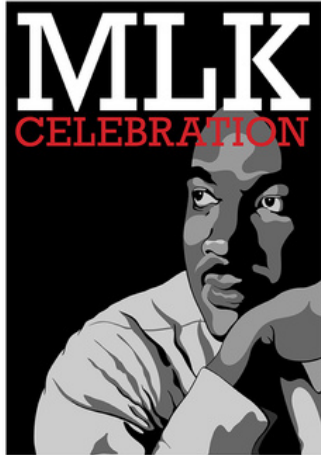




Jennie Griggs, MA  
Dir. NWSC & EWSC



MLK Day is celebrated the third Monday of January. Did you know it is the only Federal Holiday which is designated a “National Day of Service?” This holiday can also be described as a “day on”, not a “day off”. Dr. King believed deeply in the power of service and of the ‘beloved’ community, as expressed in his quote *“We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.”*

Service can take many forms. It can be an organized food drive, park or playground clean up, or home repairs for someone who cannot do their own. It can be as simple as phoning a friend or reaching out to an older neighbor who lives alone. The what is not as important as the why. A common service has the power to bring communities together, break down barriers, provide a gateway to solutions, and bring us all closer to Dr. King’s ‘beloved community’.

Service shows us that our similarities are greater than our differences and we are stronger together than apart. Quoting Dr. King’s wife, Coretta Scott King - *“The greatest birthday gift my husband could receive is if people of all racial and ethnic backgrounds celebrated the holiday by performing individual acts of kindness through service to others.”*

Let’s keep Dr. King’s messages in mind as we celebrate our “day on”!

## **2024 Wake Forest MLK Celebration** **Thursday, Jan. 18 | 6:30 pm**

Several local churches and community organizations are coming together to honor the life and legacy of Dr. Martin Luther King, Jr. during a free, public celebration on Thursday, Jan. 18.

Area residents are invited to attend the observance at 6:30 p.m. at Friendship Chapel Baptist Church, 237 Friendship Chapel Road. [MORE DETAILS](#)

## NWSC (Wake Forest) Announcements

**Alice's Oncology Yoga** class is on break and will resume Mon, Jan. 22nd.

**Anyone interested in learning Mahjong?** Please come join the Tuesday (1PM) group. A group member will teach the moves while playing so you can watch, learn, and eventually play in with the group!

**The Ginsum Korean Dance Team** led by fellow member Sun Thomas will be performing on Fri, Jan 12th, 1-3PM here at NWSC. Come and learn about South Korea traditional dance along with its food and history. No registration required.

**Due to popular demand**, the Northern Community Food Security Team (NCFST) and Ripe for Revival have agreed to bring their mobile grocery store to Wake Forest on the second and fourth Thursday of each month from 3-5 p.m. Offering fruits, vegetables, meat, and dairy from local and regional farmers on a pay-what-you-can scale, the NCFST Mobile Market will return to 350 E. Holding Ave. (across from the Northern Regional Center) on Thursday, Jan. 11, and again on Thursday, Jan. 25.

Open to everyone, the pay-what-you-can mobile grocery store makes fresh and local produce, proteins, dairy, eggs, and other food products accessible and affordable to all, regardless of their budget. When shopping, there are some limits on the amount of protein, dairy, and eggs a consumer can purchase, but no limits on produce.

At checkout, shoppers will be given a suggested total. Shoppers can then pay the full amount, a portion of that amount, or nothing at all. Both cash and card payments are accepted, along with Android/Apple Pay.

For more information, visit

[https://link.edgepilot.com/s/99a6ce7b/\\_dprOkJO30iL8LYGrOJpUA?](https://link.edgepilot.com/s/99a6ce7b/_dprOkJO30iL8LYGrOJpUA?u=https://bit.ly/WF_NCFST)

[u=https://bit.ly/WF\\_NCFST](https://bit.ly/WF_NCFST) or email Community Outreach Manager Andrew Brown, Jr. at [abrown@wakeforestnc.gov](mailto:abrown@wakeforestnc.gov).

## **NWSC (Wake Forest) Upcoming Classes**

### **Pre-registration required**

#### **Beginning Crochet with Anne – Mondays, 9AM - 11AM, Jan. 8 - Feb. 26**

In this 8 week class, you will learn about the different size hooks and ways to hold them. You will learn the importance of counting stitches in the various patterns we will be using. You will learn the following stitches: chain, single crochet, and double crochet. You will learn how to add rows and how to add a new skein to your work. You will have at least one major project to complete. You will have time in class to ask questions and work with the yarn. Stop by the front desk or call to register.

