



## ***Attention NWSC (Wake Forest) Members!***

We want to thank everyone for their support and participation in the Northern Wake Senior Center programs. We are pleased to be able to offer a variety of fitness classes and programs at various levels and areas of interest. These programs have been selected as a result of your “Voice” and encouragement to enlist them as part of programming needed to serve all levels, interests, and abilities. The past newsletters have explained the upcoming changes in 2024 regarding NWSC classes, provided background information as to why, and informed our membership on which classes would have a fee beginning in February. Today, we are excited to explain the process and begin open registration for core and premium classes.

Please review this week’s information carefully as it includes important dates and details. **NOTE: These changes impact fitness programs ONLY! Arts & Crafts and Clubs & Activities will proceed as they currently are scheduled.**

- **Important terms to know:**

- **Schedule track** -- 8 week period Feb. 5 - March 29 (except Drumming - see below)
- **Premium** -- Programs designated as ‘premium’ will carry a participation fee. \$45 for classes occurring 2 times weekly, and \$21 for classes occurring 1 time weekly.
- **Core** -- Programs designated as ‘core’ will not include a participation fee; however, these programs will also occur on the same 8 week schedule.
- **Evidence-based/sponsored** -- These programs are funded separately and will not include a participation fee. They are also on separate schedules. Current programs are Geri-Fit, Tai Chi 1, Ageless Movement, and Oncology Yoga.
- **Scholarship** -- There will be a limited number of scholarships for members to participate in the premium programs. Members interested in being considered for scholarship, or anyone having questions regarding scholarships, should contact Jennie Griggs ([jennieg@rfsnc.org](mailto:jennieg@rfsnc.org)).

- **Important changes to know:**

- All core and premium fitness programs will require pre-registration. There will be no drop ins allowed.
- Registration for premium programs will be in person only.
- Registration for core programs will be in person or by phone.

- **Important dates to know:**

- Jan. 16 - Jan. 25 - Registration for Drumming.
- Jan. 22 - Jan. 31 - Registration for remaining premium and core programs
- Jan. 29 - March 22 - Drumming 8 week track
- Feb. 5 - March 29 - Premium and core program 8 week track

We are excited to announce three new programs - Martial Arts/Self Defense, Circuit Training, and Tai Chi Sun 73. More information on these new programs are listed on the “Upcoming Classes” page! We will post the core and remaining premium program schedules in next week’s newsletter. The NWSC staff appreciates your patience and flexibility as we move to this new model. Please provide feedback to the staff so we can continue to improve service to our members!

## **2024 AARP FOUNDATION TAX-AIDE PROGRAM** **Wake Forest**

The 2024 AARP Foundation Tax-Aide program will be starting soon! Appointments fill up fast, so don't delay. Get your documents in order and be prepared to call, starting Jan. 22. **Please note that these appointments and the Tax-Aide program are not affiliated with the Northern Wake Senior Center or the East Wake Senior Center.** All inquiries regarding tax documents, appointments, or general information should be directed to AARP directly (919-263-4186), beginning Jan. 22. You can find additional information on the program or what documents are needed at the [AARP TAX-AIDE](#) website. This website will also list additional Tax-Aide locations when the program starts in mid-January .

**What:** Free tax preparation assistance while you wait - 2021, 2022, 2023 returns.

**When:** Jan 29th - April 9th Monday/Tuesday ONLY 9am – 3PM (appointments last between 1.5 to 3 hours).

**Where:** Friendship Chapel Baptist Church, 237 Friendship Chapel Road, Wake Forest, NC 27587

**How to Register:** Starting Monday, January 22nd – call 919-263-4186 during the hours of 9 am to 3 pm Monday, Tuesday and Wednesday. Please DO NOT leave voicemails.

### **Pre-Appointment:**

- Pick up intake packets (packets not available until after 1/22)
  - **Northern Wake Senior Center** – 325 E Holding Ave, Wake Forest on the outside of the building. They will be in a container at the MAIN LOBBY ENTRANCE DOOR.
  - **East Wake Senior Center** - 323 Lake Dr., Wendell, NC - TBD
  - **Louisburg Senior Center** - 279 S Bickett Blvd, Louisburg, NC - AT THE FRONT DESK
- Complete Intake packet and assemble your tax documents
- Remove all tax documents from the receiving envelopes and unfold them

### **Appointment Day:**

- Bring government-issued photo ID and social security cards for everyone included on your return.
- Plan to stay for the entire appointment to work directly with a counselor.
- No food or drink available.
- NO walk-ins. Pre-scheduled appointments only.

