

**SENIOR CENTER HIGHLIGHTS:
SR. CENTER FEATURED PROGRAMS:**



Jennie Griggs
Program Director

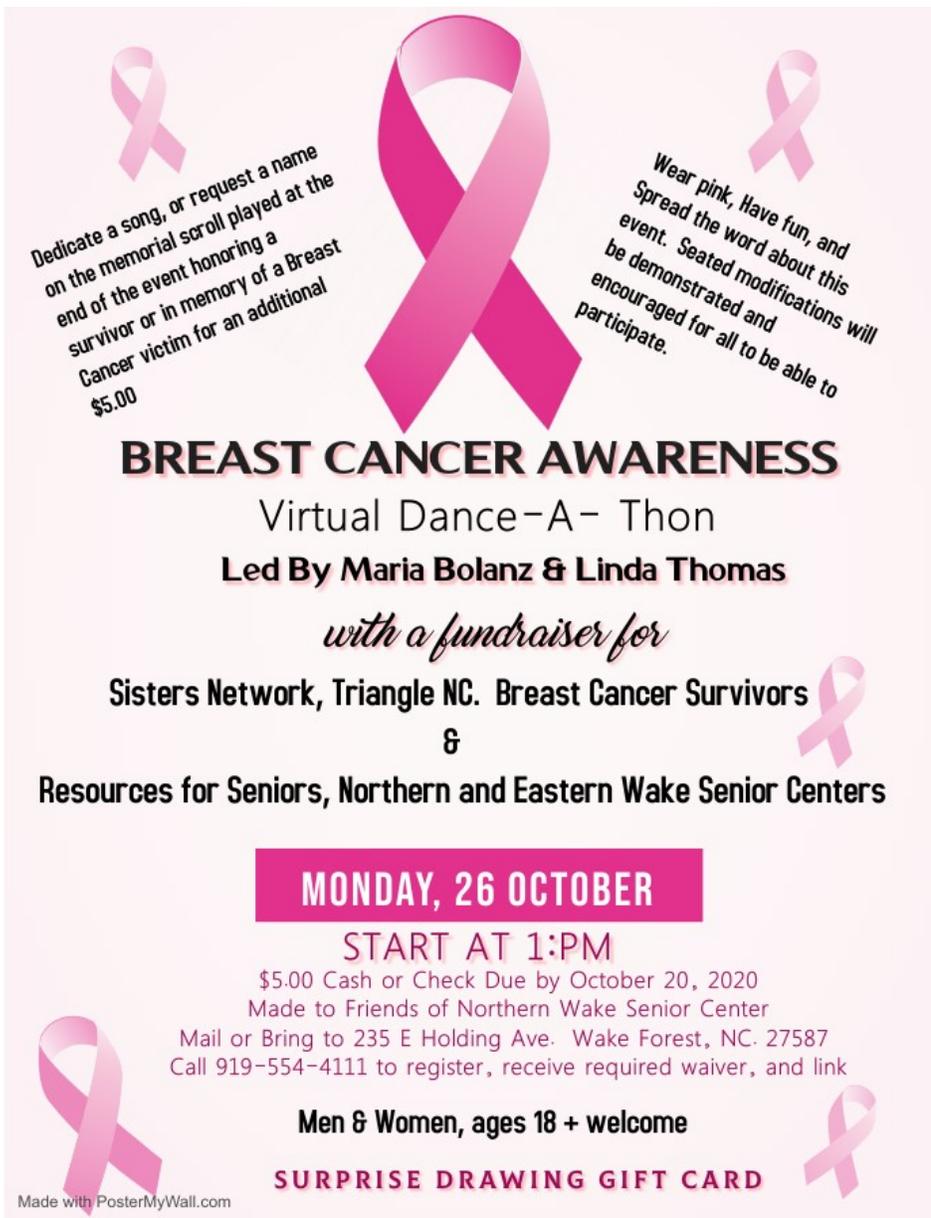
We hope you will join us to celebrate the more than 35 million Breast Cancer survivors. In general terms, in 2020, the estimate for invasive BC is totaled more than 276 K and non-invasive 50K, while over 2,700 men are predicted to have the disease.

