



Jennie Griggs, MA
Dir. NWSC & EWSC



Important announcement about “The Voice”

Since COVID we have been publishing our newsletter, The Voice, weekly. We also understood the importance of keeping you informed about special announcements, so we introduced the “Wednesday Wink.” However, at this time, we will be making some changes. We will no longer send a weekly version of the publication. The Voice will come to you as it does now through Constant Contact monthly, with the next edition to come to you on May 31st. Important announcements will continue in the next several weeks through a simple Wednesday Wink. These decisions have been made for several reasons.

- We realize you are inundated with emails, and we will shorten our messaging to respect this.
- The North Wake Senior Center has recently implemented a new registration system, and programming registrations will become more systematic with online options for most of our membership and adaptations for those needing assistance with the process. There will be upcoming training sessions for the membership, so please be on the lookout for those opportunities.
- With the upcoming changes at Eastern Wake Senior Center, all programs, events, and important news will be available on-site regularly.

I would also like to thank Janet Chadwick for the outstanding job she has done not only with the newsletter and communication deliverables but also in helping us select and implement our new web-based software. Our team wants to thank each of you for your patience as we make these changes. Your next message will be a WINK!

P.S. Please mark your calendar for May 29th National Health and Fitness Day. More information to follow. All classes will be cancelled for a full day of activities for all, **RECESS REIMAGINED!** You don't want to miss this!

NWSC (Wake Forest) Upcoming Classes Pre-Registration Required

The NWSC schedule and program information can be found in SchedulesPlus, accessible via mobile, tablet, or desktop device. [CLICK HERE FOR EASY ACCESS](#) and bookmark the link! We are also offering walk-in help to get you set up for online access to programs and registrations. Help is available Tuesday, Wednesday, and Thursday 11AM - 1PM. Bring your own device (phone, table, or laptop) to get set up!

Art

Ceramics 101 - Wednesdays, 10AM - 12PM May 1 - June 12

Class will include all of the basics of ceramics including terminology, tools, types of paints and how to use them, and painting techniques. Members will learn how to take a project from greenware to completion with little or no assistance. **Class Fee \$30.**

Garden Art - Tuesdays, 10AM - 12PM May 7 - 28

During this four week class you will create forever flowers for your garden! **Cost of \$25 for materials and payable upon signup.**

Basic Watercolor - Mondays, 10AM - 12PM June 3 - July 22

In this 8 week session, you will learn the importance of light and shadow, how color and value can help convey realistic and abstract art, and the beautiful ways of watercolor. You will also learn differences in available materials, such as paper, brushes, pigments, etc. Projects include painting from still life and landscapes, as well as exploring the fundamental elements of design; texture, value, color, line, shape and form, size and space. Additional assignments will help you bring it all together and produce several finished works of art.

Pottery 101 - Tuesdays, 10AM - 12PM June 4 - July 2

Pottery 101 is the pre-requisite for using pottery open studio time. In the 5 week class the basics of hand-building will be covered. Students will learn construction methods such as pinching plus using coils and slabs. Emphasis will be placed on how to use the senior center studio and its equipment. All materials will be provided for the class. **Class fee \$30.**

Languages

Advanced Spanish Conversation - Wednesdays, 10AM - 12PM June 5 - July 10

Advanced Spanish Conversation Part 4 will continue our grammar use of the subjunctive. Start with the fact that past subjects will bring out past subjunctive forms. Idioms are also highlighted as important practice for useful statements and understanding what Spanish people are saying too you. Required Book Advanced Spanish, Step by Step, by Bregstein. **Class Fee \$74.**

NWSC (Wake Forest) Upcoming Computer Classes

Pre-Registration Required

Fraud and Identity Theft - Wednesday - Tuesday 2PM - 4PM April 17 - April 23

This classroom topic will discuss topics that will have the students interact with the information presented. The topics are very serious in today's environment and directed toward our senior population. This 4 day class will both identify and assist anyone to overcome the extensive spread of hacking.