## NWSC (Wake Forest) Announcements

### MLK HOLIDAY CLOSURE:

**NWSC and EWSC** (including MoW Friendship Cafes) will be closed Monday, Jan. 15 to celebrate MLK Day.

**Kiwanis Bingo** is cancelled for Monday as well.

### SCHEDULE CHANGE:

**Vivien's Tuesday Gentle Yoga (Mat)** is changing to a 2PM start time instead of 2:30PM.

### BODY SHOP TEMPORARILY CLOSED:

The Body Shop equipment will be unavailable Jan. 16 - Feb. 5 .

### REGISTRATION OPENS FOR DRUMMING:

**Cara's Drumming classes will open for registration Tuesday, Jan. 16 at 9AM.** The 8 week schedule will run Jan. 29 - March 22. Both the Monday/Friday classes and the Tuesday/Thursday classes will be "premium" and there will be a \$45 fee for the 8 week track. Registration must be done in person at the Center, and payment can be by check or credit card.

**Oncology Yoga resumes Jan. 22 at 12PM.** The Post-Class Discussion also resumes that date. Topic for discussion TBD.



We have been notified of a positive COVID case that was at the NWSC on Tuesday morning. The direct contacts have been notified. Please remember, this is the season for colds, flu, RSV and COVID so we ask that you do your due diligence and wash hands regularly, use hand sanitizer and stay home if you are sick so we can reduce the spread of each of these illnesses.

We continue with our protocols for COVID, if you test positive please stay home for 5 days and then if symptoms improve you may return to the center but you will need to wear a mask for the following 5 days.

## NWSC (Wake Forest) Upcoming Classes

### Pre-registration required

#### **Beginning Knit Fundamentals - Mondays 1:00-3:00PM, Jan. 22 - Feb. 26**

In this six weeks class, participants will learn how to cast on, cast off, knit and purl and create simple patterns. Included is information about yarns, determining gauge, how to read a pattern, and much more. This class is intended for individuals who do not know how to knit at all or have not knit in a long time and need a basic refresher. Bring a skein of worsted yarn and size 7 or 8 needles.

#### **Beginners Line Dancing (Virtual): Tuesdays, 11AM with Cindy Hadden**

Can't get to the Center for Line Dance? Virtual line dance allows you to enjoy the mind and body benefits of line dance from the comfort of your own home (or other remote location). This "meet you where you are" approach may be of particular interest to caregivers, those who lack transportation to the center, and those who are recovering from illness or injury. It is also another opportunity for those participating in onsite classes to dance.

(NOTE: While the virtual class is a beginner class, it is not an absolute beginner class. If you have no prior dance experience of any kind and can travel to the center, consider enrolling in an onsite 8-week Absolute Beginner class before enrolling in the virtual class. It will make your virtual dance class experience that much better!)

#### **Understanding The Internet - Jan. 26, 30, 31 1PM - 3PM Instructor - Jerry Glenn NEW PROGRAM!**

Understanding the Internet is a computer instructional class for the casual user. During the class we will explore the Internet including several Browser Applications to access the World Wide information storehouse. Maintaining a secure environment through suggested implementations will be identified and discussed. Of the many reasons to use the internet, knowing how to search the global databases for information and to have the ability to shop both securely and with some assurance of satisfaction, user success should be essential.

#### **Drumming - Monday/Friday (Jan. 29-Mar. 22) or Tuesday/Thursday (Jan. 30 - Mar. 21) 10AM**

**Instructor - Cara Losurdo. REGISTRATION STARTS JAN. 16 Fee - \$45**

Cardio drumming is a form of exercise that utilizes drumming movements. It can be practiced by nearly all individuals and does not require drumming experience. The exercise involves using drumsticks to hit an exercise ball placed on a bucket, while listening to upbeat music.

#### **Martial Arts/Self Defense - Monday/Wednesday Feb. 5 - Mar. 27 6PM Instructor - Steve Gale REGISTRATION STARTS JAN. 22 Fee - \$45 NEW PROGRAM!**

This program is no contact; however, there will be opportunities to utilize striking targets for those who are inclined. The program includes: awareness training, balance & focus drills, Introduction to martial arts training and techniques and tactical skills as they relate to both self defense and martial arts.

