



Join and Like Us on Facebook

July - August 2016

www.resourcesforseniors.com.

ANNUAL WILLIE RAY'S BEACH PARTY COOKOUT

Veterans Quilt and Pinning Celebration

Entertainment and Great Food

July 21, 2016

10:00 - 12 noon

See page 3 for more information.

(Some morning classes cancelled)

Center's Annual Yard Sale

Aug. 12 and 13.

Donations accepted starting Aug. 9

No clothing and shoes please.

More information on page 3

Or call the senior center.

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

- ⇒ **CAREGIVE & GRIEF SUPPORT GROUP.** Meets monthly the 2nd Wed. at 2:30 pm.
- ⇒ **NEW EVIDENCED BASED CLASSES:** More information available on back.
Tai Chi for Arthritis for Fall Prevention Level 1 and 2 will be starting soon.
Start dates will be announced. If your name is on the class sign-up list we will contact you with the start dates. Assessments will be conducted the first day.
- ⇒ **NEW - MEET, LEARN AND SHARE:** We need your Input on Services. Opportunity to share your ideas and suggestions. Join Sr. Center Board Members and staff. July 12 and Aug. 9 at 12:00 - 1:00 pm. See page 7.
- ⇒ **BEING MORTAL: Having Difficult "End of Life" Conversation.** Open to the community and businesses. Aug. 16th from 5 - 6:30 pm. See page 5. for more info
- ⇒ **AARP SAFE DRIVING CLASS.** Aug. 12 from 12:00-4 pm. Registration required. Cost: AARP Members \$15. Non-members \$20.
- ⇒ **MANY FACES OF ADVOCACY Webinar Trainings.** Aug. 9 & 11 at 2:00. (page 7)

Everyday

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 4:30 Computer Lab (closed during scheduled classes)
- 8:00 - 4:30 Cards, corn hole and other games (DROP-IN)

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 Studio (until Sept. 12)
- 10:30 **Blood Pressure Checks (July 25 and Aug. 22 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 (no class July 11)
- 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 (no class July 11)
- 2:30-3:30 Ping Pong (call to schedule room)
- 3:00 Ballroom Dance Lessons w/ Gaylord Picard (no class July 11)
- 3:30 Chair Yoga w/ Marty Gooch
- 3:30 **(NEW) Tai Chi for Fall Prevention - Level 1 (9 wks starts date TBA)**

Tuesday

- 8:30 Core & Yoga Training w/ Laura
- 9:00 Shell Art
- 9:30 Intermediate Tap Dance with Leneve
- 9:30 Beg. Watercolor Class w/Gaylord (no class July 5 & 12)
- 10:00 Presentations (see Special Events)
- 11:30 **Storytelling Workshop (July 12 & 26 and Aug 9 & 23)**
- 12:00 Acrylic Painting w/ John Duza
- 12:30 Mahjongg
- 1:00 Wood Carving
- 3:30 **Theater Group - (no meeting in July), Aug. 9)**

Wednesday

- 8:30 Low-Impact Aerobics - Level 2 w/ Laura
- 9:00 Ceramics

Wednesday (continued)

- 9:45 Low Impact Aerobics - Level 1
- 10:00 **Newcomers Social & Laughter (August 3)**
- 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 (July 20 & Aug. 17)**
- 1:00 Pottery and Clay Open Studio
- 2:00 Zumba Gold
- 2:30 **Caregiver/Grief Caregiver Support Group - (July 13 & Aug. 10)**

Thursday:

- 8:30 **(NEW) Tai Chi for Fall Prevention - Level 2 (9 week Start date TBA)**
- 8:30 **(NEW TIME) 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)
- 11:45 **(NEW TIME) Adaptive Yoga w/ Howie (start July 7, no class July 21)**
- 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 Acrylic Painting w/ Alma Burke
- 9:30 Low-Impact Aerobics - Level 1
- 10:00 Balance Training
- 10:30 Mountain Dulcimer w/ Cricket Wright
- 11:30 Chess, Checkers, Mexican Train Dominoes
- 12:00 Bridge
- 12:15 Gourd Art - with Dick Balcon

CENTER CLOSED
Monday July 4

FREE WAKE TECH CLASSES AT SENIOR CENTER!