#### **Intermediate Crochet with Anne – Mondays, 11AM - 1PM, Jan. 8 - Feb. 26**

In this 8 week class you will learn about dye lots and at least 3 stitch patterns and ways to connect them. You will be making a scarf and 3 baby blankets out of three different stitch patterns. Stop by the front desk or call to register.

#### **Intro to Homeopathy – The Uses of Arnica Presentation – Monday, Jan. 8th, 11AM - 12PM**

During this presentation, fellow member Donna McKinney will provide a brief introduction into homeopathic medicine and will share the benefits of arnica and wells as its uses, such as for arthritis pain, overworked muscles, bruising and swelling. As a bonus, you will leave with a free sample of Boiron's Arnicare Arthritis Cream. Stop by the front desk or call to register.

#### **Garden Art - Tuesdays, 10AM - 12PM Jan. 9 - Jan. 30**

During this four week class Gaylord Picard will show you how to create forever flowers for your garden!. Cost of \$25 covers all materials.

#### **Ceramics 101 - Tuesdays, 1PM - 3PM Jan. 9 - Feb. 13**

Participants will learn the basics for working with ceramic pieces. They will learn how the pieces are made and fired to create the bisque pieces that they will be working on. Each class participant will complete at least 5 projects using the three different types of paint and learning new techniques for applying the products.

#### **Beginners Chess Class – Wednesdays, 12-1:30PM, Jan. 10 - Feb. 28**

Don't know how to play? Then this class is perfect for you! This is appropriate for those who do not know how to play or only know how to move the pieces. In this eight week, course participants will learn basic openings and strategies.

As we age, the benefits of exercise become increasingly important. Not just physical exercise but mental exercise as well. Numerous studies have clearly demonstrated the positive effects of learning and playing chess. Chess is a game that requires thinking about the moves that you may make and the moves your opponent might make. No two chess games are the same. Chess has been shown to delay mental decline in seniors. With chess, seniors can continue to learn and improve. It can also be helpful to connect with others socially.

#### **Beginners Bridge Class – Tuesdays, 10AM-12PM, Jan. 16 - Apr. 2**

Come and join our beginning bridge class, Pegtri's Bridge Nuggets. We will introduce modern bridge bidding/thinking basics to players new to the game and Goren players looking to learn American Standard techniques. Please bring a 1" 3-ring binder for handouts provided during this 12 week class.

## **NWSC (Wake Forest) Upcoming Classes**

### **Pre-registration required**

#### **Introduction to Computers - Tuesdays, Thursdays, Fridays, 9 - 11AM Jan. 9, 10, 12, 16, 17, 19**

Join Jerry Glenn and learn about the ins and outs of computers! This is a follow up to the "Computers and What To Do" class, but participation in that is not a pre-requisite.

#### **Intermediate Bridge Class – Tuesdays, 1-2PM, Jan. 16 - Apr. 2**

The objectives of this 12-week class are to enhance both bidding and playing especially challenging hands, to increase confidence in responding to bids, and to learn the most common conventions all the while having fun and learning. Class prerequisites: students must have played bridge for at least a year and have a solid understanding of the basics found at Level 1, such as point bidding, finesse, no trump, 4 card major responses. Cost of \$10 per student covers supplies.

#### **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.

The virtual line dance is designed for students who are relatively new to line dance and those needing a refresher. You will learn fun & easy-to-follow dances to many different types of music in a virtual group setting. Please consider joining us for this "move your body," "train your brain," and "have fun" activity -- line dancing! Contact either Senior Center to register.

(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!)

#### **The Real Truth about... Living to be 100 Seminar – Tues, Jan 9th, 10AM-11:30AM**

Whether you aim to live to 100 or not you just might! Join Karena Stipp and Carla Payne for this seminar and learn all about living well as you age. It's all about living with intention to ensure you're happy and healthy as you age.

