



Jennie Griggs, MA  
Dir. NWSC & EWSC

## May Pops in May

With aging in mind, May is filled with holidays, celebrations and awareness events. Older Americans Month (OAM) is the perfect time to explore how we, as the aging population, can be involved in our communities and participate in programs and functions at the Northern and Eastern Wake Senior Centers while advocating and learning more about senior issues and challenges such as accessibility, environment, finances, legal necessities, aging in place and the continuum of the care process. What a suitable time for generations within a family and social units to communicate, exploring ideas, needs and solutions that address what is important to each individual, whether family, friend or neighbor engaged in the aging process.

We will celebrate May in a variety of ways. Centers will provide unique crafting ideas and programming encouraging multigenerational Mother's Day celebrations. We will be closed Monday, May 29th, for Memorial Day. NWSC and EWSC will celebrate National Senior Health and Fitness Day on May 31st, so make sure and mark your calendars. This day will have special events, advocates, programs and surprises. We will be inviting the public, so make sure to bring your family and friends. (Specifics to come.) We dedicate this day to the betterment of the overall health and wellness of our population by recognizing and demonstrating examples of the Eight Dimensions of Wellness most relative to the aging population.

May is also Mental Health Awareness Month. Mental Health issues carry a stigma among all generations; however, COVID heightened the need for awareness and care as we all are affected by mental illness and addiction issues in some form. We want to invite and encourage you to participate in the all-day or parts of the 6th Annual Older Adult Mental Health Awareness Day Symposium on May 11. The symposium is sponsored by "the National Council on Aging, the U.S. Administration for Community Living, the Substance Abuse and Mental Health Services Administration, the Health Resources and Services Administration, and the E4 Center of Excellence for Behavioral Health Disparities in Aging."  
(<https://ncoa.org/article/2023-older-adult-mental-health-awareness-day-symposium>)

Register free today! <https://connect.ncoa.org/oamhad2023>



H A P P Y.  
*Mother's  
Day*



Roses are red,  
Violets are blue,  
Senior Center members know this is true!

Flowers are nice,  
Candy is too,  
But what we all love is something to do!

Whether its fitness or bridge,  
Ceramics or arts,  
Activities at the Center have captured our hearts!

Tell your family and friends before they buy,  
Another gift you don't need,  
(You can explain why.)

Whether it's large or small,  
It's the ultimate prize,  
Any donation to Friends is just the right size!



Friends of the Northern Wake Senior Center is an all-volunteer, 501C3 non-profit organization dedicated to supporting the Senior Center. All donations are tax-deductible.

## NWSC (Wake Forest) Announcements

### CANCELLATIONS

- Cara's classes (Aerobics, Low Impact Aerobics, and Drumming) cancelled May 1 - May 8.

### SAVE THE DATE

- **Wednesday, May 31, 10AM - 1PM** - National Senior Health & Fitness Day "Move More to Do More" - Both centers will have activities and events! More details to follow!
- **Wednesday, June 14, 10AM - 11AM** - We will finally have the official ribbon cutting ceremony for the center! More details to follow!

### LOCATION NOTE

- **Walk With Ease (M/W/F 8:30AM)** meets at Joyner Community Center, not the Senior Center

### OPEN PING PONG!!!

- **Friday, May 5, 11AM - 2PM** - Bring a friend or challenge one of the staff members!

## NWSC (Wake Forest) New Fitness Class

### Tai Chi for Arthritis Level 2 – Mondays and Wednesdays, 10AM, Starting May 8

Join Cathy for Tai Chi 2, a gentle standing exercise class that will improve balance and mobility, increase strength and flexibility, relieve joint pain, and challenge the mind. **Completion of Tai Chi 1 is required.**

## NWSC (Wake Forest) New Non-Fitness Classes

### Jump Start to Spanish Conversation Part 2 - 10AM -12PM, May 10- June 21 (no class June 7)

Gain confidence in your Spanish conversational skills! The second of a four-part series for students who have little Spanish language experience. Students will learn to use verbs to drive conversation and to talk about the weather in Spanish. **NEW OFFERING by Wake Tech**

### Beginner Italian – Wednesdays, 6-8PM, May 17th - July 26th (no class July 5th)

Learn Italian the quick and easy way! This class is a fun and interactive introduction to basic Italian grammar. The course presents formulas for handling social situations such as making introductions, ordering in a restaurant, checking into a hotel, and more.

