



Join and Like Us on Facebook

September - October 2016

www.resourcesforseniors.com.

SEPTEMBER

National Senior Center Month

Volunteer and Participant Appreciation Day
and "1st Ann Johnson Senior Center of The
Year Award" Celebration

Join us

Wednesday September 14
10:00 - 12 noon

See page 4 for more information.

(Sign up at front desk by Sept. 12.)

(NEW) PARKINSON'S SUPPORT GROUP

Starts Wednesday, Oct. 5 at 1:00 pm
see page 2 for more information.

NEW & SPECIAL EVENTS --SEE BACK for more information...

- ⇒ **CAREGIVER & GRIEF SUPPORT GROUP** - Meets monthly the 2nd Wed. at 2:30 pm.
- ⇒ **SR. VETERANS COUNCIL - Overview of Available VA Benefits.** Sept. 6 at 10am
- ⇒ **NEW - MEET, LEARN AND SHARE:** Share your ideas & suggestions with your Advisory Board members and Director. . Sept. 13 & Oct 11 at 12:30 - 1 :30 pm.
- ⇒ **MANY FACES OF ADVOCACY Webinar Trainings.** Part 2 September 13.
- ⇒ **FUNDRAISER EVENT: Saturday September 17th**
Carillon Assisted Living Rogers Rd. is hosting an "Antique Road Extravaganza" Event. All proceeds benefit our Northern Wake Senior Center. Advance Tickets at the front desk for \$10.00. At the door \$25.00. See attached flyer for more information or call the front desk.
- ⇒ **DEMENTIA AWARENESS EDUCATION SERIES - Understanding and Responding to Dementia - Related Behaviors.** Sept. 20 at 9:30 - 11:00 Renaissance Center; Presented by SING-WF and Alzheimer's Association of Eastern North Carolina. Questions call 919-435 -9566 or call senior center.
- ⇒ **NEW EVIDENCED BASED CLASSES ARE STARTING!!! See page 4**

Everyday (Drop in activities - Closed during scheduled classes)

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 4:30 Computer Lab
- 8:00 - 4:30 Cards, corn hole and other games

Monday

- 8:30 Low-Impact Aerobics - Level 2 w/ Laura
- 9:30 **Blood Pressure Check - (dates and providers listed on back)**
- 10:00 Low-Impact Aerobics - Level 1
- 10:00 Decorative Painting w/ Les Tryon starts back Oct 3
- 10:30 **Blood Pressure Checks (Sept 26 and Oct. 24 Dr. Casey Baldwin RFS)**
- 10:30 Basic Exercise/Strength Training
- 10:30-1 Ping Pong (call to schedule room)
- 11:00 Basic Drawing with Gaylord
- 11:30 Bingo
- 12:00 - 3 Computer Tutor w/ David (by appointment)
- 1:00 Zumba Gold with Maria Bolanz
- 1:00 Beg./Inter. Line dance w/ Ronnie Pignataro
- 1:00 Open Painting Workshop
- 2:00 Shag Lessons w/ Gaylord Picard
- 2:30-3:30 Ping Pong (call to schedule room)
- 3:00 Ballroom Dance Lessons w/ Gaylord Picard
- 3:30 Chair Yoga w/ Marty Gooch
- 3:30 **(NEW) Tai Chi for Fall Prevention - Level 1 (10 wks. Starts Sept. 12)**

Tuesday

- 8:30 Core & Yoga Training w/ Laura
- 9:00 Shell Art (starts back Sept. 13)
- 9:30 Intermediate Tap Dance with Leneve
- 9:30 Beg. Watercolor Class w/Gaylord
- 10:00 Presentations (see Special Events)
- 11:30 **Storytelling Workshop (Sept. 13 & 27, Oct. 11 & 25)**
- 12:00 Beg. & Inter. Acrylic Painting w/ John Duza
- 12:30 Mahjongg
- 1:00 Wood Carving
- 3:30 **Theater Group - (Sept. 13 & Oct. 11)**

