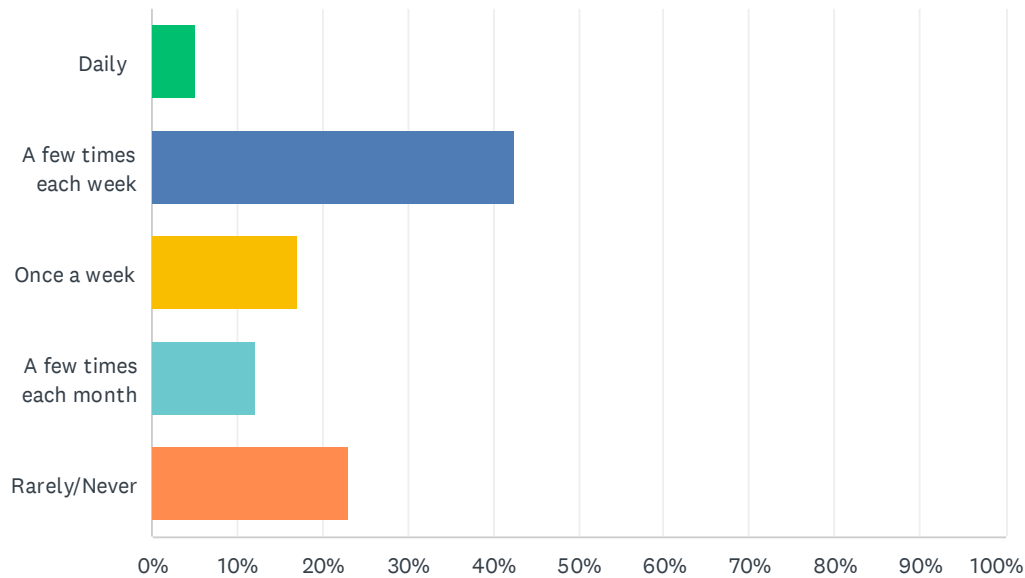


Q1 How often do you typically visit the Center for Active Aging?

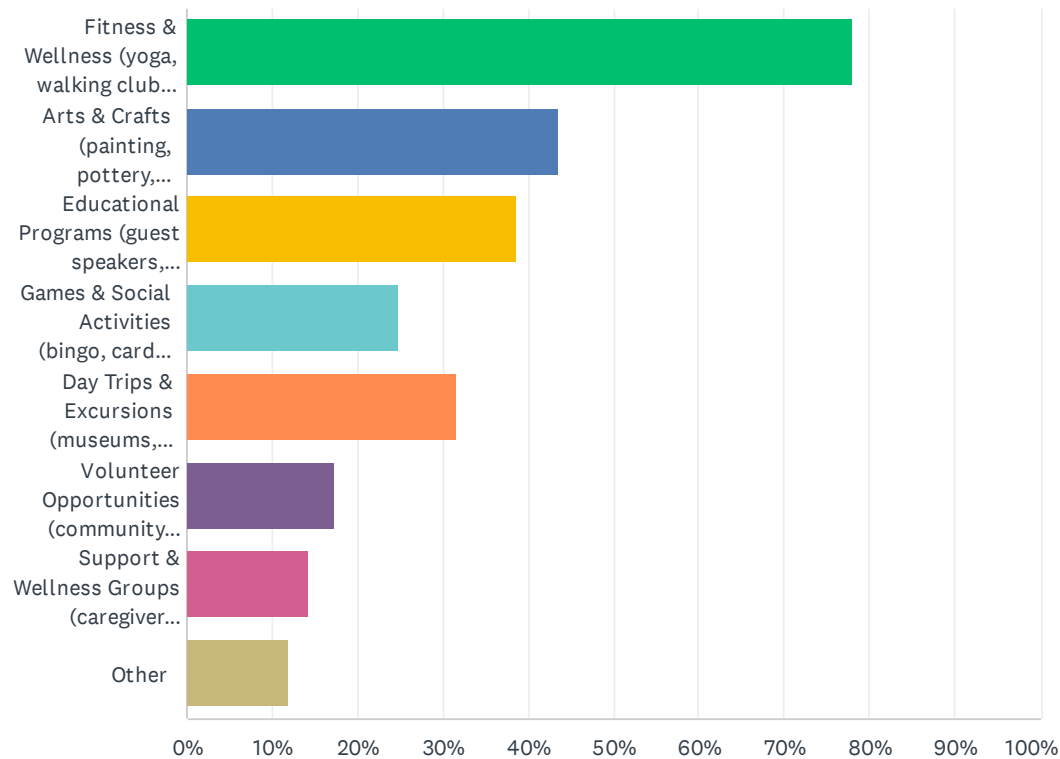
Answered: 490 Skipped: 8



ANSWER CHOICES	RESPONSES	
Daily	5.10%	25
A few times each week	42.45%	208
Once a week	17.14%	84
A few times each month	12.24%	60
Rarely/Never	23.06%	113
TOTAL		490

Q2 What types of programs or activities are you most interested in?
(Select all that apply)

Answered: 493 Skipped: 5



ANSWER CHOICES		RESPONSES	
Fitness & Wellness (yoga, walking clubs, strength training, tai chi)		78.09%	385
Arts & Crafts (painting, pottery, knitting, creative workshops)		43.41%	214
Educational Programs (guest speakers, technology classes, history talks)		38.54%	190
Games & Social Activities (bingo, cards, trivia, socials)		24.75%	122
Day Trips & Excursions (museums, theater, group outings)		31.64%	156
Volunteer Opportunities (community projects, mentoring, support groups)		17.24%	85
Support & Wellness Groups (caregiver support, grief support, health resources)		14.20%	70
Other		11.97%	59
Total Respondents: 493			

#	OTHER	DATE
1	Baking	10/30/2025 7:48 AM
2	quilting	10/29/2025 7:58 PM
3	Meals on wheels	10/29/2025 6:34 PM

Wake Forest Center for Active Aging

4	Constitution & Coffee	10/29/2025 4:04 PM
5	I would visit more, as I did in the past. But I can't afford classes	10/29/2025 2:24 PM
6	I was visiting the center a few times a week before having family and my own illnesses. When I returned after the transition, it seemed so different. Parking was terrible. The art programs changed significantly. It's just not the same comfortable feeling. I know change is good, but I feel it's like starting over. Also, it's almost impossible to get into Linda's exercise classes!	10/29/2025 1:14 PM
7	Pickleball indoor	10/29/2025 12:59 PM
8	Ping pong	10/29/2025 12:56 PM
9	Line dancing	10/29/2025 12:54 PM
10	I'd like to see the Senior Center collaborate with Service Learning projects with local colleges & universities. Call me for info.	10/28/2025 11:58 AM
11	Drumming is my favorite class. Unfortunately, classes fill up too fast.	10/28/2025 10:38 AM
12	Chorus or singing or singalong	10/23/2025 1:19 PM
13	Please bring in Diamond Dot and crafts using Resin.	10/18/2025 5:41 PM
14	Spanish class, please!	10/18/2025 12:16 PM
15	Acoustic Kam	10/18/2025 10:01 AM
16	Ballroom Dance, drumming,	10/18/2025 9:06 AM
17	Yoga	10/18/2025 8:13 AM
18	Late morning	10/18/2025 7:56 AM
19	Would love a choir	10/18/2025 7:27 AM
20	I loved the Constitution Series with Bob. Canceled due to an email sent to Mr Chamberlain & how it was presented to him. Very disappointed how this was handled. Also, heard instructors for crafting gone because the town was demanding they get insurance. This certainly is bizarre and uncalled for a" volunteer" to be treated so badly and disrespected. I really think the town needs a public apology for all the confusion and now distrust that has occurred. Sounds like alot of damage was done to really nice folks who volunteered their time, expertise and enthusiasm. Not sure what the town was thinking.	10/17/2025 9:49 PM
21	I loved the Constitution Series with Bob. Canceled due to an email sent to Mr Chamberlain & how it was presented to him. Very disappointed how this was handled. Also, heard instructors for crafting gone because the town was demanding they get insurance. This certainly is bizarre and uncalled for a" volunteer" to be treated so badly and disrespected. I really think the town needs a public apology for all the confusion and now distrust that has occurred. Sounds like alot of damage was done to really nice folks who volunteered their time, expertise and enthusiasm. Not sure what the town was thinking.	10/17/2025 9:44 PM
22	Free programs as before vs the new \$40 fees I've been seeing.	10/16/2025 5:59 PM
23	Under support groups-Solo Agers Special Interest Groups-Garden Club	10/16/2025 5:46 PM
24	Open Studio, For the record, we bring our own supplies, there are none other available, and none of us advocated for a fee due to the increase in supples. this is a total fabrication.	10/16/2025 9:17 AM
25	Aphasia Communication Group	10/16/2025 7:17 AM
26	Aphasia Communication Group	10/16/2025 6:56 AM
27	Aphasia Communication Group	10/15/2025 9:13 PM
28	Aphasia Communication Group	10/15/2025 8:54 PM
29	Music classes - particularly beginner guitar.	10/15/2025 5:58 PM
30	I wish the center was open after 5 pm. Not all seniors are retired. Working seniors need to be able to utilize the center, too.	10/15/2025 3:59 PM
31	So many senior citizens in Wake Forest, like my husband and me, have come from other parts	10/14/2025 10:32 AM

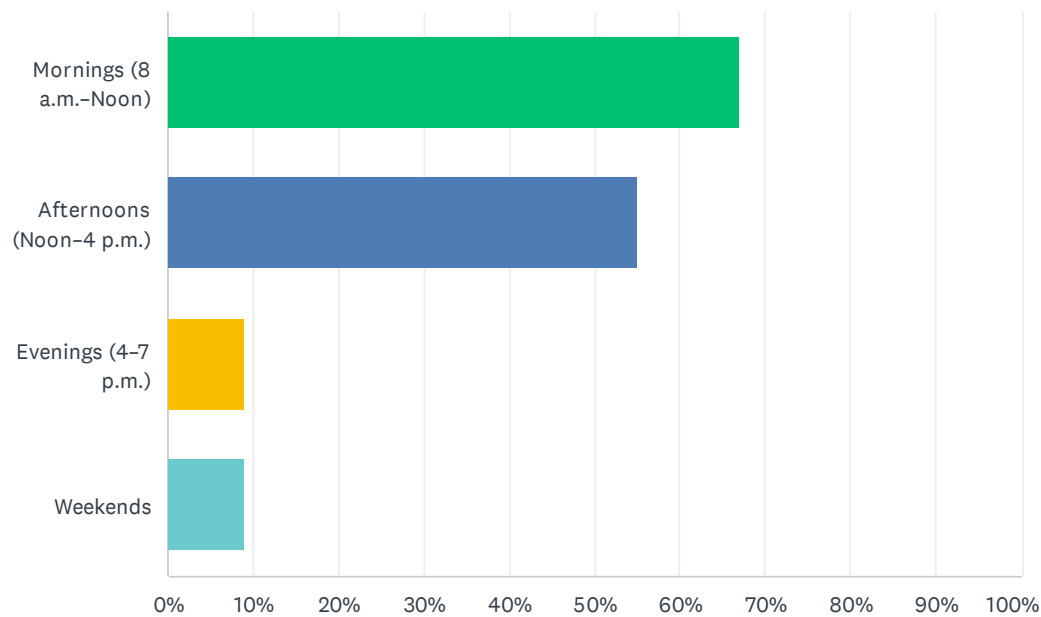
Wake Forest Center for Active Aging

of the country. Bus trips to North Carolina attractions (parks, historical sites, performances, restaurants, etc.) would be great.

32	would like to have water aerobics classes they are a bit easier on the joints allowing us to participate in exercises.	10/12/2025 11:07 PM
33	Travel abroad.	10/12/2025 7:54 PM
34	I am a co-leader of the MS Support group that meets monthly at the Senior Center. Most of our members are interested in health resources for sure particularly MS	10/11/2025 9:30 PM
35	Music classes	10/11/2025 12:51 PM
36	Weight training with kettlebell	10/11/2025 11:36 AM
37	Documentary screenings like "What the Health, Forks over Knives, Plantpure Nation, would be great, as well as some plant based cooking classes. I would be happy to volunteer to lead these. Many of the diseases that seniors face are a direct result of diet.	10/11/2025 10:56 AM
38	trips must be accessible	10/11/2025 10:29 AM
39	Musical groups, e.g. dulcimer classes and jam sessions.	10/11/2025 10:04 AM
40	Movies	10/11/2025 9:03 AM
41	Book Club	10/11/2025 6:00 AM
42	Dance	10/10/2025 8:23 PM
43	Open studio Painting	10/10/2025 7:16 PM
44	Exercise machines	10/10/2025 6:33 PM
45	Points of interest.	10/10/2025 6:03 PM
46	Dance	10/10/2025 4:06 PM
47	Cannot pay cost of the classes now	10/10/2025 3:55 PM
48	Acoustic Jam	10/10/2025 3:54 PM
49	Would like to see bridge come back.	10/10/2025 3:35 PM
50	I was coming to the center twice a week for bridge so it's too bad that didn't continue. Now I rarely go the center.	10/10/2025 2:50 PM
51	would love to see a gardening club/class and a sign language class...	10/10/2025 2:03 PM
52	Dulcimer Jam	10/10/2025 1:55 PM
53	Dulcimer jam Book Club	10/10/2025 1:45 PM
54	Weight training with kettlebell	10/10/2025 1:28 PM
55	Due to physical limitations, I am unable to participate in most things currently offered.	10/10/2025 1:28 PM
56	Once a month, there was a ballroom dance hour to DJ music on a Friday which is no longer available and hoping you can bring it back.	10/10/2025 1:24 PM
57	Homeopathy, Martial Arts & Self Defense	10/10/2025 1:22 PM
58	Tai chi, Zumba	10/10/2025 1:12 PM
59	all of the above	10/9/2025 2:25 PM

Q3 What time of day do you prefer to participate in programs?

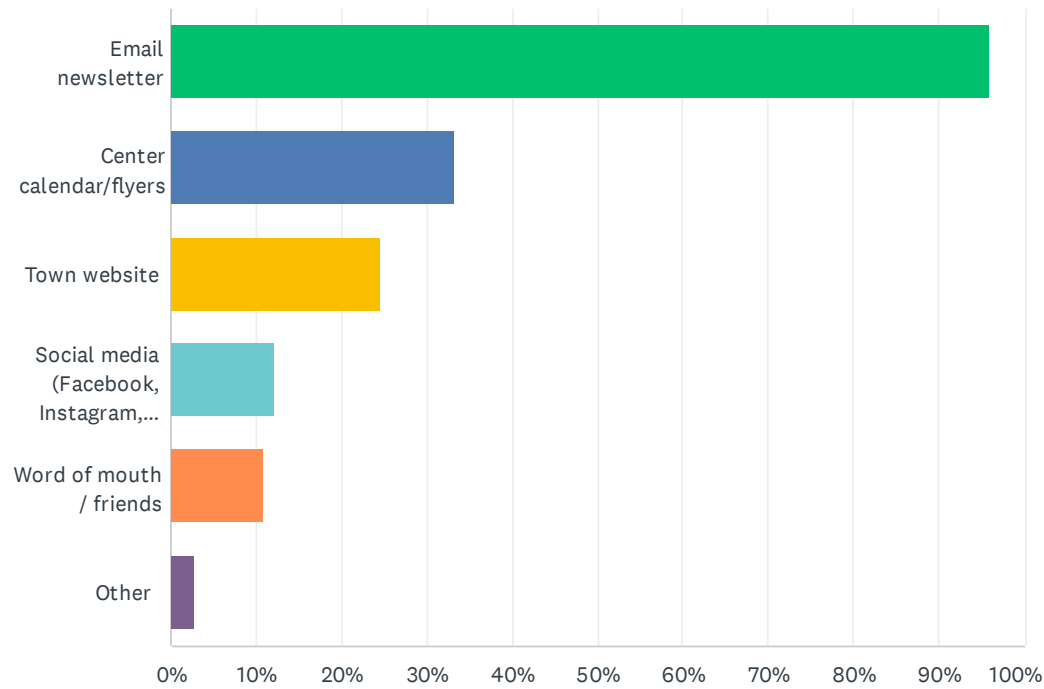
Answered: 493 Skipped: 5



ANSWER CHOICES	RESPONSES	
Mornings (8 a.m.–Noon)	66.94%	330
Afternoons (Noon–4 p.m.)	54.97%	271
Evenings (4–7 p.m.)	8.92%	44
Weekends	8.92%	44
Total Respondents: 493		

Q4 How do you prefer to hear about upcoming programs and events?
(Select all that apply)

Answered: 493 Skipped: 5



ANSWER CHOICES		RESPONSES
Email newsletter		95.94% 473
Center calendar/flyers		33.27% 164
Town website		24.54% 121
Social media (Facebook, Instagram, etc.)		12.17% 60
Word of mouth / friends		10.95% 54
Other		2.84% 14
Total Respondents: 493		

