

## SENIOR CENTER NEWSLETTER

### SPECIAL ANNOUNCEMENTS

*Thank You for bearing with us as we open the new building and move programs back into the new space.*

The Senior Center and Meals on Wheels will be **CLOSED:**  
**April 10th**  
for Good Friday

**The Drive around the back of the building is for deliveries & service vehicles only.** The parking lot is a loop with exits on E Holding Ave and Brooks St.



### CALENDARS

are online at:  
[www.resourcesforseniors.com](http://www.resourcesforseniors.com)  
[www.wakeforestnc.gov](http://www.wakeforestnc.gov)

### Senior Center Update



The Northern Wake Senior Center opened for a soft opening on February 3rd. We are running programs on a regular schedule.

**There will be a Grand Opening on March 27, 10 am-12 pm.**

Please, come in and tour your new senior center. We encourage you to take a class or join a group. We have exercise classes, dance classes, art classes, special lecturers and craft groups.

Wake Tech classes will start back in March. See schedule on Page 5.



On behalf of Resources for Seniors and the senior center staff, we would like to thank:

**Strategic Retirement Solutions**  
**Aging Care Matters**  
**Brookdale Senior Living**  
**My Ride transportation**  
**LoginClinics**  
**Harris Teeter, Rogers Rd.**

For providing snacks and water for free to our members the first week we opened.

**"Thank You!"**

**Brookdale Senior Living**  
Will be sponsoring The Coffee Bar Mondays in March with snacks & water



If you are on Facebook,  
Please **Follow** and **Like** the Northern Wake Senior Center's Page.

If you see us post something, please like and share it.

That will help us spread the word about what we are doing.

To register for a class or event, or for more information, call the Center at 919-554-4111

# WEEKLY SCHEDULE

To register for a class or event, or for more information, call the Center at 919-554-4111

