

Senior Center Office location during expansion:
The Lodge at Wake Forest
1151 S. Main St., Wake Forest
2nd Floor



September is National Senior Center Month!

Senior Centers are the key to aging well!

Join us here at the Northern Wake Senior Center for great classes & events, & opportunities to advocate for seniors!



Thank You

to all our sponsors and volunteers for making the **14th year** of our annual **WILLIE RAY COOKOUT** such a great success!

And a special "Thank You" to Mr. Willie Ray for all his years of service to the Northern Wake Senior Center!

You're the BEST!

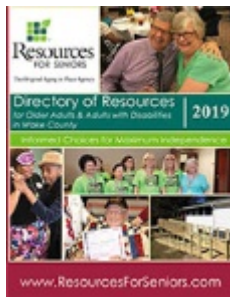
SPECIAL ANNOUNCEMENTS

MEDICARE OPEN ENROLLMENT is Oct. 15th to Dec. 7th. See page 7.

The Senior Center and Meals on Wheels will be **CLOSED** September 2nd in observance of Labor Day

- Classes at the Community House will start back in September.
- Projected timeline update: Target Grand Re-Opening Fall of 2019.
- **2019 Directory of Resources** are available!

Pick one up from the Center office, Mon. to Fri., 8 am - 5 pm, or view the digital version online.



Wake Forest Chamber of Commerce Presents:



Day 1: Monday Sept. 9th, 5:30 - 7 pm
Day 2: Tuesday Sept. 10th, 10 am - 2 pm

Richland Creek Community Church
3229 Burlington Mills Road, Wake Forest

Visit the Resources for Seniors Booth!

For more info call the Center, or go to www.wakeforestchamber.org



Thursday November 7th

For our **Annual Veterans Celebration**

And our **Senior Center Anniversary!**

Call the Center to sign-up.

WEEKLY SCHEDULE

MONDAYS		THURSDAYS	
8:30	Low-Impact Aerobics, Level 2 - 1 hr. (WFCH)	8:30	Gentle Yoga - 1 hr. (WFCH)
9:00	Beg. Mt. Dulcimer - 1 hr. (BSLWF) NEW!	10:00	Beg./Inter. Line Dance - 1 hr. (WFCH) Starts 9/9
9:30	Geriatric Fit - 1 hr. (WFM) In session till 9/18	11:00	Advanced Beg. Line Dance. (WFCH) Starts 9/9
9:45	Low-Impact Aerobics, Level 1 - 1 hr. (WFCH)	12:30	Mahjongg Group - 3.5 hrs. (TFC)
10:30	Current Events w/ Rosemarie Betuker. (WFRC) Starts 10/14. 4 wks. Reg req'd.	1:30	Watercolor Open Studio - 3 hrs. (CALWF)
10:30	Intermediate Mt. Dulcimer. (BSLWF) Starts 10/7	1:30	Canasta/Hand & Foot - 2.5 hrs. (TLWF)
11:00	Basic Drawing - 1.5 hrs. (WFRC) No class 9/16	1:30	Pinochle - 2.5 hrs. (CALWF)
11:00	Craft Grp. & Comm. Outreach - 3.5 hrs. (TFC)	3:00	Music Group - 1.5 hrs. (CALWF)
12:30	Basics of Beginning Line Dance - ½ hr. (WFCH) Starts back 9/9	1:30	Fit & Strong - 1.5 hrs. (NRC)
TUESDAYS		FRIDAYS	
1:00	Zumba Gold - 1 hr. (FPCC)	8:30	Zumba Gold - 1 hr. (AMC)
1:00	Beginning Line Dance - 1 hr. (WFCH) Starts 9/9	9:00	Craft Grp & Comm. Outreach - 3 hrs. (CALWF)
1:30	Fit & Strong - 1.5 hrs. (NRC)	9:45	Low-Impact Aerobics, Level 1 - 1 hr. (AMC)
2:00	Shag Lesson - 1 hr. Back in Nov.	12:30	Bridge - 2 hrs. (TFC) Call Center if new player
3:00	Ballroom Dance Lesson - 1 hr. Back in Nov.	1:30	Fit & Strong - 1.5 hrs. (NRC)
3:30	Chair Yoga - 1 hr. (AMC)		
WEDNESDAYS			
8:30	Core Yoga - 1 hr. (WFCH)		
9:30	Beg. Watercolor - 2 hrs. (WFRC)		
9:30	Intermediate Tap Dance - 1 hr. (AMC)		
12:30	Mahjongg Group – 3.5 hrs. (TFC)		
1:00	Beg. & Inter. Acrylic Painting - 2 hrs. (WFUMC)		
1:00	Wood Carving - 2 hrs. (CALWF)		
3:00	Wake Forest Sr. Center Advisory Board Mtg. 9/24 (Town Hall)		
3:30	Theater Group - 1 hr. 9/10 and 10/8 (CALWF)		
8:30	Low-Impact Aerobics, Level 2 - 1 hr. (WFCH)		
9:00	Ceramics (*) - 2 hrs. (WFRC) No class 9/11		
9:00	Craft Grp & Comm. Outreach - 3 hrs. (CALWF)		
9:30	Geriatric Fit - 1 hr. (WFM) In session till 9/18		
9:45	Low Impact Aerobics, Level 1 - 1 hr. (WFCH)		
10:30	Bridge - 2 hrs. (TFC) Call Center if new player		
1:00	Quilt! Quilt! Stitch and Gab - 3 hrs. (AL)		
1:00	Martha's Quilting Group - 3 hrs. (AL)		
1:00	Book Club - 1 hr. (BSLWF)		
1:00	Pinochle - 3 hrs. (CALWF)		
1:30	Fit & Strong - 1.5 hrs. (NRC)		
1:45	Zumba Gold - 1 hr. (FPCC)		

