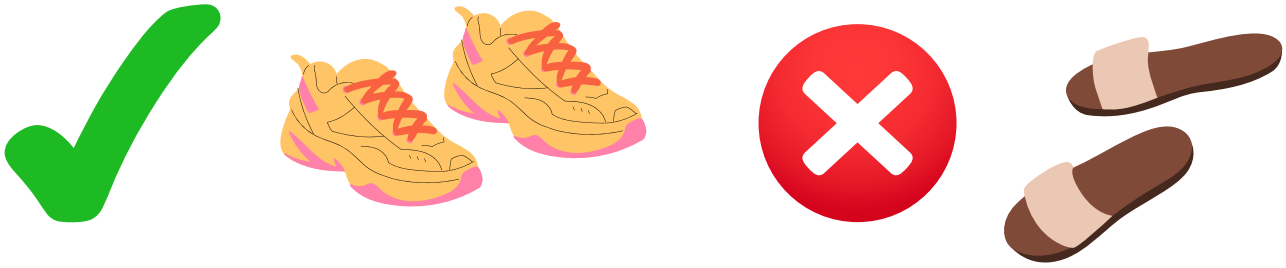
THE WEDNESDAY WINK

APRIL 30TH, 2025

TO ALL FITNESS CLASS PARTICIPANTS

Please make sure to wear appropriate footwear for fitness activities. We recommend tennis shoes or shoes appropriate for working out.





Substitution

Our Friday, May 2nd

1:00pm Chair Yoga with Marty and

2:00pm Stretch Mat Yoga Class with Marty

will be covered by Yoga instructor, Vivien.

THE WEDNESDAY WINK

APRIL 30TH, 2025

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.



Bill Harrison, Parler Properties

Tuesday, May 6th 8:30AM

Parler Properties are "Seniors Helping Seniors" with access to in-home care, legal, finance, and of course real estate and notarial services. Seniors Real Estate Specialists (SERS)-Dementia-Friendly Certified. Represent Buyers, Sellers, and Landlords - From Contract to Close.

Karen LaBranche, Humana

Wednesday, May 7th 8:30AM

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.

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

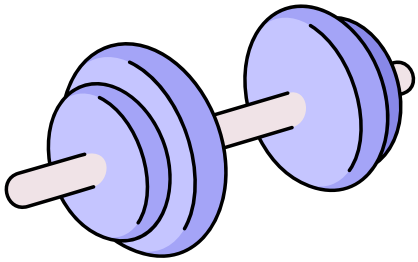
At NC Wills and Trusts, the title says it all. NC Wills and Trusts can assist you with Estate Tax Planning, Living Wills, Health Care Power of Attorney, Charitable Trusts, and more.

THE WEDNESDAY WINK
APRIL 30TH, 2025

Humana

"Living Well With Diabetes"

Upcoming Virtual Sessions!







Living Well with Diabetes VIRTUAL series starts in May.

Humana has two virtual options starting Friday, May 2nd or Tuesday, May 6th, with a Humana Health Educator.
Keep in mind you DO NOT need to be a Humana member to participate, but you will need to register for an account on the virtual Neighborhood Center website.
It's easy and seamless to create your login!

Below are the links to each session to register.

THE WEDNESDAY WINK

APRIL 30TH, 2025

May 2nd Link

HERE

May 6th Link

HERE

Check out this event at the Wake Forest Community Library!







A Taste of Jewish Culture

featuring Magnolia Klezmer Band

Dive into the rich tapestry of Jewish culture by exploring its vibrant traditions, the lively sound of klezmer music, and a sampling of delicious Jewish cuisine!

We guarantee that you won't be disappointed.

Open to all ages.

Sign up for a reminder at bit.ly/WakeForestLibraryEvents

Sunday, May 4
2:00 - 3:30 PM

Scan to Sign Up

JEWISH AMERICAN HERITAGE MONTH

Wake Forest Community Library
Wake County Public Libraries



Sunday, May 11th, 2025
10 am - 6pm
Franklin County Women In Ag
4th Annual Local Foods & Fiber Farm Tour

- 9 Farms Participating • Interactive Map
- Scan QR CODE for a Brochure
- A FREE TOUR/EVENT!



NC COOPERATIVE EXTENSION

N.C. A&T STATE UNIVERSITY

NC STATE UNIVERSITY

Franklin County
NORTH CAROLINA
A Research Triangle Region Community

N.C. Cooperative Extension is an equal opportunity provider.