#### **Circuit Training - Wednesdays 10AM/Fridays 9AM Feb. 7 - Mar. 29 Instructor - John Phillip REGISTRATION STARTS JAN. 22 Fee - \$45 NEW PROGRAM!**

Circuit Training is a form of body conditioning that involves endurance training, resistance training, high intensity aerobics and exercises performed in a circuit, similar to interval training. It targets strength building and muscular endurance. Participants will alternate between several exercises that target different muscle groups.

#### **Tai Chi Sun Style 73 Form - Monday/Wednesday 12:30PM Feb. 5 - Mar. 27 Instructor - Cathy Perkinson REGISTRATION STARTS JAN. 22 NEW PROGRAM!**

This class will be the next class for those people who have taken Tai Chi 1 and 2 and are ready to learn more. You will use moves learned in Tai Chi 1 and 2 and incorporate them into the longer form, still in the Sun style.

## NWSC (WAKE FOREST LOCATION) Classes &amp; Activities

Jan. 16 - 19 (CLOSED 1/15)

| Monday - CLOSED |  | Tuesday |                                      | Wednesday |  | Thursday |                                      | Friday |  |
|-----------------|--|---------|--------------------------------------|-----------|--|----------|--------------------------------------|--------|--|
|                 |  | 9:00    | Cross Punch (Virtual)                | 9:00      | Aerobics (Virtual)                               | 9:00     | Cross Punch (Virtual)                | 9:00   | Functional Weight Training<br><b>NO DROP INS</b> |
|                 |  | 9:00    | Knit/Crochet Group                   | 9:00      | Functional Weight Training<br><b>NO DROP INS</b> | 9:00     | Knit/Crochet Group                   | 9:00   | Aerobics   |
|                 |  | 9:00    | Low impact Aerobics                  | 9:00      | Pottery Open Studio                              | 9:00     | Low Impact Aerobics                  | 9:00   | Introduction to Computers                        |
|                 |  | 9:00    | Senior Balance<br><b>NO DROP INS</b> | 9:00      | Golden Hookers Group                             | 9:00     | Senior Balance<br><b>NO DROP INS</b> | 9:00   | Pottery Open Studio                              |
|                 |  | 9:00    | Introduction to Computers            | 9:00      | Introduction to Computers                        | 10:00    | Tone & Sculpt (Virtual)              | 9:00   | Chess Tournament                                 |
|                 |  | 9:30    | Open Backgammon                      | 10:00     | Open Chess Play                                  | 10:00    | Drumming                             | 9:30   | Dominoes   |
|                 |  | 10:00   | Tone & Sculpt (Virtual)              | 10:00     | Yoga Flow  | 10:00    | Senior Balance<br><b>NO DROP INS</b> | 9:30   | Introduction to Mountain Dulcimer                |
|                 |  | 10:00   | Beginners Bridge                     | 10:00     | Tai Chi 1 (EB)                                   | 10:30    | Steppers                             | 10:00  | Drumming   |
|                 |  | 10:00   | Garden Art                           | 10:00     | Watercolors                                      | 11:00    | Senior Balance<br><b>NO DROP INS</b> | 10:00  | Gentle Mat Yoga with Vivien                      |
|                 |  | 10:00   | Senior Balance<br><b>NO DROP INS</b> | 11:00     | Tai Chi for Life                                 | 11:00    | Adv. Line Dancing                    | 12:30  | Spilled Ink Group                                |
|                 |  | 10:00   | Drumming                             | 11:30     | Chair Yoga with Vivien                           | 11:45    | Int. Line Dancing                    | 1:00   | Ping Pong and Board Games                        |
|                 |  | 11:00   | Beginner Line Dancing (Virtual)      | 12:00     | Beginner Chess                                   | 12:00    | Dance Fusion                         | 2:00   | Chair Yoga with Marty                            |
|                 |  | 11:00   | Senior Balance<br><b>NO DROP INS</b> | 12:30     | Zumba (Hybrid)                                   | 12:30    | Euchre                               |        |  |
|                 |  | 11:30   | Strokies Lunch & Exercise Class      | 1:00      | Bookworms Club Next Mtg. 2/14                    | 12:45    | Absolute Beginner Line Dancing       |        |  |
|                 |  | 12:00   | Dance Fusion                         | 1:00      | Acrylics   | 1:00     | Pinochle                             |        |  |
|                 |  | 12:30   | Chair Yoga with Vivien               | 1:00      | Quilt, Stitch and Gab                            | 1:00     | Mahjong                              |        |  |
|                 |  | 1:00    | Ballroom Lessons                     |           |  | 1:00     | Samba-Card Game                      |        |  |
|                 |  | 1:00    | Parkinson's Group Next Mtg. Feb. 13  |           |  | 1:00     | Wood Carving                         |        |  |
|                 |  | 1:00    | Mahjong                              |           |  | 1:00     | Geri Fit (EB)                        |        |  |
|                 |  | 1:00    | Intermediate Bridge                  |           |  | 1:00     | Paint-Open Studio                    |        |  |
|                 |  | 1:00    | Ceramics 101                         |           |  | 4:00     | Pottery - Beginning Handbuilding     |        |  |
|                 |  | 1:00    | Geri Fit (EB)                        |           |  | 6:30     | Beginner Photography                 |        |  |
|                 |  | 1:30    | Genealogy Group - Lab                |           |  | 7:00     | Pottery - Beginning Handbuilding     |        |  |
|                 |  | 2:00    | Triangle Aphasia Group               |           |  |          |                                      |        |  |
|                 |  | 2:00    | Grief Support                        |           |  |          |                                      |        |  |
|                 |  | 2:00    | Gentle Mat Yoga with Vivien          |           |  |          |                                      |        |  |
|                 |  | 2:30    | Shag Lessons                         |           |  |          |                                      |        |  |
|                 |  | 3:00    | Ceramics Open Studio                 |           |  |          |                                      |        |  |

