



Attention NWSC (Wake Forest) Members!

Last week we provided you with important dates and information to know. This week we will detail the specific programs. As noted, **these changes impact fitness programs ONLY! Arts & Crafts, Clubs & Activities, and the Fitness programs listed below will proceed as they currently are scheduled.**

Registration for the programs listed on the next page begins MONDAY, JAN. 22.

- **Important changes to know:**

- Except as outlined below, 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. Payment is to be by check or credit card only. **If paying by check, please make it payable to RESOURCES FOR SENIORS.**
- Program fees are non-refundable.
- 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

- **The following fitness programs** are not part of the new track model at this time. They will continue to run as previously scheduled. These are CORE or EVIDENCE-BASED programs and have no participation fee.

- Cross Punch (T/Th)
- Tone & Sculpt (T/Th)
- Senior Balance (T/Th)
- Beginning Line Dancing (T) V
- Ballroom Dancing (T)
- Shag (T)
- Beginning Line Dancing (Th)
- Tai Chi for Arthritis 1
- Geri-Fit

- **Scholarship Availability:** The Northern Wake Senior Center strives to be accessible and welcoming to all adults aged 55+. You may still participate if you want to participate in senior center fee-based activities and cannot pay the required fee. A scholarship fund has been established to assist in this area. 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).

- **Reminder** - All programs will continue to follow the current schedule through Feb. 2. If you think you want to "try before you buy" one of the premium programs, the next two weeks is your opportunity to join a class without paying!

NWSC Fitness Programs Registration Schedule Classes to be signed up for starting Monday, Jan. 22

Event/Program	Type	Registration Start Date	Class Start Date	Class End Date	Class Start Time	Series Fee
Functional Weight (M/W)	Core	1/22/24	2/5/24	3/27/24	9:00 AM	\$0
Interval Aerobics (M/F)	Core	1/22/24	2/5/24	3/29/24	9:00 AM	\$0
Zumba Gold (Cuqui) (M)	Core	1/22/24	2/5/24	3/25/24	1:00 PM	\$0
Chair Yoga (Marty) (M/F)	Core	1/22/24	2/5/24	3/29/24	2:00 PM	\$0
Tai Chi Sun Style 73 (M/W)	Core	1/22/24	2/5/24	3/27/24	12:30 PM	\$0
Low Impact Aerobics (T/Th)	Core	1/22/24	2/6/24	3/28/24	9:00 AM	\$0
Chair Yoga (Vivien) (T)	Core	1/22/24	2/6/24	3/26/24	12:30 PM	\$0
Chair Yoga (Vivien) (W)	Core	1/22/24	2/7/24	3/27/24	12:00 PM	\$0
Zumba Gold (Linda) (W)	Core	1/22/24	2/7/24	3/27/24	12:30 PM	\$0
Drumming (M/F)	Premium	1/16/24	1/29/24	3/22/24	10:00 AM	\$45
Drumming (T/Th)	Premium	1/16/24	1/30/24	3/21/24	10:00 AM	\$45
Tai Chi For Life (M/W)	Premium	1/22/24	2/5/24	3/27/24	11:00 AM	\$45
Martial Arts/Self Defense (M/W)	Premium	1/22/24	2/5/24	3/27/24	6:00 PM	\$45
Gentle Yoga (T/F)	Premium	1/22/24	2/6/24	3/26/24	2:00 PM	\$45
Dance Fusion (T)	Premium	1/22/24	2/6/24	3/26/24	12:00 PM	\$21
Yoga Flow (W)	Premium	1/22/24	2/7/24	3/27/24	11:00 AM	\$21
Circuit Training (W/F)	Premium	1/22/24	2/7/24	3/27/24	W - 10AM F - 9AM	\$45
Int. Line Dancing (Th)	Premium	1/22/24	2/8/24	3/28/24	11:45 AM	\$21
Advanced Line Dancing (Th)	Premium	1/22/24	2/8/24	3/28/24	11:00 AM	\$21
Dance Fusion (Th)	Premium	1/22/24	2/8/24	3/28/24	12:00 PM	\$21

NOTES:

Starting Feb. 7, Vivien's Flow Yoga moves to an 11AM start time.

