

SR. CENTER HIGHLIGHTS:

Walk With Ease: T-shirt Day Sept 15th

September 26, 2-5: 2021 Triangle Walk to De-feet Dementia at Fred Fletcher Park, 802 Clay St., Raleigh NC 27605.

The senior centers are forming a team to participate. Due to COVID the walk is open to complete anytime from 2-5PM. The distance is only 1/2 a mile. There will be an organized manner to donate and to purchase memorial flags as shown below and to get a tee shirt with Resources for Seniors on it as well as a logo representing Walk with Ease. This will be our kick-off for the Walk with Ease Fall program. Our goal is to raise \$1000 for De-mentia and have 50 participants and friends from both of our lo-cations Carolyn Zahnow is coordinating the event for us. If in-terested, please email Carolyn Zahnow at

czahnow@icloud.com



Live on Facebook

Visit Northern and Eastern Wake Facebook page.
Monday Message and Wednesday Whereabouts.

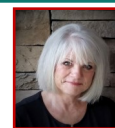
Monday Message

Live: 3:30pm - August 16th
Guest: Kadiatou Keita from
Comfort & Affordable Care
Agency



Wednesday Whereabouts

Live: 3:30pm - August 18th
Guest: Alexis Olsson, dba from
Liles Insurance Group



Jennie Griggs
Program Director

Patience

As a child, I remember being told to have patience. As an adolescent, I remember being told that patience is a virtue. As a young adult starting my family, I remember being told by someone in jest, don't ever pray for patience because you may have to wait a long time!

Upon reflection, I know it feels like an eternity since our lives have been normal (whatever that means!) To-day, things are uncertain and forever changing. Nevertheless, I know pa-tience and flexibility can help achieve goals less prone to bad de-cisions and help us maintain posi-tive, healthy outlooks. We invite you to take a moment with us, not neces-sarily to change our old habits and ways of life but to build better ones together regardless of the disap-pointments and often misunderstood communications we face.

*At our centers, programs like **Walk with Ease**, where we can enjoy na-ture, socialize, and work towards a healthier life, will help us through this. Meditation opportunities, crea-tive outlets to make stained glass, pottery, wood carvings, sharing of our talents, and positive discussions are going to represent several of the new opportunities to come.*

Thank you for being so patient.

SR. CENTER EVENTS:

UNC REX Mobile Mammography Unit: Your 3D Screening Mammogram at Rex Mobile Mammography, a Department of REX Hospital.

It only takes 20 minutes and early detection can save your life.

Appointment and Registration Required.

Eligibility Requirements:

- You must have a physician or a medical home
- Have no previous history of breast cancer
- No present symptoms such as pain, lumps, or nipple discharge
- Not be pregnant
- Must bring your insurance card and photo ID

The Mammography Unit will be at the following locations:

NORTHERN WAKE SENIOR CENTER:

Date: September 23rd from 10AM-3PM

To schedule and register for your mammogram, please contact Northern Wake Senior Center at 919-554-4111.

Registration closes: 9/9/21

EASTERN WAKE SENIOR CENTER:

Date: September 15th from 10AM-2:15PM .

To schedule and register for your mammogram, please contact Eastern Wake Senior Center at 919-365-4248.

Registration closes: 9/1/2021

If you have additional questions (other than scheduling & registration), please call 919-784-4210.

MARK YOUR CALENDAR: Please note changes

September 22nd had been scheduled to be the Grand Opening of the Northern Wake Senior Center and once again due to COVID it has been postponed. The same is true of the events that were to be held at the Eastern Wake Senior Center on the 24th.

GOOD NEWS: We will be recognizing National Falls Prevention Days in NWSC and EWSC on September 22nd. Next weeks newsletter will feature the virtual activities, speakers and events. Save the date!



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

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

SR. CENTER FEATURED CLASSES:

NEW - Jewelry with Rosetta: (In-Person & Virtual)

Projects will vary. Sign up and have fun!

Location: Eastern Wake Senior Center

In-Person - limited to 3 participants. Virtual - unlimited.

Wednesdays from 2PM-4PM

Start Date: August 25th

Call Eastern Wake Senior Center at 919-365-4248 to register.