Besides certain skin cancer types, Age is one of the most significant risk factors affecting breast cancer. The diagnosis of breast cancer in older women is common. Besides skin cancer, breast cancer is the most common malignancy among women, with 21% of those diagnosed over 70 and 40% over 65.

Mammography is an effective breast cancer screening methodology for women ages 65 and over; however, new studies tell us that older women will benefit significantly from the three-dimensional technology known as Tomosynthesis. This is the time of the year to review your Medicare policy and see if the 3-D procedure is covered.

We hope that each of you will join us in our fundraiser for Breast Cancer as we honor, increase awareness, and hope to make a difference in the fight against the terrible disease affecting so many of our loved ones and population.

Note: Please feel free to request references



Dedicate a song, or request a name on the memorial scroll played at the end of the event honoring a survivor or in memory of a Breast Cancer victim for an additional \$5.00

Wear pink, Have fun, and Spread the word about this event. Seated modifications will be demonstrated and encouraged for all to be able to participate.

BREAST CANCER AWARENESS
Virtual Dance-A-Thon
Led By Maria Bolanz & Linda Thomas
with a fundraiser for
Sisters Network, Triangle NC. Breast Cancer Survivors
&
Resources for Seniors, Northern and Eastern Wake Senior Centers

MONDAY, 26 OCTOBER
START AT 1:PM
\$5.00 Cash or Check Due by October 20, 2020
Made to Friends of Northern Wake Senior Center
Mail or Bring to 235 E Holding Ave. Wake Forest, NC. 27587
Call 919-554-4111 to register, receive required waiver, and link

Men & Women, ages 18 + welcome
SURPRISE DRAWING GIFT CARD

Made with PosterMyWall.com

SR. CENTER FEATURED PROGRAMS CONT:

NEW: How to Keep our Voice Strong: Workshop presented by Speech Pathologists from the Duke Voice Care Center **Caroline Banka, MS, CCC-SLP & Cristen Paige, MS, CCC-SLP.** This interactive 90-minute workshop is designed to help you understand why your voice may be changing and what you can do to improve it.

Thursday, November 12th from 1:30-3PM

Call the Northern Wake Senior Center 919-554-4111 for registration and link to virtual program.

RFS E-Learning Classes for October/November:

October 21st at 11AM: “Recognizing & Avoiding Scams”- presented by **Better Business Bureau of Eastern NC**

Learn how to recognize and avoid scams. Click to [Register](#) .

November 5th from 11AM-12PM: “Finding Peace and Positivity During the Holidays in a Pandemic”

Presenter: Dr. George Fuller, Jr. He is Certified Senior Advisor, and Family Mediator. Learn how you can help yourself and your people find some contentment and a spirit of adventure in these challenging days. All ages will benefit from the tools you will learn. To register, click on the link: <https://us02web.zoom.us/j/81644733617>

November 18th from 11AM-12PM: “The Four Things That Matter Most”

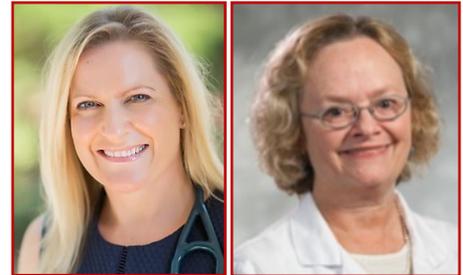
Rich Gwaltney, Community Engagement Representative, Transitions LifeCare, will facilitate a discussion of the book “The Four Things that Matter Most” by author Ira Byock, M.D. Rich has over 28 years of experience serving in non-profit organizations in both education and spiritual care. Click Zoom link below to join.

