independent and active.

She is a Certified Yoga Instructor, Duke Certified Professional Health and Well-Being Coach, and has attained additional Certifications in Senior Yoga, and Adaptive Yoga. Vivien has Certifications in Complimentary & Integrative Health, Meditation, Stress Management, Healthy Aging, Yoga for Strong Bones, and Yoga for Osteoporosis. Ms. Green is a Registered Yoga Teacher (RYT) and Yoga Alliance Continuing Education provider with more than 1,500 hours of teaching experience.

Aside from her extensive Yoga qualifications, Vivien holds a Master’s degree in Business Administration. Vivien is also a licensed Aesthetician (since 2007) in three states: NC, NH and Massachusetts

Prior to becoming a certified yoga instructor (as a second career), her 15 year professional career was in the non-profit health & wellness sector, serving as Executive Director for several corporate organizations focused on supporting the senior and older adult population regionally and statewide in NH and New England, and holding the office of State President of the NH Senior Center Association.

Zumba Gold - Meet Your Instructor - Cuqui Gorman



Cuqui Gorman

Cuqui (pronounced "Cookie") has been a fitness enthusiast all of her life. She played collegiate Volleyball for 4 years and also Intermural Soccer.

She is an ACE certified Group Fitness Instructor and Personal Trainer, and has been a Zumba Instructor since 2011. Being of Cuban descent, she loves to dance!

Cuqui has a passion for Positivity and spreading good vibes! When she's not dancing or working out, you may find her out in nature, beading bracelets or planning parties. She is married and has 3 grown kids and 2 crazy pups to keep her energized!

Zumba Gold is a modified version of Zumba for participants seeking lower impact workouts. It has the same fun rhythms and music as Zumba, but with easier to follow movements. Zumba Gold focuses on balance, range of motion, and coordination.

Cuqui will be leading pop up Zumba Gold classes at the Sr. Health & Fitness Day, May 31 at 12:00, 12:20, and 12:40. These classes are 10 minutes long, and will give you a taste of good things to come!

Zumba Gold will start its **regular schedule Monday, June 5, 1PM - 2PM!** Drop in for a class and have a great time getting fit!

NWSC (WAKE FOREST LOCATION) Classes & Activities May 22-26

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30	Walk With Ease (EB)	9:00	Tai Chi for Diabetes	8:30	Walk With Ease (EB)	9:00	Tai Chi for Diabetes LAST CLASS	8:30	Walk With Ease (EB)
9:00	Tai Chi for Memory & Energy	9:00	Low Impact Aerobics	9:00	Tai Chi for Memory & Energy LAST CLASS	9:00	Low Impact Aerobics	9:00	Functional Weight Training
9:00	Functional Weight Training	9:00	Knit/Crochet	9:00	Functional Weight Training CANCELLED	9:00	Knit/Crochet	9:00	Aerobics
9:00	Aerobics	9:00	Cross Punch (V)	9:00	Aerobics (V)	9:00	Cross Punch (V)	9:30	Dulcimer LAST CLASS
9:00	Beginner Crochet	10:00	Drumming	9:00	Arts & Crafts	10:00	Drumming	9:30	Dominoes
9:00	Arts & Crafts Group	10:00	Garden Art	10:00	Tai Chi 2 (EB)	10:00	Tone & Sculpt (V)	10:00	Drumming
10:00	Tai Chi 2 (EB)	10:00	Tone & Sculpt (V)	10:00	Flow Yoga	10:30	Senior Balance	10:00	Vivien's Gentle (mat) Yoga
10:00	Drumming	10:30	Senior Balance CANCELLED	10:00	Watercolor (Hybrid)	10:30	Steppers		
10:00	Subjective Study (Hybrid)	11:00	Beginner Line Dancing (V)	10:00	Groovin Moovin CANCELLED	11:00	Advanced Line Dancing		
11:00	Tai Chi For Life	11:30	Geri-Fit CANCELLED	11:00	Tai Chi for Life	11:30	Geri-Fit		
1:00	Barre	12:00	Dance Fusion	11:30	Vivien's Chair Yoga	11:45	Intermediate Line Dancing		
1:00	Drawing (Hybrid)	12:30	Vivien's Chair Yoga	12:30	Spanish - Adv. Grammar & Conv. LAST CLASS	12:00	Dance Fusion		
2:00	Dance it Off	1:00	Ballroom Lessons	12:30	Zumba (Hybrid)	12:30	Beginner Line Dancing		
2:00	Genealogy (V)	1:00	Fit & Strong	1:00	Barre LAST CLASS	1:00	Fit & Strong		
3:30	Marty's Chair Yoga	1:00	Parkinson's Group Next Mtg 6/13	1:00	Book Club	1:00	Samba		
7:00	Kiwanis Bingo	2:00	Grief Counseling Next Mtg 6/20	1:00	Quilt Stitch & Gab	1:00	Pinochle		
		2:30	Vivien's Gentle (mat) Yoga	1:00	Acrylics (Hybrid)	1:00	Mahjong		
		2:30	Shag Lessons	2:00	Dance it Off LAST CLASS	1:00	Woodcarving		
		6:00	YMCA Yoga LAST CLASS	6:00	Beginners Italian	1:30	Intermediate Knitting		
						2:00	Acoustic Jam Session Next Session 6/8		
						6:00	YMCA CardioFlex Bootcamp LAST CLASS		

EB - Evidence Based Class. Pre-registration required at start of program. No Drop-in.