Computer 201 - Monday - Friday 9AM - 11AM May 6 - May 10

Computer Class 201 will explore a different area and expand the student's computer knowledge. We start off by learning the Microsoft Windows file structure which will become the foundation for all stored or temporary files. The student will learn to use the basic editors that come with all versions of the Windows Operating System. The class will then use the Microsoft Browser to access the World Wide Web and use their skills to configure Internet Explorer to perform securely. Midway through the class we will cover external ports, printing, and understanding the various formats used for Compact Disc and Digital Video Disc. Then to maintain efficient operation of any computer the student learns simple maintenance routines that can be applied to their personal computers. The class ends with discussing evolving computer technology and hands on lab exercises to reinforce what is learned.

Class Fee \$30

Introduction to Microsoft Word - Wednesday/Friday 2PM - 4PM May 15 - May 24

Microsoft Word is a word-processing program designed to help you create professional-quality documents. With the finest document-formatting tools, Word helps you organize and write your documents more efficiently. Word also includes powerful editing and revising tools so that you can collaborate with others easily. **Class Fee \$20**

Mozilla Firefox Browser - Tuesday 1PM - 4PM May 28

Mozilla Firefox Browser is a computer instructional class for the inexperienced or novice user. It is a one day class for users who have a computer or are thinking of getting one. We begin with a discussion on browsers in general and their purpose. Hands-on instruction is a way of learning and the pace geared toward a comfortable learning experience.

Class Requirement: Students should have prior knowledge and skills using the keyboard, mouse and feel comfortable around a computer. **Class Fee \$20**

Computers and What to Do - Wednesday - Friday 9AM - 11AM May 29 - May 31

Computers and What to Do lecture will focus on user friendly applications commonly used in the home and workplace. Discussed will be ways to communicate, view photos, recognize virus free software, do your finances, watch movies, and play games.

Lecture Objectives: • Visualize the richness of using a computer • Discover how easy it is to communicate • Cultivate the mind with new and exciting knowledge • Become more comfortable with finances and terminology • How to explore the arts and sciences • Feel a little more secure with your identity and security while using the computer.

NWSC (Wake Forest) Activities & Events

Pre-Registration Not Required

NEW Crokinole- April 19

NEW Bridge in Bloom- May 3

Friday Night Dance Social- April 26 (See details below)

Chess Tournament- April 19

FYK/For Your Knowledge

Unveiling Advances in Senior Dental Care - May 22 (See flyer below for more information.)



Friday Night Social Dance

Northern Wake Senior Center (NWSC)


DATE: 4th Friday of the Month

TIME: 7:00 PM to 9:30 PM

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

WHO: All Adults Over 18

LOCATION: NWSC, 235 E Holding Ave, Wake Forest



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

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

Music by Frank Battaglia

All Proceeds Benefit NWSC!

No Registration Required

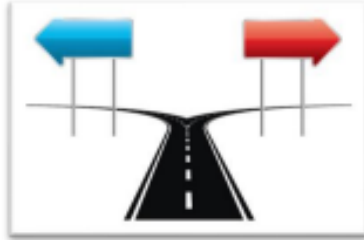
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January 2024 – Happy New Year	May 24, 2024	September 27, 2024
February 23, 2024	June 28, 2024	October 25, 2024
March 22, 2024	July 26, 2024	November – No Dance
April 26, 2024	August 23, 2024	December – No Dance

For Your Knowledge Series
Wednesday, Apr. 17 11AM
NWSC

Should I Stay or Should I Go ?

Renovating vs. Moving for Senior Adults



As we reach a certain stage in life, it is natural to evaluate our living arrangements and consider whether our current home still meets our evolving needs. This **1 hour** talk focuses on one of life's important decisions: whether to renovate your current house to stay or move to another place. I will provide you with guidance and insights to help you make an informed choice that aligns with your needs, preferences, and overall well-being.