<https://zoom.us/j/97988037059?pwd=bHlrT1orVFJTSHJNQWFkZ0hGQjF6dz09>

COMING SOON: 4 Virtual E-Learning Financial and Legal Workshops

December 9th

- 1) 9:30M-10:30AM Estate Planning: Presented by Tom McCuiston, McCuiston Law Offices, PLLC.
- 2) 11:30AM-12:30PM Medicare 101 (Preparing for Medicare): Presented by Stephanie Bias, NC Department of Insurance, SHIIP.
- 3) 1:00PM-2:00PM Social Security Maximization: Presented by Mark Courtemanche, Pinnacle Retirement Solutions
- 4) 2:30PM-3:30PM Planning for Medicaid: Presented by Kevin Huston, Huston Law Firm, PLC



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ewscordinator@rfsnc.org

SR. CENTER FEATURED PROGRAMS CONT:

New: Name That Tune: Sponsored by Aetna.

Every other Tuesday from 1:30-3:00pm

Next Programs Scheduled for October 27th, November 10th & 24th.

Join Cynthia Halstead, Aetna Community Lead Generator, and Donna Flowers for **Music, Fun and Prizes**. The event will be music genre from the 60s. Call 919-554-4111 to register and receive the Zoom link. You won't want to miss this one!



Weekly Bible Study: Presented by Jason Burgess, Senior Plan Advisors.

Time: Oct 21, 2020 11:00

Every week on Wed, until Mar 24, 2021

Call the senior center 919-554-4111 to sign up.

To join Zoom Meeting:

<https://link.edgepilot.com/s/731f6c37/R2HErkkrpkiEDRnxPvyP5A?u=https://us02web.zoom.us/j/85855645789?pwd=NTR6ai9HU2hEVmFjcmtld25jVkRXZz09>

<https://us02web.zoom.us/j/85855645789?pwd=NTR6ai9HU2hEVmFjcmtld25jVkRXZz09>

<https://us02web.zoom.us/j/85855645789?pwd=NTR6ai9HU2hEVmFjcmtld25jVkRXZz09>

Meeting ID: 858 5564 5789

Passcode: 385365



SR. CENTER FEATURED FUNDRAISERS:

EWSC Restaurant Fundraiser: Eastern Wake Senior Center is partnering with several restaurants in the area for this event.

Zaxby's, Knightdale Commons, 6702 Knightdale Blvd, Knightdale will donate 15% of sales (**5-9PM on October 26th**) from customers that identify they are supporting the EWSC when they place their order.

Off the Hook Restaurant, 308 Southtown Circle, Rolesville will donate 15% of 3 days of sales (**11AM-8PM on November 2nd, 3rd and 4th**) from customers that identify they are supporting the EWSC when they place their order. Indoor & Outdoor seating is available.

McLean's Ole Time Café, 418 W. Gannon Ave., Zebulon, NC 919-269-0125. EWSC supporters must have a ticket to give the restaurant at the time of purchase to receive the 10% donation from McLean's. Dine-In or Take-out. Tickets available at the senior center.

7AM-8PM on Nov. 9th, 10th and 11th



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SR. CENTER FEATURED FUNDRAISERS CONT:

Parking Lot Craft Auction:

November 12th, 3-4:30pm: Northern Wake Senior Center

November 13th, 3-4:30pm: Eastern Wake Senior Center

Participants will park in a numbered space, staff will describe the items and offer an opening bid and determine bid increments per item, to bid on an item they will flash their lights/honk their horn. At the end of the auction they will drive by and pay for all of the items they won at the auction and be handed the items through their car window. Cash or Check made out to Resources for Seniors. **If you wish to donate a new craft item you have made that is appropriate for auction please call either center. 919-554-4111 or 919-365-4248.**



Drive-Through Flu and COVID19 Rapid Testing: by LoginClinics. Testing will be at the North Wake Senior Center and Eastern Wake Senior Center.

