



Jennie Griggs, MA
Dir. NWSC & EWSC

NWSC 4th Quarter Class Registration Begins March 18!

- Registration begins Monday, March 18. In person (at the Center) registration starts at 8:45AM in the Computer Lab. Phone registration starts at 11AM.
- You may register for all classes at one time. There is no separate registration area for core (no fee) or premium (fee) fitness classes. One stop shopping!
- We are moving to a 12-week schedule. This switch reduces the number of registration periods each year. There is more flexibility in scheduling the premium fitness classes.
- Members who volunteer more than 10 hours per week can register for one premium class at no charge.
- Scholarships are available to assist for payment of premium classes. Please see Jennie Griggs for more information.
- Payment for premium classes should be by check or credit card. Checks should be made out to "Resources For Seniors".

New program offerings for 4th Quarter! You can find descriptions and schedules for these and all programs in the online catalog. Simply [CLICK HERE](#) to reach the catalog. The select "Site Calendar" for the schedule or "All Our Programs" for the course descriptions.

- Basic Watercolor
- Beginner Gentle (Mat) Yoga
- Balance and Beyond (Formerly Senior Balance)
- Introduction to Bridge 101
- Bridge 102/The Novice
- Fit & Strong

Program Name	Program Start Date	Program End Date	Class Schedule	Program Fee
Circuit Training	1-Apr	26-Jun	Mon/Wed 9AM	\$60
Drumming	1-Apr	26-Jun	Mon 10AM	\$30
Tai Chi For Life	1-Apr	26-Jun	Mon/Wed 11AM	\$60
Drumming	2-Apr	25-Jun	Tues 10AM	\$30
Dance Fusion Tuesday	2-Apr	25-Jun	Tues 12PM	\$30
Beginner Gentle (Mat) Yoga with Vivien	3-Apr	26-Jun	Wed 10AM	\$30
Flow Yoga	3-Apr	26-Apr	Wed 11AM	\$30
Drumming	4-Apr	27-Jun	Thurs 10AM	\$30
Advanced Line Dancing	4-Apr	27-Jun	Thurs 11AM	\$30
Intermediate Line Dancing	4-Apr	27-Jun	Thurs 11:45AM	\$30
Dance Fusion Thursday	4-Apr	27-Jun	Thurs 12PM	\$30
Drumming	5-Apr	28-Jun	Fri 10AM	\$30
Gentle (Mat) Yoga with Vivien	5-Apr	28-Jun	Fri 11AM	\$30
Interval Aerobics	1-Apr	28-Jun	Mon/Fri 9AM	\$0
Functional Strength Training	1-Apr	26-Jun	Mon/Wed 10AM	\$0
Ageless Movement	1-Apr	24-Jun	Mon 11AM	\$0
Balance and Beyond (Formerly Senior Balance)	1-Apr	26-Jun	Mon/Wed 1PM	\$0
Zumba Gold with Cuqui	1-Apr	24-Jun	Mon 1PM	\$0
Chair Yoga with Marty	1-Apr	24-Jun	Mon 2PM	\$0
Low Impact Aerobics	2-Apr	27-Jun	Tues/Thurs 9AM	\$0
Balance and Beyond (Formerly Senior Balance)	2-Apr	27-Jun	Tues/Thurs 10AM	\$0
Balance and Beyond (Formerly Senior Balance)	2-Apr	27-Jun	Tues/Thurs 11AM	\$0
Chair Yoga with Vivien	3-Apr	26-Jun	Wed 12PM	\$0
Zumba with Linda - On Site	3-Apr	26-Jun	Wed 1PM	\$0
Absolute Beginner (Level 1) Line Dancing	4-Apr	27-Jun	Thurs 12:45PM	\$0
Zumba with Maria	5-Apr	28-Jun	Fri 10AM	\$0
Chair Yoga with Vivien	5-Apr	28-Jun	Fri 12PM	\$0
Chair Yoga with Marty	5-Apr	28-Jun	Fri 2PM	\$0
Tai Chi 2	1-Apr	26-Jun	Mon/Wed 12PM	\$0
Fit & Strong with Marlene	1-Apr	26-Jun	Mon/Wed 2PM	\$0
Geri-Fit with Marlene	2-Apr	27-Jun	Tues/Thurs 9AM	\$0
Fit & Strong with Linda	2-Apr	27-Jun	Tues/Thurs 1PM	\$0
Ballroom Lessons	2-Apr	25-Jun	Tues 1PM	\$0
Shag Lessons	2-Apr	25-Jun	Tues 2:30PM	\$0
Restorative Oncology Yoga	12-Apr	28-Jun	Fri 12PM	0
Basic Watercolors with Gaylord	1-Apr	20-May	Mon 10AM	\$0
Pottery 101	16-Apr	14-May	Tues 10AM	\$25
Intro to Bridge 101	8-Apr	24-Jun	Mon 2PM	\$0
Bridge 102 - The Novice	9-Apr	25-Jun	Tues 10AM	\$0
Bridge 102 - The Novice	9-Apr	25-Jun	Tues 1PM	\$0
Intermediate Bridge	11-Apr	13-Jun	Thurs 10AM	\$0

