

# Activities at Eastern Wake Senior Center

All classes are free and available for drop-in participation unless otherwise noted below. You must be a member to participate; membership is free. Stop by the EWSC or call 919-910-2790 for more information or to register.

## Arts & Crafts Classes:

### Acrylic Art Open Studio

**Time:** Thursdays, 1:00pm-3:00pm

**Location:** Eastern Wake Senior Center

Working on an Acrylic Art piece? Come work on it in the craft studio during open studio hours!

### Crochet

**Time:** Tuesdays, 1:00-2:00pm

**Location:** Eastern Wake Senior Center

Come work on your latest project and socialize with other crafters while you work!

### Card Making

**Time:** Wednesdays, 12:00pm-1:00pm

**Location:** Eastern Wake Senior Center

**Cost:** about \$5 per card

Join Instructor Cathy as she teaches you how to create beautiful & dynamic cards.

### Diamond Painting

**Time:** Wednesdays, 12:00pm-1:00pm

**Location:** Eastern Wake Senior Center

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.

### Ceramics Open Studio

**Time:** Mondays & Thursdays, 11:00am-1:00pm

**Location:** Eastern Wake Senior Center

**Price:** For any ceramic over \$20, the painter pays the difference.

Paint a beautiful ceramics piece during ceramics open studio! Ceramics Instructor Cindy will be there to teach techniques and answer questions 1-on-1. Beginners welcome!

### Knitting/Beginner Crochet

**Time:** Mondays, 12:30pm-1:30pm

**Location:** Eastern Wake Senior Center

Want to learn knitting/crochet but don't know where to start? Instructor Anne Marie will be there to help! Supplies available for beginners.

# Exercise & Fitness Classes:

## Aerobics

**Time:** Mondays & Wednesdays, 10:00am-10:45am

**Location:** Hephzibah Baptist Church

Aerobics is set to music and led by certified group exercise Instructor Cindy; 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.

## Exercise Drumming

**Time:** Fridays, 10:00am-11:00am

**Location:** Wendell Community Center

Cardio drumming is a rhythmic workout that combines drumming with cardiovascular exercise. Participants use exercise balls, known as stability balls, and drumsticks to beat along with music or a rhythmic beat. The routine typically includes a variety of movements such as drumming overhead, to the side, and even between the legs, creating a full-body workout that enhances cardiovascular health, coordination, and balance. Cardio Drumming has many benefits, from improving cardiovascular health and coordination to enhancing cognitive function. Join Instructor Linda and drum your way to better health!

## Get Fit

**Time:** Mondays & Wednesdays, 10:00am-11:00am

**Location:** Eastern Wake Senior Center  
**Not always running, please call to confirm.**

Get Fit with strength training exercises that help rebuild muscle! Increase your overall strength and balance and improve your flexibility and range of motion. Most exercises are performed seated in chairs.

## Line Dance Level I

**Time:** Wednesdays, 10:45am-11:30am

**Location:** Hephzibah Baptist Church

Move your body, train your brain, and have fun while doing it! This low-impact aerobic exercise can help you improve your balance, coordination, and cardiovascular health, as well as your mental health and memory.

Level I is best for Beginner/Intermediate level participants. Taught by Instructor Cindy.

## Line Dance Level II

**Time:** Mondays, 10:45am-11:30am

**Location:** Hephzibah Baptist Church

Move your body, train your brain, and have fun while doing it! This low-impact aerobic exercise can help you improve your balance, coordination, and cardiovascular health, as well as your mental health and memory.

Level II is best for Intermediate/Advanced level participants. Taught by Instructor Cindy.

## Martial Arts & Self-Defense

**Time:** Mondays & Wednesdays, 1:00pm-2:00pm

**Location:** Eastern Wake Senior Center

### Pre-Registration Required

Sensei (teacher) Steve Gale introduces the basics used in most every martial art system including basic kicks, punches and grab attack defense, as well as kata (form) for both physical and mental balance. The program also includes training in physical awareness, balance & focus drills. Sensei Steve will continue working with intermediate and advanced students in these classes to progress toward earning their next belt.

## Senior Balance

**Time:** Mondays & Wednesdays, 9:00am-10:00am

**Location:** Eastern Wake Senior Center

Want to develop your strength and balance? Looking for a way to get your body moving? In Senior balance, participants use a chair to sit in while focusing on strengthening all lower extremity muscle groups for improving balance. We will also move our arms in warm-ups, cool-downs, and using the chair for touch balance in standing balance moves. This class is great for beginners!

