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November - December 2016

www.resourcesforseniors.com.

### CONGRATULATIONS!

Northern Wake Senior Center  
Received New  
"Center of Excellence" Award

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"ANNUAL SENIOR CENTER  
ANNIVERSARY AND VETERANS  
CELEBRATION and CHRISTMAS  
CELEBRATION" will be held

Dec. 7 at 10:00 am

Entertainment: Capital City Transit and  
More. See page 2 for more info.

## ANNUAL CRAFT SALE FUNDRAISER

Friday Nov. 18 from 8:00 am - 4:00 pm  
Saturday Nov, 19 from 8:00 am - 1:00 pm  
All proceeds benefits the Senior Center



- 11/15 Tues. 9-12 pm FLU SHOTS - Maxim HealthCare. Call center for appt.
- 11/16 Wed. 1-3 pm (WORKSHOP) SHIIP MEDICARE 101. More info see p. 5.
- 11/18 Fri. 12-4 pm AARP SAFE DRIVING CLASS. Registration required. See p. 5.
- (NEW) DRAMA GROUP STARTED! Meets Fridays at 3-5 pm.
- (NEW) CONTACT RUMMY AND GOLF CARD GAMES - Wed. at 12:30 pm.

**NEW & SPECIAL EVENTS --SEE BACK pages for more info!**

### 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 (no class Nov. 14)  
10:30 **Blood Pressure Checks (Nov. 28 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  
12:00 - 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  
2:15 **(NEW) Tai Chi for Fall Prevention - Beg. class starts Nov. 28**  
3:30 **(NEW) Tai Chi for Fall Prevention - Adv. Beg. Class—Nov. 28**

### Tuesday

- 8:30 Core & Yoga w/ Laura  
9:00 **Shell Art (will start back in Jan. 2017)**  
9:30 Intermediate Tap Dance with Leneve  
9:30 Beg. Watercolor Class w/Gaylord  
10:00 Presentations (see Special Events)  
11:30 **Storytelling Workshop (Nov. 8 & 22, Dec. 13 & 27)**  
12:00 Beg. & Inter. Acrylic Painting w/ John Duzs  
12:30 Mahjongg  
1:00 Wood Carving  
3:30 **Theater Group - (Nov. 8 & Dec. 13)**

### Wednesday

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

### Wednesday (cont.)

- 9:45 Low Impact Aerobics - Level 1  
10:00 **Newcomers Social & Laughter (Dec. 14)**  
10:15 Basic Exercise/Strength Class  
10:45 Sing Along  
11:00 Bridge  
12:30 **(NEW) Contact Rummy and Golf Card Game With Beverly and Ralph Wiley (starts Nov. 3)**  
1:00 Quilt! Quilt! Stitch and Gab  
1:00 Ladies of Valor Quilting Group  
1:00 Pinochle  
1:00 **Book Club (Nov. 16 & Dec. 21)**  
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 - (Dec. 14) (Skip Nov. 9)**

### Thursday:

- 8:30 **(NEW) Tai Chi for Fall Prevention - Level 2 (10 weeks Starts Dec.1)**  
8:30 Gentle Yoga w/ Laura  
9:00 **(NEW TIME) 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 **(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: 12/9 Belly Dancing w/ Marion)  
10:30 **Inter. Mountain Dulcimer w/ Cricket Wright**  
11:30 Chess, Checkers, Mexican Train Dominoes  
12:00 Bridge  
3:00 **(NEW) 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 Nov. 2 & 30 (5th Wed. Nov. only) and Dec. 7 & 28

Provides information on eligibility, procedures, and contacts on services for older adults and persons with disabilities in Wake County.  
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### **SHIP Appointments - The Senior Health Insurance Information Program OPEN ENROLLMENT for 2016 is Nov. —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**

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

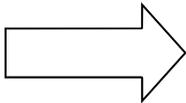
**November 16 Wed. 10:00 - 2:00 pm Senior Financial Care Program 1 on 1 Counseling.**  
**Appointments required.** Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, 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.