Starting Feb. 7, Vivien's Chair Yoga moves to a 12PM start time.

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

CLASS CANCELLED:

Intermediate Bridge is cancelled for Tuesday, Jan. 23.

BODY SHOP TEMPORARILY CLOSED:

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

Oncology Yoga resumes Jan. 22 at 12PM.

Oncology Yoga Post-Class Discussion resumes Jan. 22 at 1PM. Monday's topic is "Effective Communication Strategies for Individuals with Chronic Illnesses." Guest speakers Tammy Robbins and Carla Payne, renowned experts in the field, will share their wealth of knowledge and experience during this engaging discussion. Discussion highlights: Practical tips for empathetic and supportive communication; Understanding the unique challenges faced by individuals with chronic illnesses; Expert recommendations for fostering open dialogue and connection; Q&A session for personalized insights.

New Caregiver Support Group: Are you a caregiver seeking support, guidance, and a community of understanding individuals? Look no further! We're excited to announce the launch of our First Thursday Caregiver Support Group at NWSC. **The first meeting is scheduled for Thursday, Feb. 1 at 3PM.**

Caring for a loved one can be rewarding but also comes with its unique challenges. Our monthly support group provides a safe and compassionate space for caregivers to connect, share experiences, and gain valuable insights. Join us on the first Thursday of each month to find support, resources, and a community that understands your journey. We look forward to welcoming you on Feb. 1 for the start of this meaningful and supportive caregiving community!



The NWSC bookshop is coming together. Books have been culled and placed on shelves for your perusal. If you would like a book, there is a \$3.00 donation, which can be paid at the front desk. Puzzles are also available, and donations amounts are marked on each box.

Should you like to donate books to the bookshop for purchase, please make sure the Copyright date is **between 2017 to present**. Also note, traditional paperbacks (smaller paperbacks) are not accepted. Trade paperbacks, which are larger than traditional, are welcome!



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.

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 No Fee 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 & Activities

Jan. 22 - 26

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00	Functional Weight Training NO DROPS INS	9:00	Cross Punch (V)	9:00	Aerobics (V)	9:00	Cross Punch (V)	9:00	Functional Weight Training NO DROP INS
9:00	Aerobics	9:00	Knit/Crochet Group	9:00	Functional Weight Training NO DROP INS	9:00	Knit/Crochet Group	9:00	Aerobics
9:00	Golden Hookers Group	9:00	Low impact Aerobics	9:00	Golden Hookers Group	9:00	Low Impact Aerobics	9:00	Pottery-Open Studio
9:00	Beg. Crochet with Anne	9:00	Senior Balance NO DROP INS	9:00	Open Chess Play	9:00	Senior Balance NO DROP INS	9:00	Chess Tournament Next - 2/16
10:00	Ageless Movemet	9:00	Beginner Bridge	10:00	Yoga Flow	10:00	Tone & Sculpt (V)	9:30	Dominoes
10:00	Drumming	9:30	Open Backgammon	10:00	Tai Chi 1	10:00	Drumming	9:30	Intro to Mountain Dulcimer
10:00	Subjective Study	10:00	Tone & Sculpt (V)	10:00	Watercolors	10:00	Senior Balance NO DROP INS	10:00	Drumming
10:00	Tai Chi 1	10:00	Garden Art	11:00	Tai Chi for Life	10:00	Steppers Cadence Sr. Living	10:00	Gentle Mat Yoga with Vivien
11:00	Int. Crochet with Anne	10:00	Senior Balance NO DROP INS	11:30	Chair Yoga with Vivien	11:00	Senior Balance NO DROP INS	12:30	Spilled Ink Group Next Mtg 2/02
11:00	Tai Chi for Life	10:00	Drumming	12:00	Beginner Chess	11:00	Adv. Line Dancing	1:00	Understanding the Internet
12:00	Oncology Yoga	11:00	Beg. Line Dancing (V)	12:30	Zumba (Hybrid)	11:45	Int. Line Dancing	2:00	Chair Yoga with Marty
1:00	Oncology Yoga Post Class Discussion	11:00	Senior Balance NO DROP INS	1:00	Margo's Book Club	12:00	Dance Fusion		
1:00	Zumba Gold with Cuqui	11:30	Strokies Lunch & Exercise Class	1:00	Acrylics	12:30	Euchre		
1:00	Drawing	12:00	Dance Fusion	1:00	Quilt, Stitch and Gab	12:45	Absolute Beg. Line Dancing		
1:00	Beg. Knitting	12:30	Chair Yoga with Vivien			1:00	Pinochle		
2:00	Chair Yoga with Marty	1:00	Ballroom Lessons			1:00	Mahjong		
6:00	Stained Glass Ren. Ctr Class	1:00	Parkinson's Group Next Mtg 2/13			1:00	Samba-Card Game		
7:00	Kiwanis Bingo	1:00	Mahjong			1:00	Wood Carving		
		1:00	Int. Bridge (CXLD)			1:00	Geri Fit (EB)		
		1:00	Ceramics 101			6:00	Stained Glass Ren. Ctr Class		
		1:00	Geri Fit (EB)			6:00	Photography Ren. Ctr Class		
		1:30	Genealogy Group (V)			7:00	Hand Building Pottery Ren. Ctr Class		
		2:00	Triangle Aphasia Group						
		2:00	Grief Support Next Mtg 2/20						
		2:00	Gentle Mat Yoga with Vivien						
		2:30	Shag Lessons						

