SR. CENTER HIGHLIGHTS:
Live on Facebook
Visit Northern and Eastern Wake Facebook page.

Monday Message and Wednesday Whereabouts.
Mondays and Wednesdays will be filled with celebrity visitors from our local communities in an effort to engage small businesses, and civic associations with the senior centers. These Live Updates will be followed up with educational programs relative to the live update topics in weeks to come.

**Monday Message**
No Monday Message for June 14th

**Wednesday Whereabouts**
Live: 3:30pm June 16th
Host: Jennie Griggs
Guest: Jaclyn Qualter, NP, A-CTTP, from LoginClinics

**Not If...When?**
July 6, 2021
The Senior Centers will begin the process of holding In-Person Classes. In addition, we intend to continue to provide various virtual programs. In-Person class sizes will still be limited. Registration and check-in will be at designated locations with computer terminals. Masks are required in public areas. Those who have not been vaccinated are required to wear masks at all times while in the building. **Please do not call either center at this time to register. Wait for classes to be announced.** We will announce the class schedules in the next two weeks.

We are looking forward to seeing each of your smiling faces again!
RFS INFORMATION AND E-LEARNING OPPORTUNITIES:

LINKS TO INFORMATION FROM RFS.

1) COVID-19 Vaccine Flyer: Contains Covid-19 Vaccine Information for Wake County Seniors as of 6/1. covid19vaccineflyer.pdf

2) COVID-19 Wake County Resources: Contains Community Resources for Wake County older adults, adults with disabilities, and their families during Covid-19 as of 6/7. covid19wakecountyresources.pdf

RFS E-LEARNING OPPORTUNITIES:
FINANCIAL EDUCATION - THE SINGLE LIFE:

Presenters: Kenton Jones and Todd Fagan
Workshop will discuss:
• Overcoming financial challenges
• Managing finances
• Adjusting daily spending
• Developing a savings Plan
• Understanding credit

Date/Time: Wednesday, June 23, 2021, from 11:00-12:30 pm
To Register: https://zoom.us/meeting/register/tJ0pdeChpjsoHN2cXxQ64xszqQCgIBLgK7ZU

After registering you will receive a confirmation email containing information about joining the meeting

SR. CENTER FEATURED CLASSES:

Thank you

For sponsoring Linda Thomas' Tone and Sculpt Class Tuesdays and Thursdays at 10AM.

COMING: Chair Yoga Class: Taught By Rosetta Mock
In-Person Eastern Wake Senior Center
Days: Tuesdays and Fridays
Time: 2:30PM
Start Date: June 18th
Call Eastern Wake Senior Center, 919-365-4248 to register.
SR. CENTER FEATURED CLASSES CONT:

**COMING: Chair Balance Class:** Taught by Norma Ferrell
In-Person Eastern Wake Senior Center and Virtual via Zoom
Days: Mondays & Wednesdays,
Time: 12:30PM
Start Date: To be Announced
Call the Eastern Wake Senior Center, 919-365-4248 to register.

**COMING: Drums Alive:** Taught by Jennie Griggs
Days and Times to be announced in the next newsletter. (Please do not call to register at this time).

**COMING: Cross Punch Class:** Taught by Linda Thomas

Thank you

For sponsoring Linda Thomas’ Cross Punch Class
Days & Times to be announced in the next newsletter. (Please do not call to register at this time)

SR. CENTER FEATURED CLASSES - NWSC

**Introduction to Mountain Dulcimer Class:**
Taught by Andy Litke
NOTE: NO Mountain Dulcimer Classes for the Months of July and August, 2021.

**Novice Mountain Dulcimer Class:**
Taught by Marilyn Cluett.
NOTE: NO Mountain Dulcimer Classes for the Months of July and August, 2021.

SR. CENTER FEATURED ACTIVITIES:

**Sewing Sessions:** with Dorothy Maynard
Location: Northern Wake Senior Center
Day/Time: Mondays from 9AM-12Noon
Attendees will be working on Outreach projects such as Project Linus, and other selected items for the Holiday Craft Sale.
Call the Northern Wake Senior Center @ 919-554-4111 to register.
SR. CENTER FEATURED ACTIVITIES CONT:

**Pottery and Ceramics Studio:**
Location: Northern Wake Senior Center
Day/Time: Call the Northern Wake Senior Center at 919-554-4111 to register.