NEW - Geri-Fit (Evidence-Based Class): Taught by Linda Thomas

Geri-Fit helps rebuild strength that's been lost through the aging process. Any older adult, regardless of their age or fitness level, can participate.

Geri-Fit is a progressive resistance strength training program. Most of the bodybuilding exercises are performed seated in a chair; even those in a wheelchair can participate. In addition to the strength training component, the program incorporates stretching and range of motion exercises, stability and balance training for fall prevention, cardiovascular activity for heart health, and gait exercises to help improve walking.

Location: Northern Wake Senior Center

Tuesdays and Thursdays from 11AM-12PM

Start Date: September 14th

Call Northern Wake Senior Center to at 919-554-4111 to register.



NEW - Walk With Ease Kick Off: Walk with Ease is the Arthritis Foundation's program which can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Studies by the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina show that Walk With Ease is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

Location: Joyner Park (Northern Wake) Eastern Wake Location TBA

Monday, Wednesdays and Fridays from 9AM-10:30AM

Start Date: September 27th

Call appropriate senior center to register and get information.



Leaders

Linda Thomas NWSC

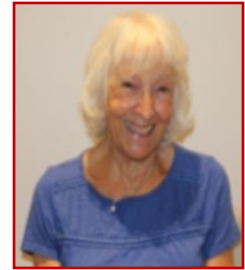
Rosetta Mock EWSC

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SR. CENTER FEATURED CLASSES CONT:

NEW - Finish Bill of Rights: Taught by Rosemarie Betuker.
This will be the next in the series - Teaching about Amendments 6-10.
Location: Northern Wake Senior Center
Fridays from 10AM-11:30AM
Dates: September 7th, 24th, October 1st, 8th and 15th
Call Northern Wake Senior Center at 919-554-4111 to register.



NEW - Medicare 101 SHIP Seminar: Taught by Bonnie Barrett

Medicare 101 Trainings are taught by NC Dept. of Insurance Senior Health Insurance Information Program Counselor (SHIP) to explain Medicare Insurance, supplemental plans, Advantage plans, Part D, long-term care insurance, and more.
Date/Time: September 15th from 3PM-4:30PM
Location: Northern Wake Senior Center
Call Northern Wake Senior Center 919-554-4111 to register.



NEW - Casey's Conversations: Presented by Casey Baldwin, Resources for Seniors
Date: **August 30th at 10AM**
Topics:

1. Elderberry – What can this berry do? Does it have side effects healthcare professionals need to know? How does it help your immune system? What does data say it can and cannot do? Does it impact other diseases or medications?
2. Sarcoidosis – What is this? What parts of the body does it impact? How is it diagnosed? How is it treated? What happens if you don't treat it? How can it impact your quality of life?

This will be a conference call. Please dial 605-313-5472, access code 565818 to join the conference call.



Wood Carving: Taught by Danny Mills

Workshop on Thursdays from 1-4PM
Location: Northern Wake Senior Center
Call Northern Wake Senior Center 919-554-4111 for registering and questions. Limited space



SR. CENTER EVENING CLASSES:

NEW - Pottery-Beginning Hand building: Taught by Jeanette Stevenson. Sponsored by the Renaissance Center

Location: Northern Wake Senior Center

Day/Time: Thursdays from 7PM-9:15PM

Dates: September 2nd to October 14th

Cost: \$150.00 class size limited. Payment information to follow.

Call Northern Wake Senior Center at 919-554-4111 for information.



NEW - Jump Start to Spanish 1: Offered by Wake Tech

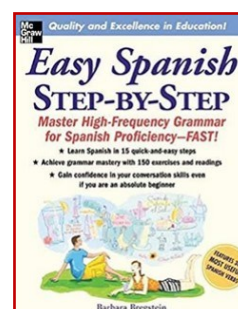
Gain confidence in your conversation skills – even if you're a beginner! This course is the first in a four-part series and is a slower-paced Spanish language course for those who have NO Spanish or other Romance language experience. Students will need to get the book Easy Spanish, Step by Step by Bregstein (~10 on Amazon)

Dates: September 9th-October 14th

Day/Time: Thursdays from 6:30PM-8:30PM

Cost \$55 (if more than 6 people sign up, cost will be reduced)

Call Northern Wake Senior Center at 919-554-4111 for information.