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### **Support Groups:**

**(NEW): 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.**



These are the dates through December 2016

Nov. 2 - Northern Wake Senior Center 1:00 pm (due to elections)

Dec. 7 - Northern Regional Center 1:00 pm

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



**November 9 (cancelled due to Remembrance Luncheon.)  
December 14 — 2:30 pm**

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

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

- 9:30 11/ 7 Stay At Home Senior Care of Wake Forest
- 9:30 11/14 Franklin Manor
- 9:30 11/21 Stay At Home Senior Care of Wake Forest
- 10:30 11/28 Dr. Casey Baldwin, Pharmacist - Resources for Seniors & Campbell University Pharmacy Program
- 9:30 12/5 Stay At Home Senior Care of Wake Forest
- 9:30 12/12 Franklin Manor
- 9:30 12/19 Stay At Home Senior Care of Wake Forest
- 10:30 12/26 CENTER CLOSED FOR THE HOLIDAY

**“Thanksgiving Covered Dish Social”**

**Tuesday, November 22, 2016**

**10:00 am - 12:00 pm**

**Join us for entertainment and giving Thanks!**

**Bring a Dish to Share.**

**\*\*\* Sign up at front desk by Mon.\*\*\* Drinks will be provided by Center.**



**ANNUAL SENIOR CENTER ANNIVERSARY PARTY  
and VETERANS and CHRISTMAS CELEBRATION**

**Date: Wednesday Dec. 7, 2016**

**Time: 10:00 am - 12:00**

**Location: The Renaissance Center**

**(Same Location where we held the Willie Ray Cookout)**

**Entertainment provided by “Capital Transit Singers” sponsored by the Town of Wake Forest  
The Ladies of Valor - Veterans Quilt Presentations  
And More.**

**Call the Senior Center to Sign-up by Dec. 5**

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**MEALS on WHEELS COUNTY WIDE CHRISTMAS CELEBRATION**

**Wed. December 14, 2016**

**Covered dish Event: Bring A Dish To Share**

**Sign up at front desk by Dec. 9**



**RESOURCES FOR SENIORS**

**“HOLIDAY DREAMS PROGRAM”**



**Each year the Northern Wake Senior Centers participates in this program to help seniors during the holiday season. If you would like to participate in this program please purchase a Christmas ornament(s) at the front desk at the center.**

**The ornaments will be placed on our tree in the lobby. Items will be purchased from participants' wish list and they will receive their gifts before Christmas.**

**If you have any questions about this program please call the center.**

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**HAPPY THANKSGIVING! - MERRY CHRISTMAS!**

**On behalf of the Senior Center Staff we would like to wish you and yours a wonderful Thanksgiving and a Very Merry Christmas and Holiday Season. The Staff here at the Senior Center is looking forward to 2017 being another great year of providing services and programs for the senior adult population of Wake County.**

**Come join us for more great programs and the expansion of our center.  
Don't forget to share your thoughts and ideas for more programs and services.**

**Thank you!**



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

- 10:30 11/3 \_\_\_\_\_
- 11:30 11/7 C3 Healthcare RX
- 10:30 11/10 Carillon Assisted Living of Wake Forest
- 11:30 11/14 Franklin Manor
- 10:30 11/17 Brookdale Living of Wake Forest
- 11:30 11/21 Stay At Home Senior Care of Wake Forest
- 10:30 11/24 CENTER CLOSED FOR HOLIDAY
- 11:30 11/28 Amedisys Homecare and Hospice
- 10:30 12/1 Senior Plan Advisors of Wake Forest (CK)
- 11:30 12/5 C3 Healthcare RX
- 10:30 12/8 Carillon Assisted Living of Wake Forest
- 11:30 12/12 Franklin Manor
- 10:30 12/15 Brookdale Living of Wake Forest
- 11:30 12/19 Stay At Home Senior Care of Wake Forest
- 10:30 12/22 Carillon Assisted Living of Wake Forest
- 11:30 12/26 CENTER CLOSED FOR HOLIDAY
- 10:30 12/29 Humana (New Year Bingo)