SR. CENTER FEATURED PROGRAMS:

**Aetna Car Bingo:** Will now be held at both senior centers.

**NWSC:**
When: Every Other Wednesday from 3:30-4:30PM
Next Date: June 23rd
Where: Parking Lot of the Northern Wake Senior Center,
235 E. Holding Ave, Wake Forest NC 27587
Questions? Email jennieg@rfsnc.org or call the Northern Wake Senior Center 919-554-4111.

**EWSC:**
When: Every Other Monday from 10:30 -11:30 AM
Next Dates: June 21st
Where: Parking Lot of the Eastern Wake Senior Center,
323 Lake Drive, Wendell NC
Questions? Call the Eastern Wake Senior Center 919-365-4248.

Great **Prizes**! Fun For All!
**Those 55 and older** can bring friends, family, and neighbors (even grandchildren). **Caregivers** bring your senior clients. **Group Homes, Independent and Assisted Living facilities** can bring your residents!
Load up the bus and come for some Bingo!
The only requirement is that your car has a radio that you can tune into our Bingo station! And you need to be 55 or older but can bring friends, family, etc. You can bring lawn chairs if you would like to sit outside of your cars.
Let us know if you are coming!

**INDOOR WALKING OPPORTUNITIES:**
The Wendell Community Center is open for seniors to walk indoors.
**Monday-Friday from 7AM-10AM.**
No appointment necessary, unlimited number of walkers, masks required for anyone not vaccinated.
**Wendell Community Center** is located at 601 W 3rd St, Wendell, NC
Please knock on the main entrance door to enter the building.
SR. CENTER FEATURED PROGRAMS - NWSC/EWSC:

**NEW-Medical and Health Management:**

**Blood Pressure Clinic, Medication Management Consultations and Health Presentation:**

**Location:** Northern Wake Senior Center, Wake Forest
**When:** 1st Monday of Each Month Beginning June 7th
**Time:** 9AM-1PM

To signup call Northern Wake Senior Center @ 919-554-4111

**Location:** Eastern Wake Senior Center, Wendell
**When:** 2nd Tuesday of Each Month Beginning June 8th
**Time:** 9AM-1PM

To sign up call Eastern Wake Senior Center @919-365-4248

**SR. CENTER ZOOMERS:**

Each newsletter will address an issue or respond to one of your questions. This week we want to thank Carley Parrish for answering the question, “How to reply to emails (on a Gmail account)”. Thank you Carley. If you have other questions, please call either senior center and we will have one of the Zoomers call you and/or write about it in the next newsletter.

**How to reply to emails (on a gmail account)**
1. Click on the email you have received and would like to reply to
2. On the bottom left of the email, there should be a box with one arrow that says “reply”
3. Click that button and a draft will appear
4. Type your response into the empty box, and when you are finished, select the blue box that says “send”

**How to forward emails (on a Gmail account)**
1. When you open an email you would like to send to someone else, look in the top right corner for an three dots next to an arrow
2. Select the three dots, and a few options will appear. Select the one that says “forward”
3. An email draft will appear, and you can enter the email address of the person you want to send the email to in the To: section
4. Click below the To: section to add additional information. When complete, select the blue “send” button
NEW SHIIP PROGRAMS:

"The Seniors' Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. The counselors on our toll-free line offer free and unbiased information regarding Medicare health care products. We also help people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol Program. SHIIP counselors are not licensed insurance agents, and they do not sell or endorse any product, plan, or company. If you have questions about your specific plan, we encourage you to contact your insurance agent or the insurance company." (ncoi.gov). The Northern and Eastern Wake Senior Centers are fortunate to have volunteers as SHIIP trained counselors. With open enrollment for Medicare coming up on October 15th, you may want to schedule an appointment with one of them to gain a greater understanding of what is available to you.