During our time together we will be exploring:

- How to assess your Current Home
- Identifying Your Needs and Preferences
- Financial Considerations
- Lifestyle Factors
- Emotional and Social Considerations

Overall, we will explore the concept of "aging in place" and what that personally means for you. To maximize happiness and security as we age, it's important to see that your physical and emotional needs can be met in whatever choice you make. Whether your current home can be modified to accommodate your concerns, or you choose to move. Options for moving include senior communities, residential downsizing or co-housing. Identifying and understanding the pros and cons of all choices can help you make an informed decision toward your future quality of life.



Valerie Jurik is a housing entrepreneur, real estate broker, educator, author, and national speaker on Aging in Place. As a certified Aging in Place specialist (CAPS) she has 25+ years of diversified experience in the housing and healthcare industries. Valerie is a highly sought-after national speaker on "The Aging of America" and "Aging (thriving) in Place for all Generations." She is passionate about educating others and has developed curriculum for in person and on-line classes for various educational institutions and organizations.

For Your Knowledge Series
Wednesday, May 22 11AM
NWSC



UNVEILING ADVANCES IN SENIOR DENTAL CARE

Discover Digital Dentistry TODAY: A 30-Minute Exclusive Seminar for Seniors with Complimentary Dental Consultations Available Post-Event.

- ✓ Digital advances for crowns, dentures, and implant treatments which means less time in the dentist's chair.
- ✓ Digital dentistry techniques revolutionize your dental experience, providing superior fit, function, and aesthetics.
- ✓ Engage with our esteemed doctors as they share their knowledge and expertise in the field of digital dentistry.

Dr. Mark Scouris &
Dr. Bruce Gray

Date: Wednesday May 22

Time: 11am-1pm

Location: [North Wake Senior Center](#)

NEWSTART
DENTURE + IMPLANT
PARTNERS

DEDICATED TO CARE AT A HIGHER LEVEL.

WWW.NEWSTARTDENTURE.COM



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

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

Come see how to use Personal Historian to incorporate video and audio within your family history narratives. Personal Historian is a product related to Roots Magic. If he has time, Tom may talk about Roots Magic and its advantages.

Future Meetings

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

Tuesday, April 30 – Late Lunch at Wegmans – Conversation and Socializing – Let’s get to know each other better.

Join the Genealogy Club Check in or call the Senior Center to sign up for the Genealogy Club. You will receive Zoom access instructions and then email reminders of upcoming meetings. Do not be concerned if you are new. Come and ask questions and then start your tree. We will help you.



Upcoming Coffee Cafes Front Lobby - 8:30AM

- Tues. Apr. 16 - Karena Stipp, Southern Accent Homes
- Thur. Apr. 18 - Ashley Roy, Seniors Helping Seniors
- Tues. Apr. 23 - Karena Stipp, Southern Accent Homes
- Thur. Apr. 25 - Clarence Torain, Wisdom Senior Care
- Tues. Apr. 30 - Kimberly Baradei, Elevate Speech Services

FEAR OF FALLING

Are you afraid of falling?



Light refreshments will be served
courtesy of:



JOIN US

APRIL 15TH

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

REGISTER TODAY!

- NO COST
- OFFERED IN PERSON/ONLINE

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

LEARN ABOUT RISK

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

COMMUNITY MOTIVATED

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



TOWN of
WAKE FOREST

SPEAKERS



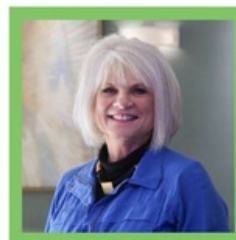
Kristina Wolfe, PT
Credentialed Balance and Falls Professional



Sharon Jackman, CH
Clinical Hypnosis Specialist



Sarah Gachuz, ATP
Assistive Technology Consultant



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

**Heroes Rock The House
Veterans Benefit Concert
Sunday, April 21 5PM
Rialto Theater Raleigh, NC**



Military Missions In Action is a North Carolina founded and focused, veterans non-profit which assisted 4,642 veterans in 2023; over 130,000 veterans, servicemembers, and their family's received assistance from MMIA in the past 15 years. We invite you to support us as a sponsor for this great cause. Your contribution will provide significant recognition and benefits while fueling our unique and impactful approach to supporting veterans, active-duty military, and their families who need our help.



