



Monthly

# NEWSLETTER

A background image showing several wooden djembe drums with white drumheads and black lacing. The drums are arranged in a circle, and the image is slightly blurred to create a sense of depth.

## *Full Moon Drum Circle*

*Presented by: Stephen Gornick*

**Monday  
March 25th  
1pm**

GSC is hosting a free drum circle demonstration. Join the fun and enjoy the therapeutic benefits of drumming. Drums will be provided.

Register at [Garner.Recdesk.com](http://Garner.Recdesk.com) or see staff.



**March  
2024  
EDITION**

**Garner Senior Center  
205 E. Garner Road  
(919) 779-0122  
[www.GarnerSeniorCenter.com](http://www.GarnerSeniorCenter.com)**

# WELCOME TO GARNER SENIOR CENTER!

We are a public recreation center for active adults, ages 55 and better. There are 150 different programs and classes offered each month. Activities include fitness, leisure and educational programs. A full list of all programs can be found on our website: [www.GarnerNC.gov](http://www.GarnerNC.gov)



## ABOUT US

The Garner Senior Center (GSC) hosts 3 agencies to provide a focal point for the community.

-The Town of Garner manages the facility and all recreational programming and activities.

-Resources For Seniors provides information and referral for community resources as well as health and wellness programs.

-Meals on Wheels of Wake County provides a daily meal Monday through Friday for adults 60 and older.

### Meals on Wheels of Wake Co.

Telephone: (984) 222-0044  
Site Manager: Febbie Gordan  
Operating Hours: Monday-Friday  
9:30am-12:30pm  
Pre-registration is required.

### Resources For Seniors, Inc.

Telephone: (919) 661-6894  
Jennifer Murray, Service Coordinator  
Office Hours: Monday-Friday  
8:30am-12:00pm



**Amy Whinery Osborne**  
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Resources for Seniors (RFS) has an on-site representative, providing services and information that serves seniors and disabled adults. RFS provides information regarding choices for independence, comfort, safety, security and well-being. They provide information and support for decision-making and also direct services such as home care, adult day care, senior centers, home repair and more. RFS provides free health and wellness programs at GSC.

**For more information on these programs, call Jennifer Murray at (919)661-6894.**

**Blood Pressure Checks**

1st Wednesday of the month, March 6th  
10am

**SHIIP Counseling**

2nd & 4th Wednesdays of the month  
1-4pm Appointment Only

Assistance with Extra Help applications, information on Medicare fraud and Medicare Savings Programs are also provided.

Contact Service Coordinator to schedule an appointment at 919-661-6894.

**Evacuation Planning 101 (Disaster Preparedness)**

Tuesday, March 5th  
10:00am

Listen to a presentation regarding evacuation planning and preparedness. Preparing yourself at the home level in the event of a home disaster to an area wide evacuation order. Presented by Captain Don Johnson, Garner Fire Department. Free. Call to pre-register 919-661-6894.

**AARP Smart Driver Course**

Tuesday, March 19th  
9am-1pm

Tune up your driving skills and update your knowledge of the rules of the road. This certificate may lower your car insurance premium. This is a 4-hour class. Pre-registration is required. Presented by AARP. Call 919-661-6894 to pre-register. \$20.00 AARP Members & \$25.00 for non-AARP Members.

**Financial Reality of Aging**

Tuesday, March 26th  
10am

Join us for a discussion on the financial realities of aging. Topics include inflation, the cost of Long-Term Care and qualifying for Medicaid. Presented by Carolina Estate Counsel-Huston Law Firm. Free. Call to pre-register 919-661-6894

**LET'S GROW YOUR BUSINESS**

Advertise in our Newsletter!

**CONTACT ME  
Rich Fernbach**

[rfernbach@lpicommunities.com](mailto:rfernbach@lpicommunities.com)

**(800) 477-4574 x3675**



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# TAI CHI - QI GONG

with Adrienne

Tuesdays

March 5 - April 9

11:00 am - 12:00 pm



Residents: \$15

Non-Resident: \$21

Age: 55+

Register at: [Garner.RecDesk.com](http://Garner.RecDesk.com)



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**SUPPORT OUR ADVERTISERS!**

# A Step Up

**Intermediate Soul Line Dance**  
with Darice

**Wednesdays**  
**March 6 - April 10**  
**12:15 pm - 1:15 pm**

**Residents: \$15**  
**Non-Residents: \$21**

**Register at: [Garner.RecDesk.com](http://Garner.RecDesk.com)**



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# Senior Programs 55+

Visit [garner.recdesk.com](http://garner.recdesk.com) or see staff to register for these programs.

## Line Dance Workshop

3/4, Monday

9:30am

Free

Learn the basic line dance steps in this 30 minute class offered the first Monday of the month. We are now recommending pre-registration for this class.