PLEASE NOTE

- We will be adding additional Evidence-Based Classes this fall. Please call the Center for more information.
- Some class times and locations may have changed; thank you for your understanding during our renovation!
- There may be times that we need to move or cancel a class due to unexpected changes in schedule. We will make every effort to inform you of these changes in advance.
- Location Key is on page 5.
- Evidence-Based Classes are on page 3. Registration is required for these classes.

FEE STRUCTURE

- Classes are free unless marked by **(\$)**.
- Classes with fees for the use of Senior Center supplies are marked by **(*)**.
- Donations are always accepted for ongoing program support.

EVIDENCE-BASED CLASSES

Registration is required for Evidence-Based classes.

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

PLEASE NOTE

- **!! We are doing inventory of our fitness equipment. If you 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.

Tai Chi for Arthritis and Fall Prevention



- **Beginner (Level 1)**
Slow and gentle movements proven to reduce risk of falling and improve overall health and well-being. Learn the first 6 moves.
- **Beginner Tai Chi (Level 2)**
For those who have completed Level 1. Learn the next 6 Tai Chi moves (12 total moves).

**Tai Chi classes will return in November.
Call the Center to sign-up for up-coming sessions.**

Geri-Fit



Coming soon! Call the Center.

Fit & Strong!



Strengthen your lower extremities.
24-day class series.

- **In session till October 14th:**
Mondays & Thursdays
10:30 am to 12:00 pm
Held at: The Lodge at Wake Forest
1151 S. Main Street, Wake Forest
- **In session till October 18th:**
Mondays, Thursdays, & Fridays
1:30 pm to 3:00 pm
Held at: The Northern Regional Center
350 E. Holding Avenue, Wake Forest

**More Fit & Strong classes coming soon!
Pre-registration is required. Call the Center.**

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!

Coming soon! Call the Center.