#	OTHER	DATE
1	Wednesday Wink, Advocate, Senior specific media	10/29/2025 6:17 PM
2	Friends	10/29/2025 1:45 PM
3	** Not taking multiple steps to connect with site as it exits since town mgmt yet not prior to that.	10/28/2025 9:05 PM
4	Email	10/18/2025 8:13 AM
5	ok	10/18/2025 8:12 AM
6	It would be nice if the newsletter was factual. It is not. The True or False misrepresented a few	10/16/2025 9:17 AM

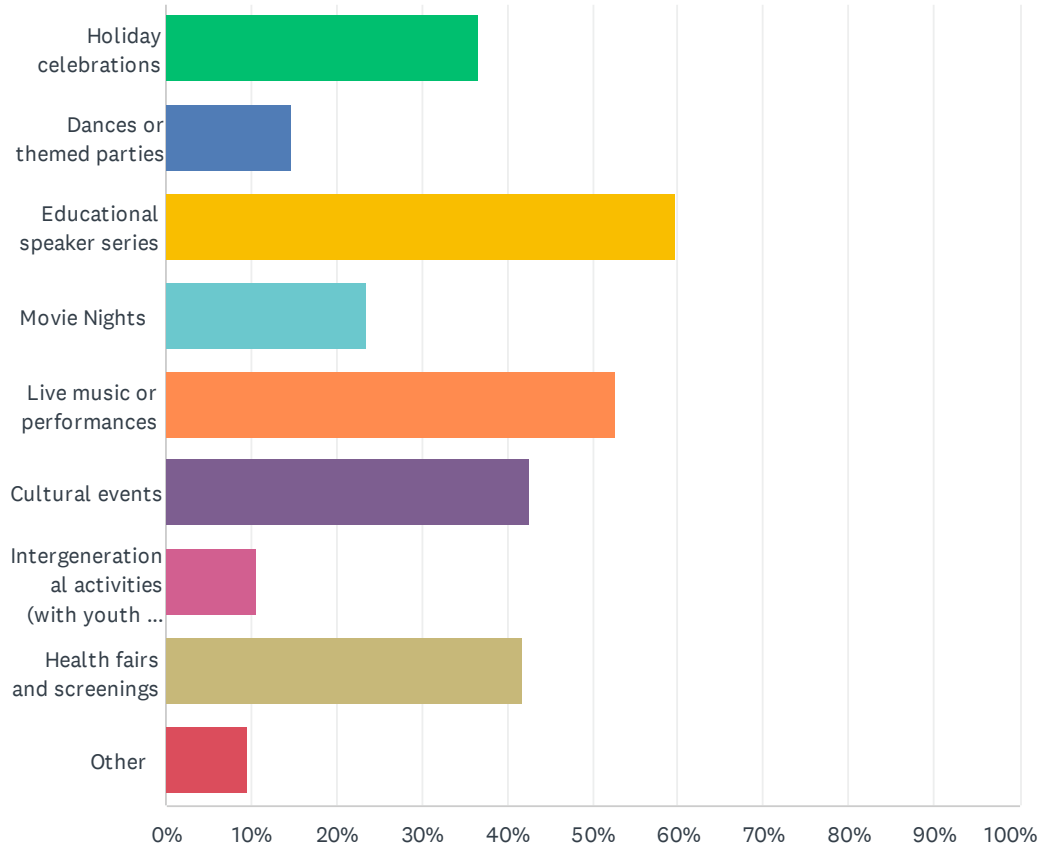
Wake Forest Center for Active Aging

things, like "we always charged for a class" which is to true. My wife took some classes for free. Now the Center is a Profit Center

7	Instructors	10/15/2025 3:52 PM
8	Instructors	10/15/2025 3:28 PM
9	As a follow-up to question 3 above: I prefer fitness classes between 10AM-2PM. Many WFCAA members do not have or want social media accounts.	10/11/2025 7:44 PM
10	I would like e-mails with greater emphasis on the date for registration for upcoming fitness classes. Example: Subject line: Fall Registration Day October ____ . They should be sent weekly for several weeks (in case you miss an e-mail). I missed the date for fall registration and the November and December classes I would like to register for are already full.	10/11/2025 6:16 PM
11	Separate email for wf senior center	10/10/2025 7:43 PM
12	Web	10/10/2025 6:03 PM
13	X	10/10/2025 3:54 PM
14	center website	10/10/2025 1:38 PM

Q5 What types of special events would you be interested in attending? (Select all that apply)

Answered: 447 Skipped: 51



ANSWER CHOICES	RESPONSES	
Holiday celebrations	36.69%	164
Dances or themed parties	14.77%	66
Educational speaker series	59.73%	267
Movie Nights	23.49%	105
Live music or performances	52.57%	235
Cultural events	42.73%	191
Intergenerational activities (with youth or families)	10.74%	48
Health fairs and screenings	41.83%	187
Other	9.62%	43
Total Respondents: 447		

#	OTHER	DATE
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Wake Forest Center for Active Aging

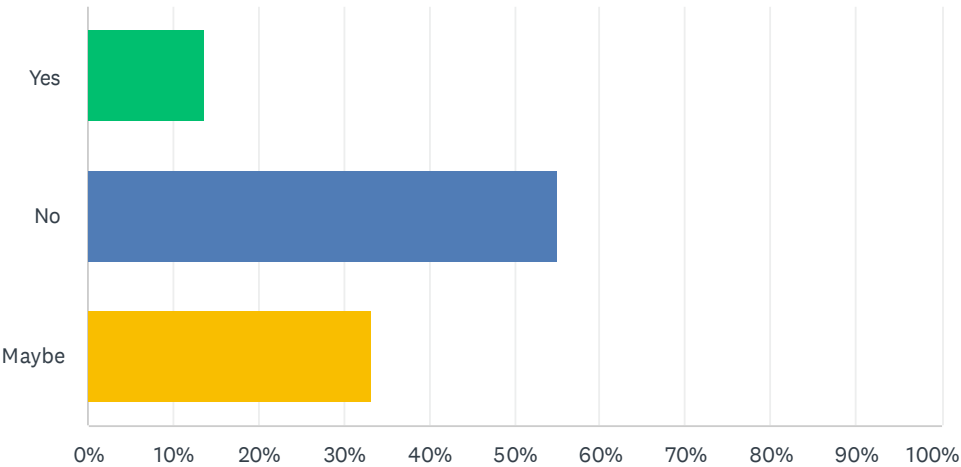
1	Community-generating events, fellowship	10/29/2025 6:17 PM
2	Theatrical performances such as A Christmas Carol, Shakespeare, etc.	10/29/2025 4:04 PM
3	none of these	10/29/2025 12:54 PM
4	Donations community groups	10/29/2025 12:15 AM
5	I'd like to see us celebrate Family History Month each October. The Genealogy Club will help.	10/28/2025 11:58 AM
6	Art fair	10/28/2025 8:34 AM
7	None of those listed. How about classes where we make something like the ceramics class. I run a craft group at my senior apt and I know that the residents cant afford to pay because everything is going up. I buy all the materials and give them what they need to make the items.	10/25/2025 12:29 AM
8	Other educational classes.	10/22/2025 4:22 PM
9	All of above	10/22/2025 10:44 AM
10	Would love some movies, but must they be at night, either early or midafternoon should be better for seniors.	10/20/2025 7:34 PM
11	We need more speakers	10/18/2025 5:41 PM
12	day trips via bus	10/18/2025 2:06 PM
13	Drop in social opportunities and fitness classes.	10/18/2025 8:27 AM
14	Health fairs	10/18/2025 8:13 AM
15	ok	10/18/2025 8:12 AM
16	Bus trip to State fair on senior day at the fair. Pick up at the Active Aging Center and back to Center.	10/17/2025 5:05 PM
17	Bus trip to State fair on senior day at the fair. Pick up at the Active Aging Center and back to Center.	10/17/2025 5:04 PM
18	Legal advice	10/16/2025 5:59 PM
19	movie nights would be good but most seniors do not drive at night.	10/16/2025 2:12 PM
20	movie nights would be good but most seniors do not drive at night.	10/16/2025 2:12 PM
21	limit kids - center is for older adults	10/15/2025 8:12 PM
22	Have serious health struggles - need to find meaningful connections but it is difficult	10/11/2025 11:06 PM
23	MS	10/11/2025 9:30 PM
24	craft and art workshops	10/11/2025 8:58 PM
25	As a follow up to "movie nights", please consider the fact that many seniors do NOT drive at night. Former mid-day 3rd Monday movies at The Renaissance were wonderful!	10/11/2025 7:44 PM
26	children belong elsewhere	10/11/2025 10:29 AM
27	No night activities only because too old - 92!	10/11/2025 9:16 AM
28	BH	10/11/2025 9:07 AM
29	Bocce	10/10/2025 6:39 PM
30	Handbells during the holidays would be nice. Maybe a school could send some students to perform who are musically inclined	10/10/2025 5:53 PM
31	Bridge for advanced players	10/10/2025 5:45 PM
32	More military events	10/10/2025 4:40 PM
33	More game days	10/10/2025 4:25 PM
34	Bus trips to nearby destinations	10/10/2025 3:26 PM

Wake Forest Center for Active Aging

35	None	10/10/2025 3:26 PM
36	CareGiver Support	10/10/2025 2:18 PM
37	Trips either day or vacation like Italy, London, Ireland. Other senior centers offers trips even the Biltmore	10/10/2025 2:09 PM
38	Daytime only—I can't drive after dark due to eye-sight issues. I believe many over the age of 60 have the same problem!	10/10/2025 1:54 PM
39	Talk Session Maybe a Local Comedian to come in. Just an idea.	10/10/2025 1:44 PM
40	Assuming the movies are for adults not children. Not everyone is a grandparent.	10/10/2025 1:28 PM
41	It would be nice if group trips could happen.	10/10/2025 1:27 PM
42	What you offer is good.	10/10/2025 1:22 PM
43	Not sure. Mostly interested in classes	10/10/2025 1:14 PM

Q6 Would you be interested in volunteering or helping with programs and events?

Answered: 433 Skipped: 65



ANSWER CHOICES	RESPONSES	
Yes	13.63%	59
No	54.97%	238
Maybe	33.26%	144
Total Respondents: 433		

Q7 If you checked “Yes” or “Maybe,” please provide your contact information below so we can follow up.

Answered: 155 Skipped: 343

ANSWER CHOICES	RESPONSES
Name	100.00% 155
Phone	96.77% 150
Email	97.42% 151

#	NAME	DATE
1	Judy Geschwindt	10/30/2025 8:10 AM
2	Helga Vick	10/29/2025 11:00 PM
3	Carol Winans	10/29/2025 6:17 PM
4	Gisele Meader	10/29/2025 4:38 PM
5	Ronnee Nelson	10/29/2025 3:52 PM
6	Katie Mosher Patterson	10/29/2025 3:50 PM
7	Josephine Talbot	10/29/2025 3:48 PM
8	Luci Kuster Plack (Lula)	10/29/2025 2:07 PM
9	Dolores Forsythe Pendergast	10/29/2025 1:53 PM
10	KAREN SHEA	10/29/2025 1:33 PM
11	Kapila Ledbetter	10/29/2025 1:31 PM
12	Benjamin Solero	10/29/2025 1:26 PM
13	JO SILVAGNI	10/29/2025 1:14 PM
14	Norman Matthias III	10/29/2025 1:04 PM
15	Frank DeFiLippi	10/29/2025 12:59 PM
16	Brian Weiner	10/29/2025 12:57 PM
17	Andrea Page	10/29/2025 12:55 PM
18	Jeri Lawler	10/29/2025 12:55 PM
19	Suzin Rebecca Daly	10/29/2025 12:46 PM
20	Michele Mastroianni	10/29/2025 12:40 PM
21	Melanie Lind	10/29/2025 12:27 PM
22	valeria jones	10/28/2025 3:43 PM
23	Metaleen Thomas	10/28/2025 11:58 AM
24	Martha Arnum	10/28/2025 10:38 AM
25	Dennis	10/27/2025 4:38 PM
26	Peter Barbuto	10/27/2025 12:52 PM
27	Peggy L Adams	10/25/2025 12:29 AM

Wake Forest Center for Active Aging

28	Joanne Edwards	10/24/2025 6:25 AM
29	Joe Grimm	10/23/2025 9:48 PM
30	Suyin Shaw	10/23/2025 1:19 PM
31	Alyse cores	10/22/2025 7:48 PM
32	Lorraine McGinn	10/22/2025 5:52 PM
33	Janet Potochniak	10/22/2025 5:39 PM
34	Joanne Edwards	10/22/2025 4:14 PM
35	Pat Hargett	10/21/2025 11:37 PM
36	LASSITER, Louise	10/20/2025 7:34 PM
37	Eileen	10/20/2025 6:08 PM
38	Arleen von Salzen	10/20/2025 4:23 PM
39	Janet Wallace	10/20/2025 10:25 AM
40	Marie Fulcher	10/19/2025 9:45 PM
41	Janet Wallace	10/19/2025 7:08 PM
42	Eileen	10/19/2025 12:17 PM
43	Theresa Allen	10/18/2025 5:41 PM
44	Angela Abbott	10/18/2025 4:12 PM
45	Simon-Peter Shaffer	10/18/2025 2:48 PM
46	Noreen James	10/18/2025 12:16 PM
47	Gari Gill	10/18/2025 11:22 AM
48	Frances Sandoval	10/18/2025 11:17 AM
49	Valerie Porembski	10/18/2025 10:37 AM
50	Joyce Paton	10/18/2025 10:11 AM
51	Jay Schmitt	10/18/2025 10:01 AM
52	Bette Willett	10/18/2025 9:10 AM
53	Kathleen Widelski	10/18/2025 9:08 AM
54	Cathy Poland	10/18/2025 8:17 AM
55	Sharon Short	10/18/2025 7:56 AM
56	Denna Weston	10/18/2025 7:55 AM
57	Kathy Norowski	10/18/2025 7:52 AM
58	Helen Salvato	10/18/2025 7:48 AM
59	Barbara Mercer	10/18/2025 7:12 AM
60	Carol Winans	10/17/2025 9:26 PM
61	Gladys Woods	10/17/2025 5:05 PM
62	Gladys Woods	10/17/2025 5:04 PM
63	Gladys Woods	10/17/2025 10:36 AM
64	Terri RaFalik	10/16/2025 5:59 PM
65	Mary ellen Latour	10/16/2025 4:29 PM

Wake Forest Center for Active Aging

66	William Galliher	10/16/2025 9:27 AM
67	Thelma Long	10/16/2025 7:17 AM
68	Thelma Long	10/16/2025 6:56 AM
69	Thelma Long	10/15/2025 9:13 PM
70	Thelma Long	10/15/2025 8:54 PM
71	Margo Zwald	10/15/2025 8:12 PM
72	Mary Dean	10/15/2025 7:19 PM
73	Katy Doyle	10/15/2025 3:59 PM
74	Erika Gray	10/15/2025 3:21 PM
75	Nancy Brooks	10/15/2025 10:48 AM
76	Judith Waage	10/14/2025 6:38 PM
77	Lynda Creutzburg	10/14/2025 4:24 PM
78	Mary Ellen Hamer	10/14/2025 10:32 AM
79	Mendora(Mendy) Clark	10/14/2025 10:16 AM
80	Terese Jerosse	10/14/2025 9:22 AM
81	F. Joy Montero	10/13/2025 8:31 PM
82	Terry Angell	10/13/2025 8:15 PM
83	Ann Melanie Murphy	10/13/2025 12:08 PM
84	barbara bryant	10/12/2025 11:07 PM
85	Deborah Martonic	10/12/2025 8:39 PM
86	Cheryl Bell	10/12/2025 7:54 PM
87	Deborah Roesel	10/12/2025 3:23 PM
88	Christi H Austin	10/12/2025 1:54 PM
89	Susan Newman	10/12/2025 12:05 PM
90	Peter Barbuto	10/12/2025 9:40 AM
91	Helga Vick	10/12/2025 8:23 AM
92	Carolyn Hudspeth	10/12/2025 6:55 AM
93	Karen Dunavant	10/12/2025 5:56 AM
94	Robyn Beer	10/11/2025 9:30 PM
95	Jennifer Cox	10/11/2025 8:58 PM
96	Laree Lewis	10/11/2025 7:44 PM
97	Paula Marston	10/11/2025 7:41 PM
98	Maria del Pilar Rouco, Psy.D.	10/11/2025 6:26 PM
99	Norm Bell	10/11/2025 4:38 PM
100	laurie	10/11/2025 3:19 PM
101	Eileen Blaisdell	10/11/2025 11:33 AM
102	Eileen Blaisdell	10/11/2025 11:33 AM
103	Mary Whitmire	10/11/2025 10:56 AM

