

The Voice

Sept. 2, 2022



Latest Update from Jennie Griggs, Program Director

"Of life's two chief prizes, beauty and truth, I found the first in a loving heart and the second in a laborer's hand." – Khalil Gibran

This quote illustrates how our community has come together often in humble silence to make a difference. In past newsletters, we have spoken about the community Moving Forward Together. This week I was a bit depressed waiting for the insurance adjusters to come to the NWSC to assess the lightning and fire damage. Following the inspection, as I exited the parking lot, I saw members of the Neuse River Hawks Wildlife Club laboring at their wildlife pollinator garden on the hill beside the center. While all else has stopped at this facility, this beautiful garden has blossomed. Please take the time to see it and thank this organization for what they have done.

The first photo above shows the beginning of the process, looking barren and lifeless as the area was prepared and planted in December 2021. Today the plants are vibrant and active wildlife attractants. Pollinating insects are busy days, and there have been three bluebird nestings with deer, frogs, toads and rabbits seen exploring the part of nature so often forgotten.

Thank you, Neuse River Hawks, Wake Forest Chapter of the NC Wildlife Federation, for providing this habitat supporting our vital wildlife. Reach out to this Club and personally thank Marian Kirchhoff, Alden Hanson and Ann Rogerson for their loving hearts and laboring hands. Thank you for creating this center of life for us to enjoy and not forget what's important.

HOT PROGRAMS! NWSC & EWSC OFFERINGS SIGN UP NOW AT THE APPROPRIATE CENTER

**"HOLISTIC EDUCATIONAL PROGRAMS FROM HUMANA"
PLUS SEVERAL 8-WEEK SELF DEFENSE CLASSES**

SPONSORED BY

Humana®

**Free 2 hour
Program**

THE FACTS

**THE ACTS OF VIOLENCE
COMMITTED
AGAINST THE OLDER
GENERATION
ARE MAINLY ONES IN WHICH
THERE WAS A RELATIONSHIP
BETWEEN OFFENDER AND
VICTIM BEFORE THE OFFENSE.
OLDER WOMEN ARE
DISPROPORTIONATELY MORE
OFTEN VICTIMS OF PURSE & CAR
SNATCHING.
THE INCREASING SOCIAL
ISOLATION OF PEOPLE
CONSTITUTES NOT ONLY A
SPECIFIC FORM OF
VICTIMIZATION, IT PROBABLY
ALSO INCREASES THEIR
SUSCEPTIBILITY TO BECOME
VICTIMS**

PROGRAM COMPONENTS

**BY APPLYING THE SIX
DIMENSIONAL MODEL, A
PERSON BECOMES AWARE OF
THE INTERCONNECTEDNESS OF
EACH DIMENSION AND HOW
THEY CONTRIBUTE TO HEALTHY
LIVING. BY CONTINUING TO
LEARN, OLDER ADULTS MEET
MANY OPPORTUNITIES THAT
CAN HELP MAINTAIN QUALITY
OF LIFE BY ENHANCING THEIR
SOCIAL CONNECTION,

SELF-RELIANCE, SELF-SUFFICIENCY,
AND COPING STRATEGIES TO
DEAL WITH CHALLENGES
RELATED TO HEALTH AND
SOCIAL RELATIONSHIPS.**

WHAT IS SELF DEFENSE

**EVERY CLASS WILL
INCORPORATE A PHYSICAL
ELEMENT, WHETHER IT IS A
SELF DEFENSE TECHNIQUE A
FORM, AN EXERCISE, OR A
DRILL. EVERY CLASS WILL
HAVE A DISCUSSION ON SELF
DEFENSE AWARENESS AND
RESOURCES.**

**THE PROGRAM WILL EVOLVE
THROUGHOUT THE YEAR TO
INCLUDE CROSS-PUNCH
INCLUDING BOXING VOCES,
JABS, UPPER CUTS, HOOKS
CROSS JABS AND SPEED BAGS
ADDING FOOT MOVEMENTS
SIDEKICKS FORWARD AND BACK
SHUFFLES.**

EACH CLASS WILL LAST TWO HOURS. THE FIRST HOUR WILL CONSIST OF HUMANA'S OPTIONAL EDUCATIONAL PRESENTATION ADDRESSING VARIOUS TOPICS RANGING FROM HEALTH AND NUTRITION TO MENTAL HEALTH AND TECHNOLOGY FOR THE AGING POPULATION. THE SECOND HOUR WILL FEATURE A SERIES OF SELF DEFENSE AWARENESS AND DEFENSE COMPONENTS AS EXPLAINED ABOVE. THE CLASS SERIES IS 8 WEEKS AND LIMITED TO 25 PARTICIPANTS.

