THE WEDNESDAY WINK

MAY 21ST, 2025

Closings and Schedule Notices



WFCAA will be CLOSED on Monday, May 26th for Memorial Day



There will be no regular classes or new member tours on Wednesday, May 28th due to our National Senior Health and Fitness Day Event

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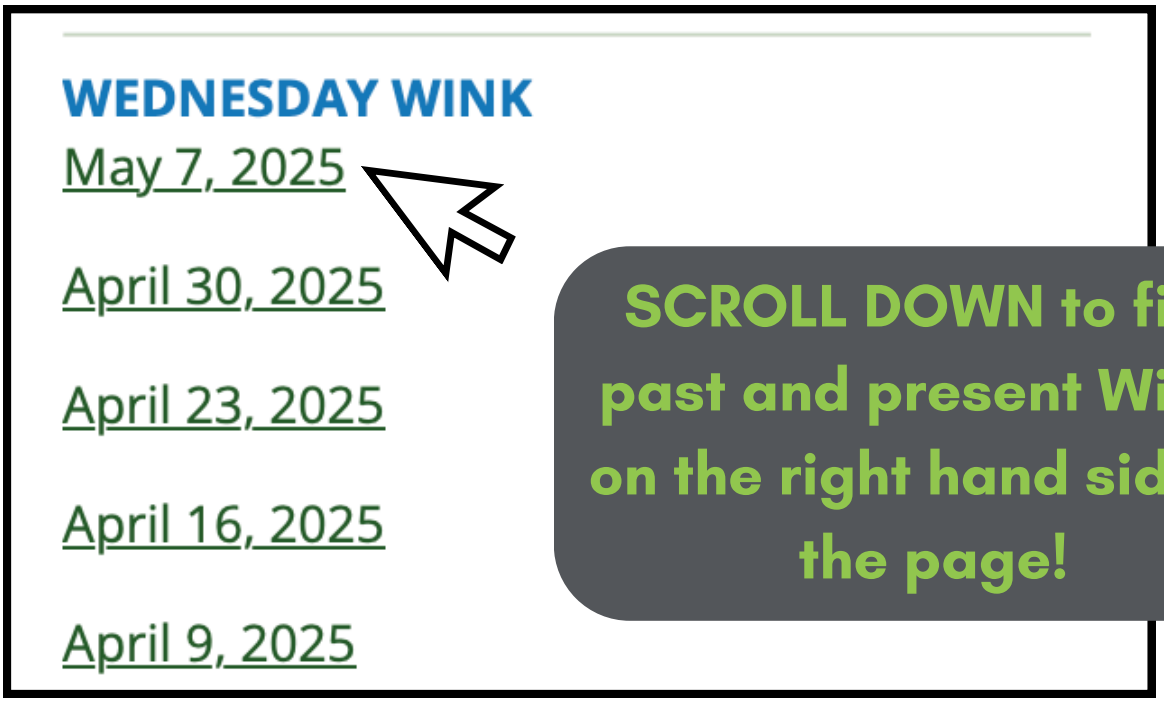
Goodbye, But Not Farewell!

The Wednesday Wink is now officially moving to Facebook! You won't be receiving the Wink via email anymore, but don't worry. If you're not a social media person...

You can also find the Wink on our Website!

HOW TO FIND THE WINK ON OUR WEBSITE:

Go to our website:
https://www.wakeforestnc.gov/wake-forest-center-active-aging



Don’t forget to join the fun next Wednesday!

NATIONAL SENIOR HEALTH & FITNESS DAY

MOVE TODAY FOR A BETTER TOMORROW

235 E. HOLDING AVE WAKE FOREST, NC 27587

MAY 28TH

10AM-3:00PM

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 for this FREE event!!

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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.



Jacob Irving, CAMPO

Thursday, May 22nd 8:30AM

The Capital Area Metropolitan Planning Organization is a regional transportation planning organization serving communities in Chatham, Franklin, Granville, Harnett, Johnston and Wake Counties. CAMPO grew from a collaborative project between Cary, Raleigh, Garner, and Wake County known as the Greater Raleigh Urban Area Thoroughfare Plan of 1964.

Maggie Alcock, Rowing Ducks

Thursday, May 22nd 11:00AM

Rowing Ducks is an estate planning service that can help with Document organizing, Digital Asset Management, Finalizing Wills and other important legal documents, and so much more. Some tasks are easier to start and finish with an experienced helper at your side. With Rowing Ducks, you can go from overwhelming to manageable and completed.

Crystal Alston, SYNERGY HomeCare of North Raleigh

Tuesday, May 27th 11:00AM

SYNERGY HomeCare of North Raleigh provides a wide range of non-medical care options. Companion care includes assistance with cooking, shopping, running errands, light housekeeping and other tasks that allow clients to live independently. Personal care provides assistance with bathing, dressing, using the toilet and other activities of daily life.

Karen LaBranche, Humana

Tuesday, June 3rd 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.

Pat Sink and Gaylord Picard are giving a silver level Cha Cha lesson on Friday, May 23rd at 7 pm before the Dance Social at Wake Forest Center for Active Aging. Please join us!