Wednesday

- 8:30 Low-Impact Aerobics - Level 2 w/ Laura
- 9:00 Ceramics
- 9:45 Low Impact Aerobics - Level 1
- 10:00 **Newcomers Social & Laughter (Oct. 12)**
- 10:15 Basic Exercise/Strength Class
- 10:45 Sing Along
- 11:00 Bridge
- 1:00 Quilt! Quilt! Stitch and Gab
- 1:00 Ladies of Valor Quilting Group
- 1:00 Pinochle
- 1:00 **Book Club (Sept. 21 & Oct. 19)**
- 1:00 **(NEW) Parkinson's Support Group - 1st Wed each month -see p. 2)**
- 1:00 Pottery and Clay Open Studio
- 2:00 Zumba Gold
- 2:30 **Caregiver/Grief Caregiver Support Group - (Sept. 14 & Oct, 12)**

Thursday:

- 8:30 **(NEW) Tai Chi for Fall Prevention - Level 2 (10 week Starts Sept. 15)**
- 8:30 Gentle Yoga w/ Laura
- 10:00 Presentation (see back for details)
- 10:00 Beg./Inter. Line Dance w/ Ronnie Pignataro
- 10:30 Bingo (Dates and Providers listed on Back)
- 11:00 **(NEW) Performing Line dance Group Practice**
- 11:45 **Adaptive Yoga**
- 12:30 Watercolor Open Studio
- 1 - 3 Mahjongg
- 1:00 Canasta / Hand & Foot / Pinochle
- 1:00 Wood Carving
- 3 - 5 Ping Pong (call to schedule room)

Friday:

- 8:30 Zumba Gold w/ Maria Bolanz
- 9:00 Intermediate Acrylic Painting w/ Alma Burke
- 10:00 Low-Impact Aerobics - Level 1
- 10:30 Balance Training (note: Sept, 21 Dancing with Veils)
- 10:30 **Inter. Mountain Dulcimer w/ Cricket Wright (starts Sept. 9)**
- 11:30 Chess, Checkers, Mexican Train Dominoes
- 12:00 Bridge
- 12:15 Gourd Art - with Dick Balcon
- 12:30 **(NEW) Beginner Mountain Dulcimer w/ Cricket (starts Sept. 9)**

CENTER CLOSED
Monday Sept. 5



INFORMATION - ASSISTANCE—REFERRALS - ONE on ONE COUNSELING

ON- SITE SERVICE COORDINATOR - Susan McGuire.

One on One Counseling, Information and Assistance 1st and 4th Wed. month 8:30 am - 3:15 pm
Call for Appointment Sept. 7 & 28 and Oct. 5 & 26

Provides information on eligibility, procedures, and contacts on services for older adults and persons with disabilities in Wake County.



SHIP Appointments - The Senior Health Insurance Information Program OPEN ENROLLMENT for 2016 is Oct 17—Dec 7

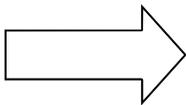
Counselors will be here to provide one-on-one assistance with specific questions related to Medicare...Appointments are required: **Call Center for Appointment Dates & Times** See page 5 & 6

SENIOR FINANCIAL CARE ASSISTANCE : 1 on 1 Counseling provided by Triangle Family Services of Raleigh

September 21 Wed. 10:00 - 2:00 pm Senior Financial Care Program 1 on 1 Counseling.
Appointments required. Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, how to improve & repair credit, debt management plans for credit card debt, help in understanding/sorting medical bills, help in making complex financial decisions and much more.

Support Groups:

(NEW): Parkinson's Support Group will begin Wednesday, Oct 5 at 1:00 pm.
Co-sponsored monthly by the Northern Wake Senior Center— Resources for Seniors and the Northern Regional Center located at 350 East Holding Ave., in Wake Forest.