Class list attached and at the center OR check our website

www.resourcesforseniors.com and click calendars

INFORMATION - ASSISTANCE—REFERRALS - ONE on ONE COUNSELING

ON- SITE SERVICE COORDINATOR - Susan McGuire.

One on One Counseling, Information and Assistance.

Call for Appointment from 8:30 - 3:45.

July 6 & 27 and Aug. 3 & 24



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

SHIIP Appointments - The Senior Health Insurance Information Program will be here to provide one-on-one counseling to assist with specific questions related to Medicare...Appointments are required:

Call Center for Appointment Times See page 4 & 5



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

July 20 & Aug 17 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.



Computer Tutoring: Need Help With Your Computer?

David Schindler is here to help you on Mondays from 12 - 4 pm.

Sign up for your 1 hour, one-on-one appointment at the front desk.

Bring your laptop/tablet/phone or questions and he will help you find the solutions.



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

- 7/7 Clear Caption
- 7/11 Franklin Manor
- 7/14 Carillon Assisted Living of Wake Forest
- 7/18 Stay At Home Senior Care of Wake Forest
- 7/25 Amedisys Homehealth and Hospice
- 7/28 Carillon Assisted Living of Wake Forest
- 8/4 MEDS Delivery Pharmacy
- 8/8 Franklin Manor
- 8/11 Carillon Assisted Living of Wake Forest
- 8/15 Stay At Home Senior Care of Wake Forest
- 8/18 Brookdale of Wake Forest
- 8/22 Amedisys Homehealth and Hospice
- 8/25 Carillon Assisted Living of Wake Forest
- 8/29 Humana

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

- 7/11 Franklin Manor (9:30)
- 7/18 Stay At Home Senior Care of Wake Forest (9:30)
- 7/25 Dr. Casey Baldwin, Pharmacist - Resources for Seniors & Campbell University Pharmacy Program (10:30)
- 8/1 Stay At Home Senior Care of Wake Forest (9:30)
- 8/8 Franklin Manor (9:30)
- 8/15 Stay At Home Senior Care of Wake Forest (9:30)
- 8/22 Dr. Casey Baldwin, Pharmacist - Resources for Seniors and Campbell University Pharmacy Program (10:30)

HEARING SCREENINGS: 8/23 Tues. 11 - 12 pm Provided by Evolution Hearing.
Registration required. Call front desk for appointment time.



ANNUAL WILLIE RAY'S BEACH PARTY COOKOUT

JULY 21, 2016
10:00 am - 12:00

You Must Sign Up At The Front Desk - Limited Space

Party Sponsored by

- Willie Ray
- Brookdale of Wake Forest
- Carillon Assisted Living of Wake Forest
- Alignment Health Care of Wake Forest
- GLAXOSMITHKLINE
- Christian Brothers Automotive of Wake Forest
- Clear Caption
- Meals on Wheels
- Resources for Seniors
- Mickey Rochelle - Town of Wake Forest

- Ladies of Valor - Veteran's Quilt Presentation
- Amedisys Home Care and Hospice - Veteran's Pinning and Certificate Ceremony



Entertainment By:

- Brenda and Jimmy Lewis - Karaoke
- Carolina Steppers Line dancers
- Wake Forest Dulcimer Players

Drawing for Handmade Reversible Quilt. Tickets still available. Purchase at front desk.

ANNUAL SENIOR CENTER YARD SALE FUNDRAISER

Friday - August 12 from 9 am - 4 pm
Saturday - August 13 from 7:30 - 12 noon



Donations Welcome!