## NWSC (WAKE FOREST LOCATION) Classes & Activities

Jan. 8 - 12

| Monday 1/8 |   | Tuesday 1/9 |   | Wednesday 1/10 |  | Thursday 1/11 |                                      | Friday 1/12 |  |
|------------|---|-------------|---|----------------|--|---------------|--------------------------------------|-------------|--|
| 9:00       | Functional Weight Training<br><b>NO DROPS INS</b> | 9:00        | Cross Punch (Virtual)                       | 9:00           | Aerobics (Virtual)                               | 9:00          | Low Impact Aerobics                  | 9:00        | Functional Weight Training<br><b>NO DROP INS</b> |
| 9:00       | Aerobics  | 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       | Golden Hookers Group                              | 9:00        | Low impact Aerobics                         | 9:00           | Open Chess Play                                  | 9:00          | Cross Punch (Virtual)                | 9:00        | Intro To Computers                               |
| 9:00       | Beginning Crochet with Anne                       | 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       | Pottery Open Studio                               | 9:00        | Intro to Computers                          | 9:00           | Intro to Computers                               | 9:00          | Tone & Sculpt (Virtual)              | 9:30        | Dominoes   |
| 10:00      | Ageless Movement Exercise Class                   | 9:30        | Tone & Sculpt (Virtual)                     | 9:00           | Pottery Open Studio                              | 10:00         | Drumming                             | 9:30        | Intro to Mountain Dulcimer                       |
| 10:00      | Drumming  | 10:00       | Drumming                                    | 10:00          | Yoga Flow  | 10:00         | Senior Balance<br><b>NO DROP INS</b> | 10:00       | Drumming   |
| 10:00      | Subjective Study                                  | 10:00       | Garden Art                                  | 10:00          | Tai Chi for Arthritis and Balance 1              | 10:30         | Steppers                             | 10:00       | Gentle Mat Yoga with Vivien                      |
| 10:00      | Tai Chi for Arthritis and Balance 1               | 10:00       | Senior Balance<br><b>NO DROP INS</b>        | 10:00          | Watercolors                                      | 11:00         | Senior Balance<br><b>NO DROP INS</b> | 12:30       | Spilled Ink Group<br>Next Mtg. 1/19              |
| 11:00      | Intermediate Crochet with Anne                    | 10:00       | THE REAL TRUTH ABOUT...<br>Living to be 100 | 11:00          | Tai Chi for Life                                 | 11:00         | Advanced Line Dancing                | 1:00        | Ping Pong and Board Games                        |
| 11:00      | Intro to Homeopathy                               | 10:00       | Beginner Line Dancing (Virtual)             | 11:30          | Chair Yoga with Vivien                           | 11:45         | Intermediate Line Dancing            | 1:00        | THE GINSUM KOREAN DANCE TEAM                     |
| 11:00      | Tai Chi for Life                                  | 11:00       | Senior Balance<br><b>NO DROP INS</b>        | 12:00          | Beginner Chess                                   | 12:00         | Dance Fusion                         | 2:00        | Chair Yoga with Marty                            |
| 1:00       | Drawing   | 11:00       | Dance Fusion                                | 12:30          | Zumba (Hybrid)                                   | 12:30         | Euchre                               |             |  |
| 1:00       | Zumba Gold with Cuqui                             | 12:30       | Chair Yoga with Vivien                      | 1:00           | Bookworms Club                                   | 12:45         | Absolute Beginner Line Dancing       |             |  |
| 4:30       | MS Group Meeting                                  | 1:00        | Ballroom Lessons                            | 1:00           | Acrylics   | 1:00          | Pinochle                             |             |  |
| 7:00       | Kiwanis Bingo                                     | 1:00        | Parkinson's Group                           | 1:00           | Quilt, Stitch and Gab                            | 1:00          | Mahjong                              |             |  |
|            |   | 1:00        | Mahjong                                     |                |  | 1:00          | Geri Fit (EB)                        |             |  |
|            |   | 1:00        | Ceramics 101                                |                |  |               |                                      |             |  |
|            |   | 1:00        | Geri-Fit (EB)                               |                |  | 1:00          | Mahjong                              |             |  |
|            |   | 1:30        | Genealogy Group                             |                |  | 1:00          | Paint-Open Studio                    |             |  |
|            |   | 2:00        | Triangle Aphasia Group                      |                |  | 1:00          | Pinochle                             |             |  |
|            |   | 2:00        | Grief Support<br>Next Mtg. 1/16             |                |  | 1:00          | Samba-Card Game                      |             |  |
|            |   | 2:30        | Gentle Mat Yoga with Vivien                 |                |  | 1:00          | Wood Carving                         |             |  |
|            |   | 2:30        | Shag Lessons                                |                |  | 2:00          | Accoustic Jam                        |             |  |
|            |   | 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

## EWSC (Wendell) Announcements and Class Information - Pre-Registration for classes is required!

**EWSC Auxiliary Board** meeting has moved to Thursday, January 11 at 2:30 (instead of Jan. 4) due to the holiday. New members are required to attend this meeting for orientation.