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**NOTICE: NEW EVIDENCED CLASSES STARTING IN November and December:**  
**YOU MUST SIGN UP. SPACE IS LIMITED**  
**Check Front Desk for More Available Classes**

**Starts: Nov. 28 Mon. 3:30 pm** **(NEW) BEGINNER TAI CHI FOR ARTHRITIS FOR FALL PREVENTION.**  
 You must sign up for this class. 10 weeks. (Nov. 28, Dec. 5, 12, 19, Jan. 9, 23, 30, Feb. 6, 13, 20 2017. Instructor Norma Ferrell.

**Starts: Dec. 1 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. (Dec. 1, 8, 15, 22 and Jan. 5, 12, 19, 26, Feb. 2, 9, 2017) Instructor Norma

**(NEW) MATTER OF BALANCE CLASS:** Evidenced Based 8 week class. Date: To Be Announced. Sign up at front desk if interested in next class.

**((NEW) FIT AND STRONG CLASS :** Will be starting in January. Date and Time will be Announced.

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**November 2016**  
**(closed Nov. 11– Veterans Day and 24 & 25—Thanksgiving Holiday)**

- 11/1 Tues. 10:00 am **FUN and GAMES** with Jessica, Meals on Wheels Site Manager.
- 11/1 Tues. 1:00 pm **Expansion Core Group Meeting**
- 11/1 Tues. 1 - 4 pm **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM).** 1-1 Counseling by appt. with Sharon. You must call center to schedule an appointment.
- 11/2 Wed. 8:30– 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2).
- 11/2 Wed. 1:00 - 2:00 pm **(Support Group) PARKINSONS SUPPORT GROUP:** Held this Month At the Northern Wake Senior Center due to Elections held at North Regional Center.

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**11/3 SPECIAL NOTE: SENIOR CENTER ANNIVERSARY AND VETERANS CELEBRATION HAS BEEN RESCHEDULED TO DEC. 7. See page 3.**

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- 11/3 Thur. 10 - 11:00 **EDUCATION AND CONSUMER GROUP: Constitution part 2** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher.
- 11/3 Thur. 10:30 am **BINGO.**
- 11/3 Thur. 11:00 am **(NEW) STORY WRITING CLASS WITH DREW.** This is a 4 week class. Nov. 3, 10, 17, (no class 24) and last class is Dec, 1. For more information and to sign up contact front desk.