**Donations accepted August 9, 10, 11 from 8:30 - 4 pm
No clothes and shoes please!**

Volunteers Needed All Week. Sign up at the front desk.

All proceeds benefits the Northern Wake Senior Center.



- Start Date TBA Mon. 3:30 pm **(NEW) EVIDENCED BASED CLASS - TAI CHI FOR ARTHRITIS FOR FALL PREVENTION. Level 1 for Beginners.** You must sign up for this class. Instructor Norma Ferrell.
- Start Date TBA Thur. 8:30 am **(NEW) EVIDENCED BASED CLASS - TAI CHI FOR ARTHRITIS FOR FALL PREVENTION. Level 2.** You must have completed Level 1 Tai Chi For Fall Preventions before taking this class. You must sign up for this class. Instructor Norma Ferrell.
- 7/5 Tues. 10:00 am **(PRESENTATION) HABITS OF HAPPY PEOPLE.** Happy is a choice and a way of living that anyone can learn. Discover how you can find more joy in every part of your life. Learn tips for staying positive during life's challenges. Join Jessica Lockamy from Humana. Light refreshments will be provided.
- 7/6 & 27 Wed. **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. She is available 8:30 - 3:15.
- 7/6 Wed. 1 - 3 pm **(WORKSHOP) 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. Provided by SHIIP. **REGISTRATION REQUIRED.** Sign up at front desk.
- 7/7 Thur. 10:30 am **BINGO.** Sponsored by Clear Caption.
- 7/7 Thur. 11:30 - 2:30 **SHIIP - Senior Health Insurance Information Program - 1 - 1 counseling.** Appointment required.
- 7/8 Fri. 10:30 am **(CRAFT) ADULT COLORING CELEBRATION** with Susan. Sign up by July 7. No charge.
- 7/11 Mon. 9:30 am **BLOOD PRESSURE CHECKS -** Provided by Franklin Manor
- 7/11 Mon. 9:30 - 11:30 **MAKING HOMEMADE SOAP** with instructor Carolyn Zahnow from Shore Grief Center. Cost is \$2.00 for supplies. Class limited to 10. Sign at front desk by July 8.
- 7/11 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor.
- 7/12 Tues. 10:00 am **(PRESENTATION) "MEDICARE FRAUD: THINK YOU CAN'T BECOME A VICTIM? THINK AGAIN!"**. Join Stephanie Bias, NC Senior Medicare Patrol Program Coordinator as she leads a conversation about Medicare fraud prevention education.
- 7/12 Tues. 12:30pm **(CRAFT) MINI MEMENTOES -** Create a mini painting. Bring special personal touches such as a piece of jewelry. Class includes a mini easel for display. Donation of \$4.00 to cover the cost of the material. Instructor Christy Colebank.
- 7/13 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.
- 7/14 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
- 7/14 Thur. 12:30 - 3pm **DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP).** If you have Diabetes, you may want to sign up for this interactive, hands-on program. It will help seniors work with their health care providers and take control of their diabetes through nutrition, exercise, stress management and goal setting. 6 week program - July 14, 21, 28, Aug. 4, 18, 25. Registration is required. Provided by Jeana Partington, Alliant Quality.
- 7/18 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Provided by Stay At Home Senior Care of Wake Forest.
- 7/18 Mon. 11:30 am **BINGO.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 7/19 Tues. 10:00 am **(PRESENTATION) FIGHT FRAUD AND SCAM PREVENTION:** Join Detective Scott from the Wake Forest Police Department for this important presentation.
- 7/20 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.
- 7/20 Wed. 1 - 2 pm **SPECIAL NEEDS 101.** Information presentation by Alignment Healthcare of Wake Forest.
- 7/21 Thur. 10 - 12 **ANNUAL WILLIE RAY BEACH PARTY COOKOUT.** Some classes will be cancelled. Check at front desk. **SPACE IS LIMITED. YOU MUST SIGN UP AT THE FRONT DESK.** If you are a Veteran and would like to receive a Pin and Certificate see Pandora.
- 7/25 Mon. 10:30 am **BLOOD PRESSURE CHECK.** Provided by RFS Dr. Casey Baldwin and Campbell University Pharmacy Candidates.
- 7/25 Mon. 11:30 am **BINGO.** Sponsored by Amedisys Healthcare and Hospice.
- 7/26 Tues. 10-11:30 **(PRESENTATION) SILVERCOMPASSION PRESENTS - CARING FOR CAREGIVERS.** This is a class for caregivers and those who want to help make their role less of a burden and more of a joy. Join Dr. George Fuller Jr. certified senior advisor, mediator, minister and caregiver.
- 7/26 Tues. 6:00 pm **SENIOR CENTER ADVISORY AND ADVOCACY BOARD.**
- 7/26 Tues. 1 - 4 **SHIIP - Senior Health Insurance Information Program** : 1 on 1 counseling. Appointment required.
- 7/28 Thur. 10 - 11:30 **EDUCATION AND CONSUMER GROUP: CURRENT EVENTS.** 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.
- 7/28 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.