NWSC (Wake Forest) Announcements and Upcoming Classes

PLEASE NOTE: When viewing the newsletter online, you must open the PDF version at the top of the newsletter in your email in order to use the hyperlinks. They will not work if you are just scrolling and not viewing the PDF version.

Hey, where did the eye chart go??? Where is the NWSC calendar? It has moved online! We have grown our SchedulesPlus software tool to the point where we can share the online calendar functions! As noted on the front page of today's newsletter, [CLICK HERE](#) to see the calendar and program descriptions! PS - we will still have some hard copy calendars at the main desk for your use.

- Select "Site Calendar" to view the current month's schedule.
 - Touch any day to see that day's schedule.
 - Touch any class within the day's schedule to see the program description and instructor.
- Select "My Calendar" to the programs you are registered for.
 - Enter your phone number just as you do on the check in kiosk in the center.
 - Select "List View" to see your upcoming classes in an easy to view list rather than the monthly glance.

INSTRUCTOR SUBSTITUTION:

Marty's Chair Yoga - Lawrence will sub Mar. 18.

CLASS ON HIATUS:

Backgammon on hiatus until July.

Strokies Lunch & Exercise Class on hiatus until July.

Subjective Study with Gaylord.

Pop-Up Ceramics Workshop - Wed. Mar. 20 10AM - 12PM Easter themed acrylic painting pre-made figurines - bunnies, chicks, eggs, and more! \$10 for supplies (Cash only). **Pre-registration is required.**

Individualized Pharmacy Consultations with Dr. Casey Baldwin - Mar. 20

Do you have questions regarding medications, supplements, interactions, reactions? If so, schedule a session with Dr. Baldwin.

Garden Art - Tuesdays, April 2 - 23

Create forever flowers for your garden! There is a \$25 fee for materials (cash only please) payable upon registration. **Pre-registration is required.**

CarFit - Apr. 12, 1 - 5PM See flyer below for more details. **Pre-registration is required.**

Powerful Tools for Caregivers - Mondays, Apr. 8 - May 13 1:30PM - 3PM

Learn how to handle stress, improve self-confidence, communicate better, improve your ability to make tough decisions, locate helpful resources, and more! This award winning program is offered by the Center for Volunteer Caregiving and is open ONLY TO FAMILY CAREGIVERS. Please register directly [CLICK HERE](#). See flyer below for more details.



Upcoming Coffee Cafes

Tuesday, Mar. 19 8:30AM Sponsored by Danielle Weeks, Next Home Turnkey Realty

Whether you are looking to buy, sell, or invest in real estate our team is ready to assist! The world of real estate can be difficult to navigate on your own.

Let us help make the process seamless so all you have to do is Turn the Key!



Thursday, Mar. 21 8:30AM Sponsored by The Ageless Home

Our nation is facing a situation that few speak about, write about or talk about, yet we all sense. Housing needs are changing in our evolving society, but the housing market hasn't caught up with these new demands.

Now more than ever, homes are needed that can grow with us and our families through all phases of life to provide ongoing shelter, safety and happiness without major renovations or remodeling.

The solution to this problem is... the Ageless Home.

FEAR OF FALLING

Are you afraid of falling?



