



*Jennie's Weekly Jots*

*10/09/2020*

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

### Education is Key Your Vote, Your Choice

Written by Rosemarie Betuker and Jennie Griggs, MA  
Rosemarie Betuker, board member and government instructor at the Northern Wake Senior Center, writes, "we need to take the time and responsibility to educate ourselves by researching, listening to the candidates, parties, advertisements, and debates. We have provided some of the questions that apply to the aging population encouraging you to seek the answers." With the election such a short time away, we felt like it was essential to draw your attention to seniors' most relevant issues and questions that you should ask before voting. If you have not taken the time to seek answers to these topics, you may want to do so. This election is by far one of the most critical elections of our lifetimes and for those generations to follow.

#### Questions for National Candidates for President, Senate, and House of Representative:

- Does the Candidate propose eliminating in any way funding for Social Security or Medicare? Do they have proposals for continuation of either? If so, what are they?
- Does the Candidate have any proposals for lowering the cost of Prescription drugs, for help for long-term care costs, help for the 40 million family caregivers, for Medicaid costs?
- What would you do to combat ageism and address its growth in America today?

#### Questions for State and local officials:

- What should be the State's responsibilities for helping with long term care, family caregiving and Medicaid costs?
- What can state and local governments do to help with technology, aid equipment, education funding for seniors to live and fully participate in their communities?
- What can state and local governments help seniors deal with isolation, loneliness, dementia, Alzheimer's disease, and other mental and emotional problems?
- What can state and local governments do to prevent elder abuse?
- How can state and local governments help with employment opportunities for seniors?
- How can the state and local governments help with technology, cost, and training?
- What would the candidates do to improve housing affordability and public transportation for older Americans?



**Jennie Griggs**  
Program Director

Several issues face older Americans in the upcoming election – including for the first time how to vote during a pandemic safely. As the backbone of American elections, we know that nearly 71% of voters 65 and older voted in the 2016 presidential election, compared to those aged 18 – 29, who represented 46% of the total votes. This year it is estimated that approximately 23% of the electorate will be age 65 or older. There are several notable races in addition to the Presidency this election. All 435 House seats are up for grabs, 35 seats in the Senate and 11 Governors will be elected. Understandably with the pandemic, those statistics are likely to change in this election. Hopefully, each of you has registered and has a plan of how you will vote by mail, absentee, or at the polls. Hopefully the questions provided in this article will help you do just that.

#### References:

Avenue, N. (2019, October 15). 2020 Election: Where Are The Debate Questions About Aging? Retrieved October 07, 2020, from <https://www.forbes.com/sites/nextavenue/2019/10/15/2020-election-where-are-the-debate-questions-about-aging/>

U.S. Census Bureau

## SR. CENTER FEATURED PROGRAMS CONT:

**NEW: Community Caring through Crisis:** Presented by **Duke HomeCare & Hospice**. This is a six part series with a focus on the continuum of care and the responses to the Covid-19 pandemic from various levels of care and professionals. There is a prize for those who attend all six sessions. Call the Northern Wake Senior Center 919-554-4111 to register and receive link for each individual program



Elizabeth Shaw



Steve Hodges



Diana Mitchell

### Wednesday, October 14, 2020 from 2-3pm

Duke Patient Family Advisory Committee presents an Introduction to Hospice.

Join Duke's Patient Family Advisory Committee, or PFAC, for a unique introduction to Hospice Care. Elizabeth Shaw, Steve Hodges & Diana Mitchell will provide an overview of hospice care and how our clinical team's practices have changed during the pandemic

### Wednesday, October 21, 2020 from 2-3PM

#### Brookdale Wake Forest.

Presented by Bridget Ashe, Marketing Director.

Join Bridget Ashe, Marketing Director of Brookdale Wake Forest as she helps you navigate the Assisted Living world and speaks to you about her journey with her residents and their families during Covid-19 pandemic.



Bridget Ashe

### Wednesday, October 28, 2020 from 2-3PM

#### Duke Home Health and its response during Covid-19.

Presented by Kellie Brockman.

Facilitated by Lisa Stewart-Ray.

Kellie Brockman will provide a brief overview of what Home Health is and how Duke adjusted their practices to care for patients during Covid-19. Duke Home Health helps you remain comfortably at home and maintain your independence while we attend to your medical needs.



Kellie Brockman



Lisa Stewart-Ray

### Wednesday, November 4, 2020 from 2-3PM

#### Duke Home Infusion and its response to Covid-19

Presented by Jessica Hartman, PharmD.

Facilitated by Lane Kaplan, Infusion Program Manager.

Join Jessica Hartman as she explains how Home Infusion has been impacted during the Covid-19 pandemic. Home infusion allows you to receive treatment while resuming daily activities in the familiar surroundings of home. Duke Home Infusion provides compassionate, expert home infusion therapies using a multidisciplinary approach to achieve the best possible patient outcomes and quality of life.



