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January - February 2017

www.resourcesforseniors.com

**Center will be closed Jan. 2
for New Year's and Jan. 16
for Martin Luther King, Jr. Day**

ANNUAL CHILI COOKOFF

Thur. Jan 26 10:00-Noon

Enter your chili to win a fabulous prize.

Sign up to enter you chili by Jan 23.

FEB. 23 MARDI GRAS DANCE/ FUNDRAISER

Cost \$5 per person to support programs
at the senior center. See p. 5 for details.

NEW TIME FOR MEALS!
Starting in Jan, meals will be served at 11:15 AM

ZUMBA: Due to AARP Tax Assistance in the fitness room, the Wednesday Zumba class will be held at Flaherty Park in Feb, March, and April.

1/11-3/8 ACRYLIC PAINTING with Alma will be Wed. at 8:30

1/13 Fri. 12-4 pm AARP SAFE DRIVING CLASS. Registration required. See p. 4.

1/18 Wed. 1-3 pm (Workshop) SHIP MEDICARE 101. More info see p. 4.

2/7 Tues. 10:00 am BLACK HISTORY CELEBRATION see p. 5

2/23 Thurs. Mardi Gras Party. Bring a treat to share. See p. 5.

New time for SING ALONG! It's still on Wed, but will now start at 11:00.

Jan. LINE DANCE: Ronnie will be out, so call the center before coming in.

New Evidenced Classes starting in Jan. see page 3.

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 (call to see when available)
- 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
- 10:30 Blood Pressure Checks (Jan. 23, Feb. 27 w/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 - 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
- 2:15 Tai Chi for Fall Prevention - Level 1
- 3:30 Tai Chi for Fall Prevention - Lev 1 refresh

Tuesday

- 8:30 Core & Yoga w/ Laura
- 9:00 Shell Art
- 9:30 Intermediate Tap Dance with Leneve
- 9:30 Beg. Watercolor Class w/Gaylord
- 10:00 Presentations (see Special Events)
- 11:30 Storytelling Workshop (Jan. 10 & 24, Feb. 14 & 28)
- 12:00 Beg. & Inter. Acrylic Painting w/ John Duzs
- 12:30 Mahjongg
- 1:00 Wood Carving
- 3:30 Theater Group - (Jan. 10 & Feb. 14)

Wednesday

- 8:30 Low-Impact Aerobics – Level 2 w/ Laura
- 8:30 Acrylic Painting w/Alma (Jan 11—Mar 8)
- 9:00 Ceramics

Wednesday (cont.)

- 9:45 Low Impact Aerobics - Level 1
- 10:00 Newcomers Social & Laughter (Jan. 4)
- 10:15 Basic Exercise/Strength Class
- 11:00 (NEW Time) Sing Along
- 11:00 Bridge
- 12:30 Contact Rummy & Golf Card Game w/ Beverly & Ralph Wiley
- 1:00 Quilt! Quilt! Stitch and Gab
- 1:00 Ladies of Valor Quilting Group
- 1:00 Pinochle
- 1:00 Book Club (Jan. 18 & Feb. 15)
- 1:00 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 - (Jan. 11, Feb. 8)

Thursday:

- 8:30 Tai Chi for Fall Prevention - Level 2
- 8:30 Gentle Yoga w/ Laura
- 9:00 Gourd Art with Dick Balcon
- 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 Performing Line dance Group Practice
- 11:45 Adaptive Yoga
- 12:30 Watercolor Open Studio
- 1:00 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
- 10:30 Inter. Mountain Dulcimer w/ Cricket Wright
- 11:30 Chess, Checkers, Mexican Train Dominoes
- 12:00 (NEW) Beginner Mountain Dulcimer w/Cricket
- 12:00 Bridge
- 3:00 Drama Group

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 Jan. 4 & 25 and Feb. 1 & 22

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

SENIOR FINANCIAL CARE WORKSHOP provided by Triangle Family Services of Raleigh

Do you want to learn how to budget and save money safely? Do you want to learn about Medicare options, Social Security benefits, long-term care, or estate planning? Then join Joe Paradise for an overview of this and more.