Pottery Open Studio:
M/W/F - 9AM - 4PM
Tues - 1PM - 4PM
Thurs - 9AM - 12PM

Paint Open Studio:
Thurs - 1PM - 4PM



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!



A happy winner!



Friday Night Social Dance at NWSC

Get your dancing shoes on, get ready to learn some new steps, and start dancing! It's good for the heart and good for the soul!

Friday, May 26 - 7pm - 9:30pm
NWSC - 235 E. Holding Ave. WF
7:00 - 7:30 - Dance lessons by Gaylord Picard
7:30 - 9:30 - 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.

It's Our Grand Re-Opening!



Join your friends for lunch at the
Friendship Cafe at Northern Wake Senior Center
235 E Holding Ave, Wake Forest NC 27587

Monday, June 5th 2023
From 9:30am to 12:30pm

Enjoy a fun lunch with friends and a hot meal!

Call Ann Casey at (919)554-0725
Please RSVP by May 30th, 2023.

The Friendship Cafe (operated by Meals on Wheels of Wake County)
will be open five days per week (Monday through Friday)
for your lunchtime meal. In addition to the meal, there will be time to
socialize with your friends and have fun!

Renaissance Center Upcoming Classes Hosted at Northern Wake Senior Center

Rainbow Garden Mosaic - Sunday, June 4 2PM - 5PM and Monday, June 5 6PM - 7PM (2 Days) \$85 (includes materials)

Have you ever wondered how to make beautiful garden decorations? In this two-day class, you will learn how to prep and create a glass mosaic for your garden. You will learn how to cut and grind glass shapes to fit a pattern that incorporates water, mountains and a bright rainbow into a gorgeous mosaic. The fee covers all materials. Please bring safety glasses if you do not wear eyeglasses. Instructor - Sara Roberts [REGISTRATION LINK](#)

Intermediate Stained Glass - Mondays, June 5 - 26 6PM - 8PM Ages 18+ \$145 - [REGISTRATION LINK](#)

Create your own custom stained glass panel providing your own pattern and all supplies and hand tools for your project.. Receive one on one guidance and training along the way to improve your skills and outcome of your artwork. You will have access to grinders and a ring saw (ring saw use subject to completion of a short safety class in the first session).

In addition to the one-on-one guidance, there will be several short, five-minute or less, specific topic classes during the work sessions. These will include: using a Ring Saw; pattern development from a photograph; framing a panel with zinc channel; reinforcing a panel with re-strip and re-bar; patina techniques; panel repair; decorative wire work; creating a foil overlay; pattern preparation and workbench layout; types of flux and soldering techniques; soldering iron tip care; building a panel that contains a plate or bowl; using copper plate for accent pieces; workshop tips and hacks; rebuilding/restoring an old panel; social media resources; and keeping record of your glass usage.

Must have taken Beginner Stained Glass. Students are responsible for own glass and pattern. Project size not to exceed 18X30". Projects must be taken home after each class. There is no storage available. Safety is important. Safety glasses, long pants, no open toe shoes are required dress code for each class.





The Wake County Northern Regional Center, along with some of our community partners, have come together as team Village Of C.A.R.E. in this year's NAMI Walks North Carolina!

If you would like to make a donation, walk with us or just learn more about NAMI Walks NC, click the link below or scan the QR code on the poster.

[Information Link](https://www.namiwalks.org/team/56839)



Tee shirt front and back

EWSC (Wendell) Announcements

NEW CLASS OFFERED

SPANISH-Advanced Grammar and Conversation Part 1, Thursdays 9:30-11:30, June 15th to July 20th.

Learn Spanish by using it in conversation. This class will help lifelong learning students use the vocabulary and grammar taught in the Easy Spanish Step by Step book. Advanced grammar topics will be used to foster conversation. The class includes conversation built around common topics and classmates will work in small groups to improve speaking and listening skills. Cost ranges from \$40-\$70 depending on the number of registered students. The purchase of Easy Spanish Step by Step by Barbara Bregstein (\$13-\$15) is required prior to start of class. This class is offered by Wake Tech through the EWSC. Registration is required. Call or come by the Center.

ANNOUNCEMENTS

BOOK CLUB - Due to the 4th Monday being a holiday (Memorial Day), the next meeting is May 22nd.

SENIOR BALANCE - Classes are cancelled May 29th and 31st. Class resumes June 5th.

GERI-FIT - Current session ends May 24th; new session begins July 3rd.

FIT & STRONG - Classes are cancelled May 29th and 31st. Classes on June 5th, 7th, 12th, and 14th will be at 10am instead of 11am. Current session ends June 14th; new session begins July 3rd.

TAI CHI I & II - Current session for Tai Chi I ends May 23rd. New classes will begin mid-late summer. Notification of a new class will be in the newsletter.