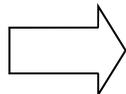
These are the dates through December 2016
Oct. 5 - Northern Regional Center 1:00 pm
Nov. 2 - Northern Wake Senior Center 1:00 pm (due to elections)
Dec. 7 - Northern Regional Center 1:00 pm

(ON-GOING:) Caregiver and Grief Support Group hosted by Heartland Hospice at the senior center the 2nd Wednesday each month at 2:30 pm.
September 14 and October 12



Call Center For More Information about both of these Support Groups.

(NEW) LEGAL AID 1-on-1 Counseling 10:00 - 12:00
September 29, 2016. Appointments are required and limited.
Call Center for more information.



HEALTH SCREENINGS: MONDAYS - BLOOD PRESSURE CHECKS: Provided by...

- 9:30 9/12 Franklin Manor
- 9:30 9/19 Stay At Home Senior Care of Wake Forest
- 10:30 9/26 Dr. Casey Baldwin, Pharmacist - Resources for Seniors & Campbell University Pharmacy Program
- 9:30 10/3 Stay At Home Senior Care of Wake Forest
- 9:30 10/10 Franklin Manor
- 9:30 10/17 Stay At Home Senior Care of Wake Forest
- 10:30 10/24 Dr. Casey Baldwin, Pharmacist - Resources for Seniors and Campbell University Pharmacy Program
- 9:30 10/31 Stay at Home Senior Care of Wake Forest



**“THANK YOU” TO ALL OF OUR VOLUNTEERS AND SPONSORS
FOR A FUN AND SUCCESSFUL
ANNUAL WILLIE RAY’S BEACH PARTY COOKOUT**

Party Sponsored by

**Willie Ray and Family
GLAXOSMITHKLINE
Clear Caption
Meals on Wheels
Resources For Seniors**

**Brookdale Living of Wake Forest
Town of Wake Forest
Walmart of Wake Forest
Smithfield BBQ - Wake Forest
IGA - Wendell**

**Carillon Assisted Living of Wake Forest
Renaissance Center and Staff
Alignment Health Care of Wake Forest
Lowe's Food Gate Way Commons
Christian Brothers Auto of Wake Forest**

**Mickey and Larry Rochelle - Town of Wake Forest our wonderful Grillers
Ladies of Valor - Veteran's Quilt Presentation
Amedisys Home Care and Hospice -Veteran's Pinning and Certificate Ceremony
Donna Pernell and Sherry Newton for beautiful Handmade Reversible Quilt for Drawing
Entertainment By: Brenda and Jimmy Lewis - Karaoke ,
Carolina Steppers Line dancers and Wake Forest Dulcimer Players.**

**All of the First Responders who Joined Us: THANK YOU FOR YOUR SERVICE!
All of our Veterans and family members: THANK YOU FOR YOUR SERVICE
ALL of our Volunteers, Jennie Griggs - Thank You!**

**A BIG, BIG THANK YOU TO EVERYONE FOR ALL OF YOUR SUPPORT
FOR MAKING THIS EVENT A HUGE SUCCESS!**



**THANK YOU TO ALL OF THE VOLUNTEERS AND THE COMMUNITY FOR YOUR
TIME AND DONATIONS FOR OUR
ANNUAL SENIOR CENTER YARD SALE FUNDRAISER
WHICH WAS A HUGE SUCCESS!**



BINGO: Thank you to our following sponsors. Mondays at 11:30 and Thursdays at 10:30.