| MONDAYS  |  | WEDNESDAYS |  |
|----------|--|------------|--|
| 8:30     | Low-Impact Aerobics, Level 2 - 1 hr.                     | 8:30       | Low-Impact Aerobics, Level 2 - 1 hr.                                     |
| 9:00     | Mt. Dulcimer - 1 hr.                                     | 9:00       | Ceramics (*) - 3 hrs.  |
| 9:45     | Low-Impact Aerobics, Level 1 - 1 hr.                     | 9:00       | Craft Group & Comm. Outreach - 3 hrs.                                    |
| 10:00    | Current Events (3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27) | 9:00       | Decorative Painting - 2 hrs. <b>NEW</b>                                  |
| 10:00    | Jump Start to Spanish - 2 hrs. <b>STARTS 3/30 NEW</b>    | 9:45       | Low Impact Aerobics, Level 1 - 1 hr.                                     |
| 11:00    | Basic Drawing - 2 hrs.                                   | 10:00      | Photography - 1.5 hrs. (3/4 - 4/8) <b>NEW</b>                            |
| 11:00    | Craft Group & Comm. Outreach - 3.5 hrs.                  | 12:00      | Grief Counseling Luncheon - 1 hr. (3/4, 3/11, 3/18, 3/25) <b>NEW</b>     |
| 12:30    | Line Dance Instruction - 1/2 hr. <b>NEW</b>              | 1:00       | Quilt! Quilt! Stitch and Gab - 3 hrs.                                    |
| 1:00     | Beginning Line Dance - 1 hr.                             | 1:00       | Pottery  |
| 1:00     | Zumba Gold - 1 hr.                                       | 1:00       | Book Club - 2 hrs.   |
| 1:00     | Sign Language - 1 hr. <b>STARTS 3/16 NEW</b>             | 1:00       | Pinochle - 3 hrs.  |
| 1:30     | Fit & Strong - 1.5 hrs. <b>STARTS 3/2</b>                | 1:00       | Computer Classes - 3 hrs. See pg. 5                                      |
| 2:00     | Shag Lesson - 1 hr.                                      | 1:45       | Zumba Gold - 1 hr.   |
| 3:00     | Ballroom Dance Lesson - 1 hr.                            | THURSDAYS  |  |
| 3:30     | Chair Yoga - 1 hr.                                       | 8:30       | Gentle Yoga - 1 hr.  |
| TUESDAYS |  | 9:30       | Advanced Tai Chi, - 1 hr. <b>Must Start w/ Beg.</b>                      |
| 8:15     | Core Yoga - 1 hr.  | 10:00      | Mt. Dulcimer Plus - 2 hrs. <b>NEW</b>                                    |
| 9:30     | Beg. Watercolor - 2 hrs.                                 | 10:00      | Beg./Inter. Line Dance - 1 hr.   |
| 9:30     | Intermediate Tap Dance - 1 hr.                           | 11:00      | Carolina Steppers Line Dance practice only - 1 hr. <b>CLOSED SESSION</b> |
| 9:30     | Advanced Tai Chi, - 1 hr. <b>Must Start w/ Beg.</b>      | 10:30      | Beginner Tai Chi - 1 hr. <b>CLOSED SESSION</b>                           |
| 10:30    | Beginner Tai Chi - 1 hr. <b>STARTS 3/3</b>               | 12:30      | Mahjongg Group - 3.5 hrs. <b>Location TBA</b>                            |
| 10:45    | Acting group, "Acting Our Age" - 2 hrs.                  | 1:00       | Hand & Foot Cards - 3 hrs.   |
| 11:00    | Walk with Ease - 1hr. <b>STARTS 4/7 NEW</b>              | 1:30       | Watercolor Open Studio - 3 hrs.  |
| 12:30    | Mahjongg Group - 3.5 hrs.                                | 1:30       | Pinochle - 3 hrs.  |
| 1:00     | Beg. & Inter. Acrylic Painting - 2 hrs.                  | 1:30       | Fit & Strong - 1.5 hrs. <b>CLOSED SESSION</b>                            |
| 1:00     | Wood Carving - 2 hrs.                                    | FRIDAYS    |  |
| 1:30     | A Matter of Balance - 2hrs. <b>STARTS 3/3</b>            | 8:30       | Zumba Gold - 1 hr.   |
| 3:00     | Wake Forest Sr. Center Advisory Bd Mtg. 3/24             | 9:00       | Craft Group & Comm. Outreach - 3 hrs.                                    |
| 6:00     | Wake Forest Sr. Center Advisory Bd Mtg. 4/28             | 9:45       | Low-Impact Aerobics, Level 1 - 1 hr.                                     |
|          |  | 11:00      | Walk with Ease - 1 hr. <b>CLOSED SESSION</b>                             |
|          |  | 11:00      | Open Acrylic Painting Session - 3 hrs. <b>NEW</b>                        |
|          |  | 1:30       | Fit & Strong - 1.5 hrs. <b>CLOSED SESSION</b>                            |

## PLEASE NOTE

- **For classes that are currently "CLOSED SESSION," call the Center for more information on the next upcoming session. All other classes you can just show up for.**
- Classes are free unless marked by (\$).
- Classes with fees for the use of Center supplies are marked by (\*).
- Donations are always accepted for ongoing program support.

Resources for Seniors desires to provide access to all programs for all people. If you would like to attend a class or program that has a fee that you are not able to pay, you may request an application for financial assistance. Scholarships are available on a limited "needs-based" basis and may not cover all class offerings. Staff will meet with you to determine eligibility.

## EVIDENCE-BASED CLASSES

**Registration is required for Evidence-Based classes.**

To register, or for more information, call the Center at 919-554-4111.

### PLEASE NOTE

- We are doing inventory of our fitness equipment. If you have checked out any equipment from the Center in the past, and are not using it, please return it to us. Thank you!
- **Call soon to register, space is limited!**
- Instructors will inform participants of any class changes.



### Fit & Strong!

Strengthen your lower extremities.  
24-day class series.

#### Next Session

March 2nd to May 1st  
Mondays, Thursdays, & Fridays  
1:30 pm to 3 pm

**Call the Center to sign up. Space is limited.**

### Walk with Ease



STARTS April 7th  
Tuesdays & Fridays  
11:00 am-12:00 pm

**Call the Center to sign up. Space is limited.**

### Tai Chi for Arthritis and Fall Prevention

Slow and gentle movements proven to reduce  
the risk of  
falling and to improve  
overall health and well-being.