- 8/1 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Stay At Home Senior Care of Wake Forest.
8/ 3 & 24 Wed. **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. She is available 8:30 - 3:15.
- 8/3 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.
- 8/4 Thur. 10:00 am **(PRESENTATION) MEDS Delivery Pharmacy.** Join Bryan Monroe to learn about home delivery of your medications.
- 8/4 Thur. 10:30 am **BINGO.** Sponsored by MEDS Delivery Pharmacy.

SPECIAL NOTE: YARD SALE PREP Monday - Thursday August 8 through August 11. Donations Welcome. No clothes or shoes please. Sign up to help Volunteer. ALL PROCEEDS BENEFITS THE SENIOR CENTER. Some classes maybe moved or cancelled due to the amount of donations we receive for the yard sale. Please be patient. This is an annual fundraiser for the center Please check or call front desk.

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- 8/8 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Franklin Manor.
8/8 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor.
8/9 Tues. 12:00 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.
- 8/9 Tues. 2:00 pm *** ADVOCACY EVENT: Many Faces of Advocacy: Webinar Training. Learn How To Advocate and Then Teach Others 2016.** See announcement on page 6 Sign up at front desk.
- 8/10 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.
- 8/11 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
8/11 Thurs. 10 - 11:30 **(EDUCATION AND CONSUMER GROUP: CURRENT EVENTS.** 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.
- 8/11 Thur. 2:00 pm *** 2nd Opportunity—ADVOCACY EVENT: Many Faces of Advocacy: Webinar Training. Learn How To Advocate and Then Teach Others 2016.** See announcement on page 6. Sign up at front desk.
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- 8/12 FRIDAY 9 - 4 **YARD SALE**
8/13 SATURDAY 7:30- 12 **YARD SALE**

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- 8/12 Fri. 12 - 4 pm **AARP SAFE DRIVING CLASS.** Class will be held from 12:00 - 4:00 pm. Cost: AARP members \$15. Non-members \$20. Learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. Registration required.
- 8/15 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Stay At Home Senior Care of Wake Forest.
8/15 Mon. 11:30 am **BINGO.** Sponsored by Stay at Home Senior Care of Wake Forest.
8/16 Tues. 10:00 am **(PRESENTATION) " 5 SNEAKY CAUSES OF WEIGHT GAIN".** Join Jessica Lockamy from Human for this informative topic. Light refreshments will be served.
- 8/16 Tues. 5 - 6 pm **(TRAINING) BEING MORTAL - HAVING DIFFICULT "END OF LIFE" CONVERSATION.** OPEN TO SENIORS AND CAREGIVERS, BUSINESS PROFESSIONALS AND THE COMMUNITY. Advanced Care Planning - Join Amedysis Healthcare and Hospice for this training. You must register for this program. Please sign up by August 12. Heavy hors d'oeuvres will be provided.
- 8/17 Wed. 10:15 am **STRENGTH AND BALANCE WITH CANES.** This will replace regular class today. Offered by Marion from Aligment Healthcare.
- 8/17 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.
- 8/18 Thur. 10:00 **FUN AND GAMES WITH JESSICA.** Join Jessica and Meals on Wheels for this fun event.
8/18 Thur. 10:30 **BINGO.** Sponsored by Brookdale Living of Wake Forest.
8/18 Thur. 11:30-2:30 **SHIIP Appointments -** The Senior Health Insurance Information Program will be here to provide one-on-one counseling. Appointments required.