NEW - Stained Glass Class: Taught by Gaylord Picard

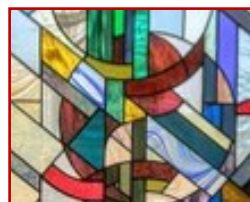
Location: Northern Wake Senior Center

Day/Time: Mondays from 6PM-8PM

Dates: September 13th to November 15th

Cost: \$150 class size limited. Sponsored by the Renaissance Center

Call the Northern Wake Senior Center at 919-554-4111 to register.



SR. CENTER WAKE TECH CLASSES:

NEW - Urban Garden Workshop: Offered by Wake Tech.

Whatever your living space is, you can build a beautiful garden!!

Whether on a patio, in a window box, a terrarium, or on a living wall.

Gardens can beautify your home, cleanse your environment and even supply produce. There will be tactile presentations, on-hand learning materials and several approaches to the garden. (4 week session)

Days/Time: First Three Wednesdays from 9:30AM-11:30AM

4th Session from 9:30AM-10:30AM

Dates: September 8th, 15th, 29th and October 6th

Cost: A maximum of \$40 for the session. If there are 8 people or more to sign up, the cost will only be \$25.

Location: Northern Wake Senior Center

Call the Northern Wake Senior Center at 919-554-4111 to register.



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NEW NWSC THIRD 4-WEEK SESSION DATES:

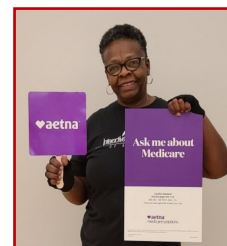
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|--|------|-------|----|---------------------------|
| Registration starting August 20th | | | | |
| Yoga | 9AM | T, Th | IP | max of 20, 4-week session |
| 4-week session starts Sept. 7th | | | | |
| Watercolors | 10AM | T | H | max 8, 4-week session |
| 4-week session starts August 31st | | | | |
| Barre | 11AM | T | IP | max of 10, 4-week session |
| 4-week session starts August 31st | | | | |
| Acrylics | 1PM | T | IP | max of 10, 4-week session |
| 4-week session starts August 31st | | | | |
| Chair Yoga | 12PM | W | IP | max of 20, 4-week session |
| 4-week session starts Sept. 8th | | | | |
| Drawing | 10AM | M | H | max 8, 4-week session |
| 4-week session starts Sept 6th | | | | |
| Pastels | 1PM | M | H | max 8, 4-week session |
| 4-week session starts Sept 6th | | | | |



Thank you



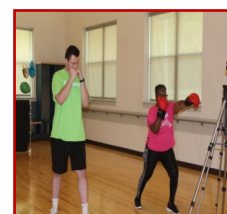
**For sponsoring Linda Thomas' Tone and Sculpt Class
Tuesdays and Thursdays at 10AM.**



Thank you



**For sponsoring Linda Thomas' Cross Punch Class
Tuesdays and Thursdays at 9AM**



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SR. CENTER FEATURED PROGRAMS:

AETNA BINGO:

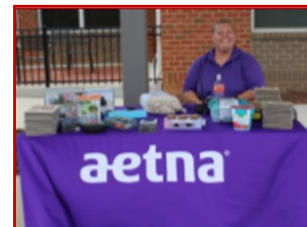
Car Bingo/Birthday Celebration at Eastern Wake Senior Center:

Location: EWSC Parking Lot ONLY. **Registration Required.**

Date/Time: Monday, September 20th at 10:30AM

Fun, great prizes and Birthday Cake!

Call EWSC at 919-365-4248 to register.



Bingo at Northern Wake Senior Center:

Dates/Time: Wednesday, August 25th at 2PM

In-Person (Limit of 20) **AND NWSC Parking Lot** (no limit).

Call to register for In-Person at 919-554-4111.

No registering required for Parking Lot Attendance.

Fun and great prizes!



EWSC Caregiver Support Group: The support group will provide caregiver support, education, and resources.

When: 3rd Tuesday of each month at 1:30PM.