Maximum cost is \$47 if a minimum of 6 students register – so, bring a friend! Student should be prepared to purchase Italian: A Self-Teaching Guide by Lebano prior to start of class. **NEW OFFERING by Wake Tech**

NWSC (WAKE FOREST LOCATION) Classes & Activities Apr. May 1-5

Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday
8:30	Walk With Ease	9:00	Tai Chi for Diabetes	8:30	Walk With Ease	9:00	Tai Chi for Diabetes	8:30	Walk With Ease
9:00	Tai Chi for Memory & Energy	9:00	Low Impact Aerobics <b>CANCELLED</b>	9:00	Tai Chi for Memory & Energy	9:00	Low Impact Aerobics <b>CANCELLED</b>	9:00	Functional Weight Training
9:00	Functional Weight Training	9:00	Knit/Crochet	9:00	Functional Weight Training	9:00	Knit/Crochet	9:00	Aerobics <b>CANCELLED</b>
9:00	Aerobics <b>CANCELLED</b>	9:00	Cross Punch (V)	9:00	Aerobics (V) <b>CANCELLED</b>	9:00	Cross Punch (V)	9:30	Dulcimer
9:00	Beginner Crochet	10:00	Drumming <b>CANCELLED</b>	9:00	Arts & Crafts	10:00	Drumming <b>CANCELLED</b>	9:30	Dominoes
9:00	Arts & Crafts Group	10:00	Pottery 101	10:00	Tai Chi 1	10:00	Tone & Sculpt (V)	10:00	Drumming <b>CANCELLED</b>
10:00	Tai Chi 1	10:00	Garden Art	10:00	Flow Yoga	10:30	Senior Balance	10:00	Vivien's Gentle (mat) Yoga
10:00	Drumming <b>CANCELLED</b>	10:00	Tone & Sculpt (V)	10:00	Watercolor (Hybrid)	10:30	Steppers		
10:00	Subjective Study (Hybrid)	10:30	Senior Balance	10:00	Groovin Moovin	11:00	Advanced Line Dancing		
11:00	Tai Chi For Life	11:00	Beginner Line Dancing (V)	11:00	Tai Chi for Life	11:30	GeriFit		
11:00	Intermediate Crochet	11:30	GeriFit	11:30	Vivien's Chair Yoga	11:45	Intermediate Line Dancing		
1:00	Barre	12:00	Dance Fusion	12:30	Spanish - Adv. Grammar & Conv.	12:00	Dance Fusion		
1:00	Drawing (Hybrid)	12:30	Vivien's Chair Yoga	12:30	Zumba (Hybrid)	12:30	Beginner Line Dancing		
2:00	Dance it Off	1:00	Ballroom	1:00	Barre	1:00	Fit & Strong		
2:00	Genealogy (V) Next Mtg 5/8	1:00	Fit & Strong	1:00	Book Club Next Mtg 5/24	1:00	Samba		
3:30	Marty's Chair Yoga	1:00	Parkinson's Group Next Mtg 5/9	1:00	Quilt Stitch & Gab	1:00	Pinochle		
7:00	Kiwanis Bingo	2:00	Grief Counseling Next Mtg 5/16	1:00	Acrylics (Hybrid)	1:00	Mahjong		
		2:30	Vivien's Gentle (mat) Yoga	2:00	Dance it Off	1:00	Woodcarving		
		3:00	Shag			1:30	Intermediate Knitting		
		6:00	YMCA CardioKickboxing			2:00	Acoustic Jam Session Next Session 5/11		
						6:00	YMCA CardioFlex Bootcamp		

**NOTE: Walk With Ease (M/W/F 8:30) meets at Joyner Community Center**

**Pottery Open Studio:**  
M/W/F - 9AM - 4PM  
Tues - 1PM - 4PM  
Thurs - 9AM - 12PM

**Paint Open Studio:**  
Thurs - 1PM - 4PM

# YMCA at NWSC



The Tuesday evening classes with the Kerr Family YMCA have been very successful. We will continue to offer kickboxing and yoga with Lori Lewis on alternating Tuesdays in April and May. We are also adding "CardioFlex:Bootcamp" with Kathy Butler on Thursdays.

CardioFlex:Bootcamp is a "Combination of cardio and strength exercises using unique equipment options that will keep you on your toes. There is no set format, and every class is different. From intervals to sprints and strength exercises, your instructor becomes a Drill Sergeant who will challenge you to reach new heights in your workouts."