Lane Kaplan



Jessica Hartman

## SR. CENTER FEATURED PROGRAMS CONT:

### **NEW: Breast Cancer Awareness and Diabetes Awareness Programs for October/November**

Meet with dynamic mother-daughter duo-- nutrition expert, Debra Long, and talk show host persona, Gloria (Danielle Long) for these two programs:

**Monday, October 19th at 1PM:** "Fighting Breast Cancer: One Community's Fierce Battle".

**Tuesday, November 10th at 1PM:** "Diabetes Self-Management, Nutrition and Resources".

To register, call the Senior Center at 919-554-4111

### **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](#).

**NEW: 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>

**NEW: 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>



Northern Wake Senior Center  
919-554-4111  
[wfsccordinator@rfsnc.org](mailto:wfsccordinator@rfsnc.org)

Eastern Wake Senior Center  
919-365-4248  
[ewscordinator@rfsnc.org](mailto:ewscordinator@rfsnc.org)

## SR. CENTER FEATURED FUNDRAISERS:

**NEW: October is Breast Cancer Awareness Month**, a part of our first annual campaign to increase awareness of the disease. Join in the cause to help women in need today by participating in the virtual **Breast Cancer Awareness Dance-a-thon** featuring a 1 1/2 hour dance class led by Linda Thomas and Maria Bolanz.

Date & Time: **Oct 26, 2020 at 1:00PM**

What you will need to do:

- Tell everyone (all ages 18 and above can participate)
- Wear Pink (if you have any)
- Come by or call either senior center to register, sign a waiver, and bring or mail a \$5.00 check or cash. (235 E Holding Ave Wake Forest, NC. 27587. You will receive a Zoom link to participate. Half of the proceeds will go to the Sisters Network Triangle NC. Breast Cancer Survivors. Surprise Drawing for Gift Card.

**REMINDER: Wendell Pulled-Pork-Pull-Up Fundraiser** on October 16th from 11AM-1PM and Wendell Sizzlin' Summer Drawing on November 2nd. **SOLD OUT.**

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

**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.

**Zaxby's, Knightdale Commons, 6702 Knightdale Blvd, Knightdale** will donate 15% of sales (5-9PM on October 12th) from customers that identify they are supporting the EWSC when they place their order.

### **NEW : Parking Lot Craft Auction**

**November 5th, 3-4:30pm: Northern Wake Senior Center**

**November 6th, 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.**



Northern Wake Senior Center  
919-554-4111  
wfscordinator@rfsnc.org

Eastern Wake Senior Center  
919-365-4248  
ewscordinator@rfsnc.org

## SR. CENTER FEATURED FUNDRAISERS CONT:

**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.

Tuesday, October 13th from 12-4PM

Wednesday, October 21st from 12-4PM

Thursday, October 29th from 12-4PM

AT Eastern Wake Center on the following dates.

Thursday, October 15th from 12-4PM

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 test 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.

## SR. CENTER FEATURED CLASSES:

### Sponsored by The Renaissance Center

**NEW : TAP Dancing (Beginner/Intermediate) taught by Leneve 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)



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.



Northern Wake Senior Center  
919-554-4111  
wfccoordinator@rfsnc.org

Eastern Wake Senior Center  
919-365-4248  
ewccoordinator@rfsnc.org

## SR. CENTER FEATURED CLASSES CONT: Sponsored by The Renaissance Center

### **NEW: SHAG:**

**Location: Renaissance Center**

Every Tuesday, 3:30-4:30PM

October 13th through November 17th

Class size limited with social distancing. First come, first served.

Call Northern Wake Senior Center 919-554-4111 for signup, and Waiver.



## 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.

**MARTY's CHAIR Yoga Class:** Mondays at 3:30PM. The class will be a 45 minute seated yoga class. **Call the NWSC 919-554-4111 for a waiver that must be signed prior to participating.** After receipt of the waiver we will provide you the link. Class size in limited.



Northern Wake Senior Center  
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wfccoordinator@rfsnc.org

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ewccoordinator@rfsnc.org

## SR. CENTER VIRTUAL FITNESS CLASSES CONT:

**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 10/12.** New members welcome, call in to register for link to Zoom. Led by Mike Hardee.

## SR. CENTER VIRTUAL PROGRAM OPPORTUNITIES:

### **Heartland Virtual Support Group:**

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

Contact Kristin Lassiter of Heartland Hospice to register : [Kris-tin.lassiter@hcr-manorcare.com](mailto: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](mailto: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.