LEARN ABOUT RISK

Over 1 in 4 Americans over the age of 65 fall each year. Get the facts, see the stats, and learn about falls risk. This seminar will equip you with the tools you need to prevent falls and address how to manage the fear of falling.

COMMUNITY MOTIVATED

This is part of the Wake Forest Community Outreach Initiative, Mental Wellness and Self Care, sponsored by the Organizational Performance Department. Its goal is to provide initiatives such as this with programming that the entire community can participate in and support to develop holistic programming for "All Ages, All Stages." We want to encourage family members, caregivers and friends to come and support their aging parents, grandparents and clients. In addition to focusing on community outreach, the Organizational Performance Department measures the results of strategic initiatives to provide new and improved programs emphasizing global customer service in the Town of Wake Forest.

SPEAKERS



TOWN of
WAKE FOREST

Kristina Wolfe, PT Credentialed Balance and Falls Professional

Kristina Wolfe is a licensed physical therapist with 25 years experience, a Credentialed Balance and Falls Professional, and the founder and owner of Prosper PT & Wellness. She is on the steering committee for the North Carolina Falls Prevention Coalition and is the lead for the Triangle Falls Prevention Coalition.



Sharon Jackman, CH Clinical Hypnosis Specialist

Sharon Jackman, CH, is a professional and Nationally certified hypnosis specialist who uses evidence-based techniques backed by neuroscience to help her clients make lifelong change. Sharon is also an award-winning speaker, teacher, author and coach who has taught advanced hypnosis methods to practitioners around the world.



Jennie Griggs, MA Director of Northern and Eastern Wake Senior Centers

Jennie Griggs, MA holds her NC and SC Life, Accident and Health License to assist seniors with Medicare and Medicaid questions. She also serves on the Falls Prevention Coalition. She and Ann Welton, President of the Friends of Northern Wake Senior Center, developed the Paths to Wellness concept, as a way to present, sell and offer an innovative approach representing the modernization of senior centers.



Light refreshments will be served
courtesy of:



BROOKDALE
SENIOR LIVING

JOIN US
APRIL 15TH

- 2:30PM-4:30PM
- Northern Wake Senior Center

REGISTER TODAY!

- NO COST
- OFFERED IN PERSON/ONLINE

Call to Register or Receive Link:
919-554-4111



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

- **Ceramics instructor, Cindy Privette, will offer two Easter ceramic classes Monday, March 18 & 25,** from 9-11 am. The greenware will be eggs, rabbits, and other Easter themed pieces. Registration is required and limited to 10 students each day. Sign up before the classes are full. Her ceramic frog class (for Leap Day) was a big hit with full attendance and several students painting 2-4 frogs of different styles. Call the Center or come by to register.
- **EWSC Strutters Line Dance Troupe** will perform Tuesday, March 19 at 9:30 am with special dances choreographed by Glenn Clary just for our enjoyment. No bingo today.
- **EWSC Golden Voices Choir** will perform Thursday, March 28 at 10:00 am in celebration of Easter. The members of Golden Voices and Strutters practice regularly to provide excellent performances to the Center membership and to community events. Show your support for both groups hard work and commitment by attending their events and let them know how much they are appreciated. Both groups are always looking for new members. Contact Ruby Jones for information about the choir and Glenn Clary for information about Strutters (line dance experience required) or call the Center.
- **Yoga** - Current series ends Wednesday, March 20th-New series begins Monday, April 8th, call the Center to sign up-space is limited.
- **Martial Arts/Self-Defense** - Current series has ended-New series begins Monday, April 1st, call the Center to sign up-space is limited.
- **Tai Chi II and Tai Chi for Life** are canceled March 26th and 28th.

MARK YOUR CALENDARS FOR THESE INFORMATIVE MARCH PRESENTATIONS THAT YOU DON'T WANT TO MISS:

- **March 19** - Dr. Casey Baldwin, RFS Pharmacist and Pam Gibbs, EWSC member, will have a program on Shingles. This program was rescheduled from last month.
- **March 22** - Rev. Sarah Smith, Alumni Auxiliary Board Member and EWSC Member, will speak on Lessor Known Women in the Bible as part of Women in History month.
- **March 26-** Dr. Mark Scurria, DDS, and Dr. Bruce Gray, DDS, NewStart Denture & Implant Partners, will present information on cutting-edge digital dental technology.