Location: Wendell Community Center, 601 W. 3rd Street, Wendell

For additional information and to register, call Nancy Broadwell,

Regional Service Coordinator with Resources for Seniors, at

984-232-4215 or email raleighsc@rfsnc.org



Northern Wake Parkinson's Support Group: (In-Person)

These informational and educational support group meetings are for persons with Parkinson's disease and their care partners. Mark your calendars for: **Tuesday, September 14 from 1-2:30PM. Topic:**

"Parkinson's Disease: More than Motor Symptoms" Presented by Joanna Byrnes, Exec. Neuroscience Specialist, Acadia.

For additional information and to register, call Nancy Broadwell,

Regional Service Coordinator with Resources for Seniors, at

984-232-4215 or email raleighsc@rfsnc.org



REMEMBER: Visit the Resources for Seniors Website to find Wake County Resources such as Home Repair, In-Home Care, Information and Referral, Adult Day Services, just to name a few.

<http://www.resourcesforseniors.com/>



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DO YOU NEED:

SHIIP (Senior Health Insurance Information Program)

Appointments:

SHIIP has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to seniors, such as:

Selecting a Medicare prescription drug plan, preventing Medicare billing fraud and abuse, choosing a Medicare supplement plan, and long term care insurance.

If an individual needs a SHIIP appointment, they need to call the center and the staff will help them make an appointment with one of the SHIIP counselors. They have the option of meeting in person or over the phone. For in-person, the staff will call them to confirm the time and date a couple days before the day of the appointment.

- Northern Wake Senior Center at 919-554-4111
- Eastern Wake Senior Center at 919-365-4248



EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services including our Evidence Based Classes is a combination of federal, state, county, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in programs and services is **not** dependent upon your willingness or ability to contribute.

To make a contribution, or for more information, go to:

www.resourcesforseniors.com.

Note: Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance; scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to determine eligibility.



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COMMUNITY HIGHLIGHTS

COMMUNITY EVENTS AND PROGRAMS:

Mindset Program Orientation: Intro to a 9-week Life Coaching Program Facilitated through Wake County Social & Economic Vitality. MindSet is an innovative approach to help Wake County citizens achieve economic stability and improve overall quality of life. Following Orientation, MindSet participants attend nine weekly life coaching sessions focused on building a positive attitude and mindset, developing a life plan, and connecting to resources and opportunities to make progress toward life goals.

With the support of their life coach and other participants in the program, individuals set goals across various areas of their life, including employment, health, housing and more. Join us at Orientation to learn more!

Tuesday, August 31st from 6PM-7:45PM (Virtual Session)

[Click here to register](#)

For more information, contact Vielka Gabriel at vielka.gabriel@wakegov.com or 919-368-5890



Safety Tips & Self-Defense 101: Presented by Meg Sanders, Doctoral Candidate, East Carolina University.

If you are interested in increasing your safety skills, then "Safety Tips & Self-defense 101" is for you. It's an **online FREE** 6-week program (1 hour a week) providing group discussion and educational information on personal safety, home safety, community safety, financial safety, and even various self-defense techniques; from verbal and mental self-defense to physical self-defense techniques. The aim of the program is to assess any change in fear of crime, perceived risk of crime, and perceived self-efficacy to address crime or unsafe situations. Assessments used to evaluate progress will be provided online, for your convenience.

Criteria to participate includes:

- At least 55-years of age or older
- Being physically, emotionally, and mentally able to engage in the program
- Access to reliable Wi-Fi and technology to participate online
- Complete various assessments online.

If you would like to express interest in participating,

[Click Here to Register.](#)

For further information about the program, please contact Ms. Meg Sanders at Sandersm05@students.ecu.edu



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COMMUNITY EVENTS AND PROGRAMS CONT:

Connect Wake Forest:

The Wake Forest Area Chamber Foundation is sponsoring a new initiative which has been created specifically for area residents aged 55+. *Connect Wake Forest* is a four-week program designed to connect residents with like-minded peers, while they learn about the history and growth of Wake Forest, discover ways to get involved in the town, and become more civically aware. At the end of the program, participants will be given opportunities to volunteer with existing organizations and launch new community initiatives including an intergenerational mentorship program. *Connect Wake Forest* is open to both residents and non-residents of Wake Forest. The program will run twice a year with 25 participants per cohort.