East Wake

**Tuesdays Beginning
September 20 (10 - 12PM)
Wendell United Methodist Church
Call 919- 365-4248**

North Wake

**Thursdays Beginning
September 22 (10 -12PM)
Flaherty Park Community Center
Call 919-554-4111**

HOT PROGRAMS!
NWSC & EWSC OFFERINGS
SIGN UP NOW AT THE APPROPRIATE CENTER

Walk with Ease



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

WALK WITH EASE is a six-week evidence-based program that combines self-paced walks with discussions about health-related topics under the guidance of certified walking leaders. Program participants learn how to safely make physical activity part of their everyday life. The program includes a guidebook and a walking schedule to get you safely moving toward better health.



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

BENEFITS TO YOU

- Motivate yourself to get in great shape
- Walk safely and comfortably
- Improve your flexibility, strength, & stamina
- Reduce pain and feel great

PROGRAM INCLUDES

- Basic information on the relationship between arthritis, exercise, and easing pain
- One hour sessions with a Certified Walking Leader
- Walking Guidebook + Walking Diary
- Introduction to 5 Step Walking Pattern

East Wake

Call 919- 365-4248

North Wake

Call 919-554-4111



SAFER DRIVING MAY SAVE YOU MONEYTM

Take the AARP Smart Driver classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.
- » Discover proven driving methods to help keep you and your loved ones safe on the road.

THERE'S A CLASSROOM COURSE IN YOUR NEIGHBORHOOD!

Date & Time:

EWSC - Monday, Sept. 12, 1PM-5PM

NWSC - Thursday, Sept. 22, 1PM - 5PM

NWSC - Monday, Sept. 26 , 5:30PM - 9:30PM

Location:

EWSC

323 Lake Drive

Wendell, NC 27591

NWSC - TBD Instructor will

notify registered participants

closer to the class date

Register:

EWSC - 919-365-4248

NWSC - 919-554-4111

CLASSROOM COURSE

\$20 for AARP
members **\$25** for non-
members

TO FIND ADDITIONAL COURSES

Visit: **www.aarp.org/driving36**
Call: **1-888-773-7160**

* Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.

The Voice

HOT PROGRAMS!
EWSC OFFERING SIGN-UP NOW

**REGISTER TODAY! TAKE
ONE CLASS OR BOTH!**

919-365-4248

**DANCE & FITNESS CLASSES FOR
ACTIVE OLDER ADULTS (55+)**

MONDAYS & WEDNESDAYS

Aerobics (10:00AM)

Line Dance (10:45AM)

**OPEN TO ALL RESIDENTS (55 and
older) WITH REGISTRATION AND
COMPLETION OF WAIVER.**

SPONSORED BY



LOCATION

**HEPHZIBAH BAPTIST CHURCH
1794 WENDELL BLVD
WENDELL, NC 27591**

Special thanks to Hephzibah Baptist Church for the wonderful space and for their support of the Eastern Wake Senior Center.

HOT PROGRAMS!

EWSC OFFERING SIGN-UP NOW

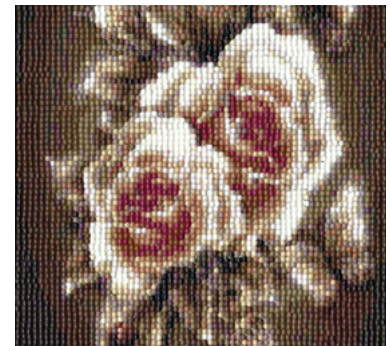
DIORAMA

What is a diorama? A diorama is a 3D art. A diorama can be easy or complex, simple or elaborate or anything in between. It's whatever you want to make it. Taught by our very own member & volunteer, John Davis.



DIAMOND DOTS

This activity is similar to a paint-by-number/mosaic-like art that will keep you active for hours. The process may be anything from a flying butterfly to a replica of your favorite pet. You can even personalize the piece. Our very own Cindy Privette is leading this class.



Learn Line Dance Steps: 4 week special class taught by our member and volunteer Glenn Clary

2-3 PM Beginning September 20th at the EWSC. Learn the basic steps used in line dance so you can participate in the beginner line dance.



REVIEW OF HOT PROGRAMS!

