THE WEDNESDAY WINK

APRIL 2ND, 2025

Fitness Class Registration for our Spring Session is complete.

Over 1500 spots filled in under 7 minutes!



Classes start next week, but some have future start dates.

The steps below will guide you on how to look at your schedule and to confirm your class dates and times.

Please only attend the classes you have registered.

- **Go to www.schedulesplus.com/NWSC**
- Click "My Activities List"
- From there you can view and print out your class schedule!

THE WEDNESDAY WINK

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It's Spring Cleaning time!
Just a heads up

We will be doing a deep dive into every nook and cranny

If you have any personal items here please take them home with you.

Thank you kindly!

Items must be taken home by Friday April 18, 2025





THE WEDNESDAY WINK

APRIL 2ND, 2025



Upcoming Free Lectures

FREE!

Taking Control of Your Blood Pressure

Wednesday, April 9th 10:00AM-12:00PM

Heart health plays a major role in your overall well-being. Find out how blood pressure affects your body and how it may put you at a greater risk for heart attack or stroke.

Learn ways to prevent and manage high blood pressure with Humana Health Educatior Jill Davis. **No registration required**

How to Use Your Cell Phone: Android Edition

Monday, April 21st 10:00AM-12:00PM

I have a cell phone...Now What?!!!

Technology is great, if you know how to use it and technology is changing everyday.

Join us as we deep dive in to your Android Cell Phone and everything these "little computers" can do with Principal Digital Navigator Stephanie Corona.

Please bring your Cell Phone and questions. **Registration required**

Reducing Stress in the Golden Years

Wednesday, April 30th 11:00AM-12:00PM

April is National Stress Awareness Month.

Join us in a discussion on Reducing Stress in the Golden Years.

The aging process can include stress-inducing challenges such as chronic illnesses, grief and financial struggles. Participants learn ways to de-stress their lives, through practical solutions like faith, humor, exercise, and a better night's sleep. **No registration required.**

HUBZONE TECHNOLOGY INITIATIVE + BBB

Earth Day Laptop Drive!

April 1st-May 1st

NWSC is a drop-off site for the HTI and Better Business Bureau Laptop Drive for the month of April!

Bring in your old unused or dead laptops for donation to be repurposed for a good cause.

Please bring donations to the front desk!



M-F 8AM-5PM



Northern Wake Senior Center
235 E. Holding Avenue Wake Forest, NC 27587

NEED TECHNOLOGY ASSISTANCE?

NORTHERN WAKE SENIOR CENTER

235 E Holding Ave
Wake Forest, NC
27587



Meet with Student volunteers
Monday through Wednesday 1-5pm for technology assistance!
Bring your phone or computer to ask questions or learn how to use your devices!

ASSISTANCE WITH

- Windows Operating System
- MacOS
- Apple iPhone
- Andriod

CALL

919-554-4111

OR

book in person

Senior Steppers

Ballroom Dance Competition

April 27th, 2025 12pm-4pm

At the Northern Wake Senior Center

235 E. Holding Ave Wake Forest, NC 27587

Get those ballroom dancing shoes on and your partner prepped for the premier ballroom dance competition! The competition dances will be the Foxtrot, Waltz, and Cha-Cha.

The categories will be Professional-Amateur and Amateur-Amateur (ProAm, Am-Am). You can wear any costume that you would like, or no costume. However, it would be best if you would get some shoes that help you dance.

Members of the NWSC can pre-register, while those not members can come into the Senior Center and sign-up.

Age Categories: 55-64, 65-74, 75-84, 85 and above.

Am-Am Registration: $40 **Pro-Am Registration: $50**

Pre Registration and warmup begin at 11AM

Gold, Silver, and Bronze medals for each age group and dance!

Call 919-554-4111 to register