Program Cost: \$250 per person for Wake Forest residents and \$300 for non-residents.

Planned Cohorts: Fall 2021 and Spring 2022

Deadline for applications: September 7, 2021 for Fall Cohort; and February 18, 2022 for Spring 2022 Cohort. Visit <https://tinyurl.com/wfconnectfall21> to apply and learn more.



Functional Exercise for Parkinson's and Multiple Sclerosis: Taught by Vivien Green.

Continuing to address balance and strength can be especially important in neurological conditions, such as Parkinson's or Multiple Sclerosis. Functional exercises have been shown to reduce the risk of falling as a result of improvements in balance, muscle strength, and coordination.

This class was developed from principles of yoga. It is important to gain and maintain muscle strength, flexibility, and balance so that you may safely continue to be active and independent.

This class is perfect if you have:

- Lower limb weakness
- Balance disturbances
- Flexibility issues
- Coordination deficits

However diagnosis of Parkinson's or Multiple Sclerosis is not required.

Days/Time: Tuesdays & Thursdays from 1:30PM to 2:15PM

Dates: September 14th to November 4th

Enrollment open for next 8-week series.

[Click Here to Register](#)

Or call us at 919-728-0335 for more information.



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wfsccordinator@rfsnc.org

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COMMUNITY DO YOU NEED:

Free Wheelchairs, Scooters & Mobility Aids in North Carolina (2021):

Are you looking for free wheelchairs, free mobility scooters, and other free mobility aids in North Carolina? The link below is a complete resource for free assistive devices (wheelchairs, scooters, and more) and independent living resources in the state of North Carolina.. seniorsmobility.org

<https://seniorsmobility.org/free-wheelchairs/north-carolina/>



COMING THIS FALL:

Go Wake Smart Ride Northeast: There's a new, easy way to catch a ride coming to Northeast Wake County! GoWake SmartRide NE will be launching later this year and will offer low-cost rideshare options.

How it works:

- Request a ride via the Uber app or call the GoWake Access call center for same-day or future service. Rides usually available within 30 minutes of requesting.
- Meet the vehicle at the designated spot (the closest corner to your locations).
- Head to your destination!

Who can ride?

Residents who live or work near Eagle Rock, Hopkins, Lizard Lick,, Riley Hill, Rolesville, Zebulon or Wendell.

\$2 Rides

Some opportunities for free rides are available.