#### Beginner

Learn the first 12 moves

STARTS March 3rd

Tuesday & Thursdays, 10:30 am to 11:30 pm

**Call the Center to sign up. Space is limited.**



A MATTER OF  
BALANCE  
MANAGING CONCERNS ABOUT FALLS

### A Matter of Balance

Improve balance,  
flexibility, and strength.

If you have restricted activities because of fear  
of falling, or if you have fallen in the past, this  
class is for you!

Tuesdays, 1:30pm - 3:30pm

STARTS March 3rd

**Call the Center to sign up. Space is limited.**

### EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for these services is a combination of federal, state, county, and local funds, plus consumer contributions. We understand that not all participants are able to contribute. You are under no obligation to contribute; **it is entirely voluntary**. Your continued participation in programs and services is **not** dependent upon your willingness or ability to contribute.

**To make a contribution, or for more information, go to: [www.resourcesforseniors.com](http://www.resourcesforseniors.com).**



**North Carolina  
Senior Games**

## Wake County Senior Games

**March 23rd - April 30th**

Registration Deadline: Early-3/2; Final-3/12

[www.wcseniorgames.org](http://www.wcseniorgames.org)

Athletics Events  
&  
Silver Arts

### Shredding Party

Drive through in our parking lot

April 15th, 1 pm - 3 pm

Sponsored by:



Limit 3 Boxes/bags per person

If you are new to the  
Senior Center

Join us on April 30th

3:30 pm - 4:30 pm

For a New Member Meet & Greet

To meet other new members.



The Bridge group has decided to not return to  
the Center and continue

playing at The Forks Restaurant.  
If you are an experienced player  
and wish to join them, call  
Bee at 410-980-0046.



### Donation Request

The Senior Center will be collecting  
donations of **pencils, crayons,  
notebooks and child-sized shoes** to  
send to the children of Guatemala.  
Drop off donations at the infor-  
mation desk.

**On April 9th, at 1 pm**

**Come hear**

**Chief David Pease**

of Rescue, Extrication & Delivery  
Services, a Search and Rescue Team  
based out of Wake County, talk  
about their efforts to help the people  
of Guatemala



**"Saving Lives...  
And Teaching Others to do the Same"**

### Do you order from Amazon?

Support the Senior Center when you use  
AmazonSmile and Resources for Seniors  
gets .5% of your purchase in donations.

<https://smile.amazon.com/ch/56-1035065>



## SUPPORT GROUPS

### Parkinson's Support Group

1st Wednesday of each month, 1 pm

Held at the Northern Wake Senior Center

Co-sponsored by the NWSC  
and Resources for Seniors

**March 4th** - Nutrition & Parkinson's Disease, Shelly  
Wegman, Dietitian

**April 1st** - Topic: "Fight Back Against  
Parkinson's, Greg Geheb, Ready Steady Boxing

Caregiver Support Group  
and "1-on-1" Grief Counseling  
with Kristen Lassiter of Heartland Hospice

**Wednesday, March 11th**

**Wednesday, April 8th**

**1-2 pm: 1-on-1 Counseling**

Call the Center to schedule an appointment

**Starting at 2:30 pm:** Caregiver Support Group

## INFORMATION · ASSISTANCE · REFERRALS

### 1-on-1 Counseling with On-Site Service Coordinator Heather Arcuri

Information on eligibility, procedures,  
and contacts for older adults and adults with  
disabilities in Wake County.

March 4th: 9 am to 11 am

March 25th: 9 am to 12 pm

April 1st: 9 am to 11 am

April 22nd: 9 am to 12 pm

Held at the Northern Wake Senior Center

**Call the Center to make an appointment.**

### Digital Photography Class

Presented by Bob Ringham

*Starts March 4th, 10 am - 11:30 am*

Six Weeks of Classes

*Must bring your own digital camera or a  
cell phone that has a camera.*

To register for a class or event, or for more  
information, call the Center at 919-554-4111