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/local funds, plus consumer contributions. We realize that not all participants are able to contribute. Please understand that 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.**

SUPPORT GROUPS

➔ Parkinson's Support Group

1st Wednesday of each month

1:00 pm

at Carillon Assisted Living of Wake Forest,
3218 Heritage Trade Drive

September 4th: "Just Us"

October 2nd: "Clinical Research & On-Going Trials"

Co-sponsored by the NWSC,
Resources for Seniors,
and Carillon Assisted Living

➔ Caregiver Support Group

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

Wednesday, September 11th & October 9th

at Brookdale Assisted Living,
611 S. Brooks Street, Wake Forest

1:00 to 2:00 pm: 1-on-1 Counseling

Call the Center to schedule an appointment.

Starting at 2:30 pm: Caregiver Support Group

Wake Audiology and Hearing Aid Associates



**Free Hearing Services:
Hearing Aid and Ear Wax Checks**

2nd Tuesday of each month, 9 am – 10 am

Held at The Lodge at Wake Forest,
in the Game Room on the 2nd floor.

Space is limited. If you are not a resident of the Lodge,
please call the Center to sign up.

Understanding Dementia 2019



**Memory Café Musical Performance
Oct. 20th, 2:00 pm to 4:00 pm**

The café atmosphere promotes social
engagement and support,
through interaction with others experiencing
similar lifestyle changes.

Held at the Renaissance Centre

For more information
about Dementia programs visit:

**[www.wakeforestnc.gov/citizen-engagement/
community-calendar/dementia-awareness-
education-series](http://www.wakeforestnc.gov/citizen-engagement/community-calendar/dementia-awareness-education-series)**

Hope and Action Activities Sponsored by the
Town of Wake Forest and SING-Wake Forest.

**Northern Wake Senior Center is a contributor
and proud member of SING-Wake Forest.**

INFORMATION • ASSISTANCE • REFERRALS

**1-ON-1 COUNSELING
with ON-SITE SERVICE COORDINATOR
HEATHER ARCURI**

September 25th and October 2nd & 23rd

**9:00 am to 12:00 pm
at The Lodge at Wake Forest**

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

Call the Center to make an appointment.

Wake Tech classes are coming back later in the year. Call the Center for more information.

Wake Tech offers a variety of classes and lectures: Yoga, Spanish, Computer Classes, and more.

**As we get prepared for the opening of the NEW Senior Center, WE NEED YOUR INPUT!
We want to provide classes that will be fun, informative and well attended.**

Please call the Center with suggestions for future classes, & to sign-up on an interest list.

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

LOCATION KEY

AMC: Alston-Massenburg Center

416 North Taylor St., Wake Forest, 27587

AL: American Legion Post 187, Wake Forest

225 East Holding Ave., Wake Forest, 27587

BSLWF: Brookdale Senior Living of Wake Forest

611 South Brooks St., Wake Forest, 27587
Ph: 919-562-8400

CALWF: Carillon Assisted Living of Wake Forest

3218 Heritage Trade Dr., Wake Forest
Ph: 919-569-2101

FPCC: Flaherty Park Community Center

1226 North White St., Wake Forest, 27587
Ph: 919-554-6726

NRC: Northern Regional Center

350 East Holding Ave., Wake Forest, 27587
Ph: 919-562-6300

TFC: The Forks Cafeteria

339 Brooks St., Wake Forest, 27587

TGWP: The Gardens at Wakefield Plantation

12800 Spruce Tree Way, Raleigh, 27614
Ph: 919-562-5580

TLWF: The Lodge at Wake Forest

Temporary home of the Senior Center office
1151 S. Main St., Wake Forest, 27587
Ph: 919-554-8768

WFCH: Wake Forest Community House

133 W. Owen Ave., Wake Forest 27587
Ph: 248-644-5832

WFPC: Wake Forest Presbyterian Church

12605 Capital Blvd., Wake Forest, 27587
Ph: 919-602-2533 (Meals on Wheels)
To reserve a Meals on Wheels meal, call between 9 am and 12 pm the day before

WFRC: Wake Forest Renaissance Centre

405 Brooks St., Wake Forest, 27587
Ph: 919-435-9458

WFUMC: Wake Forest United Methodist Church

905 S. Main St., Wake Forest, 27587
Ph: 919-556-2239

WFM: Wakefield Manor

10710 Nickleby Way, Raleigh
Ph: 919-554-3299

CURRENT EVENTS and GOVERNMENT CLASS

Taught by Rosemarie Betuker

4 sessions

**Mondays, October 14th thru November 4th
10:30 am to 12:00 pm**

at the Renaissance Centre of Wake Forest

Topic / focus:

United States Constitution and federal court system, with an emphasis on the U.S. Supreme Court. Discussions about the current court and justices, and the impact of recent decisions and cases.