## Tai Chi

**Time:** Tuesdays, 10:00am-11:30am

**Location:** Eastern Wake Senior Center

### Pre-Registration Required

The practice of Tai Chi combines slow movements, graceful exercises and rhythmic breathing to reduce blood pressure, and improve balance, flexibility and strength. This practice is a modification of the Yang style of Tai Chi which originated in the late 1700's. Often referred to as a moving meditation, Tai Chi helps to create a balance between our physical and emotional selves, which lays the groundwork for sharper awareness, mindfulness, a sense of calm and reduced anxiety, while helping to strengthen our bodies and our general well-being.

## Walk-Run Training

**Time:** Thursdays, 9:00am-10:00am

**Location:** Eastern Wake Senior Center

Have you wanted to become a runner? Now is your chance! Anne Marie 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. Participants will start out walking and work up to running. She will discuss injury prevention, hydration, recovery, running/walking, and shoe selection, with emphasis on having a good time!

## Zumba

**Time:** Fridays, 9:00am-10:00am

**Location:** Wendell Community Center

Get your body moving and your blood pumping with Zumba! Zumba is a fun, energetic fitness dancing class that keeps your heart active, your body healthy, and your mind engaged. Instructor Linda leads you through each dance, so this class is great for dancers of all skill levels.

## Health & Wellness and Other Events:

### Book Club

**Time:** Last Monday of the Month,  
10:00am-11:00am

**Location:** Eastern Wake Senior Center

Join us at the EWSC as the Book club discusses the book of the Month. Call 919-910-2790 to learn what book we will be talking about this month!

### Choir Practice

**Time:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays, 12:00pm-1:00pm

**Location:** Eastern Wake Senior Center

The Eastern Wake Senior Center Golden Voices Choir's goal is to enrich the community through song and music and provide a musical outlet for those that love to sing. The choir is open to anyone who loves to make a joyful noise. Rehearsals prepare singers for performances and outreach events. For additional information or to join the choir call the EWSC at 919-910-2790.

### Games, Puzzles, & More

**Time:** Monday-Friday, 8:00am-11:00am

**Location:** Eastern Wake Senior Center

Games of all kinds are available for open play. Join us in the mornings to have some fun!

### Meals on Wheels Bingo

**Time:** Tuesdays & Fridays, 10:00am-11:00am

**Location:** Eastern Wake Senior Center

### Ping-pong, Cornhole, & Wii Games

**Time:** Thursdays & Fridays, 8:30am-10:00am

**Location:** Eastern Wake Senior Center

### Relax & Meditation

**Time:** Thursdays, 9:45am-10:45am

**Location:** Eastern Wake Senior Center

### Strutters Practice

**Time:** Wednesdays, 2:30pm-3:30pm

**Location:** Eastern Wake Senior Center

The East Wake Strutters Line Dance Group are a group of volunteers who represent the Eastern Wake Senior Center by performing at senior living facilities, churches, and events in Wendell and throughout Wake County. In years past the Strutters have performed at the NC State Fair, Senior Games, and fundraisers. For additional information call the EWSC at 919-910-2790.

### Senior Walking

**Time:** Monday-Friday, 7:00am-10:00am

**Location:** Wendell Community Center

Get your body moving! Walk outdoors or inside in the gym, available every weekday morning.

## Wellness Talks

**Location:** Eastern Wake Senior Center

Join us when we bring in different Health & Wellness speakers to share their knowledge. Call the EWSC at 919-910-2790 to learn what topics we will be hearing about this month! Or call to schedule time to discuss health and wellness information you can offer to the Seniors.

## Resources Available for Seniors by Appointment:

Call the EWSC for more information or to schedule an appointment.

**Resources for Seniors Service Coordinator Appointments:** Meet with a social worker who can provide on-site information about programs for senior adults and adults with disabilities.

**SHIP Counselors:** The Seniors' Health Insurance Information Program (SHIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. The counselors on our toll-free line offer free and unbiased information regarding Medicare health care products. We also help people recognize and prevent Medicare billing errors and possible fraud and abuse through the NC Senior Medicare Patrol Program.

**Dr. Casey Baldwin:** 1-on 1 Medication Review, Blood Pressure Checks and Health Questions