## Wake Tech classes!

### Computer Classes

#### Computer Lectures, \$10

March 4th: Windows 10 Lecture

March 11th: Computer Security Lecture

March 25th: Optimization Lecture

April 1st: Windows File Management Lecture

April 8th: Fraud and Identity Theft Lecture

1 pm - 4 pm

#### Understanding the Internet, \$15

March 30th & 31st

1 pm - 4 pm

#### Windows 10, \$30

April 14th, 15th, 17th, 20th, 21st, & 22nd

9 am - 11:00 am

#### Computer 101, \$30

April 27th, 28th, & 29th

9 am - 12 pm

#### Jump Start to Spanish, \$30

Monday, 10 am - 12 pm

Starts March 30th, runs 6 weeks

*Purchase of a book is required*

#### Sign Language, \$30

Mondays, 1 pm

Starts March 16th, runs 6 weeks

**FOR ALL CLASSES CHECK OR MONEY ORDER ONLY**

Our theatre group is looking for  
a new leader to organize the  
group, research and select  
plays for the upcoming 6  
months, and plan the monthly  
meetings. If interested, please  
inquire at the Center.







**We would like to thank all of the volunteers that have help us out with getting the Northern Wake Senior Center back open.**

Our volunteers over the month of January helped unpack boxes, organize storage spaces and prepared rooms for programs to start.

After we opened, the volunteers greeted people, gave tours, helped keep up on processing all the paperwork, and answered the phones. Without their help we would not have opened on time.

If you are interested in volunteering at the senior center, inquire at the front desk, there will be various opportunities available, and we will schedule you for a volunteer training. Our success depends on you, so come give back and help us make your senior center a success.

## **Owning & Maintaining a Car 101**

*Car Maintenance Lecture*

**&**

*Fundraiser*

April 21st, 1 pm - 3 pm

Presented by

### **REDRIVE Automotive Group**

Come to a lecture about maintaining your car and receive a ticket for a \$10 car inspection.

All of the proceeds from the inspection go to the Friends of Northern Wake Senior Center to support the Senior Center.



**REDRIVE**  
automotive group

# Potential New Programs

We are looking to start some new programs at the senior center. We have already had some interest in:

### **Solo Seniors Support Group**

**Chess**

**Scrabble**

**Shell Art**

### **Paper Crafts (i.e. making greeting cards)**

**Calligraphy**

**Square Dancing**

**Poker (No Gambling)**

**Dominoes**

**Jewelry Making**

Please contact the senior center and let us know you are interested in one of these programs.

*If you have an idea for a new program and know someone that will lead the group or class, ask them to reach out to Mike Hardee, Program Coordinator, and we will have them submit a short write-up of the proposed program.*

## MARCH 2020 SPECIAL EVENTS

### Happy St. Patrick's Day!

|      |        |                   |   |
|------|--------|-------------------|---|
| 3/4  | Wed.   | 9 am – 11 am      | <b>On-Site Service Coordinator:</b> 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 5.   |
| 3/4  | Wed.   | 1 pm              | <b>Parkinson's Support Group</b> Topic: Nutrition & Parkinson's Disease See pg. 5   |
| 3/8  | Sun.   |                   | <b>Daylights Savings Time</b> "Spring Forward"  |
| 3/11 | Wed.   | 2:30 pm           | <b>Caregiver Support Group</b> with Kristin from Heartland Hospice. See pg. 5   |
| 3/12 | Thurs  | 10 am - 11:30 am  | <b>Elder Law Class:</b> <i>Documents Every Senior Should Have</i> presented by Rick Messemer a Certified Senior Advisor See pg. 9   |
| 3/16 | Mon.   | 10 am - 11:30 am  | <b>Current Events Class with Rosemarie Betuker starts.</b> This is a continuing American Government Class. 3-week class. Space is limited. See below. Call the Center to sign up. |
| 3/17 | Tues.  | 8:15 am           | <b>Hearing Checks and Educational Session</b> provided by Dr. Vrooman and Wake Audiology See pg. 9  |
| 3/18 | Wed.   | 12 pm – 3 pm      | <b>SHIIP 1-ON-1 MEDICARE COUNSELING APPTS.</b> Call the Center to schedule an appointment, and for more information. See pg. 9  |
| 3/24 | Tues.  | 9:00 am – 3:00 pm | <b>SHIIP 1-ON-1 MEDICARE COUNSELING APPTS.</b> Call the Center to schedule an appointment, and for more information. See pg. 9  |
| 3/24 | Tues.  | 3:00 pm           | <b>Advisory Board Meeting</b>   |
| 3/25 | Wed.   | 9 am – 12 pm      | <b>On-Site Service Coordinator:</b> 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 5  |
| 3/26 | Thurs. | 10 am - 11:30 am  | <b>Making Sure Your Money Lasts Your Lifetime</b> Financial Planning Class presented by Wealth Preservation Strategies See Below  |