The drive-through is for all ages! The senior centers are managed by Resources for Seniors and will receive a **\$5 donation** from LoginClinics for every test given.



COVID19 & Flu Test Schedule below:

At Northern Wake Center on the following dates.

Wednesday, October 21st from 12-4PM

Thursday, October 29th from 12-4PM

AT Eastern Wake Center on the following date.

Thursday, October 22nd from 12-4PM

To Register do not call the center!

Call 919-679-1880 from 9am-5pm M-F for instructions, explanations, and drive through time. There will be 3 types of tests provided: Results provided in 20 minutes.

Antigen Test: Show Active infection: Cost \$75

Antibody Test: Antibodies reflect recent or past infection: Cost \$75

Flu Test: *(information provided when you call to register)*

LoginClinics will determine if you need one or both Covid19 tests at time of registration. For more information you may visit: <https://link.edgepilot.com/s/b13a49d8/9iYwOAgSROKiVO0XkKDs4A?u=https://www.loginclinics.com/contents/about-nav/current-events>

Cash, not billable to insurance through LICs.



LoginClinics is looking for a way to serve the Wake Forest community by offering their rapid COVID antibody, antigen, and flu tests. These tests provide COVID status results in 20 minutes; both showing an active or past infection from the virus.

Founding member of LoginClinics, Jaclyn Qualter, NP, A-CTTP, is a board-certified nurse practitioner and telemedicine provider located in Wake Forest, North Carolina. She will be administering the tests.

They will also have the Send-Out Swab which will take 2-4 days.

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SR. CENTER FEATURED CLASSES: Sponsored by The Renaissance Center

TAP Dancing (Beginner/Intermediate) taught by Le-neve Savage.

Every Tuesday, 11AM-12PM, beginning Tuesday October 13th

Location: Renaissance Center.

Class size limited with social distancing. First come, first served.
Must have tap shoes.

Call Northern Wake Senior Center 919-554-4111 for signup, and waiver. (ONLY 2 Spots left)



SR. CENTER FEATURED FITNESS CLASS

Yang 24 Form Tai Chi: Taught by Norma Ferrell.

Begins: October 13th.

Tuesdays and Thursdays, 8:00-9:00AM – duration: 8 weeks

Students will learn Yang Style Tai Chi and 24 forms. They will learn principles related to gain the many benefits of Tai Chi. This will be a low impact form of exercise which is beneficial to people with existing joint issues and for people who want to avoid joint issues. They will learn an exercise that is effective in balance function enhancement and fall prevention. They will benefit from social interaction and support from their classmates. Each class will be 50 minutes of exercise that begins with a warm-up routine, followed by learning and practicing the forms and ending with a cool down routine. Program may be done standing or seated.

Items Needed for Class: Comfortable, loose clothing and shoes. Safe environment.

Call Eastern Wake Senior Center 919-365-4248 for signup, waiver and link to virtual program. **ONLY a few spots left.**



SR. CENTER VIRTUAL FITNESS CLASSES:

CARDIO, SHAPE, TONE AND SCULPT: A 45 Minute weekly program began Thursday, September 17th from 10-10:45AM. Taught by Linda Thomas. Use the light weights you have at home or be creative with water bottles. Chair modifications available. This class will complete your weekly workout. Register at 919-554-4111 for your waiver and receive the class link.



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SR. CENTER VIRTUAL FITNESS CLASSES:

Line Dance : Every Thursday at 11AM. Space still available. Call NWSC 919-554-4111 for signup, waiver and link to virtual program.

Beginners KNOCK-OUT with Linda:

This class is easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community (especially you guys!). Tuesday & Thursday at 9AM

Call Northern Wake Senior Center 919-554-4111 for signup, waiver and link to virtual program.



SR. CENTER VIRTUAL CLASSES:

Genealogy: Every other Monday at 2pm: Next Class 10/26 New members welcome, call in to register for link to Zoom. Led by Mike Hardee.