- 8/22 Mon. 10:30 am **BLOOD PRESSURE CHECKS.** Sponsored by Dr. Casey Baldwin and Campbell University Pharmacy Candidates.
- 8/22 Mon. 11:30 am **BINGO.** Sponsored by Amedisys Healthcare and Hospice.
- 8/23 Tues. 10:00 am **(PRESENTATION) COMMUNICATION STRATERGIES - How to talk to someone with hearing problems and loss.** Provided by Evolution Hearing of Raleigh.
- 8/23 Tues. 11 - 12 pm **(SCREENING) FREE HEARING SCREENING** by Evolution Hearing of Raleigh. Space is limited. Sign up at front desk.
- 8/ 24 Wed. **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. She is available 8:30 - 3:15.
- 8/25 Thur. 9:30 - 11:30 **MAKING HOMEMADE SOAP** with instructor Carolyn Zahnow from Shore Grief Center. Cost is \$2.00 for supplies. Class limited to 10. Sign at front desk by Aug. 19.
- 8/25 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
- 8/29 Mon. 11:30 am **BINGO.** Sponsored by Humana - Jessica.
- 8/30 Tues. 10 -11:30 **(PRESENTATION) Long Term Care Planning.** Presented by Silver Compassion - Dr. George Fuller Jr. When you or a loved one needs care that is not covered by Medicare or Health Insurance you are needing Long Term Care. Come learn what that is, how it is paid for, and several creative ways to plan for those future needs. Don't wait to learn this! You, your spouse and/or friends will benefit from what you learn in this class. Sign up at the front desk.



SING-WF Senior Information & Networking Group of Wake Forest

Our Board: Northern Wake Senior Center -Resources for Seniors, Stay At Home Senior Care, Allied Rehab, Village Pharmacy of Wake Forest and Carillon Assisted Living of Wake Forest.

ADVOCACY OPPORTUNITY: Calling All Businesses, Church Leaders, & Non-Profit Organizations!

If YOU SERVE SENIORS ...

Please join us for the next community-wide meeting

Friday, July 29th @ 8:45 am at Carillon Assisted Living of Wake Forest



Scott Waterhouse, Director of Information Services, with Resources for Seniors will be presenting on July 29th.

Resources for Seniors is a 44-year-old non-profit serving Wake County. Its mission is to provide home and community-based services so that older adults and adults with disabilities can maximize their choices for comfort, safety, security, and well-being.

In his July 29th presentation, Scott will explain various programs and services offered by Resources for Seniors to Wake Forest area seniors.

Miranda Strider Allen also from Resources for Seniors and Director of the Northern Wake Senior Center: Learn How to Advocate and Teach Others, Community Awareness of up coming Advocacy Events and "Many Faces of Advocacy Webinar" and Programs at the Northern Wake Senior Center.

Carillon Assisted Living will host the breakfast event.
Registration is required - www.SING-WF.com -919-556-3706



Many Faces of Advocacy: Webinar Training

AN ADVOCACY EVENT: 2 Opportunities to attend!

Tuesday, August 9 at 2:00 pm - Multipurpose Room
Thursday, August 11 at 2:00 pm - Computer Lab at Center
Learn How to Advocate and Then Teach Others 2016

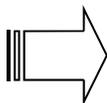
The Northern Wake Senior Center at 235 East Holding Ave in Wake Forest is joining 163 senior centers across the State by providing a **FREE** advocacy webinar training for seniors 50 or better, caregivers, family members, Community Partners, SING of Wake Forest members and everyone that would like to learn how to advocate for themselves as well as others.