EB - Evidence Based Class. Pre-registration required at start of program. No Drop-in.

V - Virtual Only

H - Hybrid - Combined Onsite and Virtual

Paint Open Studio: Thurs - 1PM - 4PM Pottery Open Studio: M/W/F - 9AM - 4PM Ceramics Open Studio: Tues - 3PM - 5PM

## 2024 AARP Tax-Aide Program Wendell

### Tax Season Opens Soon at Longview Baptist Church

AARP Tax-Aide volunteers will open the tax site at Longview Baptist Church on Monday, February 5, 2024. Taxpayers will have two options for getting their taxes done:

- 1) Have your tax return prepared while you wait.
- 2) Have your tax documents scanned and the return prepared remotely. This method requires a second visit to review and sign your return.

All tax sessions require an appointment. You may schedule using our simple online calendar – just [CLICK HERE](#). Or you may call 919-578-2405 to leave a message and someone will call you back. We will start making appointments on January 22.

Pick up and fill out an intake packet ahead of your appointment. Get intake packets here:

- Longview Baptist Church, Mon – Thursday, 8:30 – 4:30, by the church office
- Eastern Wake (Wendell) Senior Center, Mon – Friday, 8:30 – 4:30, near the entrance

Inside the packet you will find a list of documents needed to prepare an accurate return. Please review this carefully, and be sure to bring your 2022 tax return to your appointment.

All the materials in the packet can be downloaded and printed using the link in your appointment confirmation email, or you may click here: [TAX FORMS](#).

Longview Baptist Church is located at 2308 N. New Hope Road in Raleigh.

Due to all the respiratory viruses circulating now, volunteers and taxpayers are encouraged to wear a mask. Masks will be available at the site.

**PLEASE DO NOT CONTACT THE WENDELL SENIOR CENTER FOR INFORMATION OR QUESTIONS**

## **EWSC (Wendell) Announcements**

### **Pre-Registration for classes is required!**

Congresswoman Deborah Ross will hold a Town Hall meeting at the Center Thursday, January 25 from 9:30-10:30 am. Local town officials and other special guests will attend. Come out to hear what Rep. Ross has to share about our regional and federal governments and have your questions answered.

As a Community Service project, EWSC members are invited to come to the Center and create Valentine cards for veterans. The goal is to create 100 cards by February 7th. Cathy Phillips is leading this project with her card making skills. All materials will be provided. We will meet Wednesdays at 11:30 am starting January 17 through February 7th if needed. This is the first of many Community Service projects planned for the year. Members of the Eastern Wake Senior Center have been substantially blessed over the years from support of the community with gifts, food, financial donations, craft materials, and many other things. Now is our opportunity to give back. Please let us know if you are willing to serve even for just one day on this project. Your participation is needed and appreciated. We look forward to seeing you January 17th.