- 10:30 9/1 Humana
- 10:30 9/8 Carillon Assisted Living of Wake Forest
- 11:30 9/12 Franklin Manor
- 10:30 9/15 Brookdale Living of Wake Forest
- 11:30 9/19 Stay At Home Senior Care of Wake Forest
- 10:30 9/22 Carillon Assisted Living of Wake Forest
- 11:30 9/26 Amedisys Homecare and Hospice
- 10:30 9/29 Senior Plan Advisors of Wake Forest
- 11:30 10/3 Raleigh Othopaedic Clinic
- 10:30 10/6 Humana
- 11:30 10/10 Franklin Manor
- 10:30 10/13 Carillon Assisted Living of Wake Forest
- 11:30 10/17 Stay At Home Senior Care of Wake Forest
- 10:30 10/20 Brookdale Living of Wake Forest
- 11:30 10/24 Amedisys Homecare and Hospice
- 10:30 10/27 Carillon Assisted Living of Wake Forest
- 11:30 10/31 Senior Plan Advisors - Wake Forest : Halloween Bingo and Party.
Costume Contest and Refreshments



NEW EVIDENCED CLASSES STARTING IN SEPTEMBER: YOU MUST SIGN UP. SPACE IS LIMITED

Starts: Sept. 12 Mon. 3:30 pm **(NEW) BEGINNER TAI CHI FOR ARTHRITIS FOR FALL PREVENTION.** You must sign up for this class. 10 weeks. (Sept. 12—Nov. 14) Instructor Norma Ferrell.

Starts: Sept. 15 Thur. 8:30 am **(NEW) ADVANCED TAI CHI FOR ARTHRITIS FOR FALL PREVENTION.** You must have completed Beginner Tai Chi For Fall Preventions before taking this class. You must sign up for this class. 10 weeks. (Sept. 15 - Nov.17). Instructor Norma

Starts: Sept. 27 Tues. 1 - 3 pm **(NEW) MATTER OF BALANCE CLASS :** Evidenced Based 6 weeks class. Sept. 27, Oct. 4, 11,18,25, and Nov. 1, 2016 (Sign up at front desk)

SEPTEMBER 2016 (closed Labor Day Sept. 5)

- 9/1 Thur. 10:00 am **(PRESENTATION) FRUIT AND VEGETABLES - COLOR YOURSELF HEALTHY.** Learn how all the colors of fruits and veggies benefit you—and why they're important to your health. Join Jessica Lockamy from Humana. Light refreshments will be provided.
- 9/1 Thur. 10:30 am **BINGO.** Sponsored by Humana
- 9/6 Tues. 10:00 am **(PRESENTATION) OVERVIEW OF AVAILABLE VA BENEFITS.** Presented by David Cole from the Senior Veterans Council.
- 9/7 Wed. 8:30– 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2)
- 9/8 Thur. 10:00 am **(PRESENTATION) COLON CANCER - Risk Factors And The Importance of Screening.** Presented by Alan Chap, MD. Triangle Orthopaedics Associates.
- 9/8 Thur. 10:30 am **BINGO** - Sponsored by Carillon Assisted Living of Wake Forest
- 9/12 Mon. 9:30 am **BLOOD PRESSURE CHECKS** - Provided by Franklin Manor
- 9/12 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor
- 9/12 Mon. 3:30 pm **(NEW) BEGINNER TAI CHI FOR ARTHRITIS FOR FALL PREVENTION.** You must sign up for this class. 10 weeks. (Sept. 12-Nov.14) Instructor Norma Ferrell,
- 9/13 Tues. 10:00 am **(PRESENTATION) 5 WISHES - Creating your Living Will using "5 Wishes".** Presented by Amedysis HomeCare and Hospice.
- 9/13 & 20 Tues. 11:30 **STORY TELLING GROUP.** Meets the 2nd and 4th Tuesday each month. Everyone welcome to join Drew and the other storytellers. No experience is required.
- 9/13 Tues. 12:30 pm **(NEW) MEET, LEARN AND SHARE: Advocacy Opportunity** to sit down and meet with your Senior Center Advisory Board members, Center Director and Staff to give us your thoughts and concerns. Each month we will also highlight a Senior Center Board Member.
- 9/13 Tues. 12:00 pm **(NEW) BEGINNER KNITTING.** Join Susan Russell for this 5 week class. Class is limited to 8 people. Must sign up at front desk. You must bring a set of 2 number 8 to 9 inch needles.
- 9/13 Tues. 3:30 pm **THEATER GROUP MEETING:** Join Juan and Maria Leon for upcoming shows.