SR. CENTER VIRTUAL PROGRAM OPPORTUNITIES:

Heartland Virtual Support Group:

- 1st and 3rd Thursday of every month (1-2pm) **Grief Support Group**
- 2nd and 4th Thursday of every month (1-2pm) **Caregiver Support Group**

Contact Kristin Lassiter of Heartland Hospice to register : Kris-tin.lassiter@hcr-manorcare.com or 919-877-9959.



Outdoor Caregivers Support Group at Smith Creek Soccer Park, 690 Heritage Lake Rd, Wake Forest. 2nd Wednesday of every month at 10 AM. Contact Kristin Lassiter of Heartland Hospice to register. kristin.lassiter@hcr-manorcare.com, 919-877-9959.

Northern Wake Parkinson's Support Group: These informational and educational support group meetings are for persons with Parkinson's disease and their care partners.

Wednesday November 4th, 1-2:30PM, Topic: "Movement Problems with PD" presented by Laura Whitt, Adamus Pharmaceuticals, and Dr. Keith Hull, Neurology Specialist at Raleigh Neurology Assoc., PA.

- Monthly meetings currently held virtually via Zoom or another platform.
- 1st Wednesday of the month from 1:00-2:30pm.
- Dates and times of programs may vary.
- Program followed by Q & A.



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SR. CENTER ARE YOU INTERESTED:

SHAG CLASS: Sponsored by The Renaissance Center
Please contact the senior center at 919-554-4111 and let them know you are interested. Class size will be limited.



SR. CENTER DO YOU NEED:

Do You Need a FREE Confidential Medication Consultation. Resources for Seniors will provide a consultation with our own Dr. Casey Baldwin. Call either center and ask to be put on the list for her to call you and schedule.

Do You Need a Zoomer: Are you curious about how to use certain technologies such as Zoom, Gmail, or text? If so, the Zoomers are here to help! Join the Zoomer program to be assigned to a student volunteer who can help you with any of your technological questions, concerns, or frustrations. To sign up, send email to Dawn Faison at (Delta0420@msn.com)



SHIIP (Senior Health Insurance Information Program) Appointments:

The 2020 Medicare Open Enrollment Period (OEP) will be October 15 through December 7 during which a Medicare beneficiary can change their Part D Prescription Drug plan or their Part C Advantage Plan for the following year.

Counseling sessions will be on Zoom (or by telephone if the client is unable to meet via Zoom). To schedule an appointment :

For Northern Wake Senior Center call 919-554-4111

For Eastern Wake Senior Center call 919-996-4738 or email Susan McGuire at Raleighsc@rfsnc.org.



SR. CENTER DID YOU KNOW:

Virtual Store: Are you a crafter, potter, or seamstress? Do you have a special item that you make and would be willing to donate to our virtual store to raise money for the centers? These items may be ones that you would normally make for our Craft Sales. Due to COVID19 we want to offer them on our Facebook store in case we are unable to hold the craft fair. Please call the center if interested. Just a few of the items available for sale.



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WE NEED YOU:

Volunteers Needed for the following:

Communications Team:

- Need immediately! Volunteers who are proficient with:
- Microsoft Excel spreadsheets, Publisher, and PowerPoint to work with our staff and communications team.
- Digital Marketing Experience is needed as well. This projects can be done from home. Some examples of need are Posters, Publications for special events, and assistance with presentations to be given by staff as we expand our messaging.
- Connections with Rotary Clubs, Women's Clubs, Garden Clubs, and other organizations where we can share our messaging.

Are you interested in serving on:

New Auxiliary Northern Wake Auxiliary Board and Friends of the Northern Wake Senior Center.

In addition we need:

- Volunteer with accounting experience.



