

November—December 2011 News

The Northern Wake Senior Center staff is proud to announce that once again **our senior center received the highest possible rating of excellence by the NC Division on Aging.** The certification standards are set very high to ensure the quality of the services provided at senior centers across the state of NC. We are honored to be able to be ranked among the best.

**CLOSINGS: November 11, November 24, November 25
December 26, December 27**

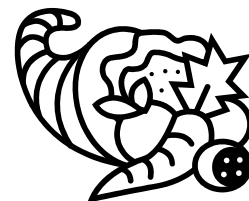
Special Events

November 2, 10 AM: Anniversary Party. Entertainment provided.

November 22, 11 AM: Thanksgiving Potluck. Bring a dish to share.

**November 28 -December 2, 9AM-3PM
Holiday craft and bake sale.**

December 20, 11:30 AM: Holiday Show:
Dancing, music, food.



Everyday

8:00-5:00 Body Shop
8:30-12:30 Craft Room
8:00-4:30 Computer Lab (closed during
scheduled class times)

Monday

8:30 Low-Impact Aerobics– Level 2
9:00 Computer Class (registration required)
10:00 Low-Impact Aerobics– Level 1
10:00 Decorative Painting– Les Tryon
10:30 Basic Exercise/Strength Training
10:30 Acrylics– John Duzs
12:00 Bingo
3:30 Chair Yoga

Tuesday

8:30 Pilates/Yoga
9:45 Line Dance
10:45 Performing Line Dance Practice
11:45 Bridge
12:00 Painting– John Duzs
12:30 Mahjong
1:00 Scrabble
1:00 Wood Carving

Wednesday

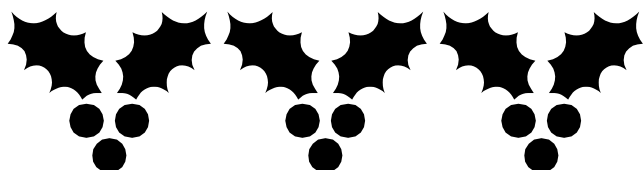
8:30 Low-Impact Aerobics– Level 2
9:00 Computer Class (registration required)
9:00 Ceramics & Clay Class
9:00 Zentangle– Les Tryon
9:45 Low Impact Aerobics-Level 1
10:15 Basic Exercise/Strength Training
10:45 Sing-Along
11:00 Bridge
1:00 Quilt! Quilt! Stitch and Gab
1:00 Pinochle
1:00 Pottery

Thursday

8:30 Tai Chi
9:30 Line Dance
10:00 Spanish Class (ends 11/17)
10:30 Bingo
1:00 Canasta
1:00 Pinochle
1:00 Wood Carving
1:00 Water Color Open Studio
1-3 Computer Tutor available by appt.
2:00 Chi gong (New Time!)
2:30 Tai Chi (New Time!)
3:15 Yoga (New Time!)

Friday

8:30 Low Impact Aerobics– Level 2
10:00 Low Impact Aerobics– Level 1
10:00 Painting–Alma Burke
10:30 Basic Exercise/Balance Training
10:30 Ballroom Dancing
12:00 Bridge



SPECIAL EVENTS

November

- 11/2 Wednesday 10 AM **Anniversary Party:** Entertainment provided by Scott Ainslie, courtesy of the Town of Wake Forest. No 9:45 Exercise class.
- 11/8 Tuesday 11:30 AM **Falls Prevention:** Interactive seminar provided by Teresa Hale from Allied Rehab. Sign up at the front desk. There will be door prizes!
- 11/9 Wednesday 10 AM **Newcomers' Tea and Laughter:** Orientation for our new members.
- 11/9 Wednesday 12 PM **Computer Program: Internet Web Searching.** Led by Jerry Glenn.
- 11/12 Saturday 7 PM **Ballroom Dance:** Admission is \$5. Music provided by LarryCarringer.
- 11/16 Wednesday 12:30 **AARP Driver Safety program.** Free to veterans and their spouses. \$12 to AARP members, \$14 to non members.
- 11/17 Thursday 7 PM **Young at Heart Meeting:** Anybody age 55 and older can join this social club. Refreshments served.
- 11/22 Tuesday 11 AM **Thanksgiving Potluck:** Bring a dish to share. Celebrate your blessings and enjoy the fellowship. No line dance class.



December

- 12/6 Tuesday 11:30 **Holiday Craft!** Join Pandora as she shares her talents and leads you to make something beautiful for the holidays.
- 12/6 Tuesday 3 PM **Senior Advisory Board meeting:** Get involved at the center and let your voice be heard.
- 12/7 Wednesday 10 AM **Newcomers' Tea & Laughter:** Orientation for our new members.
- 12/10 Saturday 7 PM **Ballroom Dance:** \$5. Music provided by Larry Carringer.
- 12/14 Wednesday, 10 AM **MOW/NWSC Christmas Party**
- 12/14 Wednesday 1-3 PM **Computer Internet Shopping, Ebay,Craigslist:** Led by Jerry Glenn.
- 12/15 Thursday 7 PM **Young at Heart meeting:** Anybody age 55 and older can join this social club. Refreshments served.
- 12/20 Tuesday 11:30 AM **Holiday Show:** Entertainment and refreshments. No line dance class.
- 12/29 Thursday 9:45 AM **Blood Pressure Clinic.** Provided by RFS pharmacist Casey Gardner.