The seasonal craft for January is a variety of snowflakes. Your creation will reinforce the miraculous fact that snowflakes are one-of-a-kind. Our crafters are always surprising us with their unique designs. Registration is required for this event.

Life can be challenging! In spite of this there are actions you can take to help view your life in a positive light. Please join, Karen LaBranche, Licensed Health Life and Medicare Agent working for HUMANA for a presentation, The Power of Positivity: when life gives you lemons... tips for positive thinking. The Power of Positivity will be presented Wednesday, January 31st at 10:00 am at the Eastern Wake Senior Center. Please join us and learn tips for positive thinking to get the new year off to a positive start. Registration would be appreciated.

We have a few appointments available with Casey Baldwin, RFS Pharmacist, to review your medications on Tuesday, January 16th and Thursday, January 18th and with Autumn Thatcher, RFS Services Coordinator, on Monday, January 22nd. Registration is required. Please call or come by the office to make your appointment. 919-365-4248.

**MEALS ON WHEELS** manager, Cynthia Smith, is asking members to bring items for Bingo prizes. These items do not have to be expensive or new but very gently used is acceptable. You could also donate money designated for Bingo if you choose. Thank you in advance for contributing.



## EWSC (Wendell) Upcoming Classes Pre-Registration for classes is required!

### Upcoming Classes:

**Relax and Meditation** resumes January 18th 9:45.

**Computer Fundamentals** Thursday, January 18, from 12-1 pm at the Eastern Wake Senior Center. Julia Huffman, Generalist Librarian, Wake County Government Community Services/Libraries, will host. Julia will explain the foundational concepts of computer hardware, software, operating systems, etc. along with how to get the most value and impact from computer technology. Knowledge of computers is not a prerequisite to follow the contents of this class. Please bring your laptop if you would like to follow along during the class. An outline of the information covered will be provided. The class is free of charge; however, registration is required.

Sensei (teacher) Steve Gale begins an 8 week progressive program in **Self-defense and the Kenpo Karate** form of Martial Art Monday, January 22, from 1-2 pm. The classes are Monday & Wednesday through March 13. Beginning students are welcome and encouraged to register; however, weekly attendance is expected from all students as this is a progressive program where you learn skills that are built upon with practice and repetition. The program introduces the basics used in most every martial art system including basic kicks, punches and grab attack defense, as well as, kata (form) for both physical and mental balance. The program also includes training in physical awareness, balance & focus drills, introduction to martial art training, techniques and tactical skills as they relate to both self-defense and martial art which are not always the same thing. Sensei Steve will continue working with intermediate and advanced students in these classes to progress toward earning their next belt.

**Knitting/Beginner Crochet....starting January 22 at 12:30 pm**, instructor, Anne Marie Mulhern will offer knitting and beginner crochet classes at the same time. The crochet class is beginner to some experience only. The advanced crochet class will continue to be on Tuesday at 1:00 pm. Anne will have needles and yarn available or you can bring your own. Please call or come by the Center to register. 919-365-4248

**Acrylic Painting** returns Thursday, January 25, with instructor Janet Sever offering a beginner class from 1-2pm and intermediate/advanced students from 2-3 pm. Janet is a professional acrylic painter with many years of teaching experience. A list of materials required can be obtained at the Center (we will provide some of the materials).

**Yoga** with instructor Lawrence Bivins begins **Monday, January 29 at 11:15am**. This 16 class session is held Monday & Wednesday through March 20. Lawrence welcomes all levels of experience to join in the fun and relaxation of yoga. Yoga practice is strength building, improves balance, and expands your breathing and stretching ability. Mats, blocks and straps used in class are provided or you can bring your own.

**Have you wanted to attend** some classes but couldn't commit to the date or time? A virtual or hybrid class may suit your needs. You can take virtual and hybrid classes at home via your television and computer or we could offer the class virtually at the Center (which would make it a hybrid class), if we have enough attendance. Some of the classes offered virtually are Cross Punch, Aerobics, Tone & Sculpt, Beginning Line Dance, Tai Chi for Life, Genealogy, and Watercolor painting. Check out the Fitness & Activities calendars for Eastern Wake and Northern Wake to see if a virtual or hybrid class interests you and then give the Center a call for a link to the class.