Register with Heather Arcuri, [carysc@rfsnc.org](mailto:carysc@rfsnc.org) or call 984-232-4523



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## SR. CENTER DO YOU NEED:

**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)



**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.



## 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](mailto: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.



## JUST A REMINDER:

**Follow us daily on Facebook:** New posts and live-streams M-F:  
[www.facebook.com/NWSCenter](https://www.facebook.com/NWSCenter)

**Watch Northern and Eastern Wake's YouTube Channel:**  
[www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw](https://www.youtube.com/channel/UCcUa03PH6f5ye7j0KXO81Lw)

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[ewscordinator@rfsnc.org](mailto:ewscordinator@rfsnc.org)

## COMMUNITY HIGHLIGHTS: COMMUNITY FEATURED FUNDRAISERS:

### **Walk4Hearing Event:** by The Hearing Loss Association of America (HLAA)

HLAA is announcing its fall 2020 virtual Walk4Hearing events, which includes its walk in Cary, NC taking place on **Sunday, October 11th at 11 AM**. The Walk4Hearing is raising funds for essential resources for people with hearing loss and mobilizing communities to take action for hearing health.

Walk Days will be celebrated online and participants will walk with their family or as a team in their neighborhoods.

The online celebrations allow participants to socially connect and communicate with one another. There will be special guests, chances to win prizes, and the opportunity to share stories

For more information and to register, visit [North Carolina Walk4Hearing](#)



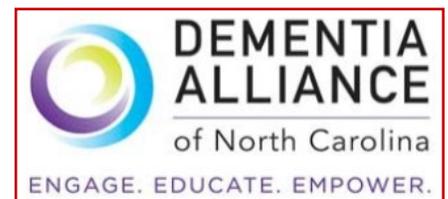
### **Online Dementia Education Series:** Sponsored by Dementia Alliance of N.C.

Dementia Alliance's October online education sessions feature world-renowned dementia educator and NC native, Melanie Bunn. After registering, you receive an email with a link to join the Zoom session.

**Friday, October 16th from 10-11AM**

**Part 3: Dementia Care – Brushing teeth:** Oral care can truly be a challenge when helping someone living with dementia

Link for cost information and registration: <https://link.edgepilot.com/s/cbe30546/jllJVuU5AkSB4GedBr8tpA?u=https://www.classy.org/>



## COMMUNITY FEATURED EVENTS:

### **NEW: 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 14th, 10 AM-12 PM**

**Eastern Wake Senior Center, 323 Lake Dr., Wendell, NC**

**Wednesday, October 21st, 10 AM-12 PM**

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



Northern Wake Senior Center  
919-554-4111  
[wfsccordinator@rfsnc.org](mailto:wfsccordinator@rfsnc.org)

Eastern Wake Senior Center  
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[ewscordinator@rfsnc.org](mailto:ewscordinator@rfsnc.org)

## COMMUNITY FEATURED EVENTS CONT:

### **Alzheimer's and other Dementias Caregivers Support**

**Group:** October 15th 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](mailto:dharris@dementianc.org)

### **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.

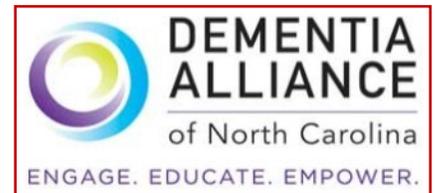
**NEW: Weekly Bible Study:** Presented by Jason Burgess, Senior Plan Advisors. Every Wednesday at 10:00 AM. For 22 weeks. Everyone welcome. Meeting ID: 916 3938 8736

Meeting ID: 916 3938 8736 Passcode: john316

<https://link.edgepilot.com/s/2b25ed0d/wQLPBCpgAUSd-0othgAH4A?u=https://zoom.us/j/91639388736?pwd=a2hrOXB4U2FHQUUpWQitxUjRGQTJBQT09>

**NEW: Wake Tech Virtual Open House:** Numerous workshop sessions including some Plus 50 sessions.

**November 5th from 11AM-1PM.**



Northern Wake Senior Center  
919-554-4111  
[wfsccordinator@rfsnc.org](mailto:wfsccordinator@rfsnc.org)

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## COMMUNITY FEATURED EVENTS CONT:

**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](mailto:awolk35@gmail.com)).



**Vote N' Ride**

## COMMUNITY DID YOU KNOW:

**New: 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](mailto:info@vlcnc.org)



**Guard Against Gift Card Scams:** The Wake Forest Police Department is urging area residents to guard against becoming the victim of fraud following recently reported phone scams involving gift cards. If you are asked to buy prepaid gift cards to pay for anything, **DON'T** make the purchase and call the Police Department at 919-554-6150



**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.



## 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](mailto:jennieg@rfsnc.org)

Northern Wake Senior Center  
919-554-4111  
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## NEXT WEEK AT A GLANCE:

Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16
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 Beg. Tap (Renaissance Ctr)		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	1-2:30 Northern Wake Parkinson's Support Grp		
2:00 Genealogy		2-3 Duke Presentation - Intro to Hospice	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	3:30 Shag (Renaissance Ctr)			
5-9PM EWSC Fund-raiser - Zaxby's in Knightdale				

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