EWSC (Wendell) Announcements

- **EWSC Fish Fry Fundraiser on March 22** is fast approaching and members are asked to volunteer your service in various areas to help make this event successful. A sign up sheet with the positions needing filled is available at the Center.
 - We are also asking for cases of water in 12oz bottles to be donated which will be used as part of the meal. Please bring the water to the Center by March 18th.
 - Everyone is encouraged to sell and purchase tickets before March 15. Cash donations are always appreciated or you could purchase tickets for meals to be donated to someone in need. Please call or come by the Center with any questions or contact Joe Caughlan Fundraiser Chairman.
 - Tickets are available at the Northern Wake Senior Center which allows you to pick up your food at Off The Hook restaurant in Rolesville between 3-6 pm, March 22. Contact NWSC to purchase tickets. 919-554-4111
- **A note from Ricki Pegram**, EWSC Community Service Project for Zebulon House Leader: I want to take a moment to personally thank everyone who made donations for the Zebulon House. We definitely exceeded what my expectations were, making 3 separate trips with donated items and the 4th and final trip today. I also want to thank Cathy Phillips, Rose Clark, Francine Spruill, and Cindy Privette with helping deliver donated items. The residents of Zebulon House have benefited greatly from everyone's generosity and I am so thankful for everyone's support in this project.



EWSC members delivering donations to Zebulon House

CALL: (919) 365-4248

Eastern Wake
Senior Center

Fish Fry

FUNDRAISER

All proceeds go to support programs and services offered at the Senior Center.

Guarantee your meal by purchasing a ticket before March 14, 2024. Tickets are on sale now at the Senior Center. Call (919) 365-4248

**Friday, March 22, 2024****3:00PM - 7:00PM**

Each plate includes: flounder, coleslaw, green beans, hushpuppies, dessert and water.

DRIVE-THRU • TAKE-OUT • DINE-IN
EASTERN WAKE SENIOR CENTER
323 Lake Drive, Wendell, NC 27591

\$14
per plate**CASH ONLY****CATERED BY:**

EWSC (WENDELL LOCATION) Fitness & Activities

Mar. 18 - 22

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

	Monday 03/18	Tuesday 03/19	Wednesday 03/20	Thursday 03/21	Friday 03/22
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	Senior Balance Autumn Thatcher-RFS Services Easter Ceramics (9-11)	Cross Punch (V) Dr. Casey Baldwin- BP/Meds Casey & Pam Gibbs- Shingles Talk Strutters Performance (9:30)	Aerobics (V) Senior Balance	Cross Punch (V) Ceramics-Beginners (9-11)	Zumba (WCC) Rev. Sarah Smith - Lessor Known Women in the Bible-Women's History Month
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) Tai Chi II (EB)	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) Tai Chi II (EB)	Drumming (WCC) MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Yoga Ceramics-Open Studio (11-1)	Beginning Line Dance(V) Tai Chi For Life	Yoga Card Making	Ceramics-Open Studio (11-1) Tai Chi For Life Dr. Casey Baldwin-Meds	
12:00		Walking Group	Diamond Dots	Choir Practice	FISH FRY FUNDRAISER 3PM - 7PM
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00		Crochet		Acrylic Art/Beginner	
01:30					
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



EWSC
GOLDEN VOICES
NEW MEMBERS WELCOME!

The Eastern Wake Senior Center Golden Voices Choir is thrilled to be recruiting rehearsals. Our goal is to enrich the community through song and music and provide a spiritual outlet for those that love to sing. The choir is open to anyone who loves to make a joyful noise. Choir members rehearse the 1st and 3rd Thursdays and participate in fun, engaging and uplifting music. Rehearsals prepare singers for performances and outreach events. For additional information or to join the choir see Ruby Jones or call the EWSC at 919-365-4248.