Come join us for a night of live music and giving back. Click the link below to purchase tickets.

[PURCHASE TICKETS](#)

Can't make the show? Please consider making a donation -->

[DONATION LINK](#)

Wake Forest American Legion

monthly Pancake Breakfast

Sunday, April 14th 8:00 am – 12:00 Noon



Pancakes and sausage are on the menu for a donation of \$6.00 per adult, children 6 - 11 years are \$1.00 and children under 6 are free. We are located across the street from the Wake Forest Post Office.



For more information, including acceptable waste, click this link --> [ToWF Paper Shredding Event](#)

SPRING Paper Shredding Event
April 20 | 9 am - 2 pm | Northern Wake Senior Center
OR UNTIL THE TRUCKS ARE FULL 255 E. HOLDING AVE

SPONSORED BY
CIVIC
FEDERAL CREDIT UNION

TOWN of WAKE FOREST

Electronics accepted, too!

Northern Wake Senior Center

Paper Shredding

Enter & Exit at E. Holding Avenue



The Northern Wake Senior Center and the Wake Forest Senior Information Networking Group (SING) are partnering to host a series of free classes, workshops, and other events over the next several months to raise awareness about aging, Alzheimer's, and related dementias.

Each event in the 2024 Age & Dementia Education Series will offer attendees the opportunity to learn about dozens of aging and dementia-related programs, services, products, and resources – all at the Northern Wake Senior Center, 235 E. Holding Ave. The events are scheduled from 9-11:30 a.m., and no registration is required.

The series gets underway Saturday, April 13, with "Empowering Caregivers: Navigating the Journey Together." Led by Lynette Wilson, this presentation will focus on equipping caregivers with the tools, resources, and support networks they need to confidently navigate the challenges of caregiving.

The series continues Saturday, June 8, with "The Senior Expo for Caregivers & Seniors." This comprehensive event will be aimed at providing resources, information, and support for both caregivers and seniors. Attendees will explore a range of exhibitors tailored to address the unique needs and challenges faced by seniors and their caregivers. The Senior Expo offers a one-stop destination for empowering our local community to navigate the journey of aging with confidence and dignity.

"De-Prescribe & Thrive: Empowering Caregivers" will be offered on Saturday, Aug. 10. Led by Dr. Leon Canterbury, this session will provide caregivers with the knowledge and tools necessary to optimize medication regimens for their loved ones. Through education and support, caregivers learn how to safely reduce or discontinue unnecessary medications, promoting better health outcomes and improving overall well-being.

The 2024 series concludes Saturday, Oct. 12, with "Pathways to Wellness." Led by Northern Wake Senior center Director Jennie Griggs, this session will guide caregivers toward holistic well-being through a combination of personalized strategies and community support by exploring various pathways including physical activity, nutrition, stress management, and mindfulness.

For more information about the 2024 Age & Dementia Education Series, visit [THIS LINK](#) or contact Renaissance Centre Specialist Debra Horton at 919-435-9566 or dhorton@wakeforestnc.gov.

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

APRIL:

- 4/16 - Tai Chi II & Life** - LAST CLASSES UNTIL SUMMER/FALL
- 4/17 - Yoga** - moved to Thursday 4/18 9 am
- 4/24 - Martial Arts** - LAST CLASS THIS SESSION
- 4/29 - Ceramics** - Mother's Day craft

MAY:

- 5/1 - Senior Balance** - LAST CLASS UNTIL SUMMER/FALL
- Geri-Fit** - LAST CLASS UNTIL SUMMER/FALL
- 5/2 - Ceramics 101** - Beginner-new class
- A Matter of Balance** - LAST CLASS THIS SESSION
- 5/6 - Yoga** - 9 am for the remainder of session
- 5/7 - A Matter of Balance** - new session begins-FULL
- 5/17 - Choir** - ENDS UNTIL SUMMER/FALL
- 5/20 - Martial Arts** - new session begins-beginners welcome
- 5/21 - Strutters** - ENDS UNTIL FALL
- 5/30 - Yoga** - LAST CLASS UNTIL SUMMER/FALL
- A Matter of Balance** - LAST CLASS THIS SESSION
- Acrylic Arts** - LAST CLASS UNTIL FALL