Workshop will take place at 10:00 am with a repeat at 1:00 pm.

One on one counseling will be available from 11:00-12:00 and 12:00-1:00

One on one counseling will be available from 2:00-3:00 and 3:00-4:00.

Sign up at the front desk.

Support Groups

Parkinson's Support Group first Wednesday each month.

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.

Jan. 4 - Northern Regional Center 1:00 PM

Feb. 1 - Northern Regional Center 1:00 PM

Caregiver and Grief Support Group hosted by Heartland Hospice at the senior center the 2nd Wednesday each month at 2:30 pm.

January 11—2:30 PM

February 8 — 2:30 PM

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

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

- 9:30 1/2 Center closed for New Year's**
- 9:30 1/9 Franklin Manor**
- 9:30 1/16 Center closed for Martin Luther King, Jr. Day**
- 10:30 1/23 Dr. Casey Baldwin, Pharmacist - Resources for Seniors & Campbell University Pharmacy Program**
- 9:30 1/30 Stay at Home Senior Care of Wake Forest**
- 9:30 2/6 Stay At Home Senior Care of Wake Forest**
- 9:30 2/13 Franklin Manor**
- 9:30 2/20 Stay At Home Senior Care of Wake Forest**
- 10:30 2/27 Dr. Casey Baldwin, Pharmacist - Resources for Seniors & Campbell University Pharmacy Program**

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

11:30	1/2	Center closed for New Year's
10:30	1/5	Seniors Helping Seniors
11:30	1/9	Franklin Manor
10:30	1/12	Carillon Assisted Living of Wake Forest
11:30	1/16	Center closed for Martin Luther King, Jr. Holiday
10:30	1/19	Brookdale
11:30	1/23	Live Well
10:30	1/26	Carillon
11:30	1/30	Clear Caption
10:30	2/2	Seniors Helping Seniors
11:30	2/6	Resources for Seniors
10:30	2/9	Carillon Assisted Living of Wake Forest
11:30	2/13	Franklin Manor
10:30	2/16	Brookdale
11:30	2/20	Stay At Home Senior Care of Wake Forest
10:30	2/23	Carillon Assisted Living of Wake Forest
11:30	2/27	Clear Caption



NOTICE: NEW EVIDENCED CLASSES. YOU MUST SIGN UP. SPACE IS LIMITED.
Check Front Desk for More Available Classes

(NEW) FIT AND STRONG CLASS Starts: Jan. 19, 2017

Class will meet on Thursdays from 11:15-12:45 and Mondays from 2:00-3:30 for 24 sessions.
 Class dates: Jan. 19, 23, 26, 30 and Feb. 2, 6, 9, 13, 16, 20, 23, 27 and Mar. 2, 6, 9, 13, 16.

(NEW) BEGINNER TAI CHI FOR ARTHRITIS FOR FALL PREVENTION will begin in March. Make sure to get on the list at the front desk to be called the last week of Feb.

(NEW) ADVANCED TAI CHI FOR ARTHRITIS FOR FALL PREVENTION You must have completed Beginner Tai Chi For Fall Preventions before taking this class. New session will begin in March.

GERI FIT coming soon! A class for older adults that will improve strength and balance by working out with a set of light dumbbells. No floor work, dancing, or choreography to learn. Everyone starts with 2 lbs. and works up from there.

Geri Fit will replace the Basic Strength and Balance classes that are M-W-F.

Geri Fit will take place from 10:15-11:00 on M-W-F in the meal site.

Aerobics level 1 will be M-W-F from 9:45-10:15 so people can do both classes.

Look for more information to come about GERI FIT!

2017 Free AARP TAX AID

Feb. 1-Apr. 12. Appointments are available on Tues. and Wed. from 9-3.
Call the front office to set up your appointment.