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 24th.

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.

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:

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. 22 - 26

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

	Monday 01/22	Tuesday 01/23	Wednesday 01/24	Thursday 01/25	Friday 01/26
08:00	Dominos, Cards, Games, Jigsaw Puzzles, & more!	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	Autumn Thather - RFS	Cross Punch (V)	Aerobics (V)	Cross Punch (V) Ceramics-Beginners (9-11) Congresswoman Deborah Ross 9:30 - 10:30	Zumba (WCC)
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC)	Tone & Sculpt (V)	Aerobics (HBC)	Tone & Sculpt (V)	Drumming (WCC) MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Tai Chi Life (Hybrid) Ceramic-Open Studio (11-1)	Beginning Line Dance(V)	Tai Chi Life (Hybrid)	Ceramics-Open Studio (11-1)	
12:00			Diamond Dots 3D Valentine Card Making for Veterans	Choir - canceled	
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00	Martial Arts	Crochet	Martial Arts	Acrylic Art/Beginner	
02:00				Acrylic Art/Advanced	
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 23 – Zoom Meeting – “How to Use Video and Audio Recordings for Your Genealogy” .Jacob Phipps (Senior Center Tech). Review of submitted questions and bring your questions. This session is a more general approach to using audio/video. In April we will have a presenter address more specific Genealogy applications of audio/video.

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

Tuesday, February 6 – Meet for lunch (bring your own) at the Friendship Café area in the Senior Center. Open Discussion – Have a problem you want to discuss? Are you new and want to ask how to do something? Do you want to be available to answer questions of others?

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.



Wake Tech Interest Survey

Our collaborative partners at Wake Tech would like to know what types of classes NWSC members would be interested in having for 2024. Please complete this short survey. All responses are recorded anonymously so feel free to provide honest feedback. Your responses will help us improve our teaching and learning options available to the center. If you have any questions or concerns you can reach out to Mike Langer mjlanger@waketech.edu or 919-532-5526.

[SURVEY LINK](#)



Early
voting
for the
primary
starts
Feb. 15.
Photo ID
is
required!

VOTER PHOTO ID EVENT

Wake County Board of Elections

★ SATURDAY ★
JANUARY 20, 2024

1200 N. New Hope Rd.
Raleigh, NC 27610

10:00am - 4:00pm

- ★ Must be a Wake County resident
- ★ Other voter services will be available
- ★ Visit ReadyToVote.com for more voting information!

**View Acceptable
Forms of Voter ID:**



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 or call **919-856-5400**.

DEADLINE TO APPLY: JUNE 1, 2024



Program highlights

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

Questions about these programs?
Call **919-856-5400** or visit 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.

Resources for Seniors

Service Coordination Services

Access our directory of resources online at
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

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](#)