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- 11/3 **Thur. 12 - 4 pm** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)**. 1-1 Counseling by appt. with Lamar. You must call center to schedule an appointment.
  - 11/4 **Fri. 10:15 am** **(CRAFT) ADULT COLORING w/Susan**. Supplies provided. No charge.
  - 11/7 **Mon. 9:30 am** **BLOOD PRESSURE CHECKS** provided by Stay At Home Senior Care of Wake Forest.
  - 11/7 **Mon. 11:30 am** **BINGO**. Sponsored by C3 Homecare RX
  - 11/7 **Mon. 12- 4 pm** **COMPUTER 1 ON 1 TUTOR WITH DAVID**. Call center to schedule an appointment.
  - 11/8 & 22 **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.
  - 11/8 **Tues. 12:00 - 4:00** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt..
  - 11/8 **Tues. 3:30 pm** **THEATER GROUP MEETING**: Join Juan and Maria Leon for upcoming shows.
  - 11/9 **Wed. 9- 11 & 1-4** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
  - 11/9 **Wed. 11 - 1:30** **REMEMBRANCE LUNCHEON WITH HEARTLAND HOSPICE**. Catered luncheon, limited to 30. Sign up at front desk. There is a \$1 registration fee. (Caregiver Support Group cancelled today so participants could attend luncheon.)
  - 11/10 **Thur. 10:00 am** **(PRESENTATION) HIP AND KNEE ARTHRITIS INJURY PREVENTION** with Dr. Clint McNabb from Raleigh Orthopedic Clinic.
  - 11/10 **Thur. 10:30 am** **BINGO** sponsored by Carillon.
  - 11/10 **Thur. 1-4 pm** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
  - 11/10 **Thur. 2:30 pm** **HONORING VETERANS TEA - PINNING AND CERTIFICATE CEREMONY** at Brookdale Living of Wake Forest. Hosted by the Northern Wake Senior Center. For Brookdale Residents Only.
  - 11/11 **Fri.** **CENTER CLOSED FOR VETERANS DAY**
  - 11/14 **Mon. 9:30 am** **BLOOD PRESSURE CHECKS** - Provided by Franklin Manor
  - 11/14 **Mon. 11:30 am** **BINGO**. Sponsored by Franklin Manor
  - 11/15 **Tues. 9 - 12 pm** **(SCREENING) FLU SHOTS** provided by Maxim HealthCare. Sign up at front desk. Call center for more information.
  - 11/16 **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.
  - 11/16 **Wed. 1 - 3 pm** **(WORKSHOP) SHIIP MEDICARE 101**. Oct. 15 - Dec. 7 is open enrollment for Medicare. 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 Senior Health Insurance Information Program. **RESERVATIONS ARE REQUIRED. Sign up at front desk.**
  - 11/16 **Wed. 1 - 4 pm** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
  - 11/17 **Thur. 10:00 am** **(PRESENTATION) THE MEDICARE ANNUAL ELECTION PERIOD INFORMATION MEETING** sponsored by Alignment Healthcare. Join Marion to learn about Alignment Healthcare and their No Cost Benefits in your area for seniors.
  - 11/17 **Thur. 10:30 am** **BINGO** sponsored by Brookdale Living of Wake Forest
  - 11/17 **Thur. 12 - 4 pm** **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt.
  - 11/18 **Fri. 12 - 4 pm** **AARP SAFE DRIVING CLASS**. Friday Nov. 18. Class will be held from 12:00 - 4:00 pm. Sign up by Nov. 17. Cost: AARP members \$15. Non-members \$20. Learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. Registration required.
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## ANNUAL CRAFT SALE FUNDRAISER.

All proceeds benefits the senior center.

Do your early Christmas and Holiday shopping.

**Nov. 18 (Friday) 8:00 am - 4:00 pm**

**Nov. 19 (Saturday) 8:00 am - 1 pm**



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- 11/21 **Mon. 9:30 am** **BLOOD PRESSURE CHECKS** - sponsored by Stay At Home Senior Care of Wake Forest.
  - 11/21 **Mon. 11:30 am** **BINGO**. Sponsored by Stay At Home Senior Care of Wake Forest.

**NOVEMBER (Cont.)**

- 11/22 Tues. 10:00 am **THANKSGIVING COVERED DISH DINNER.** Bring A Dish To Share. Call center to sign up. Join us for Great Food, Fellowship and Entertainment.
- 11/22 Tues. 6:00 pm **NORTHERN WAKE SENIOR CENTER ADVISORY BOARD MEETING.**
- 11/23 Wed. 1 - 3 pm **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt..
- 11/24 & 25 **CENTER CLOSED FOR THANKSGIVING.**
- 11/28 Mon. 8:30 - 11:30 **SHIIP (SENIOR HEALTH INSURANCE INFORMATION PROGRAM)** 1-1 Counseling by appt..
- 11/28 Mon. 10:30 am **BLOOD PRESSURE CHECK.** Provided by RFS Dr. Casey Baldwin, Resources for Seniors and Campbell University Pharmacy Candidates.
- 11/28 Mon. 11:30 am **BINGO** sponsored by Amedisys
- 11/30 Wed. 8:30- 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2)