**NOTE:** Classes will be \$10 for individuals who are not Y members. The Y will waive the joining fee for anyone attending classes at the senior center who might be interested in a membership (a \$110 value for individuals). The Y will also offer membership scholarships.

All classes are 6pm - 7pm at NWSC.

May:

2nd - Cardio Kickboxing

4th - CardioFlex: Bootcamp

9th - Yoga

11th - CardioFlex: Bootcamp

16th - Cardio Kickboxing

18th - CardioFlex: Bootcamp

23rd - Yoga

25th - CardioFlex: Bootcamp

30th - Cardio Kickboxing





## Bingo Nights at NWSC 235 E. Holding Ave., WF



The Wake Forest Kiwanis Club Bingo Nights are back!!

**Mondays 7pm - 9:15pm** - Doors open at 6:30pm, so arrive early to claim your cards and seat!

\$20 and \$10 game packs with extra game

Coverall sheets available for \$1 each (16 games and a coverall)

No food or drinks sold on site so bring snacks and beverages (non-alcoholic only). **NO SMOKING!**



## Friday Night Social Dance at NWSC

The March Dance was a great success and raised \$500 for Friends of NWSC! Get your dancing shoes on, get ready to learn some new steps, and start dancing! It's good for the heart and good for the soul!

Friday, April 28 - 7pm - 9:30pm

NWSC - 235 E. Holding Ave. WF

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

7:30 - 9:30 - Dancing - Ballroom, Latin, Swing, Country!

Music by Frank Battaglia

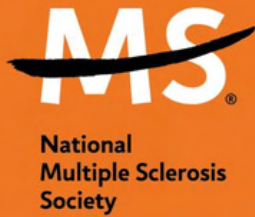


\$10 admission (cash **ONLY** at the door) - All proceeds benefit NWSC!

Open to all adults over 18

Refreshments available for purchase

No registration required.



## Connect With Others Living With MS



Next Mtg -  
May 7

## Wake Forest/Northern Wake MS Connections Group

1st Sunday of the month  
4:00-5:00pm  
Northern Wake Senior Center

The National MS Society maintains a network of affiliated groups to provide opportunity for people living with MS to connect with others in their community. This group is open to all affected by MS. **Every group is unique and welcoming – contact the group leaders for more information.**

The Wake Forest/Northern Wake MS Connections Group is open to everyone and meets monthly at the Northern Wake Senior Center, 235 E. Holding Ave., Wake Forest, NC 27587.

Join Us!

**For information or to RSVP, contact:**

Robyn and Jennifer, Co-leaders

**wakeforestMSconnections@gmail.com**

For more information, call 1-800-344-4867 or scan the QR code



**NAMI**  
WALKS

**MAY 20th 2023**  
Perimeter Park  
3015 Carrington Mill Blvd  
Morrisville, NC  
9 am - 1pm EST

**MAKING A  
DIFFERENCE IS EASY!**

Scan the QR code to join our  
team Village OF CARE  
and/or make a donation!

<https://www.namiwalks.org/team/56839>

The Wake County Northern Regional Center, along with some of our community partners, have come together as team Village Of C.A.R.E. in this year's NAMI Walks North Carolina! If you would like to make a donation, walk with us or just learn more about NAMI Walks NC, click the link below or scan the QR code on the poster.

[Information Link](https://www.namiwalks.org/team/56839)

Northern Wake Senior Center 919-554-4111

Eastern Wake Senior Center 919-365-4248



CALL: (919) 365-4248

Eastern Wake Senior Center



**Fish Fry**  
FUNDRAISER

All proceeds go to support programs and services offered at the Senior Center.

Guarantee your meal by purchasing a ticket before April 26, 2023. Tickets are on sale now at the Senior Center. Call (919) 365-4248.



**Saturday, May 6, 2023**  
11:00AM - 3:00PM

Each plate includes: flounder, coleslaw, green beans, hushpuppies, dessert and water.