Choir Director
Ruby Jones

Keyboard
Gwendolyn Neale

CHOIR REHEARSALS
1st & 3rd THURSDAYS
@12:00
Eastern Wake Senior Center



Wendell Community Library
Wake County Public Libraries

MARCH EVENTS

BOOK CLUB

BOOK CLUB
Join us for a monthly library-led book discussion. Visit guides.wake.gov/booksclubs for more information.

FRIDAY, MARCH 22, 4 P.M.
The Department of Sensitive Crimes
by Alexander McCall Smith

FRIDAY, APRIL 26, 4 P.M.
The Last Apothecary by Sarah Penner

ADULT PROGRAMS

BIRDWATCHING
Friday, March 8, 4 p.m.
Join us as Frank Doherty shows us how to identify and observe birds in their natural habitat through his talk titled, "What's This Birding Thing All About?"
Reservation requested.

WAKE TECH EAST CAMPUS INFORMATION SESSION
Monday, March 25, 1 p.m.
Wake Tech Community College will be opening their new East Campus location this Fall. Get all of your questions answered at this information session.

WAKE TECH
COMMUNITY COLLEGE

MORE AT THE LIBRARY

SEED LIBRARY
Want to try planting something new this year? We've got you covered! Check out our seed library for everything from veggies to flowers and try out that green thumb without committing to a whole seed packet.

PUZZLE SWAP
Have puzzles you're tired of solving? Trying to find something to do on those rainy spring days? Use the box located in the lobby area to take a puzzle or leave a puzzle!

MARK YOUR CALENDARS

SHRIMP DINER, CRAFTED
Monday, April 15, 6:30 p.m.
Relive the nostalgia of Shrimp Diner with this program for adults.

APPOINTMENTS

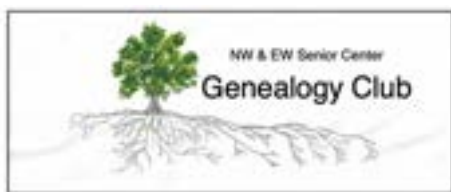
SERVICES BY APPOINTMENT
Visit wake.wakegov.com to make an appointment with a staff member to receive an appointment.

TECHNOLOGY HELP
Get help with computers, smart phones, tablets, or e-readers.

JOB HELP
From resumes to navigating job sites, we can help!

Happy Women's History Month

Wendell Community Library | 207 S. Holladay Road, Wendell | 919-365-2622 | info.education@wake.gov



Planned Upcoming Events -- Meetings are Tuesdays from 1:30 – 3 pm

Tuesday, March 19 – No Lab – Friendship Café – Pat Odoms - Informal Discussion – “What Did You Wish You Knew When You Started?” Let’s help new people by sharing tips on how to do genealogy easier because of lessons we learned. New and experienced people should attend this session.

Tuesday, March 26 – Zoom –Marsha Davis – Demonstration – ”Using AI in My Heritage to Write Family History and Simple Biographies”

Tuesday, April 2 – No Lab - Friendship Café – Alfreda Wilson – “What Materials/Swag Alfreda Received at the Roots Tech Conference in Salt Lake City” After that discussion, let’s get to know each other better. We do not take time enough to get to know each other.

Tuesday, April 9 – Zoom –* Special Event***** Guests Speaker: Claire Kluskens from the National Archives and Records Administration in Washington, DC – “What is Found On-Line vs. In-Person at the National Archives”

Tuesday, April 16 – Computer Lab – Tom Sodeman – “How to Use Video and Audio Recordings for Your Genealogy”

Tuesday, April 23 – Zoom – Henry Spencer – “Working with Find a Grave”



**Next Social
Dance
Friday, Mar. 22**

Friday Night Social Dance Northern Wake Senior Center (NWSC)


DATE: 4th Friday of the Month

TIME: 7:00 PM to 9:30 PM

ADMISSION: \$10.00/Per Person (CASH Only)