Wake Forest Center for Active Aging

104	Margaret Zwald	10/11/2025 10:29 AM
105	Karen Walthall	10/11/2025 10:06 AM
106	Marci Fisher	10/11/2025 9:03 AM
107	Donna Zaleski	10/11/2025 8:57 AM
108	Thomas L Wallis	10/11/2025 7:53 AM
109	martha d dyke	10/11/2025 7:17 AM
110	Martha Arnum	10/11/2025 6:00 AM
111	Deborah Humphrey	10/11/2025 12:55 AM
112	Pat Odoms	10/10/2025 11:48 PM
113	John	10/10/2025 8:23 PM
114	Barbara Suddueth	10/10/2025 8:01 PM
115	Arlene Eckert	10/10/2025 7:57 PM
116	David E McCracken	10/10/2025 6:39 PM
117	Karen Jensen	10/10/2025 6:03 PM
118	Sherry Slavitt	10/10/2025 5:44 PM
119	Sharon Welch	10/10/2025 5:30 PM
120	Peggy Lee	10/10/2025 4:46 PM
121	Peggy McNaughton	10/10/2025 4:45 PM
122	Jerome Glenn (Computer Instructor)	10/10/2025 4:40 PM
123	Stephen Goulet	10/10/2025 4:20 PM
124	Kathleen McDermott	10/10/2025 4:09 PM
125	Mindy rudyan	10/10/2025 3:47 PM
126	Stephen Goulet	10/10/2025 3:45 PM
127	Wilma Allende	10/10/2025 3:42 PM
128	Deborah Himmelmann	10/10/2025 3:36 PM
129	Valerie King-Jackson	10/10/2025 3:35 PM
130	Bryan DeRocher	10/10/2025 3:32 PM
131	Jeremiah Sullivan	10/10/2025 3:26 PM
132	Mary ellen Latour	10/10/2025 3:25 PM
133	Jane Christina Mansell	10/10/2025 3:14 PM
134	J Deanna Easley	10/10/2025 3:09 PM
135	Gladys Woods	10/10/2025 2:59 PM
136	Gladys Woods	10/10/2025 2:59 PM
137	Darien Coleman	10/10/2025 2:38 PM
138	Linda Bossert	10/10/2025 2:27 PM
139	Mindy rudyan	10/10/2025 2:10 PM
140	Ida Stone	10/10/2025 1:48 PM
141	Leni Newell	10/10/2025 1:47 PM

Wake Forest Center for Active Aging

142	Kim Cowie	10/10/2025 1:44 PM
143	Gail	10/10/2025 1:44 PM
144	Vanessia Cooke-ALvarado	10/10/2025 1:42 PM
145	Suzanne	10/10/2025 1:37 PM
146	Butch dunlap	10/10/2025 1:34 PM
147	Mary ellen Latour	10/10/2025 1:33 PM
148	Used to volunteer but no more.	10/10/2025 1:28 PM
149	Patricia Dougherty	10/10/2025 1:27 PM
150	Perhaps at a later date!	10/10/2025 1:22 PM
151	Gisele Meader	10/10/2025 1:22 PM
152	Ginger Jolley	10/10/2025 1:20 PM
153	Lynda Sink	10/10/2025 1:11 PM
154	MJ Van Horne	10/9/2025 2:04 PM
155	Monica Lileton	10/9/2025 1:54 PM
#	PHONE	DATE
1	973 479-5845	10/30/2025 8:10 AM
2	9198471553	10/29/2025 11:00 PM
3	609-468-0762	10/29/2025 4:38 PM
4	919 614 6272	10/29/2025 3:52 PM
5	9192704962	10/29/2025 3:50 PM
6	908 601 7529	10/29/2025 3:48 PM
7	9196026858	10/29/2025 2:07 PM
8	9196083640	10/29/2025 1:53 PM
9	9202541974	10/29/2025 1:33 PM
10	7045406410	10/29/2025 1:31 PM
11	9199710838	10/29/2025 1:26 PM
12	9092106733	10/29/2025 1:04 PM
13	9199802342	10/29/2025 12:59 PM
14	9412565892	10/29/2025 12:57 PM
15	9196714340	10/29/2025 12:55 PM
16	919 569-0040	10/29/2025 12:55 PM
17	9196040938	10/29/2025 12:46 PM
18	9198185356	10/29/2025 12:40 PM
19	919-624-2642	10/29/2025 12:27 PM
20	7046506507	10/28/2025 3:43 PM
21	8288966511	10/28/2025 11:58 AM
22	508-380-9818	10/28/2025 10:38 AM
23	954-802-6762	10/27/2025 4:38 PM

Wake Forest Center for Active Aging

24	2243929782	10/27/2025 12:52 PM
25	9196059616	10/25/2025 12:29 AM
26	9194147869	10/24/2025 6:25 AM
27	4404762315	10/23/2025 9:48 PM
28	804-615-5268	10/23/2025 1:19 PM
29	9417053274	10/22/2025 7:48 PM
30	6312195291	10/22/2025 5:52 PM
31	9196068174	10/22/2025 5:39 PM
32	9194147869	10/22/2025 4:14 PM
33	9192105282	10/21/2025 11:37 PM
34	9842351093	10/20/2025 7:34 PM
35	(919) 280-9858	10/20/2025 6:08 PM
36	2016586967	10/20/2025 4:23 PM
37	9198052926	10/20/2025 10:25 AM
38	9194529346	10/19/2025 9:45 PM
39	9198052926	10/19/2025 7:08 PM
40	(919) 280-9858	10/19/2025 12:17 PM
41	3144589486	10/18/2025 5:41 PM
42	9196965320	10/18/2025 4:12 PM
43	207-557-5542	10/18/2025 2:48 PM
44	9197103405	10/18/2025 12:16 PM
45	(919)610-2678	10/18/2025 11:22 AM
46	5712121267	10/18/2025 11:17 AM
47	516-849-3189	10/18/2025 10:37 AM
48	9045891891	10/18/2025 10:11 AM
49	9196212290	10/18/2025 10:01 AM
50	9196004695	10/18/2025 9:10 AM
51	9195147563	10/18/2025 9:08 AM
52	919-841-7257	10/18/2025 8:17 AM
53	9196963168	10/18/2025 7:56 AM
54	9196181470	10/18/2025 7:55 AM
55	201-873-5128	10/18/2025 7:52 AM
56	201-247-9002	10/18/2025 7:48 AM
57	7049969107	10/18/2025 7:12 AM
58	9088033127	10/17/2025 9:26 PM
59	919 608 0305	10/17/2025 5:05 PM
60	919 608 0305	10/17/2025 5:04 PM
61	919 608-0305	10/17/2025 10:36 AM

Wake Forest Center for Active Aging

62	9193320123	10/16/2025 5:59 PM
63	5852594659	10/16/2025 4:29 PM
64	7209717594	10/16/2025 9:27 AM
65	703-965-4555	10/16/2025 7:17 AM
66	703-965-4555	10/16/2025 6:56 AM
67	703-965-4555	10/15/2025 9:13 PM
68	703-965-4555	10/15/2025 8:54 PM
69	616-617-8510	10/15/2025 8:12 PM
70	919-614-8337	10/15/2025 7:19 PM
71	9192741007	10/15/2025 3:59 PM
72	919-333-5052	10/15/2025 3:21 PM
73	301-639-1399	10/15/2025 10:48 AM
74	9179915872	10/14/2025 6:38 PM
75	9199611636	10/14/2025 4:24 PM
76	3173325943	10/14/2025 10:32 AM
77	2404237293	10/14/2025 10:16 AM
78	6099062118	10/13/2025 8:31 PM
79	9192600976	10/13/2025 8:15 PM
80	9194533485	10/13/2025 12:08 PM
81	2525444918	10/12/2025 11:07 PM
82	919-435-1010	10/12/2025 8:39 PM
83	2173907648	10/12/2025 7:54 PM
84	9842897041	10/12/2025 3:23 PM
85	9103526523	10/12/2025 1:54 PM
86	5164554267	10/12/2025 12:05 PM
87	224-392-9782	10/12/2025 9:40 AM
88	9198471553	10/12/2025 8:23 AM
89	630 2921343	10/12/2025 6:55 AM
90	703-338-4816	10/12/2025 5:56 AM
91	5183898425	10/11/2025 9:30 PM
92	9193499764	10/11/2025 8:58 PM
93	9194356515	10/11/2025 7:44 PM
94	919-376-6944	10/11/2025 7:41 PM
95	(305) 519-3009	10/11/2025 6:26 PM
96	919-495-9412	10/11/2025 4:38 PM
97	9196024858	10/11/2025 3:19 PM
98	919 435 0424	10/11/2025 11:33 AM
99	919 435 0424	10/11/2025 11:33 AM

Wake Forest Center for Active Aging

100	910-603-3358	10/11/2025 10:56 AM
101	6166178510	10/11/2025 10:29 AM
102	434-426-0195	10/11/2025 10:06 AM
103	3368522058	10/11/2025 9:03 AM
104	7328577825	10/11/2025 8:57 AM
105	571-215-4048. Mobile	10/11/2025 7:53 AM
106	5124974151	10/11/2025 7:17 AM
107	508-380-9918	10/11/2025 6:00 AM
108	9842975560	10/11/2025 12:55 AM
109	919-455-1239	10/10/2025 11:48 PM
110	9194523357	10/10/2025 8:23 PM
111	9197956972	10/10/2025 8:01 PM
112	9197619766	10/10/2025 7:57 PM
113	8285505980	10/10/2025 6:39 PM
114	9196189610	10/10/2025 6:03 PM
115	3105073119	10/10/2025 5:44 PM
116	5712455715	10/10/2025 5:30 PM
117	9197321944	10/10/2025 4:46 PM
118	2523401711	10/10/2025 4:45 PM
119	9195541443	10/10/2025 4:40 PM
120	919-444-2250	10/10/2025 4:20 PM
121	9193534161	10/10/2025 4:09 PM
122	818 424 0083	10/10/2025 3:47 PM
123	919-444-2250	10/10/2025 3:45 PM
124	3053366843	10/10/2025 3:42 PM
125	3016399795	10/10/2025 3:36 PM
126	413-478-8199	10/10/2025 3:35 PM
127	9195309317	10/10/2025 3:32 PM
128	757-920-3841	10/10/2025 3:26 PM
129	5852594659	10/10/2025 3:25 PM
130	9197143280	10/10/2025 3:14 PM
131	9198441212	10/10/2025 3:09 PM
132	919 608 0305	10/10/2025 2:59 PM
133	919 608 0305	10/10/2025 2:59 PM
134	919 349-3559	10/10/2025 2:38 PM
135	703-216-5046	10/10/2025 2:27 PM
136	818 424 0083	10/10/2025 2:10 PM
137	7046687677	10/10/2025 1:48 PM

Wake Forest Center for Active Aging

138	252.269.1804	10/10/2025 1:47 PM
139	443-498-3135	10/10/2025 1:44 PM
140	9195202427	10/10/2025 1:44 PM
141	9194532626	10/10/2025 1:42 PM
142	9198891986	10/10/2025 1:37 PM
143	9103089216	10/10/2025 1:34 PM
144	5852594659	10/10/2025 1:33 PM
145	9194138265	10/10/2025 1:27 PM
146	609-468-0762	10/10/2025 1:22 PM
147	9196331119	10/10/2025 1:20 PM
148	8282451248	10/10/2025 1:11 PM
149	919-810-9824	10/9/2025 2:04 PM
150	919-435-9563	10/9/2025 1:54 PM
#	EMAIL	DATE
1	Jgeschwindt@gmail.com	10/30/2025 8:10 AM
2	nanahv@bellsouth.net	10/29/2025 11:00 PM
3	carolw-g@usa.net	10/29/2025 6:17 PM
4	meadergisele@gmail.com	10/29/2025 4:38 PM
5	missronnee@nc.rr.com	10/29/2025 3:52 PM
6	Katiepatterson@nc.rr.com	10/29/2025 3:50 PM
7	lkpaintr@gmail.com	10/29/2025 2:07 PM
8	dlrspendergast@yahoo.com	10/29/2025 1:53 PM
9	kashea1616@gmail.com	10/29/2025 1:33 PM
10	kapila0705@gmail.com	10/29/2025 1:31 PM
11	bsolero@gmail.com	10/29/2025 1:26 PM
12	josilvagni@gmail.com	10/29/2025 1:14 PM
13	normanmatthias3rd@gmail.com	10/29/2025 1:04 PM
14	Frankdu894@gmail.com	10/29/2025 12:59 PM
15	BRIAN6U@GMAIL.COM	10/29/2025 12:57 PM
16	sassygal111@gmail.com	10/29/2025 12:55 PM
17	Pjlawler1@yahoo.com	10/29/2025 12:55 PM
18	szndaly@gmail.com	10/29/2025 12:46 PM
19	thecornerstoneacademy@gmail.com	10/29/2025 12:40 PM
20	melanielind45@gmail.com	10/29/2025 12:27 PM
21	vcj422@gmail.com	10/28/2025 3:43 PM
22	mcmthomas@icloud.com	10/28/2025 11:58 AM
23	mandmarnum@aol.com	10/28/2025 10:38 AM
24	Droyervli@yahoo.com	10/27/2025 4:38 PM

Wake Forest Center for Active Aging

25	pbarbuto60068@yahoo.com	10/27/2025 12:52 PM
26	peggy.adams2010@gmail.com	10/25/2025 12:29 AM
27	peppermintrev@hotmail.com	10/24/2025 6:25 AM
28	jwoodgrove@gmail.com	10/23/2025 9:48 PM
29	sbshaw1@gmail.com	10/23/2025 1:19 PM
30	arscores@gmail.com	10/22/2025 7:48 PM
31	Lengelha@msn.com	10/22/2025 5:52 PM
32	potochniak@att.net	10/22/2025 5:39 PM
33	peppermintrev@hotmail.com	10/22/2025 4:14 PM
34	pathargett1@gmail.com	10/21/2025 11:37 PM
35	bensweezie@yahoo.com	10/20/2025 7:34 PM
36	emcunningham3@gmail.com	10/20/2025 6:08 PM
37	arleensalz11@gmail.com	10/20/2025 4:23 PM
38	Newlightfarm@aol.com	10/20/2025 10:25 AM
39	reeful@hotmail.com	10/19/2025 9:45 PM
40	Newlightfarm@aol.com	10/19/2025 7:08 PM
41	emcunningham3@gmail.com	10/19/2025 12:17 PM
42	Tmahallen@yahoo.com	10/18/2025 5:41 PM
43	aabbott51@gmail.com	10/18/2025 4:12 PM
44	spshaffer@hotmail.com	10/18/2025 2:48 PM
45	noreenmjames@gmail.com	10/18/2025 12:16 PM
46	Timngari@aol.com	10/18/2025 11:22 AM
47	fcs06wfg@yahoo.com	10/18/2025 11:17 AM
48	Jaguar72951@yahoo.com	10/18/2025 10:37 AM
49	sweetnspunky717@aol.com	10/18/2025 10:11 AM
50	jayschmitt@me.com	10/18/2025 10:01 AM
51	Bette@willett.me?	10/18/2025 9:10 AM
52	kwidelski@nc.rr.com	10/18/2025 9:08 AM
53	cathypo@earthlink.net	10/18/2025 8:17 AM
54	sharonmshort5@gmail.com	10/18/2025 7:56 AM
55	Pneumos@yahoo.com	10/18/2025 7:55 AM
56	Knorowski624@aol.com	10/18/2025 7:52 AM
57	salvatofamily@aol.com	10/18/2025 7:48 AM
58	carolina.red@hotmail.com	10/18/2025 7:12 AM
59	carolw-g@usa.net	10/17/2025 9:26 PM
60	gladyswoods@ymail.com	10/17/2025 5:05 PM
61	gladyswoods@ymail.com	10/17/2025 5:04 PM
62	gladyswoods@ymail.com	10/17/2025 10:36 AM

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63	trafalik8621@gmail.com	10/16/2025 5:59 PM
64	Maryellen_latour@yahoo.com	10/16/2025 4:29 PM
65	Mgallier15@gmail.com	10/16/2025 9:27 AM
66	tcarlong01@gmail.com	10/16/2025 7:17 AM
67	tcarlong01@gmail.com	10/16/2025 6:56 AM
68	tcarlong01@gmail.com	10/15/2025 9:13 PM
69	tcarlong01@gmail.com	10/15/2025 8:54 PM
70	margozwald@gmail.com	10/15/2025 8:12 PM
71	Chinamd44@gmail.com	10/15/2025 7:19 PM
72	Erikagray1967@gmail.com	10/15/2025 3:21 PM
73	nibrooks2@yahoo.com	10/15/2025 10:48 AM
74	judywaage@icloud.com	10/14/2025 6:38 PM
75	lynda139@nc.rr.com	10/14/2025 4:24 PM
76	maryellenhamer74@gmail.com	10/14/2025 10:32 AM
77	mclark126@gmail.com	10/14/2025 10:16 AM
78	tjbaggins@gmail.com	10/14/2025 9:22 AM
79	felicidad.montero@gmail.com	10/13/2025 8:31 PM
80	terry.angell@gmail.com	10/13/2025 8:15 PM
81	melanie.murphy@gmail.com	10/13/2025 12:08 PM
82	ncbabz@aol.com	10/12/2025 11:07 PM
83	debbiam@aol.com	10/12/2025 8:39 PM
84	cherylbbell53@yahoo.com	10/12/2025 7:54 PM
85	shop27587@earthlink.net	10/12/2025 3:23 PM
86	christi0201@gmail.com	10/12/2025 1:54 PM
87	Newmansgang@aol.com	10/12/2025 12:05 PM
88	pbarbut60068@yahoo.com	10/12/2025 9:40 AM
89	nanahv@bellsouth.net	10/12/2025 8:23 AM
90	cchudspeth@live.com	10/12/2025 6:55 AM
91	Karen.dunavant@gmail.com	10/12/2025 5:56 AM
92	rksilvers@yahoo.com	10/11/2025 9:30 PM
93	tuffysprite@gmail.com	10/11/2025 8:58 PM
94	laree.lewis@yahoo.com	10/11/2025 7:44 PM
95	paula_marston@yahoo.com	10/11/2025 7:41 PM
96	drpilyrouco@gmail.com	10/11/2025 6:26 PM
97	neb43@icloud.com	10/11/2025 4:38 PM
98	laurie.eckenrode@gmail.com	10/11/2025 3:19 PM
99	eblaisdell@gmail.com	10/11/2025 11:33 AM
100	eblaisdell@gmail.com	10/11/2025 11:33 AM