Registration required; call the Center.



Legal Aid of North Carolina SENIOR LAW PROJECT

Legal Aid offers free legal services to seniors, and will be at The Lodge at Wake Forest on **October 24th, 10 am to 12 pm**

Wills • Advance Directives • Legal Advice

Limited appointments available.

Call the Center soon to schedule!

Refresh your driving skills with AARP's Smart Driver Safety Course

AARP

Driver Safety



Monday October 21st, 12:30 pm to 4:30 pm

Classroom Course

Cost: \$15 for AARP Members, \$20 for Non-Members

Held at the Northern Regional Center

Registration required; call the Center.



CALENDARS are on-line at:

- www.resourcesforseniors.com
- www.wakeforestnc.gov
(Search "Senior Center")
- www.facebook.com
(Search "Northern Wake Senior Center")



MAPS are available at the Center and:

- www.resourcesforseniors.com

SEPTEMBER 2019 SPECIAL EVENTS

National Senior Center Month & Falls Prevention Month

9/2	MON	CLOSED	CENTER & ALL CLASSES CLOSED IN OBSERVANCE OF LABOR DAY.
9/4	WED	1:00 pm	Parkinson's Support Group. Topic: "Just Us" See pg. 4. (CALWF)
9/9	MON	5:30 – 7:00 pm	Chamber of Commerce Senior Lifestyle Expo (Day 1). See pg. 1.
9/10	TUE	9:00 am – 2:00 pm	Chamber of Commerce Senior Lifestyle Expo (Day 2). See pg. 1.
9/10	TUE	9:00 am	Free Hearing Services: Hearing Aid & Ear Wax Checks. See pg. 4. (TLWF)
9/11	WED	1:00 pm	Caregiver Support Group AND 1-on-1 Grief Support Counseling with Kristin from Heartland Hospice. Call to make a 1:1 appointment. See pg. 4. (BSLWF)
9/18	WED	12:30 – 3:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. See pg. 5. (TLWF)
9/19	THUR	10:00 am	Presentation at Meals on Wheels: "Falls Prevention and Awareness." With Corey Thompson, physician and community liaison for Access Physical Therapy. (WFPC)
9/24	TUE	9:00 am – 3:30 pm	SHIIP (Senior Health Insurance Information Program) 1-on-1 counseling: Call to make an appointment. See pg. 5. (TLWF)
9/24	TUE	3:00 pm	Senior Advisory Board meeting. Call the Center for information. (Town Hall)
9/25	WED	9:00 am – Noon	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4. (NRC)

ADVOCACY OPPORTUNITIES

Join us in advocating for seniors in our community and throughout the nation.

The Northern Wake Senior Center, in partnership with the Town of Wake Forest, Resources for Seniors, the NCOA, the State of NC, and other entities, invite you to participate in upcoming **ADVOCACY OPPORTUNITIES**. Help us advocate for funding for our Senior Centers, services for seniors, and for legislation throughout NC for the benefit of all seniors!

Call the Center for more information.

FUNDRAISING EVENT

The Northern Wake Senior Center Quilting Group has made a beautiful queen sized quilt to be raffled off at the annual Veteran's Celebration on November 7th.

Tickets are \$1.00 each, or 6 for \$5.00.

Stop by the Senior Center to purchase tickets,
or check with our instructors.

You do not need to be present to win!