TAI FOR LIFE - Current session ends May 25th. A hybrid class offering virtual for EWSC and in person for NWSC will begin June 5th, Monday & Wednesday at 11am. We will have ZOOM set up at the Center for those who want to participate as a group, or you can ZOOM the class at home. Call the NWSC (919-554-4111) to register and receive a ZOOM link before the class starts on June 5th.

MARTIAL ARTS/SELF DEFENSE - Class begins June 5th and will be 2x week (Monday & Wednesday) at 1pm. Registration is now open. Call the Center 919-365-4248.

ACRYLIC PAINTING - Instructor Janet Sever will take a summer break beginning June 8th through August 31st. Class will resume September 7th. Students are encouraged to take advantage of her painting experience by attending class before she goes on break and also come to open studio on Thursdays from 1-3 while she is away.

STRUTTERS PRACTICE - On summer break beginning June 1st through August 31st.

MAHJONG - Would you be willing to lead a Mahjong group? Materials are available to start a group; we just need a leader and a minimum of 5 players to get things going. Please call or come by the Center for more information and to sign up if interested. 919-365-4248

PICKLEBALL - Are you interested in starting an EWSC Pickleball Group? Kelley Connolly, Athletics Program Supervisor, Wendell Parks & Recreation, will teach a pickleball clinic once interest is confirmed and a beginning class date is set. Please call or come by the Center for more information and to sign up if interested. 919-365-4248

EWSC (WENDELL LOCATION) Fitness & Activities

May 22 - 26

Registration required for all classes - Call the Center to register!

	Monday 5/22	Tuesday 5/23	Wednesday 5/24	Thursday 5/25	Friday 5/26
8:00	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	Crosspunch (V)	Senior Balance Aerobics (V)	Cross Punch (V)	Zumba (WCC)
9:30					Memorial Day Event
10:00	Aerobics (HBC) Geri Fit (EB) Subjective Study (Art) (Hybrid) Book Club	Tone & Sculpt (V) Tai Chi 1 Last Session	Aerobics (HBC) Geri Fit (EB)	Relax & Meditation Tone & Sculpt (V)	MOW Bingo Drumming
10:45	Line Dance w/Cindy Hadden (HBC)		Line Dance w/Cindy Hadden (HBC)		
11:00	Fit & Strong (EB)	Tai Chi for Life Beginning Line Dance (V)	Fit & Strong (EB)	Tai Chi for Life Ceramics	
12:00	Drawing (Hybrid) Crafting	Crafting	Diamond Dots Art Watercolor (Hybrid)	Crafting	DIY/Craft/Bumble Bee
12:30	Diorama/Craft		Zumba Gold (Hybrid)		
1:00		Crochet		Acrylic Painting	
2:00	Genealogy (V)		Acrylics (Hybrid) Strutters Practice		

EB - Evidence Based Class. No Drop In.

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

May 31, 2023

Wendell Community Center

601 Third Street, Wendell

10:00 - 2:00

**30th
ANNIVERSARY**



Social

Emotional

Physical

Spiritual

Intellectual

Occupational

Environmental

Financial

*"Move More to
Do More!"*

Join us for the day to experience and learn about the
8 Domains of Wellness



Sign up for the May Health Walk and
Hydration Challenge
Call 919-365-4248 to register or for
more information!



The EWSC will commemorate Memorial Day on **Friday, May 26th from 9-10am**. Originally known as Decoration Day, this U.S. federal holiday is observed on the last Monday of May. It honors those men and women who have died while serving in the United States Armed Forces, particularly those who died in battle or as a result of wounds sustained in battle. In other words, the purpose of Memorial Day is to memorialize the veterans who made the ultimate sacrifice for their country.

MEMORIAL ★ ★ ★ DAY

The Center will have cards for you to complete with information on your veteran for the Memorial Day commemoration by Monday May 8th.



Bumble Bee Craft

EWSC

Friday, May 26th, 2023

12:00pm limited to 8

Bring Materials: scissors, glue gun,
black ultra fine point Sharpie marker

Eastern Wake Happenings

May 12th the EWSC celebrated Mother's Day with various activities. A floral decorated board was created for the members to fill in the blank.....Another word for Mother is____. Reverend Sarah Smith prayed then read a devotion about Mothers; followed by Harriett Gilchrist playing "Faith of Our Mothers" on the piano. An interesting summary of the history of Mother's Day was offered. Some members created a floral plaque to take home. All ladies (and some men) were given a beautiful carnation wrapped in tissue paper with the Mother's devotion attached with ribbon. We thank Mike Carroll, [Flowers by Mike](#) in Wendell, for providing the beautiful array of colorful carnations.



Fish Fry Update

Joe Caughlan awarded Helen Fregene and Ruby Jones with gift cards for their extra effort in selling the most Fish Fry tickets. Thank you ladies for your continued service to our Senior Center.





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.

[RFS JOBS](#)

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 [Resources for Seniors - Serving Wake County, NC since 1973](#)



Northern Wake Senior Center 919-554-4111
Eastern Wake Senior Center 919-365-4248