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101	msmarymac1@me.com	10/11/2025 10:56 AM
102	margozwald@gmail.com	10/11/2025 10:29 AM
103	Kwalthall19@comcast.net	10/11/2025 10:06 AM
104	mbfisher61@gmail.com	10/11/2025 9:03 AM
105	Reedzaleski@gmail.com	10/11/2025 8:57 AM
106	ldell5705@gmail.com	10/11/2025 7:53 AM
107	marthaandmurphy@hotmail.com	10/11/2025 7:17 AM
108	mandmarnum@aol.com	10/11/2025 6:00 AM
109	humfreedeb@gmail.com	10/11/2025 12:55 AM
110	patodoms@icloud.com	10/10/2025 11:48 PM
111	Ntkk42@gmail.com	10/10/2025 8:23 PM
112	mrsorganiz@aol.com	10/10/2025 8:01 PM
113	arfraneckert@yahoo.com	10/10/2025 7:57 PM
114	dem32415@aol.com	10/10/2025 6:39 PM
115	hiimkarenk@gmail.com	10/10/2025 6:03 PM
116	sherryslavit@gmail.com	10/10/2025 5:44 PM
117	spe4me1@gmail.com	10/10/2025 5:30 PM
118	peggyleemead@yahoo.com	10/10/2025 4:46 PM
119	pmac47@twc.com	10/10/2025 4:45 PM
120	jerry5129@gmail.com	10/10/2025 4:40 PM
121	goulet1@gmail.com	10/10/2025 4:20 PM
122	Johnesox@aol.com	10/10/2025 4:09 PM
123	Mindyrudyan@gmail.com	10/10/2025 3:47 PM
124	goulet1@gmail.com	10/10/2025 3:45 PM
125	wilmaallende@icloud.com	10/10/2025 3:42 PM
126	demilyhi@gmail.com	10/10/2025 3:36 PM
127	nunu1994@msn.com	10/10/2025 3:35 PM
128	Bgderocher@gmail.com	10/10/2025 3:32 PM
129	gpasully@gmail.com	10/10/2025 3:26 PM
130	Maryellen_latour@yahoo.com	10/10/2025 3:25 PM
131	gbcanus@gmail.com	10/10/2025 3:14 PM
132	deannaeasley1@yahoo.com	10/10/2025 3:09 PM
133	gladyswoods@ymail.com	10/10/2025 2:59 PM
134	gladyswoods@ymail.com	10/10/2025 2:59 PM
135	Dariencolemanrealtor@gmail.com	10/10/2025 2:38 PM
136	lacancion925@gmail.com	10/10/2025 2:27 PM
137	Mindyrudyan@gmail.com	10/10/2025 2:10 PM
138	idasto38@gmail.com	10/10/2025 1:48 PM

Wake Forest Center for Active Aging

139	newell.leni@gmail.com	10/10/2025 1:47 PM
140	kimberleyjcowie@gmail.com	10/10/2025 1:44 PM
141	Ladijak12@gmail.com	10/10/2025 1:44 PM
142	vanessiaa08@gmail.com	10/10/2025 1:42 PM
143	Morrisonsq@gmail.com	10/10/2025 1:37 PM
144	bd118hotel@gmail.com	10/10/2025 1:34 PM
145	Maryellen_latour@yahoo.com	10/10/2025 1:33 PM
146	patriciaadougherty@gmail.com	10/10/2025 1:27 PM
147	meadergisele@gmail.com	10/10/2025 1:22 PM
148	gingerjolley@yahoo.com	10/10/2025 1:20 PM
149	lyndasink@bellsouth.net	10/10/2025 1:11 PM
150	mvanhorne@wakeforestnc.gov	10/9/2025 2:04 PM
151	mlileton@wakeforestnc.gov	10/9/2025 1:54 PM

Q8 What topics, hobbies, or skills would you like to learn more about at the Center?

Answered: 215 Skipped: 283

#	RESPONSES	DATE
1	QUILTING	10/30/2025 8:36 AM
2	Love to get in the pottery program	10/30/2025 8:10 AM
3	Crafting, PE	10/29/2025 11:00 PM
4	Yoga, Pilates, tai chi, jazz dance	10/29/2025 10:21 PM
5	Watercolor. Day trips	10/29/2025 9:30 PM
6	Stained Glass	10/29/2025 6:54 PM
7	More education please	10/29/2025 5:30 PM
8	pottery	10/29/2025 5:28 PM
9	Ukulele lessons	10/29/2025 4:54 PM
10	Greeting card making and quilting instruction	10/29/2025 4:38 PM
11	Painting, mahjong, AI, iPhones	10/29/2025 4:10 PM
12	I enjoyed The Constitution Presentations that were offered until recently.	10/29/2025 4:04 PM
13	Cooking or Baking classes or demonstrations.	10/29/2025 3:52 PM
14	Ceramics	10/29/2025 3:25 PM
15	Water color classes	10/29/2025 3:17 PM
16	How to get better at playing Mah-jongg	10/29/2025 2:30 PM
17	Clay/handbuilding History	10/29/2025 2:07 PM
18	Book club	10/29/2025 1:53 PM
19	Keeping healthy	10/29/2025 1:45 PM
20	Cooking/Breadmaking.	10/29/2025 1:26 PM
21	Arts, Crafts, Ceramics and Pottery	10/29/2025 1:14 PM
22	History including the classes on the constitution which we just lost	10/29/2025 1:06 PM
23	Watercolor painting by a watercolor artist	10/29/2025 1:05 PM
24	History including the classes on the constitution which we just lost	10/29/2025 1:01 PM
25	More economical or free choices.	10/29/2025 12:55 PM
26	Interested in most fine arts, graphic design, sculpture, paper mache etc	10/29/2025 12:46 PM
27	Community building	10/29/2025 12:27 PM
28	OLLI type classes, lectures, speakers Barre class	10/29/2025 8:12 AM
29	Technology Fitness Downsizing	10/29/2025 12:15 AM
30	Vegan cooking classes Potluck lunches with speakers/panels/short educational videos (like from Curiosity Stream) with Q&A afterward.	10/28/2025 11:58 AM
31	Spanish classes.	10/28/2025 10:38 AM

Wake Forest Center for Active Aging

32	An adult learning program for learning to become more proficient at playing chess - the weekly open chess playing does not provide an avenue for growth.	10/27/2025 4:38 PM
33	quilting, bridge	10/26/2025 9:37 AM
34	Arts and crafts I am a disabled veteran so I cant do too much.	10/25/2025 12:29 AM
35	Wood working	10/23/2025 9:48 PM
36	Quilting	10/23/2025 8:22 PM
37	Calligraphy or hand lettering Photography Language learning: Spanish, French Cooking demonstrations Flower arranging	10/23/2025 1:19 PM
38	Tai chi chigong	10/23/2025 11:06 AM
39	Constitution, computer, iPhone,	10/23/2025 10:48 AM
40	Quilting...reading club...board games Card games	10/22/2025 6:47 PM
41	Knitting, crocheting and pottery	10/22/2025 6:03 PM
42	Beginner crafts	10/22/2025 5:39 PM
43	watercolor for beginners	10/22/2025 5:28 PM
44	Health related education, history and travel.	10/22/2025 5:22 PM
45	Using a sewing machine again Knitting	10/22/2025 4:58 PM
46	Nothing at this time.	10/22/2025 4:22 PM
47	Acrylic painting	10/22/2025 2:44 PM
48	Private Computer, cell phone Classes	10/22/2025 1:50 PM
49	Quilting, creating small gift ideas, paper crafts. I need more help with ever changing technology. Computers. Phones.	10/21/2025 11:37 PM
50	Chess	10/21/2025 3:25 PM
51	Recommended exercises for strength training to keep muscles strong. Possibly from Physical therapists or personal trainers who work with senior citizens.	10/20/2025 11:01 PM
52	Computer	10/20/2025 6:08 PM
53	Aging in place	10/20/2025 8:05 AM
54	Computer	10/19/2025 12:17 PM
55	Pickleball	10/19/2025 9:59 AM
56	Growing herbs in your kitchen in water and in soil and cooking with them. Dehydration of foods. Sourdough baking.	10/18/2025 10:39 PM
57	Travel lectures Travel day trips	10/18/2025 5:41 PM
58	Living healthier as we age. Healthy cooking.	10/18/2025 4:12 PM
59	Quilting and soapmaking.	10/18/2025 3:59 PM
60	Woodworking, classic cars, marriage counseling	10/18/2025 3:40 PM
61	Financial/Investing General Education	10/18/2025 3:35 PM
62	tunisan crochet advanced knitting needlework stitching such as embroidery, hardanger etc.	10/18/2025 2:06 PM
63	Beginner computer skills	10/18/2025 2:04 PM
64	Crafts	10/18/2025 1:52 PM
65	Watercolor, Pottery, Garden Art	10/18/2025 1:01 PM
66	Spanish Wreath making craft class	10/18/2025 12:16 PM

Wake Forest Center for Active Aging

67	Flower arranging, dance aerobics, afternoon tea	10/18/2025 11:22 AM
68	Knitting	10/18/2025 11:17 AM
69	?	10/18/2025 9:10 AM
70	Pottery, painting watercolor, acrylics, ballroom dance	10/18/2025 9:06 AM
71	I would like to attend more educational speaker topics related to senior medical care, finance, important issues. Is there a social time to be able to just stop in for a cup of coffee and chat with fellow seniors at the snack gathering and snack area? This would be great for senior's who feel lonely at times and just need some conversation?	10/18/2025 8:27 AM
72	Cooking and baking classes, embroidery , and I would like to see more opportunities for bus day trips and possibly overnight trips.	10/18/2025 8:17 AM
73	Crocheting	10/18/2025 8:17 AM
74	tai chi	10/18/2025 8:12 AM
75	1. Current events (excluding politics or religion to keep things calm) But for keeping people up to date on CDC guidelines. 2. Travel information	10/18/2025 7:56 AM
76	Current events, aging issues, health topics	10/18/2025 7:55 AM
77	Pickleball, weight lifting, line dancing, partner dancing Computer classes	10/18/2025 7:51 AM
78	Mahjong or bridge	10/18/2025 7:48 AM
79	wood working	10/18/2025 7:43 AM
80	Painting (oil, watercolor Insurance for elders Tax assistance Topics for elders for navigating systems	10/18/2025 7:12 AM
81	Quilting, hoola hooping, zumba, play cards, mexican fominos, bingo, shag dancing, meal planning, history- civil war, revolutionary,	10/17/2025 9:49 PM
82	Quilting, hoola hooping, zumba, play cards, mexican fominos, bingo, shag dancing, meal planning, history- civil war, revolutionary,	10/17/2025 9:44 PM
83	not sure at this time	10/17/2025 9:26 PM
84	Going to plays and Word search games or books.	10/17/2025 5:05 PM
85	Going to plays and Word search games or books.	10/17/2025 5:04 PM
86	quilting,, crafts	10/17/2025 12:59 PM
87	Plays and word findings.	10/17/2025 10:36 AM
88	Various crafting such as painting, fabric manipulation at affordable prices for Seniors who are on fixed income	10/16/2025 5:59 PM
89	Computer-Windows 11, Photo editing, Open AI Scrapbooking, Tap Dance, Folk Dancing, Foreign Language (French or ItALLian}, Investments	10/16/2025 5:46 PM
90	Tai chi, yoga	10/16/2025 4:29 PM
91	Constitution, computer, iPhone,	10/16/2025 2:37 PM
92	History	10/16/2025 9:37 AM
93	medicare	10/16/2025 9:27 AM
94	Board games	10/16/2025 8:59 AM
95	None	10/15/2025 8:28 PM
96	water color, drawing, computers, exercise	10/15/2025 7:19 PM
97	Drawing, watercolor and acrylic painting, computer skills	10/15/2025 6:22 PM
98	figure drawing	10/15/2025 5:48 PM

Wake Forest Center for Active Aging

99	Health topics.	10/15/2025 4:45 PM
100	Medicare, art	10/15/2025 3:59 PM
101	painting and pottery classes offered in the afternoon	10/15/2025 3:56 PM
102	I'd love a variety of beginner craft classes offered in the afternoon.	10/15/2025 3:24 PM
103	Jewelry making. Have more fitness programs at the lunch hour, evenings and weekends for seniors who still have to work. I can only come at lunch time to a fitness program because I work so my choices are limited.	10/15/2025 3:21 PM
104	Newest versions of Windows/Office programs. Income tax programs Medical developments	10/15/2025 3:15 PM
105	jewelry making classes	10/15/2025 1:45 PM
106	Beginning tai chi, coping with low vision	10/14/2025 12:23 PM
107	Cooking classes.	10/14/2025 10:32 AM
108	Refinishing wood items, Meet-up for lunch or dinner Resources for getting help Basic car maintenance	10/14/2025 10:16 AM
109	Pottery, ceramics, art using various mediums (such as stones, jewelry, paper)	10/14/2025 7:00 AM
110	Concrete pots Stain glass Baking class	10/13/2025 8:15 PM
111	Travel - destination info, tips, group trip discounts. Music - lessons (ukulele, guitar, violin)	10/13/2025 4:33 PM
112	Environmental issues, threats to Social Security	10/13/2025 12:08 PM
113	Majon	10/12/2025 8:30 PM
114	Sewing Pottery Beginning guitar	10/12/2025 1:54 PM
115	iPhone, computers, homeopathic remedies	10/12/2025 9:40 AM
116	Computer and cell phone usage	10/12/2025 6:55 AM
117	Idk	10/12/2025 5:56 AM
118	Things that help our minds - activities for regular people not just experts at different games are welcome	10/11/2025 11:06 PM
119	Would love a guest speaker series to meet the needs of our MS Support group members	10/11/2025 9:30 PM
120	There is/was a class making ceramic garden flowers that I would like to take some day.	10/11/2025 9:19 PM
121	water color, bookbinding, using natural items to print on cloth	10/11/2025 8:58 PM
122	Windows 11	10/11/2025 7:44 PM
123	Art, music,theater, poetry, history, travel, pottery	10/11/2025 7:41 PM
124	Stained glass and silk screening.	10/11/2025 6:26 PM
125	Photography - taking pictures with cell phone cameras, storing and organizing photos on a hard drive and photo editing	10/11/2025 6:16 PM
126	I think you've done a wonderful job of promoting all that you do; there's such variety to your programs now. Bring back beginning bridge, maybe another book club, too!	10/11/2025 5:25 PM
127	Understanding Apple Computers and the Internet	10/11/2025 4:38 PM
128	exercise, stained glass, pottery, cooking	10/11/2025 4:22 PM
129	NC history, floral arrangement, cake decorating	10/11/2025 3:58 PM
130	piano playing	10/11/2025 2:10 PM
131	Employment for older adults	10/11/2025 12:51 PM
132	Computers, self improvement ,nutrition, weight loss, individual counseling services, Financial planning.	10/11/2025 11:33 AM