## Casino Trip (Danville, Va)

3/19, Tuesday

8am-6pm

Feeling lucky? Roll the dice or try your hand at the slots at Caesars Casino in Danville, Va. We will travel by charter bus and stay at the casino for 6 hours and arrive back to GSC at 6pm. Fee does not include meals at the casino.

## Movie Matinee: TBA

3/26, Tuesday

1:30-3:30pm

Free, Popcorn & Water provided

## Hop Into Spring Party

3/28, Thursday

3-5pm

Celebrate Spring with a potluck dinner and an Egg Hunt. Bring a main course, a side dish or a dessert for free admission or pay \$5 at the door. We will provide drinks.



## AARP SENIOR

### \* TAX-AIDE 2024 \*

- Garner Advent Christian Church •
  - Tuesdays & Thursdays •
    - 10am-3pm •
    - 1/30-4/11/24 •

1120 Vandora Springs Road  
Garner, NC 27529

AARP provides free tax preparation services. Pick up a packet and make an appointment on Tuesdays and Thursdays at the Garner location from 10am-3pm. Go around to the back of the building.

# Senior Programs 55+



**ST. PATRICK'S DAY**  
**POTLUCK & BINGO**  
Monday \* March 18th \* 3-5pm

Join us at GSC to celebrate St. Patrick's Day with bingo and a potluck!

**Bring a dish to share or \$5 at the Door**

Register at [Garner.Recdesk.com](http://Garner.Recdesk.com) or see staff.

## NEVER MISS OUR NEWSLETTER!

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# Garner Senior Center Ongoing Programs

## Senior Fitness Pass\*

Annual GSC Fitness Pass: Resident \$25 | Non Resident \$40

\* Does not include access to the fitness room

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p>8:00 Indoor Walking</p> <p>9:00 Tennis (<i>off site</i>)</p> <p>9:00 Chair Fitness (<i>video</i>)</p> <p>9:30 Line Dance</p> <p>Workshop (<i>1st Mon.</i>)</p> <p>10:00 Line Dance ♦</p> <p>10:00 On the Mend</p> <p>10:00 Silver Strummers</p> <p>12:00 Chess</p> <p>12:00 Senior Circuit</p> <p>12:30 Pinochle</p> <p>1:30-2:15 Active Living Fitness ♦</p> <p>3:00 Indoor Walking</p> | <p>8:00 Indoor Walking</p> <p>9:30 Zumba Gold ♦</p> <p>9:30 Color Me Calm</p> <p>10:00 On the Mend</p> <p>11:00 Tai Ch/Qi Gong \$</p> <p>12:00 Chess</p> <p>12:30 Scrabble</p> <p>12:30 Mah Jongg</p> <p>12:30-2:15 Pickleball ♦</p> <p>2:30-4:45 Pickleball ♦</p> | <p>8:00 Indoor Walking</p> <p>9:00 Chair Fitness (<i>video</i>)</p> <p>9:15 Table Tennis ♦</p> <p>10:00 Blood Pressure</p> <p>Checks (<i>1st Wed</i>)</p> <p>11:00 Soul Line Dancing ♦</p> <p>12:00 Woodcarving</p> <p>12:00 Chess</p> <p>12:15 A Step Up: INT</p> <p>Soul Line Dance \$</p> <p>12:30 Canasta</p> <p>1:00 SHIP (<i>2nd &amp; 4th Wed</i>)</p> <p>(<i>Appt. only</i>)</p> <p>1:30 Bingo</p> <p>1:30-3:00 Pickleball ♦</p> <p>3:15-4:45 Pickleball ♦</p> <p>4:00 Senior Yoga ♦</p> | <p>8:00 Indoor Walking</p> <p>9:00 Tennis (<i>off site</i>)</p> <p>9:30 Senior Fitness ♦</p> <p>10:00 Simply Music</p> <p>11:00-1:00 Pickleball ♦</p> <p>12:00 Dominos</p> <p>12:30 Pinochle</p> <p>1:15-3:30 Pickleball ♦</p> <p>4:00 G Squad (<i>seasonal</i>)</p> | <p>8:00 Indoor Walking</p> <p>9:00 Chair Fitness (<i>video</i>)</p> <p>9:15 Table Tennis ♦</p> <p>9:30 Acrylic Painting</p> <p>Studio \$</p> <p>10:00 Needlework</p> <p>10:00 Meditation</p> <p>12:00 Stretch &amp; Flex ♦</p> <p>12:30 Hand, Knee &amp; Foot</p> <p>1:00-3:00 Pickleball ♦</p> <p>2:00 TOPS</p> <p>3:15-4:45 Pickleball ♦</p> |

♦ Included in Senior Fitness Pass | \$ Additional fee | INT Intermediate | COMP Competitive  
 All programs are subject to change without notice.



For more information contact the Garner Senior Center:

919-779-0122 | [gsc@garnernc.gov](mailto:gsc@garnernc.gov)

Follow us on Facebook @GarnerSeniorCenter