## EWSC (WENDELL LOCATION) Fitness & Activities

**Jan. 16 - 19 (Closed 1/15)**

**Registration required for all classes - Call the Center to register!**

|       | Monday 01/15 | Tuesday 01/16  | Wednesday 01/17  | Thursday 01/018  | Friday 01/19                                   |
|-------|--------------|--|--|--|--|
| 08:00 | CLOSED       | Dominos, Cards, Games, Jigsaw Puzzles, & more!                           | Dominos, Cards, Games, Jigsaw Puzzles, & more!           | Dominos, Cards, Games, Jigsaw Puzzles, & more!   | Dominos, Cards, Games, Jigsaw Puzzles, & more! |
| 09:00 |              | Cross Punch (V)<br>Casey Baldwin-<br>Pharmacist<br>Blood Pressure Checks | Aerobics (V)   | Cross Punch (V)<br>Ceramics-Beginners (9-11)<br>Casey Baldwin-<br>Prescription<br>Consultation | Zumba (WCC)                                    |
| 09:45 |              |  |  | Relax & Meditate   | Friday Updates                                 |
| 10:00 |              | Tone & Sculpt (V)  | Aerobics (HBC)   | Tone & Sculpt (V)  | Drumming (WCC)<br>MOW Bingo                    |
| 10:45 |              |  | Line Dance Level I<br>(Absolute Beginner)-<br>(HBC)      |  |  |
| 11:00 |              | Beginning Line Dance(V)  | Tai Chi (Hybrid)   | Ceramics-Open Studio<br>(11-1)   | Pickleball Open Play<br>(WCC)                  |
| 12:00 |              |  | Diamond Dots<br>3D Valentine Card<br>Making for Veterans | Choir-canceled<br>Julia Huffman -<br>Computer Fundamentals                                     | Snowflake - Craft                              |
| 12:30 |              |  | Zumba Gold (Hybrid)                                      |  |  |
| 01:00 |              | Crochet  |  |  |  |
| 02:30 |              |  | Strutters - Practice                                     |  |  |

V = virtual  
P NWCS=In person NWCS  
V EWSC = Virtual EWSC

WCC- Wendell Community Center, 601 W 3rd St.  
HBC- Hephzibah Baptist Church, 1794 Wendell Blvd  
WUMC- Wendell United Methodist Church, 129 N Main Street



**Tuesday, January 16 – Senior Center Computer Lab -**  
Henry Spencer – "Working with Ancestry DNA Matches"  
All members of the group will be sent a handout of the upcoming session. This will be an informative session whether you are new to working with DNA matches or not.

**Tuesday, January 23 – Zoom Meeting – “How to Use Video and Audio Recordings for Your Genealogy”**

**Tuesday, January 30 – Meet at Real McCoys Restaurant for Lunch.** Further instructions will be sent via email.

Want to join us? Check in or call the Senior Center to sign up for the Genealogy Club. You will then receive Zoom access instructions and email reminders of upcoming meetings. Each month we schedule Zoom (access from your computer at home) sessions, Computer Lab (at the Senior Center), and Restaurant meetings. So, you can participate virtually, in-person, or both ways.



## **American Legion Post # 187 Monthly Pancake Breakfast**

This Sunday, January 14th... 8:00 am till 12:00  
Pancakes and sausage are on the menu for a donation of \$6.00 per adult,  
children 6 - 11 years are \$1.00 and children under 6 are free. We are  
located across the street from the Wake Forest Post Office.



# Attention Seniors, Disabled & Veterans!



## Need help paying your 2024 property taxes?

### If you are:

- ☐ 65 or older
- ☐ Totally and permanently disabled
- ☐ A disabled veteran or an unmarried surviving spouse
- ☐ Living on a low income

You may qualify for a **reduction** in your property tax bill!

Three programs authorized by the State of North Carolina might be able to bring you the tax relief you need!

To find out more, visit [wake.gov/taxrelief](https://wake.gov/taxrelief) or call **919-856-5400**.