EWSC OFFERING SIGN UP NOW

Walk with Ease with Cindy Hadden - Monday & Wednesday 8:30-9:30 with instructor and Friday 8:30-9:30 Solo Wendell Community Center Starts September 12th (6 weeks)

Walk with Ease is a six-week evidence-based program that combines self-paced walks with discussions about health-related topics under the guidance of certified walking leaders. Program participants learn how to make physical activity part of their everyday life safely. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Strutters: Wednesday 2:-3:00 At Wendell Senior Center starting September 14

Learn Line Dance Steps: 4-week basic class taught by Glenn Clary
Tuesday 2 pm - 3 pm Location Senior Center. Beginning September 20th, the Last class will celebrate with an Ice Cream Social.

Learn the basic steps used in line dance so you can participate in the beginner line dance classes

Line Dance with Cindy Hadden

Advance/Intermediate Hepzibah Baptist Church Monday 11:00-11:45

Beginner Friendly/ Intermediate Wednesday 11:00-11:45
Starts September 12th

HOT PROGRAMS EWSC CONT.

Aerobics with Cindy Hadden

Monday and Wednesday 10:15 - 11:00 Hepzibah Baptist Church starts September 12th.

Aerobics is set to music and led by a certified group exercise instructor; this class gets your blood pumping and large muscle groups working via structured, rhythmic, and motivating routines (e.g., Tabata, dance, ...). Aerobics exercise is designed to help you improve your cardiovascular fitness so that you can move through life with more endurance and energy. Options are provided to self-adjust the exercises for your fitness level.

Humana®

SPONSOR

Self Defense & Holistic Health & Aware

Monday & Wednesday 10:00-12:00 Wendell United Methodist Church beginning September 20th for eight weeks

This is an 8-week progression-based martial arts self-defence class that involves mental and physical exercise, working on balance, mental focus and memory. We will work on mental and physical flexibility and dynamic martial arts based on training. It is designed for active seniors who want to “Do” and provides a great mental and physical program.

Tai Chi 1 with Cathy Perkinson

Tuesday & Thursday 10:00-10:45 East Wake Senior Center (10 weeks) Tai Chi for Life with Cathy Perkinson Tuesday & Thursday 11:00-11:45 East Wake Senior Center (10 weeks)

Tai Chi for Life is a martial art. It includes slow movements and gentle stretching, all while standing; Tai chi is a great way to ease arthritis pain and work on balance.

In Tai Chi 1, we will learn the basics, the warm-ups, the cooldowns and the first part of the forms. It is an introductory level, and no prior knowledge is needed.

HOT PROGRAMS EWSC CONT.



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

Sept. 12 1pm - 5PM

Location: EWSC: 323 Lake Drive Wendell, NC 27591

Call EWSC (919-365-4248) to register

\$20 for AARP members; \$25 for non-AARP members

****You may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.**

SAVE THE DATE

September 22, 10 - 12 PM Fall Prevention Program at Wendell Falls featuring a Gerifit Demonstration with Cindy Hadden, PhD and Tai Chi by Cathy Perkinson and The Effects Medication has on Falls presented by Dr Casey Baldwin

October 1, 2022: Wendell Harvest Festival. The EWSC will have a booth. Volunteer and Visit.

October 4, 2022, 9:30 - 12PM: SCAM JAM presented by EWSC and Triangle Family Services at Wendell Community Center/Parks & Rec :

EWSC Fitness and Activities

Monday Sept. 5	Tuesday Sept. 6	Wednesday Sept. 7	Thursday Sept. 8	Friday Sept. 9
CLOSED - LABOR DAY	9:00 Cross Punch (V)	9:00 Senior Balance Aerobics (V)	9:00 Cross Punch (V)	9:00 Zumba (WCC)
10:00	10:00 Tone & Sculpt (V)	10:00 Geri Fit Aerobics (HBC)	10:00 Tone & Sculpt (V) Relax & Meditation	10:00 MOW Bingo
11:00	11:00 Beginning Line Dancing (V)	11:00 Fit & Strong Line Dancing (HBC)	11:00 Ceramics Chair Yoga (WUMC)	11:00
12:00	12:00	12:00	12:00	12:00
1:00	1:00 Knitting & Crochet Chair Yoga (WUMC)	1:00 Zumba (V)	1:00 Acrylic Art	1:00
2:00	2:00	2:30 Strutters	2:00	
3:00	3:00		3:00	

HBC - HEPHZIBAH BAPTIST CHURCH: 1794 WENDELL BLVD. WENDELL NC.