(continued on next page)

SR. CENTER VIRTUAL PROGRAMS:

Heartland Virtual Support Group:
- 1st and 3rd Thursday of every month (1-2pm) Grief Support Grp.
- 2nd and 4th Thursday of every month (1-2pm) Caregiver Support Grp.

Call-in Information:
From any phone, dial 877 381 1617. When prompted for the conference code, enter 876903808#.

Northern Wake Parkinson’s Support Group:
These informational and educational support group meetings are for persons with Parkinson’s disease and their care partners. Mark your calendars for:
Wednesday August 10 from 1-2:30PM. Topic: “Tips and Tricks from a PT” - Transitions, Transfers, Avoid Falls, and Stay Strong! Presented by Teresa Hale, PT, OT, ST and owner of Allied Rehab
Note: There will be no July Meeting.
Monthly meetings currently held 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.

MEDICARE COUNSELING:
MEDICARE COUNSELING CONT:  
*(continued from previous page)*

**Eastern Wake:** Sue Howlett, SHIIP Counselor for EWSC, will have the following schedule:

- The 2nd Thursday of the month, appointment schedule times 1:30-5:00,
- The 4th Thursday of the month, **if needed**, starting July 8th, 2021.

**Northern Wake:** We want to thank Lamar Bishop, who is retiring this year, for many years of counseling our membership. He assisted countless seniors with their Medicare decisions over the years. Lamar will be greatly missed.

**Joe Paradise** will be returning as a counselor for virtual appointments per individual’s request.

**Bonnie Barrett** will be assisting our membership in person. Her availability are as follows:

**Appointment Schedule Times:** 10AM-3PM  
**Dates:**
- July 21, August 18, September 15 - the 3rd Wednesday of the month
- October 6 & 20, November 3 & 17, December 1 & 15 - the 1st and 3rd Wednesday of the month

Please call the appropriate senior center to schedule your appointments. They fill up fast.  
**NWSC** @919-554-4111  
**EWSC** @ 919-365-4248

**ARE YOU INTERESTED:**  
Are you interested in any of the following classes at the Senior Center?  
- Adult Choir  
- Costume Design  
- Additional Art Classes (other than Acrylics, Drawing, Pastel, or Watercolor)  
- Pickle Ball  
- Knitting and Crocheting  
If you are interested in any of the classes, please call Jennie Griggs at 919-554-4111 and let her know.
**DO YOU NEED:**

**Operation Fan Relief:** Sponsored by Duke Energy Progress. Program has Free fans to give to eligible Wake County residents through Resources for Seniors.

**Eligibility Requirements:** Residents are required to be at least 60 years old or have a disability; live in Wake County; lack other cooling provisions in the residence putting resident(s) health and well-being at risk. Qualified recipients are required to present ID to receive a fan. Distribution is on a first-come, first served basis and subject to availability.

**WHO:** Duke Energy and Resources for Seniors  
**WHAT:** One Free Box Fan  
**WHEN:** May 1 through Sept. 1, 2021 or until quantities run out.  
**WHERE:** Resources for Seniors, 1110 Navaho Drive, Raleigh, North Carolina 27609

Eligible Wake County residents are invited to call and request a fan.  
**For more information contact:**  
Northern Wake Senior Center at 919-554-4111 or  
Eastern Wake Senior Center at 919-365-4248

**TAKE ACTION:**

**CALL AND SCHEDULE AN APPOINTMENT FOR A PRIVATE TOUR and DISCUSSION** with one of our staff members at either center. (Masks must be worn and all COVID requirements met.) We want to show you the centers and hear your VOICE! John F Kennedy said many years ago, "senior centers should also ask what older adults can do for their communities." It's time.

**COMMUNITY HIGHLIGHTS:**

**COMMUNITY EVENTS:**

**Wendell Farmer’s Market:**
The 2021 season of the Wendell Farmers Market is officially underway! The market will be held at Campen Street and Main Street every Saturday from 8AM-12PM through October 2.