JUNE:

- 6/26 - Martial Arts** - LAST CLASS UNTIL SUMMER/FALL

EWSC (Wendell) Announcements and Upcoming Events

HAVE YOU WANTED TO BECOME A RUNNER? NOW IS YOUR CHANCE. Anne Marie Mulhern is an avid runner who has completed 96 marathons and ultras and will lead a Walk-Run Training Group in expectation that the participants will be able to complete a 1.8 mile (3K) or a 3.1 mile (5K) family fun run. The target races are in Wendell and Wake Forest in early June. The Training Group will meet each Thursday, 9am, at the EWSC, beginning April 11 through May 30. Participants will start out walking and work up to running. Additionally, Anne Marie is offering to meet Saturdays when you can bring your family members, including dogs, along for the training. She will discuss injury prevention, hydration, recovery, running/walking, and shoe selection, with emphasis on having a good time! The focus is not on speed but to have fun and be “looking good”. You are also encouraged to join the Tuesday Walking Group at noon. Both Groups will help you prepare for the EWSC Health Walk and Hydration Challenge from May 1-29 as part of the National Senior Health and Fitness Day on May 29, 2024. **DON'T GET LEFT BEHIND, JOIN NOW!**

EWSC Book Club meets Monday, April 22, 10am at the Center. Featured book is “If the creek don't rise” by Leah Weiss. May's meeting is moved up to Monday, 20th, due to Memorial Day holiday. May's featured book is “The Invention of Wings” by Sue Monk Kidd. “Hetty “Handful” Grimke, a slave in early 19th century Charleston, yearns for life beyond the suffocating walls of the wealthy Grimke household. Grimke's daughter, Sarah, knows she is meant to do something large in the world. On Sarah's 11th birthday, she is given ownership of 10-year-old Handful. Over the next 35 years, both strive for a life of their own and form a complex relationship marked by guilt, defiance, estrangement, and the uneasy ways of love.” (Wake County Public Libraries, Book Club Kits, annotations)

Come by the Wendell Community Center, Saturday, April 27, from 10 am – 2 pm, for the EWSC 2nd Annual Health Fair (see attached flyer). Visit the vendors and buy a raffle ticket at the EWSC table for an afghan created by Joann Keith, an EWSC member.

May 1 begins our 2nd Annual Health Walk & Hydration Challenge. Each member participant will receive a weekly log to record their walking steps/miles and the ounces of water they drank from May 1-29. Logs must be turned in May 29 by 10am. The winner for each category will receive a fabulous gift basket donated by Universal Chevrolet, Wendell. This challenge is in conjunction with National Senior Health & Fitness Day on May 29 which EWSC members will celebrate at the Center from 9:30-1:00. Dance/fitness group COMMinMotion (Community in Motion) will perform and Advance Community Health will have their mobile unit onsite for those who sign up in advance to receive primary care and podiatry services. Talk to a staff member at the Center for more information and to schedule an appointment. Also, we will begin selling raffle tickets May 1st for a beautiful quilt made by Center members. A lucky winner will be drawn at noon.

Resources for Seniors Appreciation Day and EWSC Member Celebration is scheduled for Friday, May 31, from 10 am-1 pm, at the Center. Enjoy a catered meal and play some games. Don't forget to purchase a raffle ticket to win a leather/wood treasure chest filled with goodies. This event is for members only but registration is required. You must sign up no later than May 17 if you plan to attend. Come by or call the Center to register. More information will be posted at the Center in the coming weeks.

EWSC Events Schedule

April 16 - EWSC Strutters

April 16 – Dr. Casey

April 19 – Karen LaBranch, Humana, will provide healthy fresh food and information on Earth Day April 22 and call bingo.