OCTOBER 2019 SPECIAL EVENTS

Happy Halloween

10/2	WED	9:00 – 11:30 am	On-Site Service Coordinator: 1-on-1 counseling appointments with Heather Arcuri from Resources for Seniors. See pg. 4. (NRC)
10/2	WED	1:00 pm	Parkinson's Support Group. Topic: "Clinical Research & On-Going Trials". See pg. 4. (CALWF)
10/8	TUE	9:00 am	Free Hearing Services: Hearing Aid & Ear Wax Checks. See pg. 4. (TLWF)
10/9	WED	10:00 am – Noon	Caregiver Support Group AND 1-on-1 Grief Support Counseling with Kristin from Heartland Hospice. See pg. 4. Call to make a 1:1 appointment. (BSLWF)
10/14	MON	10:30 – Noon	Current Events and Government Class with Rosemarie Betuker: The Constitution. Every Monday for 4 weeks. See pg. 5. Registration req'd. (WFRC)
10/15	TUE		MEDICARE OPEN ENROLLMENT STARTS. Call the Center for SHIIP appointments and 1:1 counseling. Appointments available Tuesdays (TLWR) & Wednesdays (NRC) , Oct. 15 th – Dec. 7 th .
10/17	THUR	10:00 – 10:30 am	Presentation at Meals on Wheels: "Geriatric Vaccines." With Heather Morris, RN from Aspen University. (WFPC)
10/21	MON	12:00 – 5:00 pm	AARP Smart Driver's Course. See pg. 5. Registration req'd. (NRC)
10/31	THUR	10:30 am – Noon	Halloween Party at Meals on Wheels. Call the Center to sign up. (WFPC)

MEDICARE OPEN ENROLLMENT is October 15th to December 7th, 2019

Licensed SHIIP counselors will be available for 1:1 appointments, Tuesdays (at the Lodge at Wake Forest) & Wednesdays (at Northern Regional Center), through Open Enrollment.

Please call the Senior Center to schedule an appointment.

The Seniors' Health Insurance Information Program (SHIIP) is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, and Medicare prescription drug plans.



HALLOWEEN PARTY!

Thurs., October 31st at 10 am

Held at Meals on Wheels

Wear your best costume and join us for Bingo, snacks and FUN!

Call the Center to RSVP



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

**MONDAY
BLOOD PRESSURE CHECKS
at Wake Forest Presbyterian Church**



PLEASE NOTE: Blood Pressure checks are now every other Monday!

- 10:30 am 9/2 Stay at Home Senior Care
- 10:30 am 9/16 Stay at Home Senior Care
- 10:30 am 9/30 Stay at Home Senior Care
- 10:30 am 10/7 Stay at Home Senior Care
- 10:30 am 10/21 Stay at Home Senior Care

**BINGO WITH MEALS ON
WHEELS**

**Mondays & Thursdays
at Wake Forest
Presbyterian Church**

BINGO				
4	26	44	53	65
2	20	35	58	70
15	22	FREE	51	74
7	17	37	56	67
3	30	40	50	62

- 11:30 9/2 Transport 4 Seniors
- 10:30 9/5 Brookdale Assisted Living
- 11:30 9/9 Heartland Hospice
- 10:30 9/12 Carillon Assisted Living
- 11:30 9/16 Stay at Home Senior Care
- 10:30 9/19 Resources For Seniors
- 11:30 9/23 Smooth Transitions
- 10:30 9/26 Carillon Assisted Living
- 11:30 9/30 Stay at Home Senior Care
- 10:30 10/3 Brookdale Assisted Living
- 11:30 10/7 Stay at Home Senior Care
- 10:30 10/10 Carillon Assisted Living
- 11:30 10/14 Smooth Transitions
- 10:30 10/17 Golden Harmony
- 11:30 10/21 Stay at Home Senior Care
- 10:30 10/24 Carillon Assisted Living
- 11:30 10/28 Heartland Hospice
- 10:30 10/31 Resources For Seniors

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, these are three sample 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

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 Senior Center at: 919-554-4111.