WUMC - WENDELL UNITED METHODIST CHURCH: 129 N. MAIN STREET WENDELL NC.

V - VIRTUAL

HOT PROGRAMS NWSC CONT. LAST DAY TO SIGN UP!



Registration for dance classes at the Wake Forest Renaissance Centre (WFRC) is now open on the Wake Forest recdesk. Please see the links below.

If you are interested in participating, please know that your registration must be completed by September 5. A minimum of 10 people must register for the class for it to be held.

For the past two years, dance classes at the Renaissance Centre have been underwritten by a grant, so there was no charge to participate, and registration was through the Northern Wake Senior Center. This year, dance classes will operate under a different model in which classes are held for eight weeks and a fee (\$25) to participate.

Classes are scheduled to begin on September 12. If you are interested, please register today. We hope to see you there.

Beginner-Friendly/Intermediate Line Dance 1:00PM - 1:45PM

**[https://link.edgepilot.com/s/764d898f/MelvvJOZP0OMhfgG4o6Afw?
u=https://wakeforestnc.recdesk.com/Community/Program/Detail?
programId=14393](https://link.edgepilot.com/s/764d898f/MelvvJOZP0OMhfgG4o6Afw?u=https://wakeforestnc.recdesk.com/Community/Program/Detail?programId=14393)**

Intermediate/Advanced Line Dance 2:00PM - 2:45PM

**[https://link.edgepilot.com/s/42919566/v-5wHAh5sEm6IEtKJtcBMw?
u=https://wakeforestnc.recdesk.com/Community/Program/Detail?
programId=14394](https://link.edgepilot.com/s/42919566/v-5wHAh5sEm6IEtKJtcBMw?u=https://wakeforestnc.recdesk.com/Community/Program/Detail?programId=14394)**

Beginner-Friendly Tap Dance 3:00 PM - 3:45 PM

**[https://link.edgepilot.com/s/1335a9b0/8irQSbj2mUW7-Cy3CGcG7g?
u=https://wakeforestnc.recdesk.com/Community/Program/Detail?
programId=14395](https://link.edgepilot.com/s/1335a9b0/8irQSbj2mUW7-Cy3CGcG7g?u=https://wakeforestnc.recdesk.com/Community/Program/Detail?programId=14395)**

CONT. NWSC HOT PROGRAMS

Don't Delay Register Today

Advance Directive Documents – Will Clinic Intake Sessions

Have you been thinking about getting advance directive documents (i.e. living will, healthcare power of attorney) prepared but don't know where to start? Legal Aid is hosting one-on-one intake sessions in preparation for its will clinic in early 2023. Those interested in attending the clinic must register and attend an in-person or virtual intake session.

October 14, 2022

Only four ½ hour appointment time slots are available between 10 AM and 12 PM.
10580 Ligon Mill Road, Wake Forest
Call NWSC (919-554-4111) to register

Grief Support Group by Heartland Hospice

The support group is reconvening its group sessions on the third Tuesday of each month.

Starting September 20

2 PM – 3 PM

American Legion Post 187 - 225 E. Holding Ave, Wake Forest

Free and open to new members

Call NWSC (919-554-4111) to register

JUMP START TO SPANISH CONVERSATION PART 3 OFFERED BY WAKE TECH

Gain confidence in your Spanish conversation skills! This is the third part of a four-part series, a slower-paced Spanish language course for students with little Spanish language experience.

Students will master object pronouns and be able to engage in conversation!

Wednesdays, Oct 5 - Nov 9

10 AM – 12 PM

Tentative location: Flaherty Park Community Center – 1226 N. White St, Wake Forest

Call NWSC (919-554-4111) to register. Fee: \$57 due prior to class payable to Wake Tech

CONT. NWSC HOT PROGRAMS

Don't Delay Register Today

A Jump Start to Spanish Advanced Conversation

Learn Spanish by using it in the conversation! This class will help lifelong learners use the vocabulary and grammar taught in the Advanced Spanish Step by Step book. Advanced grammar topics will foster conversation, and learners will work in small groups to improve their speaking and listening skills.

Wednesdays, Oct 5 - Nov 9

12:30 PM – 2:30 PM

Tentative location: Flaherty Park Community Center – 1226 N. White St, Wake Forest

Call NWSC (919-554-4111) to register. Fee \$57 due prior to class payable to Wake Tech

Playing Mountain Dulcimer

This class is designed to help novices and intermediates become more confident and skilled players, emphasising improving techniques for strumming, fingering, chords, and Flatpicking. Learning to write and play harmonies will add variety to familiar songs. Whether you're playing solo or in a group, this class will help you be a better musician. Bring your dulcimer.