April 22 – Earth Day celebration

April 26 – Stephanie Smith & Bryan Coates, Town of Wendell, Information on the Downtown Streetscape, Public Art Plan, and Buffalo Creek Greenway Project

April 27 – EWSC 2nd Annual Health Fair, Wendell Community Center

April 30 – Virginia Johnson, Poe Center, Alcohol Awareness

May 1-29 – EWSC 2nd Annual Health Walk & Hydration Challenge

May 3 – Lisa King, Oak Street Health, Osteoporosis Awareness and call bingo.

May 10 – Sheila Agnew, She Orders, organizing presentation

May 10 – Mother's Day celebration

May 17 – EWSC Golden Voices Choir concert celebrating Mother's Day and Memorial Day

May 17 – Teresa May, Amada Senior Care, Stroke awareness

May 21 – EWSC Strutters Line Dance Troupe performance

May 24 – Lisa King, Oak Street Health, Mental Health awareness in older adults

May 24 – Memorial Day celebration

May 27 – Memorial Day-EWSC CLOSED

May 29 – National Senior Health and Fitness Day

May 31 – RFS Appreciation Day and Member Celebration

June 6-28 – Each Thursday & Friday in June, ping pong & corn hole fun

June 14 – Lisa King, Oak Street Health, Men's Health presentation

June 14 – Father's Day celebration

June 19 – Juneteenth celebration

EWSC (WENDELL LOCATION) Fitness & Activities

Apr. 15 - 19

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

	Monday 04/15	Tuesday 04/16	Wednesday 04/17	Thursday 04/18	Friday 04/19
08:00	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!
09:00	Senior Balance Autumn Thatcher-RFS Services	Cross Punch (V) Casey Baldwin-BP/Med/ Talk on Alcohol Awareness Strutters Performance	Aerobics (V) Senior Balance	Cross Punch (V) Ceramics-Open Studio (9-1) Casey Baldwin - Med Yoga Walk-Run Training Group	Humana - Foods to Celebrate Earth Day
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) Tai Chi II (EB) LAST CLASS	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V)	MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Yoga Ceramics-Open Studio (11-1)	Beginning Line Dance(V) Tai Chi For Life LAST CLASS	Yoga-moved to Thursday 9am		
11:30		A Matter of Balance	Choir Practice	A Matter of Balance	
12:00		Walking Group	Diamond Dots		
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00	Martial Arts	Crochet	Martial Arts	Acrylic Art/Beginner	
02:00				Acrylic Art/Advanced	
02:30			Strutters - Practice		

V = virtual
P NWCS=In person NWCS
V EWSC = Virtual EWSC

WCC- Wendell Community Center, 601 W 3rd St.
HBC- Hephzibah Baptist Church, 1794 Wendell Blvd

EWSC (WENDELL LOCATION) Fitness & Activities

Apr. 22 - 26

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

	Monday 04/22	Tuesday 04/23	Wednesday 04/24	Thursday 04/25	Friday 04/26
08:00	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!
09:00	Senior Balance	Cross Punch (V)	Aerobics (V) Senior Balance	Cross Punch (V) Ceramics-Open Studio (9-1) Walk-Run Training Group	Town of Wendell presentation 9:15
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Geri Fit (EB) Book Club	Tone & Sculpt (V) MOW Bingo	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V)	MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Yoga Ceramics-Open Studio (11-1)	Beginning Line Dance(V)	Yoga		
11:30		A Matter of Balance		A Matter of Balance	
12:00	Earth Day Celebration	Walking Group	Diamond Dots		
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00	Martial Arts	Crochet	Martial Arts LAST CLASS	Acrylic Art/Beginner	
02:00				Acrylic Art/Advanced	
02:30			Strutters - Practice		

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V EWSC = Virtual EWSC

WCC- Wendell Community Center, 601 W 3rd St.
HBC- Hephzibah Baptist Church, 1794 Wendell Blvd