UPCOMING IN JAN. & FEB.

2 Advocacy Opportunities

Jan. is NC Senior Tar Heel Legislator Month.

In Feb. we will send valentines to legislators requesting the \$300.000 recurring increase in General Purpose Funding.

center for details to come.

**Check a the
 Jan/Feb 2017**

January 2017

(closed Jan. 2 – New Year's Day and 16 Martin Luther King Jr. Holiday)

- 1/2 Mon. **CENTER CLOSED. HAPPY NEW YEAR!**
- 1/4 Wed. 8:30-3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for appointment. More information on page 2.
- 1/4 Wed. 1:00 - 2:00 pm **(Support Group) PARKINSONS SUPPORT GROUP:** Held at North Regional Center.
- 1/4 Wed. 10:00 **NEWCOMER'S SOCIAL** Orientation to new members. Great opportunity to meet other new members, staff and class instructors. We also need your input on services and programs that you would like to see offered.
- 1/5 Thur. 10:30 **BINGO** Sponsored by Seniors Helping Seniors.
- 1/9 Mon. 11:30 **BINGO** sponsored by Franklin Manor.
- 1/9 Mon. 12– 4 pm **COMPUTER 1 ON 1 TUTOR WITH DAVID.** Call center to schedule an appointment.
- 1/10 Tues. 1:30-3:00 **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** This is an information and discussion group moderated by RoseMarie Betuker, retired AP Government teacher.
- 1/10 & 24 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.
- 1/10 Tues. 10:00 am **(Pres.) NEW LEGISLATURE PRIORITIES:** by NC Coalition on Aging. Presented by Mary Bethel.
- 1/10 Tues. 3:30 pm **THEATER GROUP MEETING:** Join Juan and Maria Leon for upcoming shows.
- 1/11 Wed. 2:30 pm **CAREGIVER SUPPORT GROUP.**
- 1/12 Thur. 10:30 **BINGO** sponsored by Carillon Assisted Living of Wake Forest
- 1/13 Fri. 12-4 pm **AARP SAFE DRIVING CLASS.** Cost: AARP members \$15. Non-members \$20. Learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. Registration required.
- 1/16 Mon. **CENTER CLOSED. MARTIN LUTHER KING JR. HOLIDAY**
- 1/17 Tues. 10:00 am **(Pres.) DISASTER PLANNING**
- 1/17 Tues. 1-4 pm **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
- 1/17 Tues. 1:30-3 pm **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** (Session 2) This is an information and discussion group moderated by RoseMarie Betuker, retired AP Government teacher.
- 1/18 Wed. 1-3 pm **(Workshop) SHIIP MEDICARE 101.** This seminar presented by the Seniors Health Insurance Information Program (SHIIP) a division of the NC Department of Insurance, will provide a quick overview of Medicare, Medicare supplements, Medicare Advantage Plans, Prescription Drug Plans, Medicare fraud and abuse. Anyone turning 65 or already on Medicare will find this information in this seminar to be valuable in your healthcare insurance choices. **RESERVATIONS ARE REQUIRED. Sign up at front desk.**
- 1/18 Wed. 1:00 pm **BOOK CLUB**
- 1/19 Thur. 10:00 am **(Pres.) YOU CALL THIS YOGA?** Dianne Reid will tell us about adaptive yoga.
- 1/19 Thur. 10:30 am **BINGO** sponsored by Brookdale Living of Wake Forest
- 1/19 Thur. 11:15-12:45 **FIT & STRONG.** New session begins today. See p. 3 for more details.
- 1/23 Mon. 10:30 am **BLOOD PRESSURE CHECKS** with Casey Baldwin.
- 1/23 Mon. 11:30 am **BINGO** Sponsored by Live Well.
- 1/23 Mon. 12– 4 pm **COMPUTER 1 ON 1 TUTOR WITH DAVID.** Call center to schedule an appointment
- 1/24 Tues. 10-11 am **SENIOR FINANCIAL CARE WORKSHOP—Finances Can Improve with Age!**
Do you want to learn how to budget and save money safely? Do you want to learn about Medicare options, Social Security benefits, long-term care, or estate planning? Then join Joe Paradise for an overview of this and more. The talk will be followed by 1 on 1 appointments for specific needs. Sign up at the front desk. See p. 3 for more details.
- 1/24 Tues. 11am-1pm **ONE ON ONE FINANCIAL APPOINTMENTS** sign up for a 1 hour appointment at the front desk.
- 1/24 Tues. 1-2 pm **SENIOR FINANCIAL CARE WORKSHOP** This is a repeat of the workshop at 10:00.
- 1/24 Tues. 2-4 pm **ONE ON ONE FINANCIAL APPOINTMENTS** sign up for a 1 hour appointment at the front desk.
- 1/24 Tues. 1:30-3 pm **EDUCATION AND CONSUMER GROUP: Executive Branch/Presidency.** (Session 3) This is an information and discussion group moderated by RoseMarie Betuker, retired AP Government teacher.
- 1/24 Tues. 3:00 pm **NORTHERN WAKE SENIOR CENTER ADVISORY BOARD MEETING.**
- 1/25 Wed. 8:30– 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2)
- 1/26 Thur. 10-12 **(Social) ANNUAL CHILI COOKOFF** Enter your fabulous chili to win a wonderful prize. Come and join us for great chili and fun. Deadline to enter and sign up to be a judge is Jan. 23.
- 1/26 Thur. 10:30 am **BINGO** Sponsored by Carillon Assisted Living of Wake Forest.
- 1/27 Fri. 10:15 **(Craft) ADULT COLORING w/Susan.** Supplies provided. No charge.