NATIONAL SENIOR CENTER MONTH CELEBRATION!

Join us Wednesday September 14 at 10:00 am

VOLUNTEER , PARTICIPANTS and COMMUNITY PARTNERS "APPRECIATION DAY".



Join the center staff in thanking
All of our volunteers, participants and our community partners
for all of their support to the center and staff.

SPECIAL AWARD PRESENTATION

We are honored to be awarded the
"1st Annual Ann Johnson Senior Center of the Year Award"
presented by the North Carolina Senior Center Alliance.

Join us for the presentation, refreshments and THANK YOU's.
Please sign up by Sept. 13. EVERYONE WELCOME!!!!



- 9/13 Wed. 2:00 pm **ADVOCACY EVENT: Many Faces of Advocacy: Webinar Training. - PART 2.** Learn How To Advocate and Then Teach Others. Sign up at front desk.
 - 9/14 Wed. 2:30 pm **CAREGIVER SUPPORT GROUP** led by Kristin Lassiter from Heartland Hospice. This group will meet once a month on the 2nd Wed. Call center for more information and to sign up. Refreshments will be provided. Group open to seniors, family members, caregivers and the public community.
 - 9/15 Thur. 8:30 am **(NEW) ADVANCED TAI CHI FOR ARTHRITIS FOR FALL PREVENTION.** You must have completed Beginner Tai Chi For Fall Prevention before taking this class. **Must sign up for this class**
 - 9/15 Thur.10:00am **(PRESENTATION) COME LEARN WHAT'S IN THE MARKETPLACE FOR GUARANTEE LIFETIME INCOME THROUGH ANNUITIES.** Why are annuities so popular? The pros and cons of lifetime annuities. When annuities are not a good idea. Senior Alert - watch out for annuity salespeople. Join Brian Solik, Certified Retirement Planning Counselor, Wealth Preservation Strategies - Wake Forest and Raleigh. Educational seminar. Light refreshments.
 - 9/15 Thur. 10:30 am **BINGO.** Sponsored by Brookdale of Wake Forest
 - 9/17 Sat. 1:00-4:00 pm **FUNDRAISER: EVENT: "Antique Road Extravaganza" Event will be held and hosted by Carillon Assisted Living located at 3218 Heritage Trade Dr.-Wake Forest, NC.: Antique Appraisal.** One appraisal per ticket. \$10 in advance, \$25 at the door. Limit 2 per person. All proceeds benefit the Northern Wake Senior Center. Call center for more information or call Carillon Assisted Living. See flyers posted at the center for more information.
- *****
- 9/19 Mon.9:30 am **BLOOD PRESSURE CHECKS.** Provided by Stay At Home Senior Care of Wake Forest.
 - 9/19 Mon. 11:30 am **BINGO.** Sponsored by Stay At Home Senior Care of Wake Forest
 - 9/20 Tues. 11:30 - 2:30 **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM) 1-1 Counseling by appt..**
- *****
- 9/20 Tues. 9:30 - 11:00 **DEMENTIA AWARENESS EDUCATION SERIES - Understanding and Responding to Dementia Related Behaviors.** Presented by SING-WF and Alzheimer's Association of Eastern North Carolina. Northern Wake Senior Center is a proud member of the SING-WF. (Senior Information Networking Group of Wake Forest).