EWSC (WENDELL LOCATION) Fitness & Activities

Apr. 29 - May 3

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

	Monday 04/29	Tuesday 04/30	Wednesday 05/01	Thursday 05/02	Friday 05/03
08:00	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!	Dominos, Cards, Games, Jigsaw Puzzles, & more!
09:00	Senior Balance Ceramics-Mother's Day craft	Cross Punch (V) Virginia Johnson-Poe Center Alcohol Awareness	Aerobics (V) Senior Balance LAST CLASS Health Walk & Hydration Challenge Begins 5/1-29	Cross Punch (V) Ceramics 101-Beginner (9-11) Walk-Run Training Group	Oak Street Health-Osteoporosis
09:45				Relax & Meditate	Friday Updates
10:00	Aerobics (HBC) Geri Fit (EB)	Tone & Sculpt (V) MOW Bingo	Aerobics (HBC) Geri Fit (EB) LAST CLASS	Tone & Sculpt (V)	MOW Bingo
10:45	Line Dance II (HBC)		Line Dance Level I (Absolute Beginner)- (HBC)		
11:00	Yoga Ceramics-Open Studio (11-1)	Beginning Line Dance(V)	Yoga	Ceramics-Open Studio (11-1)	
11:30		A Matter of Balance		A Matter of Balance LAST CLASS	
12:00		Walking Group	Diamond Dots Choir Practice 12:15		
12:30	Knitting/Beginner Crochet		Zumba Gold (Hybrid)		
01:00		Crochet		Acrylic Art/Beginner	
02:00				Acrylic Art/Advanced	
02:30			Strutters - Practice		

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P NWCS=In person NWCS
V EWSC = Virtual EWSC

WCC- Wendell Community Center, 601 W 3rd St.
HBC- Hephzibah Baptist Church, 1794 Wendell Blvd

2ND ANNUAL WENDELL HEALTH FAIR

10 - 2 pm, Saturday,
April 27, 2024



Wendell Community Center,
601 W. Third Street
Wendell, NC

Featuring 40+ Booths, Fall
Assessments, Blood Mobile,
Nutrition, Blood Pressure, Raffles,
Food Trucks and More!



For more information call:
Eastern Wake Senior Center, 919-365-4248

10 Warning Signs Alzheimer's

Alzheimer's Disease and other dementias cause memory, thinking and behavior problems that interfere with daily living.

Alzheimer's experts will share how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection; benefits of diagnosis; possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

Registration required for Zoom link: wake.gov/libraries



Virtual
Tuesday, April 16
6:30 to 7:30 p.m.