Join us **Tuesday, August 9th at 2pm and/or August 11th at 2:00 pm** at the Senior Center. **Bob Cleveland** from the Piedmont Triad Regional Council will present important information regarding advocacy and the ways you can create public awareness in order to bring changes that will benefit you or others around you.

Call 919-554-4111 for more information and to sign-up .
Refreshments will be provided. Join Us For This Important Event.

(NEW) MEET, LEARN AND SHARE: We need your input: We invite you to join us for our new monthly meeting held the 2nd Monday each month from 12:00 - 1:00 pm.

GOAL: To provide you the opportunity to meet members of our Senior Center Advisory Board, Senior Center Director and staff and share new ideas, concerns and suggestions. Don't know your Advisory Board Members? Each month we will high-light one of our Senior Center Advisory Board Members. This is a great opportunity to meet and advocate for yourself and others.



July 12 and August 9 at 12:00 - 1:00 pm.
Sign up at the front desk. Light refreshments will be served.

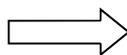
VISIT OUR NEW AND IMPROVED WEBSITE !!

For more information about the Senior Center and Resources for Seniors, Inc. services and programs.

Our new website is also mobile friendly and can be viewed on a smartphone or tablet with ease!

VISIT AND LIKE US ON FACEBOOK:
Northern Wake Senior Center and Resources for Seniors, Inc.

COMING SOON - NEW EVIDENCED BASED CLASSES:
WATCH FOR ANNOUNCEMENTS ON THE START DATES.



Fit and Strong! Fitness Class, Matter of Balance, Geri Fit, Chronic Disease Self Management Classes, Tai Chi for Fall Prevention and More.

Sign Up At Front Desk If you are Interested In participating in these classes!



Classes held at the Northern Wake Senior Center & Renaissance Center
Wake Tech Classes for Summer 2016

Lecture: Digital Photo Management – July 5, 2016.

12:00 – 2:00 p.m., (Max 22 students)

Computer 201 w/ Jerry Glenn – July 11, 12, 13, 14, 15, 2016.

9:00 – 11:00 a.m., (Max 9 students)

Picasa Photo Editing w/ Jerry Glenn – July 25, 26, 28, 29, 2016.

9:00 – 11:00 a.m., (Max 9 students)

Computer 301 w/ Jerry Glenn – August 4, 5, 8, 9, 11, 12, 2016.

9:00 – 11:00 a.m., (Max 9 students)

Spanish 101 w/ Donna Cole – August 17, 24, 31, September 7, 14, 21, 28,
October 5, 12, 2016. 10:00 – 12:00 p.m., (Max. 18 students)

* *Book: "Easy Spanish, Step by Step" required for class. Approx. \$10.00.*

** *Class is held at Renaissance Center, 405 S. Brook St., Wake Forest, NC*

Spanish 102 w/ Donna Cole – August 17, 24, 31, September 7, 14, 21, 28,
October 5, 12, 2016. 12:30 – 2:30 p.m., (Max. 18 students)

* *Class is held at Renaissance Center, 405 S. Brook St., Wake Forest, NC*

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 waiting list, however there is no guarantee 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 1st day of class. **NO ONE** is allowed to start class on the second week (or class).
- Arrive for class at scheduled time – latecomers will be considered absent and not allowed to enter the class.
- 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 two classes 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 will discontinue offering these special classes to NWSC.
- Students receive a certificate upon completion for classes meeting longer than one day and if they meet the class attendance policy.

WATCH FOR ANNOUNCEMENTS OF MORE AND EXCITING

NEW PROGRAMS COMING SOON TO THE

CENTER OFFERED BY WAKE TECH COMMUNITY COLLEGE!!!!