

FEATURED PROGRAM

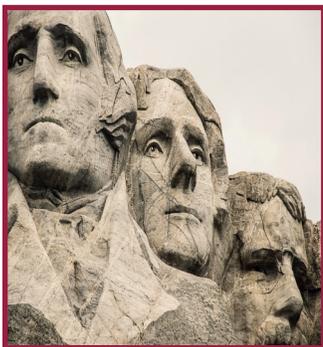


The Constitution: This interactive contemporary series is being presented virtually on the Zoom platform by our own Rosemarie Betuker. RoseMarie has a B.S. Degree in Social Studies Education, an M.S. in Political Science, and additional graduate hours in Law Related Education and Political Science.

She taught high school in Cleveland, Dover and Norwalk Ohio. Specializing in A.P. Government and Everyday Law, RoseMarie also coached two highly successful Mock Trial teams. She then taught at Elders College until moving to North Carolina.

Today, RoseMarie serves as a member of the Wake Forest Senior Center Advisory board and is sometimes called, "the Social Studies Junkie." Always a smile on her face she entertains all points of view from the far left to the far right as she continues to research and study current events.

She has also served as a campaign chairman for a mayor, three state representatives of both political parties and four judges. Her goal is to learn, educate and stay neutral. You don't want to miss this opportunity. Class size is limited. Four sessions to start at 10am. On Fridays. (July 17,24, August 7, and 14th,) To register call 919-554-4111 for the ZOOM link.



Jennie Griggs
Program Director

"At this time in our country it is extremely important for us to take advantage of the featured class, series, The Constitution. Did you realize that only one in three Americans can recall a single right protected in the 1st Amendment? Equally as significant is the fact that only one in four citizens can name any of the branches in the US government. Sadly, the numbers keep decreasing."



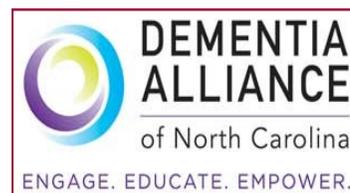
A shout out to Cadence Senior Living for their never-ending support of the senior center.

VIRTUAL PROGRAM OPPORTUNITIES:

Powerful Tools for Caregivers: This class is an award winning educational program that provides caregivers with tools and strategies to better cope with their unique challenges. Course limit 14 participants open only to family caregivers not professionals or paid caregivers. Presented by the Center for Volunteer Caregiving and Resources for Seniors. Meets every other Tuesday starting on July 21, 2020 and ends August 25, 2020. 2:30—4:00PM. Six- ,90 minute sessions of practical training. To register contact Lisa Hoskins at The Center for Volunteer Caregiving 919-460-0567 or lhoskins@ctrvolcare.org.



Pathways to Peace-Support Group July 6 @ 2 – 2:40pm: - Grief Support Group at the Cary Senior Center the 1st Monday of the month. Sponsored by Heartland Hospice and Resources for Seniors. Contact: Heather Arcuri (919) 462-3983 or carysc@rfsnc.org for more information.



Alzheimer's and other Dementias Caregivers support group. - July 16 @ 10- 11:30am: Meetings will be held the 3rd Thursday of every month at 10am via Zoom. Facilitated by DeeDee Harris of Dementia Alliance of NC. For more info email dharris@dementianc.org.

Parkinson's Support Group Meeting—August 5th @ 1 - 2:30pm: Meeting at the Northern Wake Senior Center. Contact: Heather Arcuri at 984-232-4523 or carysc@rfsnc.org



Wake Tech Classes: Fall semester including details for Plus 65 courses (not named specifically in the link but alluded to by verbiage for this cohort). <https://link.edgepilot.com/s/134d3952/An30B2ggK0aMqZfHjIOmEA?u=https://www.waketech.edu/about-wake-tech/learn-well>.

Medicare 101– Tuesday August 4th, 2020. Call Susan McGuire to pre-register 984-232-4215 or raleigh@rfsnc.org to receive your link. Presenter is Gary Knuston, with SHIP. The seminar provides non-biased overview..

VIRTUAL FITNESS CLASSES:

Aerobics with Laura is already in session. The class time has changed . It is now at 10am on MWF. There are still some slots available. Please follow the same registration guidelines as defined for ZUMBA. Call 919-554-4111 for instructions and information.

Tai Chi for Arthritis and Fall Prevention: Beginning July 14th. This class will be virtual on the zoom platform every Tuesday and Thursday at 8:30 am . We need a minimum of six participants and a maximum of twelve to meet the requirements. Class to be taught by Norma Ferrell and Jennie Griggs. First come, first serve. Call to sign up 919-365-4248. .