The EWSC will host a **Martin Luther King, Jr. remembrance event Friday, January 12th**, from 9-10 am. Please arrive as close to 9 as possible. If you have memorabilia regarding Mr. King and would like to share it at this event, please bring it by the Center before the 12th in order for it to be included.

**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.

### Upcoming Classes:

**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.

**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.

**Resources for Seniors is pleased to announce** that as of December 1st, 2023, the Town of Wendell incorporated our Zumba and Drumming classes into their Parks and Recreation program. Linda Thomas has taught these classes at the Wendell Community Center for years and her students are very grateful the classes will continue as scheduled. In the midst of our recent budget challenges, this change is sincerely welcomed and greatly appreciated. Thank you Wendell!!

## EWSC (WENDELL LOCATION) Fitness & Activities

Jan. 8 - 12

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

|       | Monday 01/08  | Tuesday 01/09                                  | Wednesday 01/10                                | Thursday 01/11                                 | Friday 01/12                                   |
|-------|---|--|--|--|--|
| 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 |   | Cross Punch (V)                                | Aerobics (V)                                   | Cross Punch (V)<br>Ceramics-Beginners (9-11)   | Zumba (WCC)<br>MLK, Jr. Remembrance            |
| 09:45 |   |  |  | Relax & Meditate - canceled                    | Friday Update                                  |
| 10:00 | Aerobics (HBC)<br>Geri-Fit (EB)   | Tone & Sculpt (V)                              | Aerobics (HBC)<br>Geri-Fit (EB)                | Tone & Sculpt (V)                              | Drumming (WCC)<br>MOW Bingo                    |
| 10:45 | Line Dance Level II (HBC)   |  | Line Dance Level I (Absolute Beginner (HBC)    |  |  |
| 11:00 | Fit & Strong (EB)<br>Tai Chi Life (Hybrid)<br>Ceramics-Open Studio (11-1) | Beginning Line Dance (V)                       | Fit & Strong (EB)<br>Tai Chi Life (Hybrid)     | Ceramics-Open Studio (11-1)                    | Pickleball Open Play (WCC)                     |
| 12:00 |   |  | Diamond Dots<br>3D Card Making - canceled      | Choir - canceled                               |  |
| 12:30 | Knitting  |  | Zumba Gold (Hybrid)                            |  |  |
| 01:00 |   | Crochet SHIIP                                  |  |  |  |
| 02:00 |   | SHIIP  |  |  |  |
| 02:30 |   |  | Strutters Practice                             | Auxiliary Board Meeting                        |  |
| 03:00 |   | SHIIP  |  |  |  |

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





## Upcoming Meetings

January 9 – Zoom Meeting – Rich Friedman - Top Genealogy Websites

January 16 – Henry Spencer – "Working with Ancestry DNA Matches"

January 23 – Zoom Meeting – "How to Use Video and Audio Recordings for Your Genealogy"

January 30 – Meet at Restaurant for Lunch

Want to join us? Call the Senior Center to receive our Zoom link instructions and reminders of our meetings.



3Ships Health, a NWSC collaborative partner, is looking for our members to be part of a testing team for a new type of mattress on Thursday, January 11th at 625 Hutton Street in Raleigh. Participants will spend about 2 hours testing mattresses and giving feedback on firmness and feel, as well as taking part in photoshoots while testing the product. For participating, you will also receive a \$75 Visa gift card!

3Ships health is a multimedia group who has been pursuing philanthropic work for the aging population. They have greatly contributed to the success of NWSC, and your participation in this product testing is how we can give back!



## 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](mailto:mjlanger@waketech.edu) or 919-532-5526.

[SURVEY LINK](#)







## *Acoustic Music Jam*



Hosted by: Steve Pfanenstiel

- Traditional, Folk, Bluegrass, Country, Rock and Pop music welcome.
- Open to all ages/skill levels.
- All musical instruments are welcome (guitar, ukulele, voice, banjo, violin, mandolin, etc.). Bring your music stand.
- Come out to play or just listen!

***2PM - 4PM***

***2nd Thursday of each month***

***Next Jam - Jan. 11***

Feel free to bring some music  
to share and play!