### Financial Planning Classes

Presented by Wealth Preservation Strategies

10:00 am - 11:30 am

March 26th: *Making Sure Your Money Lasts Your Lifetime*

April 23rd: *How to Protect Your Home and Assets from the "Wealth-Stealers" for Retirement*

### CURRENT EVENTS CLASS with RoseMarie Betuker

**March 16th, 23rd, 30th:** *The United States Constitution*

**April 6th, 13th, 20th, 27th:** *The 1st Amendment, Freedom of Speech*

Time: 10:00 am – 11:30 am

**Class space is limited; call the Center to sign up.**

To register for a class or event, or for more information, call the Center at 919-554-4111

# April 2020 SPECIAL EVENTS

## Happy Easter!

|      |        |                   |  |
|------|--------|-------------------|--|
| 4/1  | Wed.   | 9 am - 11 am      | <b>On-Site Service Coordinator:</b> 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 5.  |
| 4/1  | Wed.   | 1 pm              | <b>Parkinson's Support Group.</b> Topic: Fight Back Against Parkinson's. See pg. 5.  |
| 4/8  | Wed.   | 1 pm - 2 pm       | <b>1-on-1 Grief Support Counseling</b> with Kristin from Heartland Hospice. See pg. 5 Call to make a 1:1 appointment.  |
| 4/8  | Wed.   | 2:30 pm           | <b>Caregiver Support Group</b> with Kristin from Heartland Hospice. See pg. 5.   |
| 4/9  | Thurs. | 10 am - 11:30 am  | <b>Elder Law Class: How to Avoid Guardianship</b> presented by Rick Messemer a Certified Senior Advisor See pg. 9.   |
| 4/9  | Thurs  | 11 am - 12 pm     | <b>Healthy Cooking Demonstration</b> Presented by Chef Zach Merritt with CHEFS for SENIORS. See pg. 9  |
| 4/9  | Thurs. | 1 pm - 2 pm       | <b>Rescue, Extrication &amp; Delivery Services,</b> Chief David Pease, Local Rescue team helping the people of Guatemala. See pg. 4                                  |
| 4/10 | Fri.   |                   | <b>Good Friday:</b> Senior Center & Meals on Wheels <b>CLOSED</b>  |
| 4/15 | Wed.   | 1 pm - 3 pm       | <b>Shredding Party</b> in the Parking Lot, Bring any sensitive documents you wish to destroy. See pg. 4  |
| 4/15 | Wed.   | 12 pm - 3 pm      | <b>SHIIP 1-ON-1 MEDICARE COUNSELING APPTS.</b> Call the Center to schedule an appointment, and for more information. See pg. 5.                                      |
| 4/21 | Tues.  | 1 pm - 3 pm       | <b>Owning &amp; Maintaining a Car 101</b> presented by REDRIVE Automotive Group See pg. 6.   |
| 4/22 | Wed.   | 9 am – 12 pm      | <b>On-Site Service Coordinator:</b> 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 5.  |
| 4/23 | Thurs. | 10 am - 11:30 am  | <b>How to Protect Your Home and Assets from the “Wealth-Stealers” for Retirement</b> Financial Planning Class presented by Wealth Preservation Strategies See pg. 7. |
| 4/28 | Tues.  | 9 am - 3 pm       | <b>SHIIP 1-ON-1 MEDICARE COUNSELING APPTS.</b> Call the Center to schedule an appointment, and for more information.   |
| 4/30 | Thurs. | 3:30 pm - 4:30 pm | <b>New Member Meet &amp; Greet</b> Come meet other new members to the Senior Center See pg. 4.   |

To register for a class or event, or for more information, call the Center at 919-554-4111



## Elder Law Classes

presented by

Rick Messemer, Certified Senior Advisor

March 12th, 10am - 11:30am, *Documents Every Senior Should Have*

April 9th, 10am - 11:30am, *How to Avoid Guardianship*

Our Librarian Tom is looking for book donations.  
Please drop off on Wednesday if at all possible.