**DRIVE-THRU · TAKE-OUT · DINE-IN**  
EASTERN WAKE SENIOR CENTER  
323 Lake Drive, Wendell, NC 27591



**\$14**  
per plate

CASH ONLY

CATERED BY:



Off the Hook restaurant is catering this meal and the flounder is cooked fresh at the EWSC. The EWSC members and staff appreciate all you are doing to make this event a success. As a reminder.....we will deliver larger orders in the Wendell and Zebulon area. Call ahead if possible. 919-365-4248 or 919-801-4617. **Purchasing tickets by April 26th, Wednesday would be appreciated.**

CALL: (919) 365-4248

Eastern Wake Senior Center



**Fish Fry**  
FUNDRAISER

Todas las ganancias seran para los programas y servicios que ofrece el centro de ancianos.

Garantise su plato comprando un bolteo antes de el 26 de Abril del 2023, llame al 919-365-4248.



**Sabado, 6 de Mayo del 2023**  
11:00 am hasta 3:00pm

Cada plato incluye: platija, judias verdes, ensalada de col, croquetasde maiz, un postre y una botella de agua.

**Drive-thru - Para llevar - Comer aqui**  
EASTERN WAKE SENIOR CENTER  
323 Lake Drive, Wendell, NC 27591



**\$14**  
por plato

SOLO EFECTIVO

CATERED BY:



# May 6th Fish Fry Fundraiser

The annual Fish Fry is a primary fundraising source for Eastern Wake Senior Center programs. Your support will ensure a successful event and help us achieve our fundraising goal!

- **We need volunteers** for several positions to help with the fundraiser from 11am-3pm. Please come by the EWSC or call the office to sign up (919-365-4248).

Volunteers  
needed



- **We need members to sell tickets** prior to the event. Come by the EWSC and get tickets. Think about all those you can ask to purchase a ticket: family, friends, neighbors, church members, club members, co-workers, sports teams or you can show appreciation by donating a ticket to someone like your mail carrier, lawn care worker, police department, minister and church staff, etc.

- **We also need donations of bottled water (16oz).** Our goal is to sell 600 plates with water and dessert. The desserts have already been donated. Please bring the water to the EWSC anytime before May 3rd.



## EWSC (Wendell) Announcements

**HEALTH WALK & HYDRATION CHALLENGE: May 1-27.** Sign up soon! Tracking charts will be available at the front desk. See flyer below and call the Center for more details.

**CHOIR:** Choir practice has ended through the Spring-Summer seasons and will resume in September. Watch the August newsletter for a new date and time for Choir practice to start again.

**MARTIAL ARTS:** Martial Arts has completed an eight week session and will resume June 6th. This will be a 2 day class with a mixture of Martial Arts and Self Defense. More information will follow the middle of May.

**DRUMMING:** The first eight week session of Drumming will end on May 5th. Signs-up for the next eight week session begins May 8th and class will start May 19th at 10am. This is a very popular class limited to 28 participants. You must call or come by the EWSC to sign up.

**CARD MAKING CRAFT:** Card Making is an ongoing class each Friday at 1pm. Please call or come by the Center to sign up.



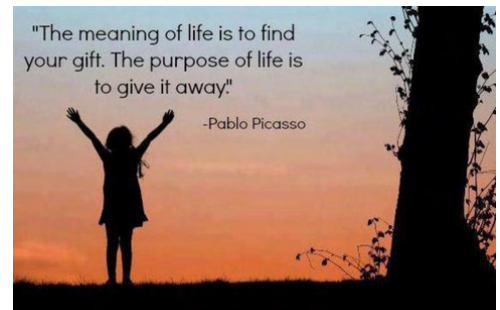
### How can I be of **SERVICE** to OUR Eastern Wake Senior Center?

Our Senior Center is in need of those who want to serve the aging population. Maybe you are a “senior citizen” but there are still many opportunities available for you to serve other seniors.

Ask yourself.....

- What are my gifts and talents and how can I share them at the Senior Center?
- What are the skills and lessons I have learned throughout my years of employment that I can use to serve others?
- How much time can I commit to serving?
- What are the needs for service at the Senior Center?

Please come by our Wendell Senior Center and talk to the staff about matching your gifts and talents with the opportunities available to serve our community members. Serving is a blessing to all those you touch as well as a blessing to you. We sincerely appreciate all those who have served and are still serving at the Eastern Wake Senior Center.