- Free Education Program open to the public. Held at the Renaissance Center. Questions call 919-435-9566.
- *****
- 9/21 Wed. 10 - 2 pm **SENIOR FINANCIAL CARE ASSISTANCE - One on One Counseling** provided by Triangle Family Services of Raleigh. **Appointments required.** Sign up at front desk.. (See page 2 for more info.)
 - 9/21 Wed. 10:00 am **DANCING WITH VEILS.** Strength and Balance Exercise class today will be replaced with this class. Offered by Marion Sole from Alignment Healthcare of Wake Forest.
 - 9/21 Wed. 3 - 4:00 pm **(WEBINAR) VEO, VEO, (I SEE).** The National Eye Institute invites you for a webinar educating Hispanic older adults about eye care. It will cover common vision problems and age related eye diseases and conditions. Sign up at front desk. Presentation in English.
 - 9/22 Thur. 10:30 am **BINGO.** Sponsored by Carillon
 - 9/22 Thur. 10 -11:30 **EDUCATION AND CONSUMER GROUP: LAW MAKING- How Congress Makes Laws.** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk.
 - 9/26 Mon. 10:30 am **BLOOD PRESSURE CHECK.** Provided by RFS Dr. Casey Baldwin, Resources for Seniors and Campbell University Pharmacy Candidates.
 - 9/26 Mon. 11:30 am **BINGO.** Sponsored by Amedisys Healthcare and Hospice.
 - 9/27 Tues. 10:00 am **(PRESENTATION) BASICS OF MEDICAID ELIGIBILITY: Income Limits and Resources.** 1-1 Counseling available after presentation. Presented by Cassie Strong Northern Regional Center.
 - 9/27 Tues. 1 - 3 pm **(NEW) MATTER OF BALANCE CLASS :** Evidenced Based 6 week class program developed to help older adults reduce their fear of falling there by enhancing their activity level. Sept. 27, Oct. 4, 11,18,25, and Nov. 1, 2016 (Sign up at front desk)
 - 9/27 Tues. 3:00 pm **SENIOR CENTER ADVISORY AND ADVOCACY BOARD.** Everyone is welcome to attend this meeting.
 - 9/29 Thur. 10 - 11:30 **EDUCATION AND CONSUMER GROUP: POLICY MAKING - How Federal Govt. Decides Policies.** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk.
 - 9/29 Thur. 10:00 **BIRTHDAY PARTY** with Alignment Healthcare of Wake Forest. Join Marion Sole as she celebrates birthdays of our members. If you have a birthday in July, August or September you must pre-register for this event for your special gift from Alignment. Sign up at front desk by September 26.
 - 9/29 Thur. 10 - 12 pm **LEGAL AID - 1 on 1 Counseling.** Service provided by East Central Legal Services. Limited Space Appointments are required. Sign up at front desk.
 - 9/29 Thur, 10:30 am **BINGO.** Sponsored by Senior Plan Advisors.
 - 9/30 Fri. 10:15 am **(CRAFT) ADULT COLORING w/Susan.** No Charge for supplies. Sign up by 9/29.