*Books on the back wall are for sell.*

Hardback books are \$1

Paperback books are \$0.50

## Hearing Checks and Education Session

*"Hearing Loss & Brain Hearing"*

Presented by Wake Audiology

Tuesday, March 17th, 8:15am - 10:00am

Look out for **"Engage with Age"** on Town of Wake Forest Social Media Outlets

**Do you need help with your Cell Phone, Car Tech, or Lap Top?**

*Inquire at the front desk about **Teeniors Program** and we will connect you with a student volunteer to assist you.*



## Healthy Cooking Demonstration

Presented by Chef Zach Merritt with CHEFS for SENIORS

**April 9th , 11:00 - 12:00**

Please call the center to reserve your spot.

*Stop by for a sample on March 19th, 9:00 - 9:30 in the Lobby,  
of what to expect at the demonstration in April*

## Chair Massages

We have a licensed massage therapist that is volunteering her time.

She will be giving chair massages at the center.

*By Appointment Only, Call Center to Make an Appointment*

## IT'S TAX TIME....



**February 4th thru April 15th**

***Tuesdays & Wednesdays Only***

Tax Assistance is held in partnership with AARP and the Northern Wake Senior Center.

We are still taking appointments

Call the Center to schedule an appointment

Tax-Aide will be held at the Senior Center this year.

**You must have an appointment.**

**SHIP  
MEDICARE  
COUNSELING**



1-on-1 Counseling every 4th Tues.  
and 3rd Wed. of the month.

**Call the Center to schedule  
an appointment.**



## MONDAY BLOOD PRESSURE CHECKS Every other Monday!

- 10:30 am 3/2 Resources for Seniors
- 10:30 am 3/16 Resources for Seniors
- 10:30 am 3/30 Resources for Seniors
- 10:30 am 4/13 Resources for Seniors
- 10:30 am 4/27 Resources for Seniors

## BINGO WITH MEALS ON WHEELS

Mondays & Thursdays



**Special note:**  
Please call Center to confirm locations.

- 10:30 3/2 Cadence Senior Living
- 10:30 3/5 Brookdale Senior Living
- 10:30 3/9 Aetna Insurance
- 10:30 3/12 Clear Caption
- 10:30 3/16 Stay at Home Senior Care
- 10:30 3/19 Heritage Audiology
- 10:30 3/23 Heartland Hospice
- 10:30 3/26 Resources for Seniors
- 10:30 3/30 Clear Caption
- 10:30 4/2 Brookdale Senior Living
- 10:30 4/6 Cadence Senior Living
- 10:30 4/9 Resources for Seniors
- 10:30 4/13 Aetna Insurance
- 10:30 4/16 The Lodge
- 10:30 4/20 Smooth Transitions
- 10:30 4/23 The Lodge
- 10:30 4/27 Stay at Home Senior Care

**Thank You to our Sponsors!**

The Water Color Artists of the  
Northern Wake Senior Center present:

## “Downtown Wake Forest” Handcrafted Note Cards for \$5 each



Many local downtown scenes to choose from.  
Here are three samples of the many scenes:

These beautiful cards are being sold throughout  
downtown Wake Forest  
and at the Senior Center.

All proceeds go to help support  
The Northern Wake Senior Center.

A special “Thank You” to our talented instructor,  
Gaylord Picard!

**YOU will be  
UNFORGETTABLE**



**Purchase Your BRICK for  
THE FRIENDSHIP COURTYARD  
and ALWAYS be REMEMBERED!**

FOR MORE INFORMATION CONTACT

Email [friendsnwsc@gmail.com](mailto:friendsnwsc@gmail.com)

Mail PO Box 1312, Wake Forest NC  
27588-1312

**Building a Better Community one Memorable BRICK at a time.**

To register for a class or event, or for more information, call the Center at 919-554-4111