



# OCTOBER 2016 NEWSLETTER

## THE HUNTSMAN: WINTER'S WAR

Thursday, October 6, 2016

Start Time: 1:00 PM



Freja the Ice Queen (Emily Blunt) brings her sister Ravenna (back to life, and the powerful evil siblings plan to conquer the Enchanted Forest. Only the Huntsman and his secret lover Sara (can stop them in this sequel continuing the inventive twist on the Snow White fable.

Charlize Theron,  
Jessica Chastain  
Chris Hemsworth

## COOK OUT!

Thu, Oct 6  
4:00 pm



Please register at the front desk!

SPONSORED BY:



## RALEIGH'S 31<sup>TH</sup> INTERNATIONAL FESTIVAL RALEIGH CIVIC CENTER

FRIDAY, OCTOBER 14 4-9:30 PM

Residents: \$10 Non-Residents: \$13



## NC STATE FAIR

TUESDAY, OCTOBER 18, 2016

8:30 AM—2:30 PM

LIMITED SEATS

# Special Classes/Activities

**Intro to Line Dance** - Learn (or relearn) the basic steps and terminology of this popular form of exercise.

Included in Fitness Pass                      Wed                      Oct 5                      4:30-5:00 pm

**Bingo** - Sponsored by Medi Home Health Care

FREE                      Wed                      Oct 5                      1:30pm

**Trivia** - Team up with some of your friends or let us pick a team for you. Bring your energy and your brains to challenge other teams.

FREE                      Mon                      Oct 10                      1:00pm-2:00pm

**Board Games** - Come out and play some of the most popular table games.

FREE                      Wed                      9:00am-10:30am

**Circuit Training** - Regardless of how fit you are, regular exercise provides plenty of benefits for seniors, including improved memory, greater physical capacity and better overall quality of life. Circuit training involves moving through a course of several resistance exercises, performing eight to 20 repetitions of each and relocating to the next with minimal rest between sets. The circuit repeats for the duration of the workout.

Included in Fitness Pass                      Wed                      1:00pm

**Technology Workshop for Seniors** - Volunteers will teach basic set up of devices, such as computers, smart phones, tablets and more. They will show you how to use the internet, Facebook, Twitter and other social media apps. Students from Southeast High School will offer group and one-on-one help. *Please sign up for an appointment and exact dates at the front desk.*

FREE                      Every other Wed                      4:00pm-5:00pm

**Stability Ball** - Improve muscle tone, balance, posture and coordination. Bring a mat to class.

Included in Fitness Pass                      Thu (NO CLASS OCT 13)                      10:45am

**Wii Bowling** - Enjoy friendly competition and get some exercise.

FREE                      Fri                      12:00pm-2:00pm

**Acrylic Painting Art Studio** - Learn painting for the first time or brush up on your skills as an accomplished artist. Studio instruction is available on a week-to-week basis. You may start at any time. Supply lists are available at the front desk.

Resident: \$10 + Supplies    Non-Resident: \$13 + Supplies    Fri                      10am-1pm

**Newcomers' Breakfast** - Come out and meet other new members and learn about the activities available to you. Sponsored by The Laurels of Forest Glenn.

FREE                      Thu                      Oct 27                      9:30 am



Blood Pressure Screening	Wednesday Oct 5 and Oct 19	10:00am
Working Through Your Grief (By appointment only)	Monday, Oct 10	10:00am
Diabetes Support Group	Tuesday, Oct 11	10:00am
Life Writing Classes	Wednesday, Oct 12-26	10am-12pm
SHIP Counseling (ANNUAL OPEN ENROLLMENT)	Wednesdays Oct 12, 19, 26	2:00-5:00pm
Inspiring Others	Thursday, Oct 13	10:10am
Food Stamps for Older Adults	Friday, Oct 21	10:10am
Heart Connection Group	Monday, Oct 24	10:00am
Flu Prevention	Tuesday, Oct 25	10:10am

**CONTACT INFORMATION**

**Garner Senior Center**

205 East Garner Road; Garner, NC 27529

Telephone: (919) 779-0122

Hours of operation are Monday - Thursday, 8:00am - 8:00pm

Friday 8:00am - 5:00pm, and weekends as scheduled.

**Meals on Wheels of Wake Co.**

Telephone: (919) 772-5057

Sarahgale Holbrook, Director

Operating Hours: Monday - Friday, 10:00am - 2:00pm

**Resources for Seniors, Inc.**

Telephone: (919) 661-6894

Rebecca J. Brown, Service Coordinator Office Hours: 9:30am - 1:30pm