JUST A REMINDER:

Follow us daily on Facebook: New posts and live-streams M-F:
www.facebook.com/NWSCenter

Watch Northern and Eastern Wake's YouTube Channel:
www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw

COMMUNITY HIGHLIGHTS:

COMMUNITY FEATURED EVENTS:

Memorial Drive-Through Events:

Please stop by one of the drive-through events listed below. You will be able to participate without exiting your car. We would ask you to bring a 24" piece of ribbon (or a thin strip of cloth) to represent the loved one you are remembering. This will be added to a special remembrance project for display. You are welcome to write on the ribbon that you add! We will have a small memorial gift to share with you as well.

Wednesday, October 21st, 10 AM-12 PM

Northern Wake Senior Center, 235 E Holding Ave., Wake Forest, NC



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COMMUNITY FEATURED EVENTS CONT:

NEW: Night of Remembrance: By TransitionsLifeCare.

You are invited to celebrate the life of your loved one with a virtual luminary walk, a recognition of relationships, and a time of quiet reflection upon their names and images. To submit an order to have their loved ones included in the tribute, visit <https://transitionslifecare.org/nor/>. Orders must be received by Friday October 30th.

The service will be available for viewing on our Transitions LiveCare website from Thanksgiving through December.

NEW: Missing Moments: Series by TransitionsLifeCare designed to create an opportunity for supportive conversations among those who's access to long term care facilities has been restricted by COVID-19.



Managing the Stress of Separation and Sharing Coping Strategies:

Monday, October 19th from 6-7PM
Tuesday, October 20th from 3-4PM

Ideas for Honoring Special Days (birthdays, anniversaries, etc.)

Monday, October 26th from 6-7PM
Tuesday, October 27th from 3-4PM

To register, call 919-719-7199

NEW: COVID-19 Testing: by Advance Community Health.

Patients are encouraged to register by calling 919-833-3111 or at advancechc.org/register to reduce wait times. **All tests are FREE regardless of ability to pay, but an insurance card is required if the patient has insurance (the patient will not be charged a co-pay** Current turnaround time for results are 1.5 days. Below are just a couple of locations.



Malaby's Crossroads Missionary Baptist Church
911 Old Knight Rd., Knightdale, NC 27545
Wednesday, October 21st from 11AM-3PM

Zebulon Community
The Church of Jesus Christ of Latter Day Saints
300 Jones St., Zebulon, NC 27597
Friday, October 23rd from 11AM-3PM

For more dates through October visit <https://link.edgepilot.com/s/c3938ea3/-13fbMoEKkin0TWgm3dzOA?u=http://www.advancechc.org/register>

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COMMUNITY FEATURED EVENTS CONT:

Free Virtual Caregivers Summit:

Hosted by Transitions LifeCare, Transitions GuidingLights, Dementia Alliance of North Carolina, and Alzheimer's Association

Date: Thursday, October 22nd

All content will be available for one year.

This summit is for caregivers who seek resources, respite, and resolution. Because this year's Summit will be presented online via an **app** where caregivers can choose from among more than 20 sessions and chat with more than 70 "resource" exhibitors, there is no limit to the number of caregivers who can be accommodated.

The **app** platform makes it possible to include family members who may not live locally, caregivers who may not easily be able to leave their loved one alone for a day, and resources that have a wider reach than our traditional Triangle population.

Registration is open for caregivers at <https://link.edgepilot.com/s/b2fe6fe1/zszDDfYIo0SGDW0rE-greQ?u=http://www.caregiverssummit.org/>.

Each attendee should register separately with a unique email address to ensure access to all the features of this event. Those who register will be emailed a link to access the event.

Alzheimer's and other Dementias Caregivers Support

Group: November 19th at 10-11:30 AM: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC.

For more info email dharris@dementianc.org

NEW: Free virtual hip and knee pain seminar: presented by EmergeOrtho's Drs. Liebelt and Merz.