VIRTUAL FITNESS CONT:

Zumba with Maria will begin virtually on the zoom platform July 13th at 11:30am. On MWF. The class size is limited for safety reasons so admittance is on a first come first serve basis. Both Northern and Eastern Wake members may participate. To register call the Northern Wake Senior Center at 919-554-4111. We must have a waiver prior to the first class of participation. Please call the senior center for waiver instructions. We are in the process of providing one that can be signed digitally. Until then we prefer dropping it off at the center (call first so we can meet you at the entrance with masks) or we will accept a scan and email. with prior approval. Please call for email address . Your zoom link will be provided after all paperwork is complete.

NEW! Beginners KNOCK-OUT with Linda: (Northern & Eastern Wake)

"Knockout," easy to follow, no equipment needed! Enjoy basic boxing moves put together to form a fun cardio burning exercise workout. This class is modified for our active adult community. (especially you guys!) **Call Northern Wake Forest 919-554-4111 for signup , waiver and link to virtual program.**

Walk With Ease: Offered by Resources for Seniors Northern and Eastern Wake Senior Centers

We understand that there may be several questions regarding the Walk with Ease Program. The program is Evidence-Based approved by the Arthritis Foundation. It is a course developed to help you the PARTICIPANT become a knowledgeable, confident arthritis self-manager, assisting, and encouraging you to take action to ease your symptoms and maintain your overall fitness and quality of life. Its objective is to reduce your arthritis pain through walking and to receive health benefits such a program can provide.

Resources for Seniors will be offering the class at two Senior Center locations. The course is going to be held both live and virtual, depending on which site you are taking the program. Each lesson includes discussion and education, stretching, walking, cool down, and socialization regardless of which version that you take. The class is developed for each individual to "do at their own pace." Initially, you may walk for 10 minutes. The goal is to walk up to 30 minutes, so the class's total time may vary.

Since the course is an Evidence-Based program, there must be compliance in attendance for us to get the funding to provide this program. If you feel that you will miss more than two classes, please do not sign up. The maximum number of participants for each class is 15 people. The course will last six weeks (not including the introduction). There will be a total of 18 lessons.



CONT:

Northern Wake Forest Participants: The general class will take place at Joyner Park, 701 Harris Rd, Wake Forest, NC 27587. This class will not take place in the community Center. You will park in the parking lot closest to the outdoor bathrooms provided for the trails. Please pay special attention to the following details:

- Wednesday, July 15th. Linda Thomas and or Jennie Griggs will be at the Northern Wake Senior Center from 9 am – 10 am for you to pick up your package. The package will contain several pre-evaluation sheets and other forms that must be signed and filled out before the class. You will drive up to the center, and she will be there with mask on to hand you your package.
- On 9 am Friday, July 17th. you will bring your completed paperwork to Joyner Park. We will meet on the far (shaded side) of the outdoor restroom building. We will go over the forms, make sure they have been filled out correctly, administer you your book and review the structure of the class addressing any of your questions or concerns.
- On 9 am Monday, July 20th. The first class will take place at Joyner Park. We will meet at the restroom building. Jennie Griggs will be leading the first class, so look for her. Make sure you have your walking shoes and are ready to have fun and get plenty of exercise.

NOTE: SHOULD THERE BE INCLIMATE WEATHER AT ANY TIME YOUR class will be VIRTUAL on ZOOM. Please ensure you understand how to ZOOM and have the application set up on your computer before we have a rain day. We can review this with you or have one of our ZOOMERS work with you to make sure you can do so. The ZOOM time will be the same, and you will receive the link as soon as you have completed your paperwork.

Eastern Wake Participants: Your class instruction will be solely on ZOOM. Norma Ferrell and Rosetta Mock will be leading this course. You and your participating friends can walk in the park, your house, your neighborhood or wherever you like. All participants must be members of the center. This is an Evidence-Based program, as explained in the Northern Wake narrative so the days, participation requirements etc. remain the same. Before the beginning of the program, you will need to fill in the pre-evaluation and other necessary paperwork. That package is available to pick up at your center. Norma and Rosetta will be available to come to your car to give you the package on Wednesday, July 15 from 9 am – 10 am. You can fill out the paperwork at that time or bring it back before the introduction class on Friday, July 17th from 9 am to 10 am. Zoom instructions will be provided in your paper work as well as a textbook which will be signed out to you for the duration of the class. The book will need to be returned once the course is over. The class time will be the same as that of the Northern Wake Senior Center. Feel free to call Norma or Rosetta to answer any questions. 919-365-4248.