www.wakegov.com/SMARTRIDE or call 919-212-7005



NORTHERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

| Monday August 23 | Tuesday August 24 | Wednesday August 25 | Thursday August 26 | Friday August 27 |
|---|--|--|---|--|
| 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) | 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Adv. Tai Chi/ Qigong (V, EWSC) 9:00 Cross Punch(V) | 9:00 Sewing Group with Dorothy (call before attending) (NWSC)(IP) 9 – 12 Open Studio Time (St. A, clay & St. C, Art) (call before attending) (NWSC)(IP) | 9 – 12 Pottery Studio Time (St. A, clay) (call before attending) (NWSC)(IP) 9 – 12 Knitters Group (call before attending) (NWSC)(IP) 9:00 Cross Punch(V) 9:00 Adv. Tai Chi/ Qigong (V, EWSC) | 9:00 Aerobics(V) 9 – 12 Open Studio Time (St. A, clay) (call before attending) (NWSC)(IP) |
| 10-12 Drawing (H, 4 wk, FULL) | 10-12 Watercolor (H, 4 wk, FULL) 10:00 Tone & Sculpt (V) 10:00 Aerobics (V) 10:15 Chair Balance (V, EWSC) | | 10:00 Tone & Sculpt (V) 10:00 Aerobics (V) 10:15 Chair Balance (V, EWSC) | |
| 11:00 Tai Chi Level 1 (NWSC, IP, FULL) | 11:00 Fit & Strong (IP, CLOSED) 11:00 Barre (IP, 4 wk, preregister) 11:00 Beginners Friendly Line Dance (V) | 11:00 Tai Chi Level 1 (NWSC, IP, FULL) | 11:00 Fit & Strong (IP, CLOSED) 11:00 Returning Student Line Dance (V) | 11:00 Fit & Strong (IP, CLOSED) |
| 12:30 Zumba Gold (V) | | 12:30 Zumba Gold (V) | | 12:30 Zumba Gold (V) |
| 1 – 3 Pastels (H, 4 wk, preregister) 1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP) | 1 – 3 Acrylics (IP, 4 wk, FULL) 1 – 4 Pottery (call before attending) (NWSC)(IP) 1:00 Tai Chi Level 2 (NWSC, IP, preregister) | 1 – 4 Ceramics Studio Time (St A, call before attending) (NWSC)(IP) 1 – 4 Quilt, Stitch & Gab (St B, call before attending) (NWSC)(IP) 1:00 Book Club (IP, FULL) | 1 - 4 Open Studio Time (St. C, Art) (call before attending) (NWSC)(IP) 1 – 4 Woodcarving (call before attending) (NWSC)(IP) 1:00 Tai Chi Level 2 (NWSC, IP, preregister) | |
| | 2:30 Chair Yoga (V, EWSC) | 2:00 Bingo w/ Aetna (call before attending) (NWSC)(IP) 2-4 Jewelry Making (V, EWSC) | | 2:30 Chair Yoga (V, EWSC) |
| 3:30 Chair Yoga (IP, 4 wk, preregister) 3:30 Live update on Facebook with Kady presenting professional Home Health Care | 3:30 Live update on Facebook | 3:30 Live update on Facebook with Alexis Olson presenting Liles Ins. Grp | 3:30 Live update on Facebook | 3:30 Live update on Facebook |

Northern Wake Senior Center / 235 E. Holding Ave/ Wake Forest, NC. 27587/ 919-554-4111

V = Virtual Program / IP = In person on-site / NWSC = Northern Wake Senior Center / WFRC = Renaissance Center

EASTERN WAKE SR. CENTER NEXT WEEK AT A GLANCE

| Monday Aug 23 | Tuesday Aug 24 | Wednesday Aug 25 | Thursday Aug 26 | Friday Aug 27 |
|---|--|---|--|---|
| | 9:00 Adv Tai Chi/ Qigong with Norma F (V) Wendell Registration 9:00 Cross Punch with Linda T (V) Wake For- est Registration | | 9:00 Adv Tai Chi/ Qigong w/ Norma F (V) Wendell Registration 9:00 Cross Punch with Linda T (V) Wake For- est Registration | 9:00 Aerobics with Cindy (V) Wake For- est Registration |
| | 10:00 Aerobics with Cindy (V) Wake Forest Registration | | 10:00 Aerobics with Cindy (V) Wake Forest Registration | |
| | 10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration | | 10:00 Tone & Sculpt with Linda T (V) Wake Forest Registration | |
| | 10:15 Chair Balance with Norma F (V) | | 10:15 Chair Balance with Norma F (V) | |
| | 11:00 Beginning Line Dance with Cindy (V) Wake Forest Registra- tion | | 11:00 Intermediate Line Dance with Cindy (V) Wake Forest Reg- istration 11:30 Ceramics with Rosetta (IP) | |
| 12:30 Zumba Gold with Maria (V) Wake Forest Registration | | 12:30 Zumba Gold with Maria (V) Wake Forest Registration | | 12:30 Zumba Gold with Maria (V) Wake Forest Registration |
| | | | | |
| | 2:30 – 3:30 Chair Yoga with Rosetta (V) Wen- dell Registration | 2:00-4:00 Jewelry Mak- ing with Rosetta (H) Wendell registration | | 2:30 – 3:30 Chair Yoga with Rosetta (V) Wendell Registra- tion |
| 3:30 Monday Message FB Live with Kady pre- senting professional Home Health Care | 3:30 Crochet with Pau- la (IP) 3:30 Facebook Live | 3:30 Wed. Whereabouts Live with Alexis Olsson presenting Liles Ins. Grp | 3:30 Facebook Live | 3:30 Facebook Live |

Eastern Wake Senior Center / 323 Lake Drive/ Wendell, NC 27591 / 919-365-4248

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