THE WEDNESDAY WINK

MAY 7TH, 2025

Northern Wake Senior Center is now:

WAKE FOREST
Center for Active Aging

The Town of Wake Forest is pleased to announce that the Northern Wake Senior Center, 235 E. Holding Ave., is now the Wake Forest Center for Active Aging (WFCAA). The renaming marks an exciting new chapter in the facility's history and aligns with its mission to promote a positive view of aging while also highlighting its array of active adult programs and initiatives.

The name change was suggested by center staff who noted the term "senior" sometimes carries a negative connotation that denotes ageism and frailty. When asked to recommend an appropriate new name, Director Jennie Griggs and her team suggested that "active aging" be included in the name to reflect the energy and vibrancy of the facility and its members. Thus, the name Wake Forest Center for Active Aging was born.

As a useful example of the energy and vibrancy for which the center is known, in a recent month, it offered 50 fitness, 18 arts and crafts, and nine computer and language classes, while hosting 18 health and support groups, and 17 different clubs.

"It's clear the center serves a very active community," said Wake Forest Mayor Vivian Jones, "so the name – Wake Forest Center for Active Aging – is especially appropriate."

Along with a new name comes a new logo and branding. Created by the Town's Communications Department, the new branding reflects the vibrant, energetic, and holistic character of the center while also providing flexibility for a wide range of uses.

The Wake Forest Center for Active Aging logo (see attachment) features an icon with three multi-colored interlocking circles. The circles symbolize WFCAA's three major areas of enrichment – mental, physical, and social. True to its emphasis on "active" adults and initiatives, the core of the icon represents the individual – a person in motion – dynamic and forward moving.

In the coming weeks, new signage and banners featuring the WFCAA logo will be installed around the WFCAA.

The new name takes effect less than two months before the Town of Wake Forest assumes operational and programming responsibilities for the facility. The Town will assume those duties from Resources for Seniors beginning July 1, 2025.

Despite the name change, new branding, and the transition of operational and programming responsibilities, little else will change. The WFCAA will continue to offer a full range of programs, including wellness and fitness activities, educational workshops, recreational programs, and special events. The center will also continue to broaden its outreach to support intergenerational initiatives and serve as a venue for community gatherings.

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Register for these FREE Events/Classes!

How to Use Your Cell Phone: Android Edition



May 16th, 9AM, 10AM, 11AM & 12PM

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.

Please bring your Cell Phone and questions.

These sessions are small groups to maximize instruction and minimize questions.

Path to a Happier, Healthier You!



Begins Tuesday, May 20th, 3PM-5PM

Join us to discover the power of self-cultivation.

Learn what keeps tens of millions around the world happy, healthy, and energized.

Our **5 week, every other Tuesday class** is a live & interactive session to learn the Falun Gong teachings and exercises. The exercises are gentle, slow-paced, and easy to follow, making them accessible to everyone. **Each class will offer face-to-face instructions and in-class exercises.**

The Real Truth Series: Winter Edition



May 14th, 10AM

The Real Truth Series of lectures on important topics for today's aging population.

Series runs the 2nd Wednesday of each month.

May 14th Topic: Growing Older & Staying Stronger

A Conversation on the Constitution May Edition



May 19th, 10AM

Have you ever wondered why, and how, our Constitution came into being?

Why did the men who wrote our Constitution place strict limits on the powers of the new government they were creating? Come discuss the Constitution and enjoy a cup of coffee.

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Community Connections Coffee Café

"C4 Yourself!"

C4 Yourself is a vetted community partnership of agencies and services that Seniors would find valuable.
Join us on scheduled mornings to have one-on-one conversations from local businesses.



Karena Stipp, Southern Accent Homes

Thursday, May 8th 8:30AM

Karena Stipp is a dedicated real estate agent specializing in helping seniors navigate the real estate process with ease and confidence. As a certified Seniors Real Estate Specialist® (SRES®) and a Certified Senior Housing Professional™ (CSHP), Karena has the expertise to guide older adults and their families through transitions like downsizing, relocating, or selling their homes.

Kevin Peach, NC Wills and Trusts

Thursday, May 8th 11:00AM

At NC Wills and Trusts, the title says it all. NC Wills and Trusts can assist you with Estate Tax Planning, Living Wills, Health Care Power of Attorney, Charitable Trusts, and much more.

Karen LaBranche, Humana

Tuesday, May 13th 11:00AM

Humana Inc. is committed to putting health first. Through our Humana insurance services, we make it easier for the millions of people we serve to achieve their best health.

NATIONAL SENIOR HEALTH & FITNESS DAY

MOVE TODAY FOR A BETTER TOMORROW

235 E. HOLDING AVE WAKE FOREST, NC 27587

MAY 28TH

10AM-3:30PM

Moving can be defined within all Domains of Wellness. We must not limit the meaning of "Move" to the physical. For a balanced approach to aging well, we need to move through the intellectual, emotional, social, spiritual, occupational, financial, and environmental domains of wellness, because if we neglect one, we can affect others.

Join us for National Senior Health and Fitness Day to participate in a variety of activities that encompass all of these domains.

FITNESS DEMOS



ART PROJECTS



HEALTHY SHAKES



HEALTH/WELLNESS LECTURES



ENTERTAINMENT



Join us!

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AARP® Scam Tracking Map

The AARP Fraud Watch Network Scam-Tracking Map shows scams reported in your area. Report your scam to warn your neighbors and see what else has been reported near you.



Click HERE to view the map