January 2017 (Continued)

- 1/30 Mon. 9:30 am **BLOOD PRESSURE CHECKS** by Stay at Home Senior Care.
 1/30 Mon. 11:30 am **BINGO**. Sponsored by Clear Caption.
 1/31 Tues. 10:00 am **NUTRITION ASSESSMENT AND SCREENING** The assessment/survey is for active adults to measure their nutrition.

February 2017

- 2/1 Wed. 8:30– 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire**. One on One Counseling. Call for your appointment. (more information on page 2)
 2/1 Wed. 1 - 2 pm **(Support Group) PARKINSON'S SUPPORT GROUP**: Support group will be held at the Northern Regional Center in Wake Forest. (More information on page 2)
 2/2 Thurs. 10:30 am **BINGO** sponsored by Seniors Helping Seniors
 2/5 Mon. 9:30 **BLOOD PRESSURE CHECKS** - Sponsored by Stay at Home Senior Care of Wake Forest.
 2/6 Mon 10:30 am **BINGO** Sponsored by Resources for Seniors.
 2/7 Tues. 10-11 am **BLACK HISTORY CELEBRATION** Join us for light refreshments.
 2/7 Tues. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/8 Wed. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/8 Wed. 2:30 pm **CAREGIVER SUPPORT GROUP**
 2/9 Thur. 10:30 am **BINGO** - Sponsored by Carillon Assisted Living of Wake Forest.
 2/13 Mon. 9:30 am **BLOOD PRESSURE CHECKS**. Provided by Franklin Manor.
 2/13 Mon. 11:30 **BINGO**. Sponsored by Franklin Manor.
 2/14 Tues. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/14 & 21 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.
 2/14 Tues. 3:30 pm **THEATER GROUP MEETING**: Join Juan and Maria Leon for upcoming shows.
 2/15 Wed. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/15 Wed. 1:00 pm **BOOK CLUB**
 2/16 Thur. 10:30 am **BINGO** - Sponsored by Brookdale Living of Wake Forest.
 2/20 Mon. 9:30 am **BLOOD PRESSURE CHECKS** - sponsored by Stay At Home Senior Care of Wake Forest.
 2/20 Mon. 11:30 **BINGO**. Sponsored by Stay At Home Senior Care of Wake Forest.
 2/21 Tues. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/21 Tues. 10-11 am **(Pres.) EVOLUTION HEARING**
 2/21 Tues. 11 am **HEARING SCREENING** sign up at front desk for a spot.
 2/21 Tues. 1-4 pm **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
 2/22 Wed. 8:30-3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire**. One on One Counseling. Call for your appointment. (more information on page 2)
 2/22 Wed. 9-4 **AARP TAX ASSISTANCE**. Appointments required.
 2/23 Thur. 10:30 **BINGO**. Sponsored by Carillon Assisted Living of Wake Forest.
 2/23 Thur. 10:00 am **MARDI GRAS PARTY!** Wear your mask and join us for special themed social and bingo.
 2/23 Thur. 6-9 pm **MARDI GRAS DANCE FUNDRAISER!** Cost \$5 per person. We will have a DJ provide a variety or music. Refreshments will be sponsored. Masks are welcome, but not required. There is a contest to see who sells the most tickets! See the prize in the lobby.
 2/24 Fri. 10:15 am **(Craft) ADULT with COLORING w/Susan**. Supplies provided. No charge
 2/27 Mon. 10:30 am **BLOOD PRESSURE CHECKS** with Casey Baldwin.
 2/27 Mon. 9:30 am **BINGO** sponsored by Clear Caption.
 2/28 Tues. 9-4 **AARP TAX ASSISTANCE**. Appointments required.