Wake Forest Center for Active Aging

133	Computers, self improvement ,nutrition, weight loss, individual counseling services, Financial planning.	10/11/2025 11:33 AM
134	Health, diet, plant based cooking.	10/11/2025 10:56 AM
135	pottery, computer	10/11/2025 10:29 AM
136	Drawing (NOT Au Plein), garden flowers	10/11/2025 10:22 AM
137	Dulcimers	10/11/2025 10:04 AM
138	Crochet	10/11/2025 9:16 AM
139	Photograph with phone, beginning Spanish,balance, beginning drawing & aging in place. In fact, a fair centered around aging in place would be a good idea.	10/11/2025 9:07 AM
140	Bridge, Pickleball	10/11/2025 9:03 AM
141	Glass fusion, Christmas decorations, wreath making, beading-jewelry making.	10/11/2025 8:45 AM
142	Watercolor, crochet.	10/11/2025 8:01 AM
143	Photography Fly fishing. Casting	10/11/2025 7:53 AM
144	Fitness	10/11/2025 7:17 AM
145	Educational, current events, issues concerning Wake Forest residents and resources.	10/11/2025 1:35 AM
146	Stretch classes late morning or early afternoon, meditation classes late morning or early afternoon	10/10/2025 11:48 PM
147	Educational lectures, wellness programs and some training programs such as CPR and other emergency management.	10/10/2025 11:07 PM
148	Cooking, crafts, iPad skills	10/10/2025 10:35 PM
149	Mac Book Air	10/10/2025 10:31 PM
150	More weights classes. Follow fitness experts who say resistance training is essential for healthy aging. Town, educate yourselves about how to deal w/ the aging population!	10/10/2025 10:04 PM
151	Language classes maybe French or Spanish. History classes. Not interested in games	10/10/2025 8:47 PM
152	Dance Drawing	10/10/2025 8:23 PM
153	Fitness; arts and crafts; functional weight training; water fitness	10/10/2025 8:01 PM
154	Unsure	10/10/2025 7:43 PM
155	Bocce	10/10/2025 6:39 PM
156	I am learning knitting and crocheting. More opportunities with each would be great.	10/10/2025 6:33 PM
157	Bridge Watercolor	10/10/2025 6:14 PM
158	Medicare, informational, local interests.	10/10/2025 6:03 PM
159	Biblical history	10/10/2025 5:53 PM
160	Crochet, fly tying	10/10/2025 5:48 PM
161	caregiver advice.	10/10/2025 5:47 PM
162	water color painting, dancing	10/10/2025 5:44 PM
163	I intent to take crochet in the future and also more about genealogy research.	10/10/2025 5:42 PM
164	Arts and crafts	10/10/2025 5:30 PM
165	Pottery	10/10/2025 5:18 PM
166	Travel, gourmet cooking, gardening	10/10/2025 4:46 PM
167	I am interested in Tia Chi....late mornings or early afternoon, drawing classes, active movement classes	10/10/2025 4:45 PM

Wake Forest Center for Active Aging

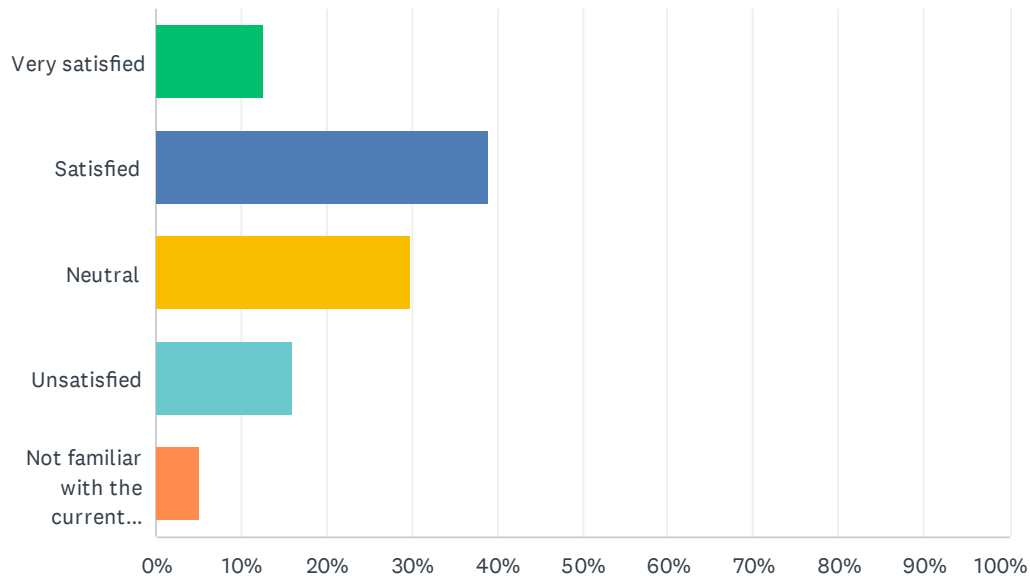
168	pottery	10/10/2025 4:42 PM
169	Smartphones and Windows 11	10/10/2025 4:40 PM
170	Current events, Astrology, more computer classes a bit more advanced. (Apple)	10/10/2025 4:40 PM
171	Wills How to better use social media	10/10/2025 4:39 PM
172	Get the staff and instructors and classes back that kept the center more active and looked forward to attending.	10/10/2025 4:25 PM
173	Acrylic painting	10/10/2025 4:23 PM
174	Music, history, cooking, cultures,travel	10/10/2025 3:47 PM
175	Retirement finance management Watercolor painting (from a watercolor artist) More info and/or a info session on volunteer opportunities	10/10/2025 3:45 PM
176	I would love to teach Spanish at the center. I am fluent in the language and I have the patience and tools needed to take on this activity.	10/10/2025 3:42 PM
177	Cultural diversity events/ Special Days/	10/10/2025 3:35 PM
178	Pottery wheel class	10/10/2025 3:32 PM
179	Legal,medical, computer, android phone	10/10/2025 3:26 PM
180	Pottery, specifically turning seminars	10/10/2025 3:21 PM
181	Need another Drumming class. The ones you have are overfilled	10/10/2025 3:21 PM
182	More visual arts classes	10/10/2025 3:10 PM
183	Vegetarian or healthy cooking for one (or two); morning (9am, 10am) stretch/exercise classes (weights);	10/10/2025 3:09 PM
184	Crafts	10/10/2025 3:06 PM
185	Pottery 101, beginner crochet	10/10/2025 3:04 PM
186	Plays and Word hunt games	10/10/2025 2:59 PM
187	Plays and Word hunt games	10/10/2025 2:59 PM
188	Pottery, watercolors, acrylics, drawing.	10/10/2025 2:38 PM
189	Use of technology	10/10/2025 2:27 PM
190	How to stay healthy	10/10/2025 2:24 PM
191	Fitness Knitting	10/10/2025 2:18 PM
192	Bring Gaylord back and let him have his own room.	10/10/2025 2:15 PM
193	chess, backgammon,	10/10/2025 2:11 PM
194	Music, history, cooking, cultures,travel	10/10/2025 2:10 PM
195	Acrylic painting	10/10/2025 2:09 PM
196	Yoga, crocheting, painting	10/10/2025 2:09 PM
197	Chair yoga should be free, walking groups	10/10/2025 2:07 PM
198	gardening, travel, cooking	10/10/2025 2:03 PM
199	Mandolin lessons	10/10/2025 1:55 PM
200	N/A	10/10/2025 1:45 PM
201	Watercolor painting	10/10/2025 1:44 PM
202	Knitting	10/10/2025 1:44 PM
203	Matting Pictures, Decorating Ideas	10/10/2025 1:44 PM

Wake Forest Center for Active Aging

204	fitness	10/10/2025 1:42 PM
205	Health wellness	10/10/2025 1:37 PM
206	Line dancing, beginner	10/10/2025 1:36 PM
207	N/A	10/10/2025 1:28 PM
208	Intermediate or advanced card making.	10/10/2025 1:22 PM
209	Advanced drawing	10/10/2025 1:21 PM
210	Holistic medicine	10/10/2025 1:20 PM
211	Constitution	10/10/2025 1:17 PM
212	Pottery	10/10/2025 1:14 PM
213	Arts and craft ckasses	10/10/2025 1:11 PM
214	different languages, cooking	10/9/2025 2:25 PM
215	Minimizing items/decluttering Cardio Drumming	10/9/2025 2:04 PM

Q9 How satisfied are you with the current programs offered?

Answered: 485 Skipped: 13



ANSWER CHOICES	RESPONSES	
Very satisfied	12.58%	61
Satisfied	38.97%	189
Neutral	29.90%	145
Unsatisfied	16.08%	78
Not familiar with the current programs	5.15%	25
Total Respondents: 485		

#	IF UNSATISFIED OR NEUTRAL, WHAT COULD BE IMPROVED?	DATE
1	My neighbor said that she is no longer taking the classes she wants because she's on a fixed income, and it's no longer affordable.	10/30/2025 12:17 AM
2	More one & done Crafts More social interaction events m	10/29/2025 11:00 PM
3	Most classes I want to attend fill quickly and I can't get in.	10/29/2025 10:21 PM
4	can not answer I have been traveling since June and just returned.	10/29/2025 9:30 PM
5	availability cost	10/29/2025 7:58 PM
6	The center is not what it was. It used to be a place to gather. Now there is no comradery. The focus is on regiment and money-gathering.	10/29/2025 6:17 PM
7	There seems to be lots of crafting and gaming opportunities but we are losing our educational classes and even some physical classes that we need to maintain our health are being cut back. Sitting around knitting, painting, bingo and many cards games are good for social stimulation but moving is just or even more important part of aging. I do think the increase in fees is directly affecting the amount of residents coming to paid classes.	10/29/2025 5:30 PM
8	I have been away for 4 months and not familiar with recent changes. Like previous programs	10/29/2025 4:10 PM

Wake Forest Center for Active Aging

but often unavailable because too many participants.

9	Was quite surprised to learn The Constitution and Coffee was cancelled recently due to a change of rules/teacher requirement .	10/29/2025 4:04 PM
10	Bring back online exercise classes. They were wonderful! I need to check back re: current fitness schedule. The full three months sign up was too long to hold my spot when I had scattered travel.	10/29/2025 3:50 PM
11	No beginner water color class	10/29/2025 3:17 PM
12	Need classes that benefit seniors that could do advance weight lifting. Advance aerobics	10/29/2025 2:30 PM
13	More classes for less active adults.. i.e Ageless Movement	10/29/2025 1:45 PM
14	Unsatisfied because some of us who live in Wake Forest and pay town of Wake Forest property taxes each year, should not paying for Fitness Classes. That is so unfair. Because of which many seniors have been forced to quit.	10/29/2025 1:31 PM
15	I honestly think I have to look more closely at the current programs and visit the center more often to make and suggestions. Right now, I can't do that, but after the first of the year, I will be able to.	10/29/2025 1:14 PM
16	I thought I had heard nothing was supposed to change and yet everything has changed. Class more \$\$\$\$. Experiences Staff being replace.	10/29/2025 1:07 PM
17	Need less expensive options	10/29/2025 1:06 PM
18	The exercise class sizes are very large. The current artist is a pottery artist and watercolor painting requires specific skill s and experience to teach.	10/29/2025 1:05 PM
19	Need less expensive options	10/29/2025 1:01 PM
20	It is very upsetting that as seniors we now have to pay for all services. I understand that teachers have to be paid. When do seniors who mostly are retired and live on fixed incomes get something we don't have to pay for?	10/29/2025 12:56 PM
21	See above answer.	10/29/2025 12:55 PM
22	I would prefer to have the Advanced Line Dancing much earlier in the morning	10/29/2025 12:54 PM
23	Not enough variety of fitness classes. Loss of Circuit class taught by John left a large gap in strength training.	10/28/2025 3:43 PM
24	Unsure of future program offerings and associated details - better communication!	10/27/2025 6:38 PM
25	A lot of classes have not returned since the town took over the center. Because of cost for the volunteer instructors.	10/27/2025 6:31 PM
26	I think the cost of the programs should be eliminated and charge memders quarterly dues	10/27/2025 12:52 PM
27	The programs/classes used to be free as a member. I had taken a stained glass class, quilting, writers group. But now it costs so much for a short term class it is crazy!	10/25/2025 12:29 AM
28	Programming should begin at/after 9 am. Balance and Beyond, Tuesday and Thursday at 9am, 1pm More beginner level with Linda	10/24/2025 6:25 AM
29	I use to go every day to the center. Now I go less then once a week. I don't like the pricing format or the activities offered. The center use to be for seniors now I don't know what it is trying to accomplish.	10/23/2025 8:55 PM
30	Wednesday Wink is no longer a senior center info. It seems a town ad. What program? Where did all the instructors and artists go?	10/23/2025 1:11 PM
31	Time is factor for attending. Only free 9:30 am - 3 pm Wed - Fri. Sat Sun ok	10/23/2025 11:06 AM
32	Wakes county has destroyed the senior center. It hastens into a fitness center. I liked educational sessions. The senior center is destroyed. I am a member of a fitness club and not interested in the activities wake county has turned the center into. Sad	10/23/2025 10:48 AM
33	Additional exercises classes	10/23/2025 10:20 AM

Wake Forest Center for Active Aging

34	Additional exercises classes	10/23/2025 8:31 AM
35	Additional exercises classes	10/22/2025 8:16 PM
36	More social activities...most activities appear to be gym activities. ..	10/22/2025 6:47 PM
37	A recent Wink said that there was always a charge for classes at the center. This is not true. I've been a member since 2020 and most fitness classes were free. Hire people that look like us- old people. Gray haired people.	10/22/2025 5:52 PM
38	A greater variety of fitness programs and not starting at 8 (too much work traffic at that hour) 9 - 12 is perfect.	10/22/2025 5:39 PM
39	Programming should begin at/after 9 am. Balance and Beyond, Tuesday and Thursday at 9am, 1pm More beginner level with Linda	10/22/2025 4:14 PM
40	Larger room for Mah Jongg. The room used presently is a safety hazard. Too many tripping hazards as you navigate chairs going to and from the rest room etc. Another room to help the overflow would be appreciated.	10/22/2025 10:44 AM
41	More programs for men. Coping with dementia issues with family member.	10/21/2025 11:37 PM
42	Classes fill up so fast can't get in. More needed to be added, even if they were at another site.	10/20/2025 11:01 PM
43	The few we attended were over crowded.	10/20/2025 9:32 AM
44	Offer more sessions of popular fitness classes such as cardio drumming	10/20/2025 8:05 AM
45	Schedule classes with a 15 minute break between. Allows better flow of people inside and parking outside.	10/18/2025 8:11 PM
46	There used to be lots of volunteers.,you could give a tour to anyone who walked through those doors. Vendors would come a few times a month, and bring snacks and drinks. People would sit ,and talk.	10/18/2025 4:12 PM
47	More classes, clubs and activities for Men	10/18/2025 3:40 PM
48	DrumsAlive more of it, and adults Zumba it should be offered three times a week	10/18/2025 2:48 PM
49	limited options for such a nice building with lots of classrooms that sit empty much of the time	10/18/2025 2:06 PM
50	I'm handicapped - registration a problem. Phone the best.	10/18/2025 2:04 PM
51	I still work part-time so when there is a signup I miss out and classes fill up very quickly. From past experience when I have attended certain classes that were originally full, have people dropping out. It would be helpfully if the Center could notify them whether they plan on returning or not so that people on a waitlist can attend those classes	10/18/2025 1:52 PM
52	Did not like the Pottery Petals instructor at all. Gaylord was a great loss!	10/18/2025 1:01 PM
53	Disappointed in the recent cost assigned to previously free programming. I am retired on fixed income.	10/18/2025 10:39 AM
54	I was looking for the chair exercises with the weights. You didn't have them this September and also tai chi. I would like to try. I didn't see that either for September now I have to do moderate exercising right now. OK	10/18/2025 10:37 AM
55	I quit coming, when everything changed. I used to come every week.	10/18/2025 9:06 AM
56	Please stress that the activities we do are kept to the time slot. Instructors should start and end on time, not go over.	10/18/2025 8:36 AM
57	The class sign up information is still very confusing. Have to really be involved to figure out which classes are pay and which are free and drop in only opportunities.	10/18/2025 8:27 AM
58	Would love to see the yoga classes online when I cannot come in.	10/18/2025 8:13 AM
59	Though satisfied, would like to see 9:00 or 10:00 classes offered please.	10/18/2025 7:56 AM
60	more availability and variety	10/17/2025 12:59 PM
61	Add a real weights class like we used to have when John Allen was teaching. REAL WEIGHTS!!Why the delay??	10/16/2025 10:33 PM

