THE WEDNESDAY WINK

APRIL 9TH, 2025

Come, Join Us...

Pharmacy Consultations with Dr. Casey Baldwin

Monday, April 14th & Wednesday, April 23rd 9:00AM-11:00AM



Questions regarding medications, supplements, drug interactions and reactions, schedule a 1 on 1 conversation with our staff pharmacist.

Please call (919)554-4111 to schedule.

Life's Challenges Support Group

Monday, April 21st, 2:00PM-3:00PM



Life can be hard and it can change so quickly.
Having someone to talk to or just listen, to share experiences and personal journeys could be the support you need.
Life's challenges are difficult situations or feelings that can be emotionally draining. They can include: Grief and loss, Mental and Physical health, Loneliness and Stress.

This group meets the third Monday of every month at 2pm.
Facilitation driven by attendees. No registration required.

A Coffee Conversation on the Constitution

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



Have you ever wondered why, and how, our Constitution came into being? This was not the obvious next step after our first government under the Articles of Confederation failed. Why did the men who wrote our Constitution place strict limits on the powers of the new government they were creating? What did the people of those times understand terms like "regulate Commerce" and "general Welfare" to mean?
The answers to such questions are critical to understanding our Constitution. Come discuss the Constitution and enjoy a cup of coffee.

Registration Required.

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Come, Join Us... (Cont.)

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 Android Phone and questions. **Registration required**

How to Use Your iPhone: April Topic--Bluetooth

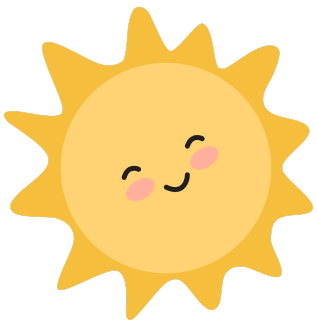
Wednesday, April 23rd 1:00PM-3:00PM



You've heard of "Bluetooth," but what does it actually do? Join Chris Greco in uncovering the magic behind Bluetooth for your iPhone and how you can use it!
Please bring your iPhone 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.

NC Division of Aging

and the Cares Program at UNC

Invite YOU to Participate



Senior Centers Listening Sessions



Senior Centers play a vital role in supporting older adult wellbeing and engagement. North Carolina is evaluating its senior center certification process and seeking input on what constitutes an outstanding senior center.

- **Senior Center Participants**
- **Older Adult Community Members**
- **Aging Network Providers**
- **Senior Center Directors, Staff, and Volunteers**

REGISTER

Register to participate in a confidential, 90-minute virtual listening session.

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES
Division of Aging

Cares
TRANSFORMING AGING AND DISABILITY SYSTEMS

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 used 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