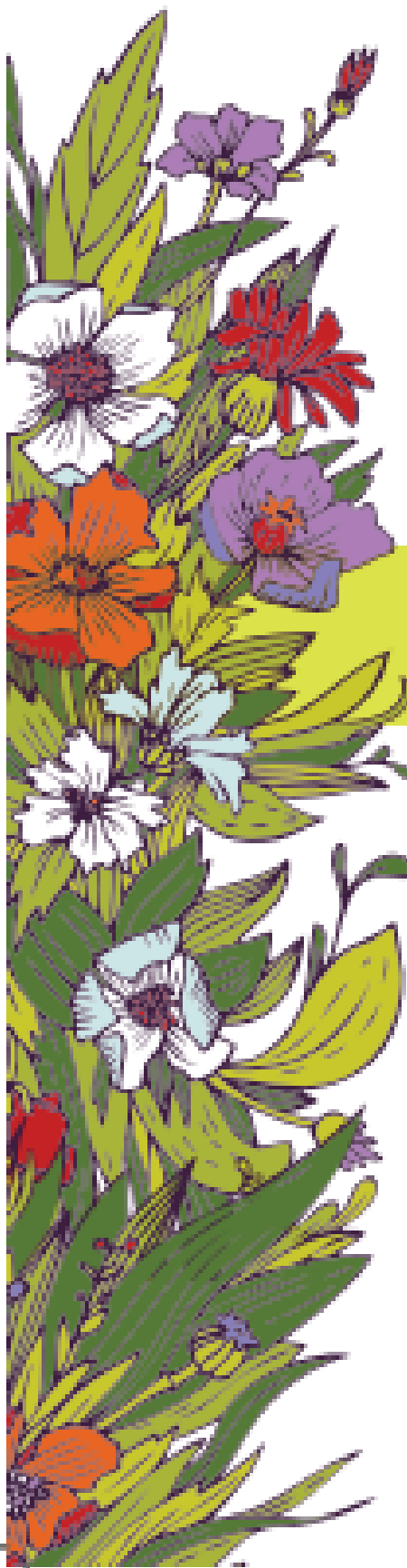
 **ALZHEIMER'S
ASSOCIATION**



NC Registry for Brain Health



Wake County
Public Libraries



Garden and Art Tour

**Friday, April 26, 2024, 1-5PM &
Saturday, April 27, 2024, 1-5PM**

Special treats await you in this year's beautiful gardens. Wake Forest's talented artists will showcase their art work which will be for sale. To celebrate our Centennial year, many gardens will feature dazzling floral designs by Wake Forest Florists and the must see garden beds on the grounds of the Wake Forest Historical Museum will be bursting with floral creations by our Garden Club Members.

Ticket sales start on March 15, 2024.

Garden Tour Ticket for both days \$30.00

Purchase tickets on-line at www.wfgardenclub.org

OR

In person in Downtown Wake Forest:

- Southern Suds & Gifts
- Page 158 Books

Tickets can be purchased on both days of the Tour at the Historical Museum. On the days of the event, go to the Garden Club Tent at the Museum at 414 N. Main Street, Wake Forest, NC to exchange your ticket/online receipt for your "Garden Tour Passport/Map".



Proceeds benefit the Wake Forest Historical Museum Gardens and community projects of the Wake Forest Garden Club

Resources for Seniors

Service Coordination Services

Access our directory of resources online at
resourcesforseniors.org

1:1 Information & Referral

Monthly, 3rd Friday

Northern Wake Senior Center

*Call (919) 554-4111 or schedule
at the center's front desk.*

Service Coordinator Contact:

Autumn Thatcher
(984) 232 4215
autumnt@rfsnc.org

1:1 Information & Referral

Monthly, 3rd Monday

Eastern Wake Senior Center

*Call (919) 365-4248 or schedule
at the center's front desk.*

Some examples of resources we provide:

- ◆ In-Home Care Options
- ◆ Meals on Wheels Friendship Cafes & Home Delivery Program
- ◆ Senior Housing Options
- ◆ Long-Term Care and Assisted Living Facilities
- ◆ Senior Centers
- ◆ Support Groups: Parkinson's, Dementia, Others
- ◆ Caregiver Support and Resources
- ◆ SHIIP (Senior Health Insurance Information Program-Medicare Education Program)
- ◆ Transportation Resources
- ◆ Home Repair and Rehabilitation
- ◆ Home Weatherization
- ◆ Employment and Job Searching
- ◆ Personal Emergency Response Systems
- ◆ Advocacy
- ◆ Elder Abuse
- ◆ Basic Needs
- ◆ Total Life Centers / Adult Day Centers
- ◆ Government Benefits





Medicare Counseling Appointments (SHIIP)

Do you have questions about Medicare? There are LIMITED 1:1 appointments will help you understand Medicare options with the Senior Health Insurance Information Program (SHIIP). If you are turning 65, or on disability and qualify for Medicare, a SHIIP counselor can help explain your Medicare options. By appointment only. Call your Senior Center to make an appointment.



EVIDENCE-BASED CLASS CONSUMER CONTRIBUTION OPPORTUNITY

Resources for Seniors partners with several organizations and agencies to provide programs at no cost to participants in our community. The money that pays for services, including our Evidence Based Classes, combines federal, state, county, and local funds, plus consumer contributions. We understand that not all participants can contribute. You are under no obligation to contribute; it is entirely voluntary. Your continued participation in programs and services is not dependent upon your willingness or ability to contribute. You can donate at [RESOURCES FOR SENIORS](#).

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

Resources for Seniors has a full range of services and programs to support aging adults, adults with disabilities, and caregivers. From home care support to daytime programs, you have many options to fit your needs. Visit the website at [Resources for Seniors - Serving Wake County, NC since 1973](#)