Wake Forest Center for Active Aging

62	Since leadership changed, so has the program availability decreased or are now charging. Miss previous leadership that was friendly and visible.	10/16/2025 5:59 PM
63	Instructors should not determine fees for the fitness classes. Go back to flat rate for all classes (\$3/class). Other centers use this method. Variable rates confusing and unnecessary. Why does one yoga teacher charge \$5 and another \$3 or \$4?	10/16/2025 5:46 PM
64	We joined the YMCA when you changed to paying classes, the classes and how they were charging was confusing, seemed like it was a charge every 4-6weeks. We haven't checked since, it could be different.	10/16/2025 4:29 PM
65	Wakes county has destroyed the senior center. It hastens into a fitness center. I liked educational sessions. The senior center is destroyed. I am a member of a fitness club and not interested in the activities wake county has turned the center into. Sad	10/16/2025 2:37 PM
66	All rooms used to be full, no longer I am now paying for classes that used to be free. Many instructors have left, and seniors are no longer allowed to share interests and knowledge.	10/16/2025 9:37 AM
67	If you are going to charge for the Open Studio, than have some supplies available, like table covers, and paper towels.	10/16/2025 9:17 AM
68	More social activities for older seniors (75 and old)	10/16/2025 8:59 AM
69	too early to decide if this new system is working or not.	10/16/2025 8:06 AM
70	fees	10/15/2025 8:12 PM
71	prior to current center i attended the center at least 3 times a week. mostly for arts and crafts	10/15/2025 6:39 PM
72	More art classes that don't include clay.	10/15/2025 6:22 PM
73	the length of the programs is too short time span, need to increase to 12 weeks at least	10/15/2025 5:48 PM
74	I'm disappointed that there aren't any free classes anymore for fitness. There's usually no charge for silver sneakers classes.	10/15/2025 5:46 PM
75	I cannot visit the center during the day because I still work. I wish there was more availability outside of normal working hours.	10/15/2025 3:59 PM
76	I realize the duration of classes are short because of how instructors get paid, but having to reregister every month does not allow for continuity.	10/15/2025 3:56 PM
77	I am only familiar with the fitness programs and they are fantastic of the ones I attend.	10/15/2025 3:21 PM
78	Registration notification Handicap parking	10/15/2025 3:15 PM
79	The art program has disappeared since Gaylord left. I know it takes time to develop programs. I liked on-going programs and continuity. The system of monthly registration and fees severely constrains participation in the art programs.	10/14/2025 5:16 PM
80	The monthly sign up thing is annoying.	10/14/2025 4:24 PM
81	Several of the activities/programs previously offered are no longer there (i.e. Spanish language classes, Bridge classes, Art & pottery classes, etc); Crokinole tournament is gone and so are volunteering activities, due to waiver requirements.	10/14/2025 3:52 PM
82	Would like organized bus trips and cooking classes.	10/14/2025 10:32 AM
83	More short day trips at affordable costs, movies, pot luck for lunch or dinner, when classes are filled schedule more dates	10/14/2025 10:16 AM
84	Need evaluation system for each of the various existing classes/programs	10/14/2025 7:00 AM
85	I've tried to get into the beginning drumming class for over a year with Cara but it's always full	10/13/2025 8:15 PM
86	It seems we have lost members since the town took over in July and we have lost some instructors as well so there is not as much variety and constancy in our programming. I also question the costs because many of us at the Center live on limited retirement budgets. For 3 fitness classes per week, I had to spend \$52 in the month of Sept. That is a higher monthly fee than the YMCA and there is no flexibility in the schedule. I am also concerned about the lack of a Director and the unbelievably long time it is taking to fix the HVAC.	10/13/2025 12:08 PM

Wake Forest Center for Active Aging

87	I have 3 classes every week at 10:00. This is the perfect time for me and my exercise friends, we love them!	10/12/2025 8:39 PM
88	Lower the cost of classes.	10/12/2025 7:54 PM
89	for me it more about the availability - especially since it has become difficult to register for classes. I'm 56 and felt like I was taking opportunities away from people who could use the classes more than me. Maybe the age should be raised.	10/12/2025 3:23 PM
90	Sorry to see that some long-time instructors are no longer on the schedule.	10/12/2025 2:49 PM
91	More classes with instructors that bring some joy, energy and music to their classes. More opportunities for popular classes that book quickly	10/12/2025 1:54 PM
92	Closer personal interaction between staff and members. Learn and assist with some of the personal challenges of members. The Center used to be a warm, supportive environment. Now it feels more like a business center focused on specific guidelines. Learn about and encourage members who are transitioning into a senior aging stage in their lives. I know there are support groups available, but sometimes just a one on one interaction is helpful.	10/12/2025 8:23 AM
93	Exercise classes are great. Missing technology classes. As seniors, we need to be able to keep up with technology. Classes and maybe someone once a week who could help with personal tech issues. Like a Geek Squad for seniors.	10/12/2025 6:55 AM
94	Offer second Ageless Motion Class held by Max, current class's instructor. There are no available partners, nor sign up system so interested individuals can schedule availability to play Table Tennis.	10/12/2025 12:14 AM
95	Need better arts teacher; bring back Gaylord People have left because of the change over and it's a completely different place now	10/11/2025 11:06 PM
96	I would love to see Jenny Griggs and Nancy come back to the Senior Center. They were so supportive of our MS Support group and always had our best interest in mind. I miss them!!	10/11/2025 9:30 PM
97	Please bring Jenny and Nancy back. They were wonderful and made the place so welcoming and fun.	10/11/2025 8:58 PM
98	Classes not available on a regular basis. Signing up is not fair for those not available at a certain time. For classes that are always full, please consider adding more.	10/11/2025 8:38 PM
99	The Town of Wake Forest has provided us with a beautiful facility for which I'm most grateful. Exercise programs, such as Stretch, Strength & Balance, would be more beneficial for participants if they were offered twice a week.	10/11/2025 7:44 PM
100	Better promotion of upcoming registration days for fitness classes (see above). The moderate exercise classes I am interested in were not offered the last time I was on the website, and upon checking this week, the ones I want to do are full. And I will try to pay better attentions to Wednesday Wink? Thank you	10/11/2025 6:16 PM
101	Beginning bridge classes taught by the ladies in the past. ABSOLUTELY AMAZING!	10/11/2025 5:25 PM
102	no air in room	10/11/2025 12:02 PM
103	The programs we previously attended 3x a week are no longer offered, there is nothing else even similar currently offered	10/11/2025 11:36 AM
104	Education on diet, wellness.	10/11/2025 10:56 AM
105	Lower or eliminate costs for programs. Cart shuttle like they have at symphony during busy times. Alos one free class per quarter for residents.	10/11/2025 10:29 AM
106	Go back to it bein Wake Forest Senior center, hire Gaylord Picard back	10/11/2025 10:22 AM
107	Since the change to pre-registering for classes, and limiting class sizes, it is almost impossible to get enrolled in a fitness class. I used to come once a week when it was drop in. But then when you had to be registered to be able to come, I could never make the registration window. The spots were already snapped up before I even got to turn the computer on. The result is I haven't been to a fitness class in over a year. And the irony is, even with the scheduling, the classes still aren't full. Because on a daily basis, not everybody shows up that registered. I preferred it when it was drop in and you came when you could. I travel a lot, so don't want to commit to a space that blocks somebody else from using that spot when I'm not	10/11/2025 10:04 AM

Wake Forest Center for Active Aging

there. But even if I wanted to commit, I can't get a spot because they're gone within 10 minutes of the registration opening up. And I am not a morning person, so unlikely to be alert at 9 AM to do the online registration. Also, I think that if a person was not able to get into a class for one session, then they ought to get priority for registration for the next session before people re-register that were in the previous session. Finally, if space for these exercise classes is that much of an issue, why don't you offer them in a larger venue like the gym at Flaherty Park, or the gym at Joyner Park, as was done during the time when the center was closed for the fire repairs? I have heard, through word-of-mouth, that many members have stopped coming to the center simply because they can't get into the classes that they are interested in. I am one of them.

108	The exercise equipment needs checked for safety as the bike wobbles. A box for donations to Hope House would be great especially in light of electric company removing their emergency food box.	10/11/2025 9:07 AM
109	Perhaps if the sessions for some of the fitness programs were longer periods of time, for example 8 weeks instead of 4.	10/11/2025 8:57 AM
110	Need a better way of getting the word out.	10/11/2025 8:45 AM
111	I'm confused why so many things have changed at the center.	10/11/2025 8:01 AM
112	Unclear when registration for classes begins. Then when I try to register, most are full. Class lengths(4 weeks, 6 weeks, etc) are staggered so it's hard to end one class and start another when they they overlap into different months.	10/11/2025 7:42 AM
113	Get a volunteer form that allows volunteer instructors to conduct classes undeterred by threats of having to reimburse the town for any injuries to their students!!	10/11/2025 6:02 AM
114	The Center should offer free programs to all seniors. The revenue generated by charging seniors is nominal at most. Seniors have paid taxes all their lives and continue to do by way of property taxes, state and local taxes. Charging for programs has been shorted sighted and has not created good will.	10/11/2025 1:35 AM
115	Classes be scheduled per month rather than have them be partly in one month and finishing in another month. Repeat some of the early morning classes in afternoon for those of us who are not early risers and do not want to be in morning rush hour traffic,	10/10/2025 11:48 PM
116	More advanced yoga	10/10/2025 11:24 PM
117	The Center has imploded from the pride of Wake Forest to mediocrity. It has to become a vibrant, forward looking place again.	10/10/2025 11:07 PM
118	Discard the volunteer application!!! Town of WF - cut the authoritarian bullshit!!! A dress code for volunteers??? Really?? Could you get more petty???	10/10/2025 10:04 PM
119	Just lost our excellent teacher on the constitution. He was free and very popular	10/10/2025 8:47 PM
120	Times of programs	10/10/2025 8:18 PM
121	More fitness options	10/10/2025 8:01 PM
122	Reduce your charges for programs. Classes should be free. Be able to pay as I go, I can't comment then can't attend because of dr. appointments and lose my payment.	10/10/2025 7:08 PM
123	Second fitness classes when first is filled. Process to sign up for limited number classes is stressful.	10/10/2025 6:17 PM
124	Amount of classes offered	10/10/2025 6:14 PM
125	Very unsatisfied with the kiln manager in the pottery studio. Her schedule is erratic. There is a lack of attention and focus on safely moving the pottery from stage to stage without breakage.	10/10/2025 6:13 PM
126	Suggest current offerings be promoted more to make members aware	10/10/2025 5:45 PM
127	Seemed inappropriate how the previous director was given the boot, she cared about the seniors. The new director caused many to feel the center had gone downhill.	10/10/2025 5:32 PM
128	More art/craft activities	10/10/2025 5:18 PM
129	The changes have created a rift with all the instructors. Effective Managment left due to the	10/10/2025 4:46 PM

Wake Forest Center for Active Aging

	cities taking over. The place is in free fall	
130	Timing, when times overlap and you need to choose only one time or event.	10/10/2025 4:40 PM
131	Upper body, weights, pilates	10/10/2025 4:40 PM
132	A caring an loving atmosphere as it was before July1, 2025	10/10/2025 4:25 PM
133	I do want to express disappointment at not receiving an emailed survey about my class experience with the bookbinding class. It was extremely disorganized, the materials were entirely inadequate, no real instruction was given, and more. We didn't even have a papercutter or way to square up anything we were cutting. I and my friend who was attending just wound up dropping out of the class we were so frustrated.	10/10/2025 4:23 PM
134	More of the above	10/10/2025 3:47 PM
135	The art classes have been significantly reduced and we only have a ceramic artist teaching watercolor. Watercolor is a very specialized artistic medium needing someone skilled in that medium specifically.	10/10/2025 3:45 PM
136	I just haven't been going since they started charging for the exercise classes. I am meaning to come back soon to participate in other activities. I needed more options for exercise.	10/10/2025 3:25 PM
137	Please bring back hatha yoga class. Would also like more visual art classes, possibly offered on more than one day per week	10/10/2025 3:10 PM
138	Bring back bridge classes and also hand and foot Canasta.	10/10/2025 2:50 PM
139	I started visiting the center a year ago. It was wonderful. Classes were full, people stayed after class to talk with one another. There was a lot of activity. Now it's dead. So many staff members have been fired, so many great classes canceled, It's very sad. No one wants to be there any longer :(10/10/2025 2:45 PM
140	less cost	10/10/2025 2:35 PM
141	Fitness offerings Knitting Craft Offerings	10/10/2025 2:18 PM
142	Very happy with how the center was run when Resources For Seniors ran it. The changes made by the Town of Wake Forest are awful. You had setting that was very successful and you ruined it!	10/10/2025 2:15 PM
143	honesty	10/10/2025 2:11 PM
144	More of the above	10/10/2025 2:10 PM
145	More art classes: watercolor and acrylic painting, Drawing	10/10/2025 2:09 PM
146	The times offered I can not make	10/10/2025 2:09 PM
147	Chair yoga should be free. Walking groups. Weight loss. Nutrition.	10/10/2025 2:07 PM
148	More Zumba or dance fusion type classes. Especially enjoy Linda's class. More please! Also yoga	10/10/2025 1:47 PM
149	After attending for 9 years the fees you are now charging are unacceptable.	10/10/2025 1:46 PM
150	After attending for 9 years the fees you are now charging are unacceptable.	10/10/2025 1:46 PM
151	Too hard to find out when registration opens. Not enough morning or early afternoon choices for classes/activities	10/10/2025 1:44 PM
152	Many instructors have retired so there are no advance knitting or crochet classes	10/10/2025 1:44 PM
153	There are no fitness or any type of active at night for the seniors that are still working	10/10/2025 1:42 PM
154	Mahjong tables are set and uncomfortable to come to participate.	10/10/2025 1:40 PM
155	not satisfied with the fee for classes. Most of them are too high	10/10/2025 1:38 PM
156	Management and consistency in programs.	10/10/2025 1:34 PM
157	I just haven't been going since they started charging for the exercise classes. I am meaning to come back soon to participate in other activities. I needed more options for exercise.	10/10/2025 1:33 PM

Wake Forest Center for Active Aging

158	The programs we previously attended 3x a week are no longer offered, there is nothing else even similar currently offered	10/10/2025 1:28 PM
159	Because handicapped parking is so limited, I don't bother trying to attend any programs.	10/10/2025 1:28 PM
160	Weekend offerings for those who are still working! More stable leadership...this transition to the Town of Wake Forest has been rough on instructors, volunteers, and participants, and the sense of community at the center has been rocked for many.	10/10/2025 1:21 PM
161	Pay less money for classes	10/10/2025 1:20 PM
162	some instructors talk way too much with not enough time devoted to doing the activity, i.e. Tai chi	10/10/2025 1:14 PM
163	fix air conditioner	10/9/2025 2:25 PM

Q10 Do you have any additional suggestions or ideas for future programs or events?

Answered: 225 Skipped: 273

#	RESPONSES	DATE
1	My other friend was wondering whether you have any day trips to the beach via bus.	10/30/2025 12:17 AM
2	Fix the HVAC unit. Provide fans in the exercise rooms.	10/29/2025 6:54 PM
3	Bring back arts and crafts and book clubs and games in such a way that people can come and go, gather and socialize. You say you care about seniors - but it sure feels like you care only for what will fit in your perceived structure. I walk at the Rec Center - I don't take classes there. Too expensive and too structured. Instructors are a commodity.	10/29/2025 6:17 PM
4	Zumba has been cut back and the history of the constitution is sorely missed especially in our current political environment.	10/29/2025 5:30 PM
5	I used to volunteer at the center prior to the town taking over. I stopped because I wasn't going to sign your waiver. It's a real shame how that place has changed since July 1st. What Jennie needed was an assistant. Instead, she got the boot. Also, it's difficult for me to believe that the HVAC couldn't have been repaired after this many months. It feels like a general lack of caring. We were all told, as was published on the town website, that nothing was going to change for the first year. What happened to that?	10/29/2025 4:41 PM
6	Want programs for strength training and balance. Also yoga and tai chi	10/29/2025 4:10 PM
7	Jenny is missed!	10/29/2025 3:51 PM
8	Bring back online classes -fitness especially.	10/29/2025 3:50 PM
9	HVAC has been down for months. It was unbearable heat in many of the rooms especially the room for the quilt circle. A total disgrace.	10/29/2025 3:17 PM
10	I wish we could sign up for classes weekly instead of monthly	10/29/2025 3:11 PM
11	Intellectually engaging speakers/performances.	10/29/2025 2:48 PM
12	Is there scholarships for classes. If not, maybe it needs to be	10/29/2025 2:24 PM
13	yearly fee instead of per class	10/29/2025 1:45 PM
14	I would like to see a travel club to take trips together.	10/29/2025 1:31 PM
15	All fitness classes should come FREE OF CHARGE for seniors wha are residents of Wake Forest because they pay Wake Forest property taxes.	10/29/2025 1:31 PM
16	Financial literacy and taxes. Bucket list excursions/events.	10/29/2025 1:26 PM
17	Obviously, I'm interested in Art. I think the center should tap into local resources. The Art Guild has many seniors who are members. Giving them an opportunity to hang their art and possibly sell it in the center would be beneficial to both organizations. Also, the participants in the center art classes should be able to hang their art as well.	10/29/2025 1:14 PM
18	Keep as a SENIOR CENTER. Too bad you couldn't bring back Jennie and Nancy, our loss.	10/29/2025 1:07 PM
19	A scholarship program just will andd another layer of bureaucracy and embarrassment to members. If a senior could not afford a class,they would quietly talked to one of the directors who have now quit and if class had space available, they were welcomed. No paperwork or questions asked. A scholarship program was never necessary .	10/29/2025 1:06 PM
20	Watercolor painting and drawing beginner classes, intermediate and advanced. Sewing classes. Thanks!	10/29/2025 1:05 PM
21	A scholarship program jus	10/29/2025 1:01 PM