Fridays, Sept. 23 - Nov. 11

9:30 AM to 10:30 AM

American Legion Post 187 - 225 E. Holding Ave, Wake Forest

No Charge - Call NWSC (919-554-4111) to register

Beginner Guitar

Beginners Guitar, taught by a member and volunteer, Bob Cluett, is scheduled to start at Alton Massenburg on 9 /14, 8:30-9:30 am, for eight weeks. Call the NWSC to sign up.

**If you are interested in one or more of these class offerings,
please call NWSC at 919-554-4111.**

CONT. NWSC HOT PROGRAMS

Don't Delay Register Today

Beginner Crochet Class

This class will teach you about the different sizes of hooks and ways to hold them. You will learn the importance of counting stitches in the various patterns we will be using. You will learn the following stitches: chain, single crochet, and double crochet. You will learn how to add rows and how to add a new skein to your work. You will have at least one major project to complete. You will have time in class to ask questions and work with the yarn. THE EXPECTATION IS THAT YOU WILL WORK ON THE PROJECT AT HOME.

Class Times and Location TBD depending upon the number of registrants
Free

Intermediate Crochet Class

In this class you will learn about dye lots and at least 3 stitch patterns and ways to connect them. You will make a scarf and 3 baby blankets out of three different stitch patterns. If you choose a bulky yarn, you will need a larger hook (I, J, or K). You will need 4-8 skeins of yarn per blanket (depending on the weight and size of skein) a mix of colors if desired. You will need 1-2 skeins for the scarf. During week 6 you will need 2 different colors of yarn for the circle in square blanket.

Class Times and Location TBD depending upon number of registrants
Free

Self Defense & Holistic Health & Awareness

Sponsored BY



Each class will last two hours. The First Hour will consist of Humana's Optional Educational Presentation addressing various topics ranging from Health and Nutrition to Mental Health and Technology for the Aging Population. The Second Hour will feature a series of Self Defense Awareness and Defense components. The Class series is 8 Weeks and Limited to 25 participants.

Thursdays, Sept. 22 - Nov. 10 (8 weeks)

Educational session 10 AM – 11 AM; Self-defense class 11 AM – 12 PM

Flaherty Park Community Center – 1226 N. White St, Wake Forest

Free - Call NWSC (919-554-4111) to register

CONT. NWSC HOT PROGRAMS

Don't Delay Register Today



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended

Whether you need relief from arthritis pain or want to be active, the Walk With Ease program can teach you how to make physical activity part of your everyday life safely. The program includes a guidebook and a walking schedule to get you safely moving toward better health. Led by Linda Thomas and Marlene Silva.

Mondays, Wednesdays, Fridays, Oct. 3 - Nov. 14
8:30 AM to 10:30 AM
E. Carroll Joyner Park – meet outside the community center
Call NWSC (919-554-4111) to register



SAFER DRIVING MAY SAVE YOU MONEY

Take the AARP Smart Driver™ classroom course and you could save on your car insurance!*

- » Refresh your driving skills and knowledge of the rules of the road.
- » Learn techniques for handling left turns, right-of-way and roundabouts.

Sept. 22 1 PM – 5 PM or Sept. 26 5:30PM – 9:30PM

Location: TBD, Wake Forest

Call NWSC (919-554-4111) to register

\$20 for AARP members; \$25 for non-AARP members

****You may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.**

NWSC SPECIAL EVENT
Don't Delay Register Today



**Benefit Concert for NWSC
featuring
The Dulcimer Tapestry Players
and Friends
Sunday, Sept. 18 3:30pm - 5:00pm
Forks Cafeteria
Tickets - \$20**

NOW MORE THAN EVER!

The Friends of NWSC originally planned a benefit concert this winter at the Center. That all changed when a lightning strike and fire on July 6th damaged the building. The Friends had already led an ambitious fundraising program during the summer with close to \$20,000 raised from member donations. This helped offset the major budget cut that went into effect July 1st.

Closure of the building has resulted in new and unexpected expenses. The Friends have helped by renting a storage pod for supplies, buying needed furniture for classes off site, and supporting a new position. There are sure to be more expenses not covered by insurance or the budget needing immediate attention.