WHO: All Adults Over 18

LOCATION: NWSC, 235 E Holding Ave, Wake Forest



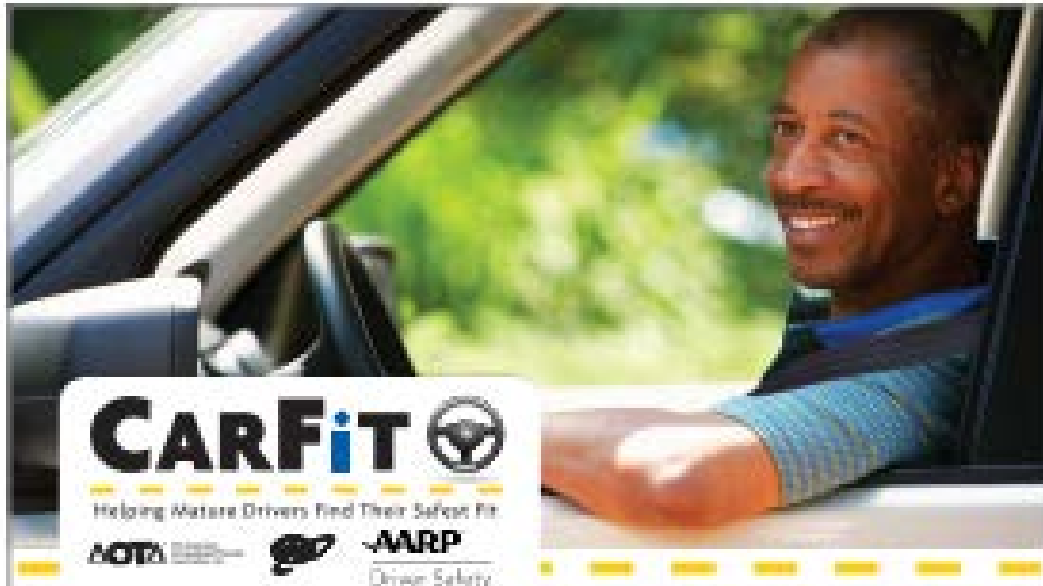
7:00 to 7:30 Dance lessons by Gaylord Picard

7:30 to 9:30 Dancing-Ballroom ♦ Latin ♦ Swing ♦ Country

Music by Frank Battaglia
All Proceeds Benefit NWSC!
No Registration Required

919-554-4111

January 2024 – Happy New Year	May 24, 2024	September 27, 2024
February 23, 2024	June 28, 2024	October 25, 2024
March 22, 2024	July 26, 2024	November – No Dance
April 23, 2024	August 23, 2024	December – No Dance



Discover your perfect "fit." Attend a **FREE CarFit Checkup!**

CarFit is a **FREE**, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes — this is not a driving test or mechanical inspection.

To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!

For more information, visit www.car-fit.org.

**AARP Driver Safety's
CarFit Event**

Northern Wake Senior
Center
April 12, 2024
12:00 PM - 5:00 PM
350 E. Holding Ave.
Wake Forest, NC 27587
(919) 554-4111

CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.

Senior Health & Wellness Expo

MARCH 20, 2024 10 AM - 1 PM

Kerr Family YMCA
2500 Wakefield Pines Dr. Raleigh, NC 27614

Free Admission - Light Snacks, Prizes, & Giveaways
Free Onsite Hearing Screenings

Seniors can Pre-Register at Expo4Seniors.com

Acting Part I

3/20 - 4/24
Wednesdays
7:00 pm—9:30 pm

Learn from AEA & SAG-AFTRA
Actor, Director, and Producer
Tim Artz

Have you ever wondered how actors can laugh, cry, and rage at will?
Unlock their secrets and refine your acting skills by taking this course!

Scan Here to Register

Class will be held at the Graham Johnson Cultural Arts Center, home of Firebox Theatre Company
306 S. White Street, Wake Forest

[REGISTRATION LINK](#)

Caregiver Educational Program

2024

Every Monday for 6
consecutive weeks
April 8 - May 13, 2024
1:30 PM – 3:00 PM

***This class is free
for family caregivers***

*(Voluntary contributions welcomed
for the "Caregiver Helpbook")*

Northern Wake Sr. Center
235 E. Holding Avenue,
Wake Forest, NC 27587

[Click here](#) to **register** on
SignUpGenius OR contact:

Lisa Hoskins, LCSW at
The Center for Volunteer
Caregiving
919-460-0567 or
lhoskins@ctrvolcare.org

All you need to do is
register, commit to care
for yourself, and attend
each session.