Wake Forest Center for Active Aging

22	I used to visit the senior center multiple times a week. No longer. The town said that nothing was going to change. The laundry list is too long as to what was changed. Don't see myself going back	10/29/2025 1:01 PM
23	Pickleball indoor	10/29/2025 12:59 PM
24	Why not have a pay as you go? Seniors go away, get sick, have appointments so missed paid for sessions go to waste. And if a teacher misses a session then those can't be made up, because of their limited schedule so there goes that paid for session too!	10/29/2025 12:56 PM
25	Learning about government at unincorporated, city, county, state, federal levels, money, taxes	10/29/2025 12:27 PM
26	As per #8. Music appreciation. Senior orchestra. Choir - voice training, breathing exercises. Singing and proper breath control - both very beneficial and therapeutic.	10/29/2025 8:12 AM
27	Please DO NOT schedule a drumming class next door to a Tai Chi class ever again, thank you!	10/29/2025 8:06 AM
28	Bring back previous Director and Program Manager. They were Very involved with members and their needs.	10/29/2025 12:15 AM
29	It needs to be affordable for all in the town to be able to participate. It seems to have a bit of a disconnect since the town took over. Not very diverse and our town is diverse. Everyone should have a chance to participate not just the wealthy.	10/28/2025 9:16 PM
30	Even though I signed/paid for summer & Fall classes, I haven't gone due to breathing issues with A/C down. These delays are inexcusable.	10/28/2025 9:05 PM
31	Meet and greet get together so members can interact. Field trips. Day trips. 3+ months to repair air conditioning is unacceptable. Center is not treated as a priority to the town. Most Services and classes should be free.	10/28/2025 3:43 PM
32	I look forward to working with a full staff at the Center.	10/28/2025 11:58 AM
33	More pop or one day up art options, especially for the holidays	10/28/2025 8:34 AM
34	Kristen from Resources for Seniors here. We are happy to hear that an office is being designated for RFS programs: SHIIP, Health Promotion with Dr Casey, and Service Coordination with Autumn. Having a confidential workspace will allow for an expansion of our services there, and all three "branches" listed above will coordinate with the other to not double book that space. These partnerships are thriving in Cary, Apex, Garner and Raleigh. Morrisville, Wendell and Wake Forest have not had dedicated workspace, and this limits impact. Monica is working with us to expand this programming and get official office hours on the calendar. This has been a great indicator of future commitment and partnership between the Town and our agency, recognizing the 30+ year strong collaboration that made the Senior Center such a gem. We're standing by to support in any way you deem appropriate.	10/27/2025 7:08 PM
35	When will the air conditioner be fixed? I understand that it's getting colder but it still needs to be fixed for air circulation. I expect that we will be using fans on Wednesday because there is no air circulation.	10/27/2025 6:31 PM
36	Many Senior Centers offer ukulele classes which fosters learning and allows the class to entertain at community functions, nursing homes, etc.	10/27/2025 4:38 PM
37	Lower the costs or make them free again. That would get people in there like they were.	10/25/2025 12:29 AM
38	More tile games, opportunities for beginners	10/24/2025 6:25 AM
39	Go back to the old format. Offer a few free classes. Paying for a few classes at once isn't helpful for seniors. We can't comment to a schedule like that. We have things we can't reschedule i.e.. doctor appointments. Then we have to miss a class that we had to pay for.	10/23/2025 8:55 PM
40	Consider a way to incorporate something like Silver Sneakers to offset all the new program costs. Partner with venues that offer aquatic classes. Thank you.	10/23/2025 8:22 PM
41	Please find a way to include more free classes for those who are not able to participate in fitness classes because of cost.	10/23/2025 1:19 PM
42	Why are the rooms for fitness mostly empty when they used to be full ? Why are hallways empty when they used to be full and happy? Are these seniors who can't afford sometimes \$15	10/23/2025 1:11 PM

Wake Forest Center for Active Aging

for 3 days of class or more sitting at home now alone? Is this the community serving our seniors? The structure of classes is ridiculous. Never know when to sign up.

43	Charge less for classes	10/23/2025 10:20 AM
44	Charge less for classes	10/23/2025 8:31 AM
45	Charge less for classes	10/22/2025 8:16 PM
46	Would love to see a morning board game group...a quilting group	10/22/2025 6:47 PM
47	N	10/22/2025 6:03 PM
48	I love ❤️ the center. I'm trying to manage my way through these changes. I will not abandon the center.	10/22/2025 5:52 PM
49	I use the pottery studio frequently throughout the week. There has never been any issue of space or storage as most potters are considerate of the use of the space. Many of us are reluctant to purchase more supplies as changes in the upcoming year are unknown at this time. If this facility is for making profit, then there has to be a fee. However, most of us seniors that have been using this facility for health activities or for leisure for the past few years, would be very upset if there are drastic changes made to our membership, when we don't feel the need to have changes made. I hope that there will be full consideration of how seniors have been using this space when planning any changes, especially to the fee structure or registration. There are a lot of rumors, but in the pottery studio, there hasn't been a need to limit numbers by having folks register for a semester at a time. There is understanding that at this point in our life, we have travel plans, we have injuries and illness at a greater extent than younger people simply because of our age. So during registration it may look like 20 people have registered for a period of time, when in practice, only about 10 may consistently use the space as people come and go, for the above mentioned reasons but also because of the way pottery works. I very much hope that this survey truly listens to what the needs of the people are and put those above any profit making agenda.	10/22/2025 5:22 PM
50	More tile games, opportunities for beginners	10/22/2025 4:14 PM
51	Special fitness classes for the men....similar to women's classes .	10/22/2025 4:04 PM
52	Mah Jongg lessons	10/22/2025 10:44 AM
53	There is a great need in Wake Forest for adult daycare. There needs to be space for activities and outdoor enjoyment. Our elderly are underserved.	10/21/2025 11:37 PM
54	classes seem to fill up quickly. I am new to the center and found it hard to join a group following my vacation. I wanted to join for november but many were full already.	10/20/2025 4:23 PM
55	Make It's easier to sign up for classes	10/20/2025 10:25 AM
56	I would just like to say since the city has taken it over it seems like things have gone downhill at the center. We don't even have a Leadership. Everyone is leaving. We do not understand why we do not care for it	10/19/2025 9:45 PM
57	Make It's easier to sign up for classes	10/19/2025 7:08 PM
58	just more exercise classes and reasonable for widows that have less money	10/19/2025 12:18 PM
59	Christmas time for families. Painting of ornaments, letters to Santa, cookie decorating, coloring of pictures, and of course having your picture taken with Santa	10/18/2025 4:12 PM
60	In the transition to the town managing the center you did not set up focus groups with members to elicit their understanding of what constitutes the " magic" of the center and to obtain their thoughts and feelings about what constitutes an age minded place from a recreational center that serves wide age ranges. Decisions regarding programming and staffing were made in isolation from the consumers. As such valued resources were lost and new impersonal culture set in, a culture of disengagement, eventuating in the loss of magic of inspirational care and regard.The willness to offer, the availability to provide,the heartfelt concern to ease the stress of aging- all are magical aspects, now fading memory and still longing exists in people's hearts to revive what was lost by acknowledging mistake and bring back to the center staff who resigned and make a commitment to their vision of how best to distinguish an aging mindedcenter from another center, and best ways and practices to build a caring community supportive of mutual interests of aging together. As people age their	10/18/2025 3:58 PM

Wake Forest Center for Active Aging

dependence on secure resources rises especially securing identifiable ways to bring people into relationship with each other. Water flows down stream or from the top, implying that the leadership team imbibe and enact engagement and possess a honed sensibility of knowing what the person needs in the moment. Often this form of emotional intelligence is learned through experience in giving and caring for others and models to the community what sets this center apart from other town centers and most importantly attracts specific age groups making them feel welcomed, wanted and worthwhile so that they feel comfortable in bringing their talents to share with others and build community. I had the good fortune of benefiting from joining the center prior to radical change and directly experienced the magic of center leadership that was both age minded and person centered who actively engaged others in a relational process that successfully managed stress related concerns with sensitivity, support, and clear direction to ensure smoothing the waters and bringing about good fit between activity and person to attain comfort. This process was an introduction to depth of relational resources that were readily available, freely offered, and proved sustainable over time. People knew there was a place to go to and there were people there who knew how to communicate compassionately and treated people with high regard and sustained engagement. I witnessed this emotional intelligence applied time and time again and sending strong message: here is safe place to age with grace of togetherness and recognized dignity of having lived for long life cycle and retaining the hope that there are people who find value in your presence and work to ease way of aging. Summer camp, no longer existent, was innovative and highly purposeful. How so? Consider a person who is trying to decipher best fit between capability and activity demand level and whether liking the activity or not, needs exposure to decipher. Summer camp was the cost free program that allowed for exposure to activity, ample time to commit to activity before fall enrollment. In this context a person could easily build a customized program -all without cost and freedom to learn. Now there is no way within present program structure to bring this about. Additionally I believe that ample Town revenue should be dedicated to building wellness for aging population especially to offer cost free activities that are known to improve functionality through out different aspects of aging. Bring back cost free core classes like other senior centers have is a proven way. This action sends explicit message that this age friendly town provides cost free programs to directly support aging well. In closing I hope that these words find listeners who truly want to recreate magic- knowing and applying engagingly the person centered touch that helps to age well - and find those that possess power to do so, by actively pursuing those leaders who have resigned in a campaign to bring them back. Please acknowledge receipt of this survey response. Respectfully and appreciatively, Thomas J. Hunt Ph.D.
Thomashunt646@gmail.com 301-512-4737

61	Bring the Director back.	10/18/2025 3:35 PM
62	Consider, Handicaped, stroke, Parkinson's, brain injury, patients, and the need for specific applied fitness schedule	10/18/2025 2:48 PM
63	How 2 navigate with limited mobility. Programs/trips 4 handicapped (slow moving)	10/18/2025 2:04 PM
64	Field trips, art classes, sewing classes	10/18/2025 11:28 AM
65	Offer some free exercise classes	10/18/2025 10:39 AM
66	Since I still work full time, I'm unable to attend anything during the week. I'd love to see some things scheduled on a weekend.	10/18/2025 10:11 AM
67	N/A	10/18/2025 9:08 AM
68	Fix ac, compassionate good leadership!	10/18/2025 9:06 AM
69	If there are any of the programs I mentioned above already in place, that information has not been easily reached or received. I have attended a few events in the past but now too confusing and I have heard from others same thing.	10/18/2025 8:27 AM
70	It would be nice if the center was open on weekends for use of the fitness room.	10/18/2025 8:17 AM
71	evening and weekends	10/18/2025 8:12 AM
72	Used to be there multiple times a week but since the town took over and changed so many things I don't see coming back	10/18/2025 8:01 AM
73	If you would, please keep in mind for future programs. The cost for us retired adults that the town of Wake Forest needs to keep up with our fitness benefits so that your system will accept those virtual credit cards such as FitOn, Silver Sneaker, Silver & Fit, etc. This year has	10/18/2025 7:56 AM

Wake Forest Center for Active Aging

been especially frustrating as we had fit on and could not use it to pay for our classes. It only takes coordination between the town and these programs for these payments to be accepted into your system! This is a real issue for added expense to the senior population! Thank you!

74	More physical activities	10/18/2025 7:55 AM
75	Book club? Definitely more art classes and a variety of different media.	10/18/2025 7:48 AM
76	human resource needs to do a better job of vetting potential candidates for hire.	10/18/2025 7:43 AM
77	Gardening, spam control/protection, protection for elder on media	10/18/2025 7:12 AM
78	Have Seniors host a garage sale (annual event)- money to charity, or an exchange- you bring an item and try to find someone to exchange your item for theirs. Make new friend but keep the old. Get Seniors together who want to make new friends. Each person makes up a card with five things about themselves. Card are passed out and then go around the room for a "social" talk for a 30 minutes to try to get people to talk about themselves. About 10-20 as a group. Then each person gets up and guesses who it is. Guesses that are correct or not - not revealed until everyone has had a turn. Prizes for correct guesses to be determined. Discussion on places to visit in North & South Carolina.	10/17/2025 9:49 PM
79	Have Seniors host a garage sale (annual event)- money to charity, or an exchange- you bring an item and try to find someone to exchange your item for theirs. Make new friend but keep the old. Get Seniors together who want to make new friends. Each person makes up a card with five things about themselves. Card are passed out and then go around the room for a "social" talk for a 30 minutes to try to get people to talk about themselves. About 10-20 as a group. Then each person gets up and guesses who it is. Guesses that are correct or not - not revealed until everyone has had a turn. Prizes for correct guesses to be determined. Discussion on	10/17/2025 9:44 PM
80	Crafts and arts could be expanded. The center offers great opportunities and most could be expanded (same classes at different times & days). I know ... money and instructors. :o)	10/17/2025 9:26 PM
81	Yes! Trips offered to the seniors.	10/17/2025 5:05 PM
82	Yes! Trips offered to the seniors.	10/17/2025 5:04 PM
83	I suggest that the Town revoke the new dress code and remove the HIPPA requirement from volunteer forms.	10/16/2025 10:33 PM
84	Stop assuming that Seniors can afford to pay for craft/any programs.	10/16/2025 5:59 PM
85	Movies should be during the day; could be late afternoon. Many are unable to attend a night movie.	10/16/2025 5:46 PM
86	it would nice if communication was better between staff and classes. some classes have not seen or meet who ever is in charge. maybe stop in classes, say hello.	10/16/2025 2:12 PM
87	it would nice if communication was better between staff and classes. some classes have not seen or meet who ever is in charge. maybe stop in classes, say hello.	10/16/2025 2:12 PM
88	Please advise how to cancel a class if you find unable to attend a month in advance when signed up for following month. Was able to do this when I first started but don't seem to be able to do so now online. Thanks.	10/16/2025 11:05 AM
89	The Center no longer feels as welcoming. Never see the person in charge of programming. Art person is not helpful.	10/16/2025 9:37 AM
90	A morning game day....a quilting day	10/16/2025 8:59 AM
91	A suggestion box should be placed in the center's lobby. A few of use have been trying for weeks to have 2 defective ceiling light fixtures in the lobby replaced. Each of them goes off and on randomly every 10-15 minutes. It's really annoying. We have brought this to the attention of a few staff members, but the maintenance department is either not getting the message, or ignoring it.	10/15/2025 8:28 PM
92	Your statement on fees is only partly true. Many of the exercise programs were free and now have a fee. Look it up. Not many free programs now.	10/15/2025 8:12 PM
93	be honest	10/15/2025 6:53 PM

Wake Forest Center for Active Aging

94	I really enjoyed the Da Vinci movies and the talk after.	10/15/2025 6:22 PM
95	After attending a few Mah Jongg games I think the center needs to find a larger room for that group. It's very tight and becomes very loud. Previous location next to the art classes on the end was much better.	10/15/2025 5:58 PM
96	ongoing film series	10/15/2025 5:48 PM
97	My biggest request is that the center have a warm, welcoming environment - similar to what we had with Jennie and Nancy. You can offer many great programs, but if they don't come with warm, friendly staff, it's hard to keep members happy. Warmth and friendliness starts at the top (director) and filters down to the rest of the staff. We don't have that now.	10/15/2025 4:45 PM
98	The vibe of the place changed dramatically (for the worse) with the first director but seems to be improving again. Hopefully the place will be upbeat and inviting again soon	10/15/2025 3:56 PM
99	Yes as stated above offer more classes and fitness programs for seniors who have to work like the lunch hour, evenings and weekends. Also publish a list of volunteer opportunities. I get 8 hours of community service each year and I'd love to help. I called last year before the holiday to see if I could help then or in the future but I didn't get a call back. I can also help on the weekends.	10/15/2025 3:21 PM
100	Today's Wednesdays Wink has a misleading question that fees for classes have not been raised by the town but by the instructors. You do not tell the whole story that now the town takes 30% of the fees that the instructors used to earn 100%. So every instructor has been forced to raise fees just to earn the same amount that they did before you took over. Tell why in your message fees have gone up instead of blaming instructors.	10/15/2025 3:16 PM
101	The programs have become boring. The general population has aged tremendously over the past 3-4 years and the programs are now geared for this much older population. A couple of the fitness instructors continue to have cliques within their classes (Cara, Vicky), which has gotten very old and I've decided not to be part of this mess. I was taking classes every day for over 2 years, now it's a disappointment.	10/15/2025 2:12 PM
102	I recently started visiting the Center after about a year's absence. What happened? There is no life, no vitality. It's sterile. While the prior administration may have had issues, there was always a cheerfulness in the building. While some might have thought the holiday decorations were over the top, most saw them and smiled. Such things have the ability to ease someone's burden, if only for an hour. (Those decorations appeared with no notice. The building was decorated by one part-time employee, who came in over a weekend and transformed the place, all on her own time.) Today, I saw one lone pumpkin. Hopefully, the next director will actually be located at the Center. If you're new to the position, you can't do it well from a different building. The Center has been a place to socialize, to meet new friends, learn something new. In many cases, it's the only other human interaction a member may have that day. It was a place of support. It would be incredibly sad to lose that.	10/14/2025 6:38 PM
103	I understand the Body Shop will be under renovation possibly in November. I try to use the recumbent bike every day since my knee replacement. I hope the exercise machines will be available during renovation and beyond.	10/14/2025 5:16 PM
104	Half day workshops, like water collar painting,etc	10/14/2025 4:24 PM
105	Foreign language classes. A properly working HVAC system.	10/14/2025 3:52 PM
106	I am very pleased with the beginning tai chi offered by Kristina Wolfe. She is a good methodical teacher and very enthusiastic. I hope she continues. Could not say the same for the other class.	10/14/2025 12:23 PM
107	The past few months in terms of Center leadership have been very disappointing. Previous leaders were visible, involved, and caring. Since those leaders have left, it seems an impersonal place and from what I see, attendance and participation are down. Hope the new leaders when appointed can right the ship.	10/14/2025 10:32 AM
108	Yes, too many to list here.	10/14/2025 10:16 AM
109	Reaching out to more diverse populations in our community. Having a safe space just to come and do your own thing like reading in a comfortable chair or use a computer. I'm not sure if the new name "active aging" discourages some people who may not be so active. And of course, movies! I don't know why the Renaissance center stopped doing them.	10/14/2025 9:22 AM