So the Benefit Concert was moved up to Sept 18th. All ticket sales help support the programs and services of the Center. The Forks Cafeteria has generously donated space, the Band is not charging, and Splash Graphics donated printing for advertising.

Now we need YOU!! We promise that for a \$20 ticket you will have an afternoon of fun with friends, great music, and luscious desserts. Most of all, you will be supporting the programs and services of the Senior Center in Wake Forest. Even if you can't make the concert, consider making a donation. The Center is not just a building, it's a community and you are part of it. We hope to see you.

Tickets are online at <https://friendswakeforestseniorcenter.org/upcoming-events/>
You can also purchase them at The Forks at 339 Brooks St downtown.

NWSC Fitness Classes

Monday Sept 5	Tuesday Sept 6	Wednesday Sept 7	Thursday Sept 8	Friday Sept 9
CLOSED LABOR DAY	9:00 Cross Punch (V)	9:00 Aerobics (V)	9:00 Yoga (C) Cross Punch (V)	9:00 Aerobics (AMC)
	10:00 Tone & Sculpt (V) Drumming (AMC)	10:00 Yoga Flow 2 (AMC) Tai Chi for Life (C)	10:00 Tone & Sculpt (V) Drumming (AMC) 10:30 Steppers Rehearsal (CC)	10:00 Stretch & Meditation (V) Circuit Training (AMC)
	11:00 Beginning Line Dancing (V) GeriFit (AMC)	11:00 Tai Chi 1 (C)	11:00 Adv. Line Dancing (CC) GeriFit (AMC) 11:45 Int. Line Dancing (CC)	11:00 Drumming (AMC)
	12:30 Fit & Strong (AMC)	12:30 Chair Yoga (AMC)	12:30 Fit & Strong (AMC) Beg. Line Dancing (CC)	
		1:00 Zumba (V)		1:00 Zumba (F)
			2:00 Ballroom (CC) CLASS CANCELLED	
	3:00 Yoga (C)		3:00 Shag (CC) CLASS CANCELLED	

AMC – ALSTON MASSENBURG CENTER – 416 N TAYLOR ST, WAKE FOREST

C – CORNER OF WAKE FOREST – 102 NORTH AVE, WAKE FOREST

CC – COTTON COMPANY – 306 S WHITE ST, WAKE FOREST

F - FLAHERTY PARK COMMUNITY CENTER 1226 N WHITE ST, WAKE FOREST

V – VIRTUAL

NWSC Clubs and Groups

Monday Sept 5	Tuesday Sept 6	Wednesday Sept 7	Thursday Sept 8	Friday Sept 9
CLOSED LABOR DAY		9:00 - 12:00 Open Pottery Studio (P)		9:30 Dominoes (L)
	10:00 - 12:00 Hand Built Clay 101 with Diana (P) (class is closed) Knit/Crochet (F) WELCOME BACK!		10:00 - 12:00 Garden Art with Gaylord (P) (class is closed)	
				11:00 - 2:00 Open Pottery Studio (P)
		12:00 - 2:00 Watercolor with Gaylord (P) Hybrid		
	1:00 - 4:00 Open Pottery Studio (P)		1:00 - 4:00 Hand and Foot, Pinochle, and Mahjong (L) Open Pottery Studio Woodcarving Open Paint Studio (P)	1:00 Quilt, Stitch & Gab (L)
		2:00 - 4:00 Acrylics with Gaylord (P) Hybrid		

P – PERKINS BUILDING – 10580 LIGON MILL RD, WAKE FOREST

C – CORNER OF WAKE FOREST – 102 NORTH AVE, WAKE FOREST

F - FLAHERTY PARK COMMUNITY CENTER 1226 N WHITE ST, WAKE FOREST

HYBRID - IN PERSON AND VIRTUAL

L – AMERICAN LEGION POST 187 – 225 E HOLDING AVE, WAKE FOREST

V – VIRTUAL

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](https://www.resourcesforseniors.org)



Share your gift!

We are always looking for new activities for our members. If you have a gift that you would be willing to share, we would love to offer a time and place for you to lead a group instructing other members! This is a great time to socialize, meet new people, and learn new skills

We have recently seen expressed interest in ukulele, guitar, and crocheting. If you are willing to lead a class/club in any of these areas (or others), please contact Jennie Griggs: jennieg@rfsnc.org

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. To contribute, or for more information, go to [Resources for Seniors - Serving Wake County, NC since 1973](https://www.resourcesforseniors.org).

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 that 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.