- 10/3 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 10/3 Mon. 10:30 am **BINGO.** Sponsored by Raleigh Orthopaedic Clinic.
- 10/3 Mon. 10:00 am **DECORATIVE PAINTING w/ Les Tryon.** Starts back on 10/3. Special Project for this class. Supply list available at front desk. Supplies cost of items provided by Les is \$2:00. Class is limited to first 6 people. Sign up at front desk.
- 10/4 Tues. 10:00 am **(PRESENTATION) FEELING DIZZY? - CAUSES AND TREATMENTS.** Presented by Orthopedic Physical Therapy Associates.
- 10/5 & 25 Wed. **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. She is available 8:30 - 3:15.
- 10/5 Wed. 1:00 pm **(NEW) PARKINSON'S SUPPORT GROUP - FIRST MEETING.** In partnership with the Northern Regional Center the Northern Wake Senior Center. Meetings will be held at the N. Regional Center located across the street from the center beside the Post Office. **350 East Holding Ave.**
- 10/6 Thur. 10:00 am **(PRESENTATION) "TALKING TO YOUR AGING RELATIVES ABOUT THE FUTURE".** Join Jessica Lockamy from Human for this informative topic. Light refreshments will be served.
- 10/6 Thur. 10:30 am **BINGO.** Sponsored by Humana
- 10/6 Thur. 11:30 - 2:30 **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM).** 1-1 Counseling by appt.
- 10/10 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Franklin Manor.
- 10/10 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor.
- 10/11 Tues. 10:00 am **(PRESENTATION) OVERVIEW OF MEDICARE OPTIONS:** Learn about Medicare Advantage Plans vs. Medicare Supplements and Donut Hole Solutions. Presented by Jason Burgess Senior Plan Advisors. Refreshments provided. Sign up at front desk.
- 10/11 & 25 Tues. 11:30 **STORYTELLING GROUP.** Meets the 2nd and 4th Tuesday each month.
- 10/11 Tues. 12:30 pm **(NEW) MEET, LEARN AND SHARE:** Opportunity to sit down and meet with your senior center board members, Center Director and Staff to give us your thoughts and concerns. Each month we will also highlight a Senior Center Board Member. Light refreshments will be provided.
- 10/11 Tues. 3:30 pm **THEATER GROUP MEETING:** Join Juan and Maria Leon for upcoming shows.
- 10/12 Wed. 10:00 am **NEWCOMERS SOCIAL & LAUGHTER.** Orientation to new members. Great opportunity to meet other new members, staff and class instructors. Light refreshments sponsored by Humana. We also need your input on services and programs that you would like to see offered.
- 10/12 Wed. 2:30 pm **CAREGIVER SUPPORT GROUP** led by Kristin Lassiter from Heartland Hospice. This group will meet once a month on the 2nd Wed. Call center for more info. and to sign up. Refreshments provided. Group open to seniors, family members, caregivers and public community.
- 10/13 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
- 10/13 & 20 Thurs. 10 - 11:30 **(EDUCATION AND CONSUMER GROUP: Topic - U.S. Constitution.** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk.
- 10/17 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 10/17 Mon. 11:30 am **BINGO.** Sponsored by Stay at Home Senior Care of Wake Forest.
- 10/18 Tues. 10:00 am **(PRESENTATION) MEDICARE PROGRAM.** Provided by Alignment Healthcare of Wake Forest. Join Marion Sole to hear important information about Medicare.
- 10/18 Tues. ALL DAY **DEMENTIA FRIENDLY AMERICA and ALZHEIMER ASSOCIATION TRAINING-** Training of businesses in Wake Forest towards making Wake Forest a Dementia Friendly Town . Training will be held at the Renaissance Center. Join Dementia Friendly America from Minnesota, Alzheimer Association and SING-WF for this very important statewide event. To register and for more information go to SING.WF.com. **Registration is required.**
- 10/19 Wed. 10:00 - 2 pm **Senior Financial Care Program 1 on 1 Counseling.** Provided by Triangle Family Services in Raleigh. 10:00 am - 2:00 pm. **Appointments required.** Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, how to improve & repair credit, debt management plans for credit card debt, help in understanding/sorting medical bills, help in making complex financial decisions and much more.
- 10/20 Thur. 10:00 am **(PRESENTATION) THE BERLIN WALL 1961.** Join 1st Lieutenant Jim Buddo as he shares his slides and personal experience of the events surrounding the beginning of the Berlin Wall.
- 10/20 Thur. 10:30 **BINGO.** Sponsored by Brookdale Living of Wake Forest.
- 10/24 Mon. 10:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Dr. Casey Baldwin, Resources for Seniors and Campbell University Pharmacy Candidates.
- 10/24 Mon. 11:30 am **BINGO.** Sponsored by Amedisys Healthcare and Hospice Care..
- 10/26 Wed. **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. She is available 8:30 - 3:15 pm.
- 10/27 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
- 10/27 Thur. 10:00 **FUN AND GAMES WITH JESSICA.** Join Jessica and Meals on Wheels for this fun event.
- 10/28 Fri. 10:15 am **(CRAFT) ADULT COLORING w/Susan.** Supplies provided. No charge.
- 10/31 Mon. 10:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 10/31 Mon. 11:30 am **BINGO.** Sponsored by Senior Plan Advisors.