Wake Forest Center for Active Aging

110	Group travel.	10/13/2025 4:33 PM
111	Functional strength training class	10/12/2025 8:46 PM
112	Just a comment, we all miss Jennie Griggs and now Nancy. We're concerned about the future without having anyone with experience and a deep love for the center and the participants moving forward.	10/12/2025 8:39 PM
113	Maajon	10/12/2025 8:30 PM
114	Senior travel.	10/12/2025 7:54 PM
115	parking is a huge issue! I've come and have had to park far away in the neighbor up the road. That was OK for me but what about the seniors who cant walk that far? My mom, for example, has had to leave even when she had a class scheduled because there was nowhere to park. You need significantly more handicap parking - maybe that whole top level?	10/12/2025 3:23 PM
116	If possible change programming to last more than a month or two so you sign up for say 14 weeks and reduce the ridiculous fees	10/12/2025 9:40 AM
117	See above. Get air conditioning fixed for good! Exercise rooms need fans- very uncomfortable now.	10/12/2025 6:55 AM
118	New to area so am unfamiliar	10/12/2025 5:56 AM
119	Afternoon High Tea; Bus Trips & Excursions - (Theatre, Restaurant, Museum Special Event, Baseball Game); Jeopardy Games & Trivia Games	10/12/2025 12:14 AM
120	Don't have all the card games on Thursdays and at the same time. That limits us to only 1 kind of card game each week. I would like to play Euchre and Pinochle, but the current schedule only allows me to play one or the other.	10/11/2025 9:48 PM
121	The Senior Center is a great place where people can make connections by attending activities or support groups. We are so grateful for having the Senior Center be our MS Support group meeting location. It's ADA compliant and a perfect spot for our group members in our community with Multiple Sclerosis. Thank you for providing this vital space for us! With that said, I would love to see more of downtown Wake Forest become more ADA Compliant also.	10/11/2025 9:30 PM
122	Please bring Jenny and Nancy back. They really had the best interest of everyone in their hearts and were so caring of everyone who entered the space. They are creative and had such great plans for the future of the center.	10/11/2025 8:58 PM
123	Reduce \$\$ to participate	10/11/2025 8:38 PM
124	Book clubs, poetry groups, floral design,	10/11/2025 7:41 PM
125	Network opportunities for mentoring children or teens. Also more volunteer community outreach .	10/11/2025 6:26 PM
126	Beginning Bridge Book Club Guest Speakers (doctors, school administrators, educators who have a deep interest in their fields)	10/11/2025 5:25 PM
127	At one time I believe that the center had live streaming of some exercises such as Zumba, at Kerr YMCA. Maybe this activity could be revisited. Thanks	10/11/2025 3:58 PM
128	I would like to play Mexican train, but i am not available in the mornings which is when it is. I would like to have an afternoon Mexican train group.	10/11/2025 3:33 PM
129	please add satellite sites for some of us who have to drive quite a distance, we would come more!	10/11/2025 3:19 PM
130	Baking demonstrations with participation	10/11/2025 3:04 PM
131	no	10/11/2025 2:10 PM
132	If you could make the classes highlighted in the newsletters and emails linked to the website, it would save the step of having to manually go to the website to sign up.	10/11/2025 12:51 PM
133	Day trips	10/11/2025 11:58 AM
134	See number 8	10/11/2025 11:33 AM

Wake Forest Center for Active Aging

135	See number 8	10/11/2025 11:33 AM
136	Smaller participation numbers in fitness classes. Friendlier staff. Consistency in leadership. Keep library room open (do not hold meetings there)	10/11/2025 11:24 AM
137	As listed above. Thank you.	10/11/2025 10:56 AM
138	specialize mini programs for spring, summer, Christmas focusing on crafts. Cultural cooking programs - not sure you are set up for this.	10/11/2025 10:29 AM
139	Staff are unhappy with the changes, many attendees are unhappy. It makes for an uncomfortable atmosphere. You really screwed up losing Gaylord Picard. Most of his faithful students have followed him to his own Studio and a different Senior Center. He was there 7 days a week teaching and attending to the garden flowers in the kiln. And he taught sometimes 10 classes. His following was large and his students are faithful to him. He was insulted with the way he was treated by you. He is a professional artist and should have been treated as such. I would have continued taking classes there, but the atmosphere is so different--like no one really cares.	10/11/2025 10:22 AM
140	See above.	10/11/2025 10:04 AM
141	The previous director understood the population. Knew us by name. She knew who was alone in community & would reach out to them at the center. Thomesnia didn't understand the community nor how some seniors need help with various things. Please hire someone who understands the community.	10/11/2025 9:07 AM
142	More exercise equipment	10/11/2025 8:57 AM
143	have more fitness programs for people that are advance in fitness	10/11/2025 8:55 AM
144	Volunteer opportunities around wake forest so hard to find meaningful volunteer work	10/11/2025 7:17 AM
145	Get someone who can run the center that actually cares about the seniors!!	10/11/2025 6:02 AM
146	If possible, provide more drumming classes.	10/11/2025 6:00 AM
147	Please do not charge for programs as more people will participate. Have fitness programs that run for 12 weeks instead of 3, 4 or 6 weeks. It is disruptive and prevents continuity.	10/11/2025 1:35 AM
148	Please incorporate some good leadership, perhaps request Jennie Griggs back to her position so that she can guide her staff and bring the dynamic outlook again. It helps to acknowledge a very big misstep in letting her go.	10/10/2025 11:07 PM
149	Need to stop losing staff and teachers and classes need to be rolled back to \$3	10/10/2025 8:47 PM
150	Better parking !!!!	10/10/2025 8:28 PM
151	I did not get nice welcoming feeling when I walked into lobby. It was not due to the friendly ladies at window.	10/10/2025 8:18 PM
152	Not the same since the town took over and leadership changed. So sad!	10/10/2025 8:06 PM
153	No offense at all but ever since the town took the center over and Jeanie and Nancy left the center feels cold and not near as friendly and loving 🙄	10/10/2025 8:01 PM
154	Water fitness, functional weight training	10/10/2025 8:01 PM
155	No	10/10/2025 7:57 PM
156	Not at this time	10/10/2025 7:43 PM
157	I prefer sign ups for longer than a month at a time. I also would like a system where you pay for a certain number of sessions and only pay for the ones you can actually attend. I recently missed 2 weeks due to being out of town - That was just money thrown away for half of the month.	10/10/2025 7:23 PM
158	Walking club	10/10/2025 7:17 PM
159	I use to attend just about every day when the classes were free. I am on social security. It is awful that a "senior center" isn't available to seniors.	10/10/2025 7:08 PM
160	Plan & Program to develop the adjacent property into a multipurpose, wooded park that also	10/10/2025 6:39 PM

Wake Forest Center for Active Aging

	include several covered bocce courts	
161	The culture of the senior center seems to be changing. The wishes and needs of seniors seems to be put on the back burner. Doesn't it seem a little late for input? Where did the new name come from?	10/10/2025 6:17 PM
162	Continue to emphasize the programs and services for active seniors, rather than turning the focus to intergenerational activities.	10/10/2025 6:13 PM
163	Make all the clocks in the center etc the same! It's confusing when I finish one yoga practice and go to the next AND the clocks are not the same!	10/10/2025 6:13 PM
164	Make all the clocks in the center etc the same! It's confusing when I finish one yoga practice and go to the next AND the clocks are not the same!	10/10/2025 6:11 PM
165	In the future, hire a hands-on, caring individual like Jenny to be at the helm. Her enthusiasm, concern, and interest could be felt throughout the center.	10/10/2025 6:04 PM
166	Easier exchange of needed requests and informational locations.	10/10/2025 6:03 PM
167	I was very disappointed and caught off guard when I first moved to the area and started attending there & there seemed to be a lot of push in advertisements about gay and homosexual pride activities. The first event I went to had various vendors and the one that was put front and center as you enter was promoting LGBTQ, etc. I don't think this center is the place for this, I found it pretty offensive and inappropriate.	10/10/2025 5:53 PM
168	Day trips to nature or wildlife.	10/10/2025 5:47 PM
169	stargazing	10/10/2025 5:44 PM
170	Enjoy morning 9-12 exercise. also wish more yoga was offered on days other than Friday. I know 2 rooms dedicated to exercise, yet other rooms in the center remain unoccupied during prime morning hours for exercise. Wish more of the center would be utilized at all times for exercise. Disappointed also with the cost. I have seen a steep decline in amount of traffic at the center and I feel it is related to the cost. Some classes were free! now they all cost. I am sure some do not have resources to add these costs to their budget. I have had to cut back from exercising 5 days week to 2-3 due to the cost. Also feel it would be easier to pick classes if all instructors were on the same cycle--monthly for instance, or all on a 6 week rotation. parking used to be scarce, now with the drop off in attendance, we are not challenged to find a parking spot. Also miss the volunteers who were so friendly in greeting and helping members. Have not seen the same level of organizations coming in to provide info to the clients either.	10/10/2025 5:42 PM
171	Outings for holidays, bus outings tours	10/10/2025 5:32 PM
172	Keep the classes less expensive	10/10/2025 5:30 PM
173	A way for Seniors to request certain computer classes. One process that everyone knows about.	10/10/2025 4:40 PM
174	Very unsettling to have two changes in admin in a few short months. Morale seems low. Costs are very high.	10/10/2025 4:40 PM
175	The town of wake forest should find the funds for the center and eliminate the class charges that caused many seniors to not register. Especially for those who can't afford it. That hurt many seniors who need it the most. Many seniors feel that wake Forest Government just doesn't care. They found the money to pay the new staff much more than the previous staff.	10/10/2025 4:25 PM
176	I think it would be nice to have some form of dance other than zumba even bellydancing which is supposed to be a good workout and can be done in a senior-friendly way. I am also concerned that many of the former instructors have left. It makes me worried that all the great programs offered are going to dry up and we will be left with sparse offerings like parks and rec. Added to this is the sudden departure of a director who had just started. It makes me worried about what this changeover to the town will eventually look like. I will say however that I think the means of registering for the classes is vastly improved!!	10/10/2025 4:23 PM
177	We miss Jennie Griggs, Nancy, and the other former staff that have recently departed. These folks truly cared about the members and we hope to have similar leadership in the future.	10/10/2025 4:20 PM
178	No. Changing the name from Senior Center was ludicrous. A big turn off for me.	10/10/2025 4:01 PM

Wake Forest Center for Active Aging

179	What the heck is going on? We lose a wonderful director, then a wonderful program director, then another director; all within a few months!	10/10/2025 3:54 PM
180	Info event for volunteer opportunities Beginner, Intermediate, Advanced level watercolor classes	10/10/2025 3:45 PM
181	We miss Jennie Griggs, Nancy, and the other former staff that have recently departed. These folks truly cared about the members and we hope to have similar leadership in the future.	10/10/2025 3:45 PM
182	I don't like how all exercise classes now have a fee involved. It makes you pick just one activity instead of 2 or 3 that you want to attend.	10/10/2025 3:36 PM
183	Senior fitness classes should be for 55 and over.	10/10/2025 3:35 PM
184	No	10/10/2025 3:32 PM
185	I would like more dance and exercise classes	10/10/2025 3:28 PM
186	Maybe same-day trips or outings	10/10/2025 3:26 PM
187	No	10/10/2025 3:26 PM
188	Nature series educational-college level learning	10/10/2025 3:10 PM
189	Beach ball, volleyball	10/10/2025 3:06 PM
190	Not at this time	10/10/2025 2:59 PM
191	Not at this time	10/10/2025 2:59 PM
192	Bring back the great instructors and administrators you had before. They were wonderful and the place was thriving.	10/10/2025 2:45 PM
193	Seasonal pot luck gathering.	10/10/2025 2:38 PM
194	walk/run program would be great!	10/10/2025 2:35 PM
195	Trips	10/10/2025 2:27 PM
196	Body shop to be available. Not available at times due to "Ship".?	10/10/2025 2:24 PM
197	My wife goes to the fitness programs. I have attended some presentations. The name change was quite a surprise. It has taken decades for "senior citizen" to become recognized as people with active, healthy lives, and people started retiring early and did not mind the moniker. Over time, it became a positive term, and it took a while for it to become so. "Active aging" sounds like a step back in terms of marketing and promotion -- seniors are healthier and more secure than ever in demographic history (just look at how the actuarial tables have changed in the last 40 years). "Active aging" seems to imply that there is an baseline inclination for a sedentary lifestyle that must be overcome and the center is there for that but not anything else. Think it was a unwise marketing decision that limits your opportunities.(Sorry, ex-marketing exec, and I hope this is taken constructively).	10/10/2025 2:23 PM
198	The center has turned into a fitness center like a gym. I look at schedule and many fitness events. What happened to lectures and events that used to happen.	10/10/2025 2:16 PM
199	Beg Jennie to come back and be totally in charge and to make decisions independently of the Town of Wake Forest.	10/10/2025 2:15 PM
200	good leadership	10/10/2025 2:11 PM
201	Classes about famous painters	10/10/2025 2:09 PM
202	Travel	10/10/2025 2:09 PM
203	Chair yoga should be free	10/10/2025 2:07 PM
204	first, you need to fix the a/c and hire a good director, and then it will be time to discuss programs....	10/10/2025 2:03 PM
205	Change name of facility back to Senior Center. Free programs again.	10/10/2025 1:55 PM
206	Ukulele lessons—during the day.	10/10/2025 1:54 PM

Wake Forest Center for Active Aging

207	choral group group trips	10/10/2025 1:48 PM
208	Yes! Have drop in Zumba/dance classes. I feel strongly that it is not feasible for me and a lot of others to pay for long month long sessions when many of us are not in town continuously for that length of time. Other communities have resolved that problem by having a "punch card" type system. You pay for x number of classes and come when you can. If the class is full when you arrive, then use your ticket for another time. I would love to brainstorm about this with you some time. Many people, like me, have grandchildren activities, work, travel etc that make the current months long sessions unworkable. Because of this I have not been able to use the center at all since the town took over and changed the way we can sign up/pay. Thanks!	10/10/2025 1:47 PM
209	Cut your prices. Theses are seniors on fixed incomes	10/10/2025 1:46 PM
210	Cut your prices. Theses are seniors on fixed incomes	10/10/2025 1:46 PM
211	Bus to State Fair. Bus to State Fair Flea Market. Bus to tour Duke Chapel.	10/10/2025 1:44 PM
212	Talking Sessions with others. We never know what someone is going through. I Believe WE ALL need someone. Although we have our Creator who knows all, but sometimes talking laughter.. helps to keep us Going. Just an idea Thank You.	10/10/2025 1:44 PM
213	None at this time. I already volunteer with 2 organizations, if I should drop one, I would consider volunteering.	10/10/2025 1:42 PM
214	The WFCAA is suffering from lack of attendance. The Center has changed from a highly social, bustling hallways place to gather to an eerily quiet, sad, empty parking lot type of facility. Ms. Jennie Griggs is sorely missed. Tomassina was a painful mistake all the way around. WFCAA is depressed in many ways.	10/10/2025 1:36 PM
215	Increase the number of handicapped parking spaces! Twelve spaces for a market whose median age is around 70 years is not sufficient. I have missed numerous classes because I couldn't find suitable parking.	10/10/2025 1:28 PM
216	Disappointed to learn of the loss of Ms. Colbert. Appears she was not given an opportunity to be successful at the center. Disappointed in my fellow seniors for not helping the transition.	10/10/2025 1:28 PM
217	Photography programs	10/10/2025 1:21 PM
218	My suggestion is that the HVAC system be repaired very quickly or replaced if repair continues to be a problem and takes so long. It is disgraceful that this has gone on for such a length of time.	10/10/2025 1:21 PM
219	Deb Elek would be a great program director	10/10/2025 1:17 PM
220	More seminars/lectures such as history.	10/10/2025 1:15 PM
221	I would like the programs to be at least 8 to 12 weeks at a time. Right now I don't like the sign up at 4 to 6 was. Thanks	10/10/2025 1:15 PM
222	No	10/10/2025 1:14 PM
223	This is a test survey. Jacob	10/9/2025 4:33 PM
224	Photography, more arts, cooking classes	10/9/2025 2:25 PM
225	Add more sessions to popular classes - Cardio drumming	10/9/2025 2:04 PM