Contact Steve Pfanenstiel (315-743-1121)  
for more information



Northern Community Food Security Team

## MOBILE MARKET

SHOP FRESH PRODUCE & LOCAL FOOD

*Pay What You Can*

All items are marked with suggested prices. After you ring up at the register, you may pay what you can afford.

OPEN TO THE PUBLIC

**Second & Fourth Thursday of each month**

Jan 11 & 25, Feb 8 & 22, Mar 14 & 28, Apr 11 & 25, May 9 & 23, Jun 13 & 27, Jul 11 & 25, Aug 8 & 22

**3-5 pm**

350 E Holding Ave, Wake Forest  
In front of the Northern Regional Center

wakeforestnc.gov, search "mobile market"

The Jan. 11 bus will include the following items:

- Apples
- Bananas
- Broccoli
- Cabbage
- Collards
- Eggplant
- Kale
- Limes
- Sweet Potatoes
- Onions (Red)
- Russet Potatoes
- Spaghetti Squash

Offering fruits, vegetables, meat, and dairy from local and regional farmers on a pay-what-you-can scale, the NCFST Mobile Market will return to 350 E. Holding Ave. (across from the Northern Regional Center) on Thursday, Jan. 11, and again on Thursday, Jan. 25.

Open to everyone, the pay-what-you-can mobile grocery store makes fresh and local produce, proteins, dairy, eggs, and other food products accessible and affordable to all, regardless of their budget. When shopping, there are some limits on the amount of protein, dairy, and eggs a consumer can purchase, but no limits on produce.



Northern Community Food Security Team

## MERCADO MÓVIL

COMPRE PRODUCTOS FRESCOS Y COMIDA LOCAL

*Pague lo que puedas*

Todos los artículos están marcados con precios sugeridos. Después de marcar en la caja registradora, tienes la opción de pagar la cantidad que puedas.

ABIERTO AL PÚBLICO

**El segundo y cuarto jueves de cada mes**

Ene 11 y 25, Feb 8 y 22, Mar 14 y 28, Abr 11 y 25, May 9 y 23, Jun 13 y 27, Jul 11 y 25, Ago 8 y 22

**3-5 pm**

350 E Holding Ave, Wake Forest  
Localizado frente al Northern Regional Center

wakeforestnc.gov, busque "mobile market"

## Upcoming Renaissance Centre Dance Classes Taught by Cindy Hadden

IMAGINE THE POSSIBILITIES

Beginner | Intermediate

### Line Dance

**Jan 16 - Mar 26**  
6:30 pm - 7:30 pm  
(No class Jan 30, Feb 6, Mar 12)

FOR CLASS INFORMATION: [wakeforestncen.org](http://wakeforestncen.org)  
ONLINE REGISTRATION: [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)

WAKE FOREST  
X  
RENAISSANCE  
CENTRE  
FOR THE ARTS

IMAGINE THE POSSIBILITIES

Intermediate | Advanced

### Line Dance

**Jan 22 - Mar 25**  
1:30 pm - 2:30 pm  
(No class Feb 19, Mar 11)

FOR CLASS INFORMATION: [wakeforestncen.org](http://wakeforestncen.org)  
ONLINE REGISTRATION: [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)

WAKE FOREST  
X  
RENAISSANCE  
CENTRE  
FOR THE ARTS

IMAGINE THE POSSIBILITIES

### Tap 1

**Jan 16 - Mar 26**  
5:30 pm - 6:30 pm  
(No class Jan 30, Feb 6, Mar 12)

FOR CLASS INFORMATION: [wakeforestncen.org](http://wakeforestncen.org)  
ONLINE REGISTRATION: [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)

WAKE FOREST  
X  
RENAISSANCE  
CENTRE  
FOR THE ARTS

IMAGINE THE POSSIBILITIES

### Tap 2

**Jan 22 - Mar 25**  
3:30 pm - 4:30 pm  
(No class Feb 19, Mar 11)

FOR CLASS INFORMATION: [wakeforestncen.org](http://wakeforestncen.org)  
ONLINE REGISTRATION: [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)

WAKE FOREST  
X  
RENAISSANCE  
CENTRE  
FOR THE ARTS

**Register at: [wakeforestnc.recdesk.com](http://wakeforestnc.recdesk.com)**  
**Classes held at the Renaissance Centre**



## 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](#)