## EWSC (WENDELL LOCATION) Fitness & Activities

May 1-5

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

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 11:00	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!	Dominos, Rummikub, Cards, Games, Jigsaw puzzles and more!
9:00	Senior Balance	Cross Punch (V)	Senior Balance Aerobics (V)	Cross Punch (V)	Zumba (WCC)
10:00	Aerobics (HBC) Geri-Fit Subjective Study (P/Hybrid)	Tone & Sculpt (V) Tai Chi 1	Aerobics (HBC) Geri-Fit	Relax & Meditation Tone & Sculpt (V) Tai Chi 1	MoW Bingo Drumming (WCC)
10:45	Line Dancing w/Cindy (HBC)		Line Dancing w/Cindy (HBC)		
11:00	Fit & Strong	Beginning Line Dance (V) Tai Chi For Life	Fit & Strong	Ceramics Tai Chi For Life	
12:00	Drawing (Hybrid) Crafting	Crafting	Diamond Dots Art Watercolor (P NWSC/V EWSC)	Crafting	Do It Yourself Craft Card Making Craft
12:30	Diorama Craft		Zumba Gold (Hybrid)		
1:00		Crochet		Acrylics	
1:30	Loom Knitting Craft				
2:00	Genealogy (V) - Next Mtg - 5/8		Acrylics (P NWSC/V EWSC) Strutters Practice		

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

WCC- Wendell Community Center, 601 W 3rd St.  
HBC- Hepzibah Baptist Church, 1794 Wendell Blvd  
WUMC- Wendell United Methodist Church, 129 N Main Street

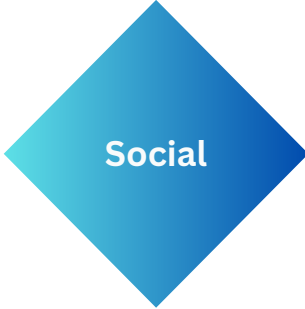
**May 31, 2023**

**Wendell Community Center**

601 Third Street, Wendell

10:00 - 3:00

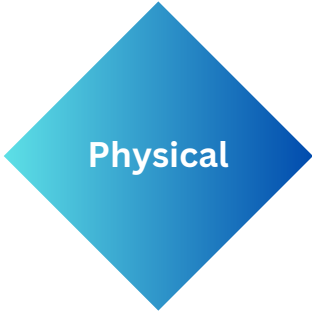
**30th  
ANNIVERSARY**



Social



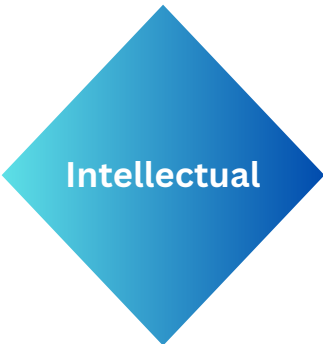
Emotional



Physical



Spiritual



Intellectual



Occupational



Environmental



Financial

**NATIONAL**  
**2023**  
**SENIOR**  
**HEALTH**  
**&**  
**FITNESS**  
**2023**  
**DAY**

*“Move More to  
Do More!”*

Join us for the day to experience and learn about the  
8 Dimensions of Wellness



**Health Walk and Hydration Challenge - May 1-27**  
**Call 919-365-4248 to register or for more information!**

## EWSC (Wendell) Diorama Class

What is a diorama? A diorama is a model representing a scene with three dimensional figures, either in miniature or as a large-scale museum exhibit (Oxford English dictionary). John Davis, our instructor, offers an abundance of ideas for this craft and is eager to help those desiring to create a diorama. Elements and figures used are usually hand crafted from excess materials found around the house. A ceramic piece can also be created into a diorama.



**This class is ongoing; please join the fun Mondays at 12:30 to create a one-of-a-kind piece of art...a diorama with John and his students.**



# Backyard Birding

**Looking for a peaceful yet interesting hobby? Then try Birding!**

Join us as Frank Doherty shows us how to identify and observe birds in their natural habit through his talk titled, "What's This Birding Thing All About?"  
Reservation requested.



Wendell Community Library  
207 S Hollybrook Rd Wendell NC  
27591 919-365-2600 | Registration  
requested.

Wake County  
**Public Libraries**



## Medicare Counseling Appointments (SHIIP)

**Do you have questions about Medicare? These 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.**



### Resources for Seniors Employment Opportunities

**When you work for Resources for Seniors, you serve older adults, adults with disabilities, and their families throughout Wake County by connecting them to programs that promote their well-being. Read about our current job openings and apply today.**

**Click the link below for job descriptions and employment applications.**

**RFS JOBS**

#### 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](#)



**Northern Wake Senior Center 919-554-4111  
Eastern Wake Senior Center 919-365-4248**