**December 2016**

- 12/1 Thurs.. 10:00 am **(PRESENTATION) WAKE FOREST ADULT DAY HEALTH BENEFIT AND ASSISTANCE SERVICES.** Learn about Temporary Relief Option for Caregivers.
- 12/1 Thurs, 10:30 am **BINGO** sponsored by Senior Plan Advisors of Wake Forest (CK).
- 12/5 Mon 10:30 am **BINGO** - Sponsored by C3 Healthcare RX.
- 12/5 Mon. 9:30 am **BLOOD PRESSURE CHECKS** - Sponsored by Stay at Home Senior Care of Wake Forest.
- 12/6 Tues. 10:00 am **(PRESENTATION) PLANNING FOR AND LIVING IN RETIREMENT.** Presented by Hans Scheil from Cardinal Retirement Planning, Inc. who will provide unbiased info and guidance to help participants make informed decisions. This presentation was also provided through Wake Tech College.
- 12/7 Wed. 8:30- 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2)
- 12/7 Wed. 10:00 am **SPECIAL CELEBRATION: ANNUAL SENIOR CENTER ANNIVERSARY, VETERANS HONORED AND CHRISTMAS CELEBRATION.** Entertainment by Capital Transit provided by Town of Wake Forest and more. Join us as we honor our Veterans and celebrate the Holiday Season. Sign up at the front desk. Celebration will be held at the Renaissance Center.
- 12/7 Wed. 1 - 2 pm **(Support Group) PARKINSONS SUPPORT GROUP:** Support group will be held at the Northern Regional Center in Wake Forest. (More information on page 2)
- 12/8 Thur. 10:30 am **BINGO** - Sponsored by Carillon Assisted Living of Wake Forest.
- 12/9 Fri. 10:15 am **(CRAFT) ADULT with COLORING w/Susan.** Supplies provided. No charge
- 12/9 Fri. 10:30 am **(FITNESS) BELLY DANCING Marion Sole.** Balance Training Class today will be replaced with this class. Offered by Marion Sole from Alignment Healthcare of Wake Forest.
- 12/12 Mon.9:30 am **BLOOD PRESSURE CHECKS.** Provided by Franklin Manor.
- 12/12 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor.
- 12/13 Tues. 10:00 am **(PRESENTATION) MEDICINE MANAGEMENT** presented by Kelly Watson, C3 Healthcare RX.
- 12/13 Tues. 12:30 pm **MEET, LEARN AND SHARE: (Advocacy Monthly Opportunity)** Share your ideas & suggestions with your Advisory Board members and Director.
- 12/14 Wed. 10:00 am **COUNTYWIDE MEALS ON WHEELS CHRISTMAS PARTY.** Sign up at center with Jessica or at the front desk. Bring a covered dish to share. Join us for fun, food and entertainment. Sign up by Monday, Dec. 12.
- 12/15 Thu. 10:00 am **BIRTHDAY MEET AND GREET CELEBRATION** with Marion with Alignment Healthcare of Wake Forest. If you have a birthday in October, November or December you need to sign up at the front desk by December 12.
- 12/15 Thur. 10:30 am **BINGO** - Sponsored by Brookdale Living of Wake Forest.
- 12/19 Mon. 9:30 am **BLOOD PRESSURE CHECKS** - sponsored by Stay At Home Senior Care of Wake Forest.
- 12/19 Mon. 11:30 am **BINGO.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 12/22 Thur. 10:30 am **BINGO.** Sponsored by Carillon Assisted Living of Wake Forest.
- 12/23 & 12/26 **CENTER CLOSED FOR CHRISTMAS HOLIDAYS**
- 12/28 Wed. 8:30- 3:15 **ON-SITE SERVICE COORDINATOR - Susan McGuire.** One on One Counseling. Call for your appointment. (more information on page 2)
- 12/29 Thur. 10:00 am **(SOCIAL) NEW YEAR CELEBRATION.** Entertainment and refreshments by Humana.
- 12/29 Thur. 10:30 am **BINGO** - Sponsored by Humana.

**COMING JANUARY 2017 (Center will be closed January 2, 2017)**

**UP-COMING ADVOCACY EVENT: January 10, 2017 10:00 am**  
**North Carolina Coalition on Aging Advocacy and Presentation**  
**New Legislature Priorities with Mary Bethel**