More information can be found on our website at [https://link.edgepilot.com/s/2bacd8ba/JODJVfxWXkWCKsWvhwRAog?u=https://www.townofwendell.com/living/farmers-market](https://link.edgepilot.com/s/2bacd8ba/JODJVfxWXkWCKsWvhwRAog?u=https://www.townofwendell.com/living/farmers-market). A list of what vendors will be on site for the week will be posted on Facebook @TownofWendell.

LIKE US ON FACEBOOK AND SHARE:

We would like to encourage each of you to like us on our Facebook page and share it with your friends. Everyday we host a live update filled with information. Thank you for passing it forward. [https://www.facebook.com/RFSSeniorCenters](https://www.facebook.com/RFSSeniorCenters)

Northern Wake Senior Center  
919-554-4111  
wfsccooordinator@rfsnc.org  
Eastern Wake Senior Center  
919-365-4248  
ewssccoordinator@rfsnc.org
COMMUNITY EVENTS CONT:

Virtual Balance and Fall Risk Assessment: Sponsored by Winston-Salem State University and National Council on Aging

Are you a North Carolina Resident 65 or older? If so, you are eligible for a one-on-one balance assessment with Physical Therapy students, Occupational Therapy students, and faculty from Winston-Salem State University. Receive customized recommendations on home fitness recommendations from the comfort of your home through a virtual platform.

Thursday, June 17th & 24th from 2-4PM - Virtually on Zoom

You will need:
- A stable chair, pushed against a wall
- A smartphone, computer, OR tablet, and table to set it on that will allow us to see you
- An object (cup, pen or pencil, etc) handy to use for one of the tests
- Another person to "guard" (preferable) or a sturdy surface to hold onto
- Safety is our TOP priority, so we will help you with how to position your chair in a corner to maximize safety during the virtual assessment.

To sign up, fill out our online sign up form click HERE or email acl-fallsgrant@wssu.edu

Blood Drive:
Location: Always Best Care Senior Center, 120 Capcom Avenue #103, Wake Forest NC.
Date/Time: June 30th from 8AM-12PM
All donors will receive a $20 eGift card! To make an appointment, please scan the QR Code and search for the Sponsor Code 58ABS.

COMMUNITY PROGRAMS:

Connect Wake Forest:
Making connections is what Wake Forest Area Chamber does best. Personal connections build relationships, which in turn build businesses. Personal connections also build a strong and healthy community. Which is why Wake Forest Area Chamber is launching their first-ever Connect Wake Forest program this summer. Geared towards people 55+ who may be new(ish) to Wake Forest, it’s an opportunity to make connections with our town, business and community leaders, and non-profits.

Continued on next page.
COMMUNITY PROGRAMS CONT:

**Connect Wake Forest Continued**

Who do you know who might benefit? There is still room for a few more in the first cohort. Will you help find some interested participants? They may be your neighbors, or members of our church, or new clients. Please pass on this information and invite them to join. We have tuition scholarships available if cost is a concern. Visit [https://wakeforestchamberfoundation.org/connect-wake-forest/](https://wakeforestchamberfoundation.org/connect-wake-forest/) to learn more and apply.

**Blood Pressure Checks & Medication Management Classes:** Starting Wednesday, June 9, the Wake Forest Parks, Recreation & Cultural Resources Department will partner with Resources for Seniors to offer residents 55 and older **FREE** blood pressure checks and medication management classes on the second Wednesday of each month.

- Blood pressure checks will be conducted from 11:15AM-12:15PM at the Alston-Massenburg Center, 416 N. Taylor St. Then, from 12:15-1PM., there will be a free medication management class.

- Also there will be blood pressure checks and medication management class at the Northern Wake Senior Center, 235 E. Holding Ave., from 10AM-1PM on the following days each month: First Monday and Thursday; Third Friday; Fourth Tuesday

No registration required. For more info, email Dr. Casey Baldwin at caseyb@rfsnc.org

**Basics Classes for Dementia Caregivers 2021:**

Mission – To provide knowledge that will lead to proactive, positive problem-solving throughout the dementia journey

**Seminars will be held twice a month**

1. On the **First Wednesday** from 2PM-3:30PM
2. On the **Third Wednesday** from 10AM-11:30AM

**Class Listing for June and July.**

- **June 16** - Communication with Person Living with dementia.
- **July 7** - Communication with others – Medical professionals, Family, etc.
- **July 21** - Coping Skills - Identifying the Enemy, Stress Mgmt.