Walk with Ease | Arthritis Foundation

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

"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



DID YOU KNOW:

IMPORTANT REMINDER!! CENSUS has been extended .

Self -Response extended until October 31. Residents can call 844-330-2020 to complete the Census from the comfort of your home or go to <https://my2020census.gov> today! Respond to this email and say "I have completed the Census" with your name and date completed, and we will register you for a drawing to win a \$25 Gift Card presented on Nov.1,2020. Email us with registration.

ABSENTEE BALLOT INFORMATION:

Any registered voter may vote an absentee ballot. State law requires that you submit the North Carolina Absentee Ballot Request Form. Completed absentee ballot request forms can be mailed, emailed, and faxed to the Wake County Board of Elections.

Absentee Request Form (attached)

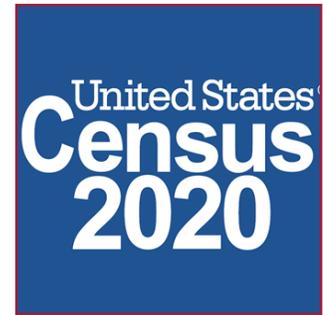
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SPECIAL BENEFITS TO VETERANS:

The Department of Veteran Affairs offers a special benefit to war era veterans and their surviving spouses called Aid and Attendance (Improved Pension). This is a tax-free benefit designed to provide financial assistance to help cover the cost of long term care in the home, in an assisted living facility or in a nursing home. This Benefit is for those veterans and surviving spouses who require the regular attendance of another person or caregiver in at least two of the daily activities of living such as bathing, dressing, eating, toileting, and transferring. For more information call :The Carolina Estate Counsel web page <https://link.edgepilot.com/s/10d46cc1/jBCvKyQqikiaVvi9I-exNQ?u=http://www.carolinaestatecounsel.com/> has additional information under the "Aid and Attendance Pension" tab.

INTEGENERATIONAL OPPORTUNITY:

Cooking-Matters at Home online Webinars "Kids in the Kitchen" on July 16th and "Flexible Recipes" on 30th. Visit the Inter-Faith FOOD Shuttle Facebook page for more information. <https://www.facebook.com/FoodShuttle>



OUR DEEPEST SYMPATHIES:

OUR DEEPEST SYMPATHIES: To the families of;

Joseph Edward Harris, age 99 of Wendell, departed this earthly life on Sunday, June 28, 2020.

Darathy Gillespie, 94 died peacefully at home on Saturday, July 4th, 2020.

NEXT WEEK AT A GLANCE:

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 Aerobics	8:30 Tai Chi Information Day	10:00 Aerobics	9:00 Beginners Knock-out with Linda	9:00 Walk With Ease
11:00 Drawing Class	9:00 Beginners Knock-out with Linda	11:30 Zumba	1:00 Need 2 Know	10:00 Aerobics
11:30 Zumba with Maria	9:30am Water Color	3:30 Live stream	3:30 Live stream	10:00 US Constitution
3:30 pm Live stream	1:00 Acrylics			11:30 Zumba
	3:30 Live stream			3:30 Live stream

JUST A REMINDER:

Re-launch, new name, and site for Navigate 2020. Now called *Need 2 Know*

Zoom series. https://link.edgepilot.com/s/3ca89317/Vz3oqg6yn0_OkGdtaL1esg?u=https://www.facebook.com/events/249717779585985/

Elder Law: Annette Rhodes, Attorney will present a new six session series will be available on our You-TUBE channel beginning the week of June 16th. The first topic will be Long-Term Care Insurance – Where to Start and Why

Follow us daily on Facebook: New posts and live-streams Monday-Friday: www.facebook.com/NWSCenter.

Bible Studies on book of John presented by Jason Burgess, Senior Plan Advisors Visit our YouTube channel.

Line Dancing will not be held for a few weeks.

EVENTS:

Sign Mobile Mammography: Limited number of spaces. Mobile Unit is going to be in Eastern Wake Senior Center on July 30th. Call them to schedule 919-365-4248.



ARE YOU INTERESTED:

Genealogy Club and classes beginning July 20th at 2pm. More information to come in next weeks newsletter.

This little Piggy: Make Ceramic Pigs with Rosetta on Zoom. To sign up call Eastern Wake Senior Center. 919-365-4248. A special thank you to Rosetta and Miranda for making the piggy banks for our ZOOMERS.



IN ADVERTISING IN OUR NEWSLETTER

OR

IN SPONSORING ONE OF OUR FITNESS CLASSES

PICTURE YOUR ADD HERE

Contact **JENNIE GRIGGS**

919-554-4111

jennieg@rfsnc.org