Powerful Tools for Caregivers

Learn how to handle stress, improve self-confidence, communicate better, improve your ability to make tough decisions, locate helpful resources and more.

Powerful Tools for Caregivers consists of six 90-minute sessions of practical training. The curriculum, ***Powerful Tools for Caregivers*** (www.powerfultoolsforcaregivers.org), is an award-winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges.

Classes are conducted by professionals from The Center for Volunteer Caregiving. There is no charge for the sessions; however, a voluntary consumer contribution is welcomed to defray the cost of providing the class.

The Powerful Tools for Caregivers course will enroll up to **14 participants**. Registration is on a first come, first served basis. If care for a loved one during the class is an issue, please let us know.

NOTE: this program is open to active family caregivers; it is not designed for professionals or paid caregivers.





COMMUNITY PET DAYS

Join us for low-cost vaccination and pet supply resources!

Plus, pick up resources to keep your family healthy too!

SERVICES & RESOURCES:

- CASH ONLY
- ✓ Rabies shots: \$5
- ✓ Microchips: no-cost
- ✓ Combination vaccines: no-cost
- ✓ Spay/neuter voucher information
- ✓ Rabies education and prevention materials
- ✓ Wake County Health and Human Services program information

SUNDAYS 10 a.m. – 1 p.m.

DATE	LOCATION
MARCH 10	Eastern Regional Center 1002 Dogwood Drive Zebulon
MARCH 24	Northern Regional Center 350 E. Holding Ave. Wake Forest
APRIL 7	Dorcas Ministries 187 High House Road Cary
APRIL 21	Southern Regional Center 130 N. Judd Parkway NE Fuquay-Varina

wake.gov/PetDays

Logos: Wake County, Wake County Animal Center, Dorcas Ministries, and others.

One Day Only

Wake County Register of Deeds will be at Northern Regional Center, 350 E. Holding Ave., Wake Forest on Thursday, March 21st for a passport fair. Limited appointments available. Click the link below to register.

[REGISTRATION LINK](#)

For more information --> [CLICK HERE](#)



Career & Professional Development MARCH 2024 WORKSHOPS

Class	Dates	Meeting Time	Location
<u>Pathways to IT Careers</u> Explore career options in IT industry such as computer systems analyst, computer programmer, web developer, and more.	3/13	6pm - 9pm W	ONLINE
<u>Interviewing Preparation Skills</u> Learn what to do before an interview, use effective body language, and how to close and follow-up after an interview.	3/14	1pm-4pm TH	ONLINE
<u>Digital Skills for Today's Workforce</u> Develop basic computer skills to become more productive and competitive in the workplace.	3/19-3/22	9am - 12:00pm T, W, TH	ONLINE
<u>Job Search Tips for Mature Job Seekers</u> Find out which employers and industries have the best track records for hiring experienced workers and some of the many job opportunities available.	3/20	10am - 1:30pm W	NC Works
<u>Pathways to Engineering Careers</u> Explore several career fields within the engineering industry such as civil, electronic, chemical, mechanical, robotics, and surveying.	3/21	6pm - 9pm TH	ONLINE
<u>Effective Cover Letters</u> You will learn how to frame cover letters based on key words in job descriptions and postings. You'll also learn how to customize cover letters for specific positions.	3/26	9am - 12pm T	ONLINE
<u>Resume Style and Organization</u> Understand how to use your experience to customize your resume.	3/27	10am - 1pm W	NC Works

FREE

If you are under/
unemployed or
facing a pending
layoff

Visit our website at:

waketech.edu/careerservices/community

📞 919-532-5940 ✉️ careerservices@waketech.edu



Scan with Camera



SHIP SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-468-1312 (toll free) • www.ncdol.gov

MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Colorectal cancer is the fourth-most common cancer in the U.S. and the second leading cause of cancer-related deaths.

It affects all racial and ethnic groups and is most often found in people ages 50 and older.

Screening and early detection are vital.

Medicare covers certain colorectal cancer screening services—ask a SHIP counselor for more information.

Colorectal cancer is preventable, treatable and beatable!

FOR MORE INFORMATION CONTACT AUTUMN THATCHER @ 984-232-4215

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 Cakes & 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
- SHIP (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](#)