SAVE THE DATE:

2017 Senior Lifestyle Expo The 2nd Annual Senior Lifestyle Expo will be held Tuesday, March 28 2017, from 10:00 am – 2:00 pm at Richland Creek Community Church, 3229 Burlington Mills Road, Wake Forest. The Expo will feature 50+ booths, informative speakers, demonstrations and performances, health screenings, refreshments, prizes and giveaways, and more.

Join Resources for Seniors and the Northern Wake Senior Center at our booth.

FREE Wake Tech Classes at Northern Wake Senior Center

Classes for Spring 2017

Computer 101 w/ Jerry Glenn – January 9, 10, 11, 12, 13, 2017.
9:00 – 11:00 a.m., (Max. 9 students)

Computer 201 w/ Jerry Glenn – February 6, 7, 8, 9, 10, 2017.
9:00 – 11:00 a.m., (Max. 9 students)

Lecture: Windows 10 w/ Jerry Glenn – February 20, 2017.
(Must bring own laptop) 12:00 – 2:00 p.m., (Max. 22 students)

Intro. To Microsoft Office Word w/ Jerry Glenn – March 2, 3, 6, 7, 2017.
9:00 – 11:00 a.m., (Max. 9 students)

Intro. To Microsoft Office Excel w/ Jerry Glenn – April 10, 11, 12, 13, 2017.
9:00 – 11:00 a.m., (Max. 9 students)

Beginner Acrylic Paint w/ Alma Burke – Jan. 11, 18, 25, Feb. 1, 8, 15, 22,
March 1, 8, 2017. 8:30 – 10:30 a.m., (Max. 15 students) Supply fee \$5.00.

Important Notes About Wake Tech Classes:

*An asterisk * means the class is full or has already begun.*

If you see a class you'd like to take and it is full or has already begun, see front desk personnel to put your name on a waiting list. However, there is no guarantee the class will be offered again.

Wake Tech class application form **MUST** be submitted and signed no later than one day prior to 1st day of class or lecture.

Students **MUST** be in the 1st day of class. **NO ONE** is allowed to start in the second class. Arrive for class no later than scheduled time – latecomers will be considered absent and not allowed to enter the classroom.

Wake Tech classes are College Classes. It is important that all students be *committed* to attending *every* class they have signed up for. Instructors are paid by Wake Tech to teach these classes at no charge to the students. If you miss more than one class in a course, you may not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech may discontinue offering these special classes to NWSC. All students receive a certificate upon completion of each Wake Tech class.