**DEADLINE TO APPLY: JUNE 1, 2024**



## Program highlights

|   | Seniors & Disabled Program<br>(Elderly or Disabled Homestead Exclusion)  | Tax Deferment Program<br>(Circuit Breaker Tax Deferment Program)  | Disabled Veterans Program<br>(Disabled Veterans Exclusion)  |
|---|--|---|---|
| <b>Who Can Apply</b><br>(These requirements MUST be met as of January 1, 2024.)   | 65 years & older<br><b>OR</b><br>Anyone totally & permanently disabled   | 65 years & older <b>OR</b><br>Anyone totally & permanently disabled<br><b>AND</b><br>Owned and occupied your home for at least five years   | Veterans of any age with a total & permanent disability connected to their military service or their unmarried surviving spouse |
| <b>Gross Income Requirement</b><br>(Income BEFORE taxes or other deductions are taken out. It is NOT Adjusted Income.)          | <b>\$36,700 or less</b> during 2023<br>(Combined income for married couples)   | <b>\$55,050 or less</b> during 2023<br>(Combined income for married couples)  | NONE  |
| <b>Tax Relief Benefit</b><br>(Home value includes the residence, related improvements and up to one acre of the building site.) | Get <b>\$25,000</b> <b>OR</b> up to <b>50% off</b> your home value, whichever is greater. That discounted value will never be taxed. | Taxes limited to 4% of income if gross income is <b>\$36,700 or less</b><br><br>Taxes limited to 5% of income if gross income is <b>\$36,700 to \$55,050</b><br><br><b>Last 3 years</b> of deferred taxes (with interest) may become due if a disqualifying event occurs. | Get <b>\$45,000</b> off your home value. This discounted value never becomes taxable.   |

Questions about these programs?  
Call **919-856-5400** or visit [wake.gov/taxrelief](https://wake.gov/taxrelief).

**DEADLINE TO APPLY: JUNE 1, 2024**

Late applications may be accepted on a case-by-case basis. Forgetting or not knowing about the program are typically not valid reasons for lateness. Examples of good cause may include: physical or mental illness, death of an immediate family member, military deployment, or delay in receiving disability certification.




**FREE for  
those who  
QUALIFY**

## Basic Computer Skills for Today's Workforce

Learn basic computer skills that will enhance your job search and increase your value to future employers.

**Tuesday, January 16, 2024  
2:00 PM - 5:00 PM**

 Perry Health Sciences Campus  
Health Sciences Building RM 112



<https://bit.ly/CPDBasicComputerSkills>



## Resources for Seniors

### Service Coordination Services

Access our directory of resources online at  
[resourcesforseniors.org](https://resourcesforseniors.org)

#### ***1:1 Information & Referral***

**Monthly, 3rd Friday**

#### **Northern Wake Senior Center**

*Call (919) 554-4111 or schedule  
at the center's front desk.*

#### **Service Coordinator Contact:**

Autumn Thatcher

(984) 232 4215

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

#### ***1:1 Information & Referral***

**Monthly, 3rd Monday**

#### **Eastern Wake Senior Center**

*Call (919) 365-4248 or schedule  
at the center's front desk.*

#### ***Some examples of resources we provide:***

- ♦ In-Home Care Options
- ♦ Meals on Wheels Friendship Cafes & Home Delivery Program
- ♦ Senior Housing Options
- ♦ Long-Term Care and Assisted Living Facilities
- ♦ Senior Centers
- ♦ Support Groups: Parkinson's, Dementia, Others
- ♦ Caregiver Support and Resources
- ♦ SHIIP (Senior Health Insurance Information Program-Medicare Education Program)
- ♦ Transportation Resources
- ♦ Home Repair and Rehabilitation
- ♦ Home Weatherization
- ♦ Employment and Job Searching
- ♦ Personal Emergency Response Systems
- ♦ Advocacy
- ♦ Elder Abuse
- ♦ Basic Needs
- ♦ Total Life Centers / Adult Day Centers
- ♦ Government Benefits







### Medicare Counseling Appointments (SHIIP)

**Do you have questions about Medicare? There are LIMITED 1:1 appointments will help you understand Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help explain your Medicare options. By appointment only. Call your Senior Center to make an appointment.**



### 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, combines federal, state, county, and local funds, plus consumer contributions. We understand that not all participants can 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. You can donate at [RESOURCES FOR SENIORS](#).

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 are 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.

Resources for Seniors has a full range of services and programs to support aging adults, adults with disabilities, and caregivers. From home care support to daytime programs, you have many options to fit your needs. Visit the website at [Resources for Seniors - Serving Wake County, NC since 1973](#)