To Join Meeting: [https://link.edgepilot.com/s/393bdef8/PHbqeEaqB0e3Mfn1aWGnxw?u=https://us02web.zoom.us/j/2050355403](https://link.edgepilot.com/s/393bdef8/PHbqeEaqB0e3Mfn1aWGnxw?u=https://us02web.zoom.us/j/2050355403)
# Northern Wake Senior Center Next Week at a Glance

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<th>Monday June 14</th>
<th>Tuesday June 15</th>
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<td>8:00 Yang 24 Form Tai Chi (V)</td>
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<td>8:30 Yoga w/Laura</td>
<td>8:30 Yoga w/Laura</td>
<td>9:00 Beginners Knock-Out</td>
<td>9:00 Beginners Knock-Out (V)</td>
<td>8:30 Yoga w/Laura</td>
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<td>9:00 Sewing Group with Dorothy (call before attending) (NWSC) (IP)</td>
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<td>9:00 Beginners Knock-Out (V)</td>
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<td>9:30 Aerobics (V)</td>
<td>9:30 Intro. Mtn. Dulcimer (NWSC) (IP)</td>
<td>9:30 –11:30 Watercolor</td>
<td>9:30 Aerobics (V)</td>
<td>9:30 Aerobics (V)</td>
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<td>10:00 Tai Chi II-EB (V)</td>
<td>10:00 Tone &amp; Sculpt (V) 10:00 Knitters Group (call before attending) (NWSC) (IP)</td>
<td>10:00 Tai Chi II-EB (V)</td>
<td>10:00 Tone &amp; Sculpt (V) 10-12 Pastel Art Class 10:00 Knitters Group (call before attending) (NWSC)</td>
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<td>11:00-1:00 Drawing w/ Gaylord (V)</td>
<td>11:00 Barre Class (V)</td>
<td>11:00 Line Dance w/ Cindy (V)</td>
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<td>11:30-1:00 Jewelry Making (V)</td>
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<td>12:00 Line Dancing w/ Cindy (V)</td>
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<td>12:30 Chair Balance (V)</td>
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<td>1:00 Novice Mtn. Dulcimer (NWSC) (IP) 1:00 Ceramics (call before attending) (NWSC) (IP) 1:00 Quilt stitch &amp; Gab (call before attending) (NWSC) (IP)</td>
<td>1:00-3:00 Acrylics (V) 1:00 Pottery (call before attending) (NWSC) (IP) 1:00 Quilt stitch &amp; Gab (call before attending) (NWSC) (IP)</td>
<td>1:00 Ceramics (call before attending) (NWSC) (IP) 1:00 Quilt stitch &amp; Gab (call before attending) (NWSC) (IP)</td>
<td>1:00 Pottery (call before attending) (NWSC) (IP)</td>
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<td>3:30 Chair Yoga w/ Rosetta (V) 3:30 Live update on Facebook</td>
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# EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

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<tr>
<td>8:00 Tai Chi (V)</td>
<td>8:00 Tai Chi (V)</td>
<td>9:00-9:45 Zumba with Linda (IP) Community Center Wendell Outdoors</td>
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<td>10:00 Tai Chi 2-EB (V)</td>
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<td>11:30—1:00 Jewelry (V) and (IP)</td>
<td>11:30—1:00 Ceramics (IP)</td>
<td>2:30 – 3:30 Chair Yoga (IP)</td>
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<tr>
<td>2:30 – 3:30 Chair Yoga (IP)</td>
<td>2:30-4:30 EW Strutters Performance Line Dance Practice (IP)</td>
<td>1-3 Acrylic Painting Studio (IP)</td>
<td>1-3 Acrylic Painting Studio (IP)</td>
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<td>3:30 Live update on Facebook</td>
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