Your joints are involved in almost every activity you do. Register for our virtual seminar on October 28th at 5:30pm to learn more about:

Understanding joint pain

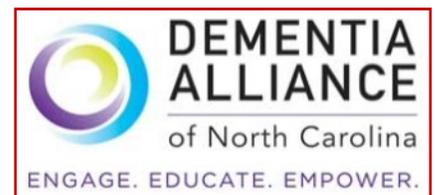
Treatment options

Joint replacement surgery

Recovery expectations

Q&A

Register now: stryker.link/ML



COMMUNITY FEATURED EVENTS CONT:

Wake Tech Virtual Open House: Numerous workshop sessions including some sessions for Plus 50 Group .

November 5th from 11AM-1PM.

Jennie Griggs, MA will be speaking on intergenerational paces, spaces, programs and lifestyles, the answer to a sustainable future and surviving the pandemic.at the 12:30 session.

<https://link.edgepilot.com/s/e5baf3d/IPQzPDYC1EeupDIsoMBakq?u=https://www.waketech.edu/programs-courses/non-credit/about-wcel/open-house>



Blood Drive: hosted by Always Best Care

Date/Time: Nov. 17th, from 8AM-1PM

Location: 120 Capcom Ave, Suite103, Wake Forest.

This is our way of helping others during COVID and also helping the community. Go the link below and pick a slot to sign up. All donors will receive a \$20 gift card. [Click here to schedule your blood donation appointment!](#)



COMMUNITY DO YOU NEED:

Ride to Vote: Community volunteers are offering rides to polling sites for seniors (but anyone who needs a ride can request one).

Rides will be offered to polling sites throughout the Triangle. The program will follow CDC guidelines for best practices for ride-sharing services

When: Rides will be offered on **Election Day (November 3rd)** and on weekend days during **Early Voting (October 17th, 18th, 24th, 25th, and 31st)**. More dates may be added depending on the demand for services and availability of drivers.

Accessibility: In most cases drivers will transport riders in their private vehicles. Wheelchair van transportation will be available on some days.

Contact: Adam Wolk, via phone call or text (703-415-6104) or email (awolk35@gmail.com).



COMMUNITY DID YOU KNOW:

Veterans Life Center is now open. The Life Center is a 501 (C) (3), 1005 5th St., Butner, NC 27509

Phone: 919-803-5516 or Email: info@vlcnc.org

There is legal aid assistance: Call Legal Aid of NC for assistance with Elder law documents. Harry Langley at 1-866-219-5262 and reference the Northern or Eastern Wake Senior Centers.



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COMMUNITY JUST A REMINDER:

Let us know how we are doing. If you have any requests or suggestions don't hesitate to call or email me, jennieg@rfsnc.org

NEXT WEEK AT A GLANCE:

Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
8:00 Walk with Ease Joyner Park	8:00 Yang 24 Form Tai Chi	8:00 Walk with Ease Joyner Park	8:00 Yang 24 Form Tai Chi	8:00 Walk with Ease Joyner Park
8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura	8:30 Tai Chi (Full)	8:30 Yoga with Laura
9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW) Virtual	9:00 Beginners Knock-out	9:00 Walk with Ease (EW)Virtual
9:30 Water Color				
10:00 Aerobics (Full)		10:00 Aerobics (Full)	10:00 Tone and Sculpt	10:00 Aerobics (Full)
11:00 Drawing Class	11:00 Tap (Renaissance Ctr)	11:00 Recognizing & Avoiding Scams 11:00 Bible Study	11:00 Line Dancing	
11:30 Zumba Gold		11:30 Zumba Gold		11:30 Zumba Gold
		12-4 Drive-Thru FLU & COVID19 Rapid Testing (NWSC)	12-4 Drive-Thru FLU & COVID19 Rapid Testing (EWSC)	
	1-3 Acrylics		1-2 Caregiver Sup- port Group	
			2:00 Book Club (EWSC)	
3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream	3:30 Live stream
3:30 Chair Yoga				

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