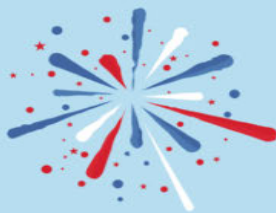




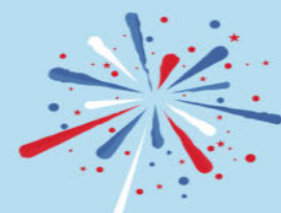
# Monthly NEWSLETTER



## GARNER INDEPENDENCE DAY CELEBRATION



JULY 3, 2023  
LAKE BENSON PARK  
GATES OPEN AT 5PM  
FREE ADMISSION



ENJOY:  
FOOD VENDORS  
KIDS' ZONE  
FIREWORKS



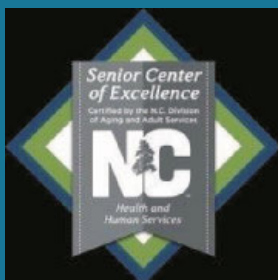
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*The following are prohibited: Alcoholic Beverages, Glass Containers, Grills, Pets, Fireworks/Sparklers, Tailgating, Tents/Canopies, Large Umbrellas, Drones, Soliciting*



### July 2023 EDITION

Garner Senior Center  
205 E. Garner Road  
(919) 779-0122

Torrey Blackmar  
Recreation Center and Programs Manager  
(919) 661-6890 | tblackmar@garnernc.gov

# WELCOME TO GARNER SENIOR CENTER!

We are a public recreation center for active adults, ages 55 and better. There are 150 different programs and classes offered each month. Activities include fitness, leisure and educational programs. A full list of all programs can be found on our website: [www.GarnerNC.gov](http://www.GarnerNC.gov)



## ABOUT US

The Garner Senior Center (GSC) hosts 3 agencies to provide a focal point for the community.

-The Town of Garner manages the facility and all recreational programming and activities.

-Resources For Seniors provides information and referral for community resources as well as health and wellness programs.

-Meals on Wheels of Wake County provides a daily meal Monday through Friday for adults 60 and older.

### Meals on Wheels of Wake Co.

Telephone: (984) 222-0044  
 Site Manager: Febbie Gordan  
 Operating Hours: Monday-Friday  
 9:30am-12:30pm  
 Pre-registration is required.

### Resources For Seniors, Inc.

Telephone: (919) 661-6894  
 Jennifer Murray, Service Coordinator  
 Office Hours: Monday-Friday  
 8:30am-12:00pm

**DIVERSIFIED BENEFITS ADMINISTRATORS**  
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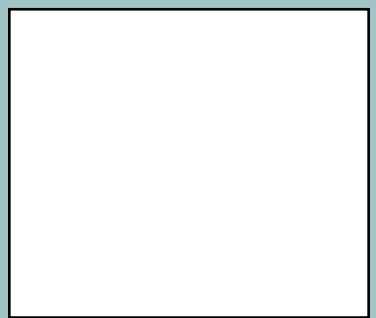
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Resources for Seniors (RFS) has an on-site representative, providing services and information that serves seniors and disabled adults. RFS provides information regarding choices for independence, comfort, safety, security and well-being. They provide information and support for decision-making and also direct services such as home care, adult day care, senior centers, home repair and more. RFS provides free health and wellness programs at GSC.

**For more information on these programs, call Jennifer Murray (919)661-6894.**

## No Blood Pressure Checks in July

### Start Planning Now

Presented by: Carolina Estate Council  
Tuesday, July 18th  
10am

Informational program regarding the simple steps for the planning of important documents such as Wills, Powers of Attorney, Advanced Directives, etc.

Register at [garner.recdesk.com](http://garner.recdesk.com) or see staff.

**ADVERTISE HERE**  
to reach your community



**Call 800-477-4574**



### Finding the Best Care of Your Life.



We provide care and support for patients with serious illness and their families. You have a choice regarding care providers. We're the one resource you can turn to with confidence to ensure you and your loved ones receive the best possible care.

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Congratulations to  
Barbara Greeley for winning  
first place in Acrylic painting  
in the 2023 Wake County  
Senior Games. This is her 3rd  
Gold medal with WCSG in the  
past few years. Barbara is a  
proud representative of the  
GSC Acrylic painting class  
with Marcelle Hooks on  
Friday mornings.

## Painting with Acrylics

*Instructor: Marcelle Hooks*

*Fridays, 9:30-11:30am*

*Craft Room*

*Weekly Drop in Fee: \$10R \$13NR*

*Learn to paint or brush up on your  
skills as an accomplished artist.*

*Supply list available at the front desk.*

*Register at [Garner.recdesk.com](http://Garner.recdesk.com)*



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**ATTENTION MARINES AND MARINE FAMILIES!  
THE CAMP LEJEUNE JUSTICE ACT IS NOW LAW!**

If you or a family member lived, worked, or were exposed to the water at **Marine Corps Base Camp Lejeune** between 1953 and 1987 and were later diagnosed with a **serious illness** or **medical condition**, you may be entitled to **compensation** for your personal injuries or your loved-one's wrongful death.

All personal injury or wrongful death lawsuits under the CLJA must be filed in the United States District Court for the Eastern District of North Carolina. These are North Carolina federal cases overseen by North Carolina federal judges and tried before North Carolina federal juries. **Talk to an experienced Eastern North Carolina federal court lawyer today for free to discuss your case.**

Wrongful death claims may be available under the CLJA even if your loved one passed long ago. **Time is limited** to bring a claim under the CLJA.

Call or Text **MIKE DOWLING** at **The Dowling Firm PLLC** in Raleigh  
for a **FREE** consultation to discuss your case today.

**919-529-3351**  
[mike@dowlingfirm.com](mailto:mike@dowlingfirm.com)

# Afro-Latin Groove

WITH KIMBERLY MCGHEE

Thursdays 6:30-7:30pm

July 13-August 17

Ages 16+

\$21 Res/\$29 Non Res

Garner Senior Center | 919.779.0122

Register at [Garner.RecDesk.com](http://Garner.RecDesk.com)



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# Senior Classes & Events 55+

There will be no stretch and flex class in July. Class will resume Aug. 4th.

GSC will be closed on Tuesday, July 4th.

## Gardening For Life

2nd & 4th Thursday

2-4pm

Free

Designed for adults 55 and older, this yearlong gardening experience will include free trips and classes taught by nutritionists, master gardeners and community educators.



## Line Dance Workshop

7/3, Monday

9:15am

Free

Learn the basic line dance steps in this 30 minute class offered the first Monday of the month. We are now recommending pre-registration for this class. Registration is available online at [garner.recdesk.com](http://garner.recdesk.com) or see a staff member.

## Movie Matinee: TBA

7/25, Tuesday

1:30-3:30pm

Free

Popcorn and water will be served.

## Traditional Broom Making with Sarah Ann Austin

Monday, July 10th

1:00-3:00pm

\$12 R \$16 NR

\$5 supply fee at the door

Create a one of a kind handmade broom with local artist Sarah Ann Austin. These brooms have many uses and even make their way onto the wall for good luck. Did you know the broom has been used as a symbol of matrimony? Learn a little Appalachian history and tell stories around brooms in our lives over the years. \$5 supply fee to the instructor at the start of class.

Register at [garner.recdesk.com](http://garner.recdesk.com) or see staff.



# Special Events 55+

## Yankee Doodle Dinner

7/6, Thursday

3-5pm

Free with a side dish or \$5 at the door

Join us to celebrate Independence Day with a patriotic potluck. Hot dogs and drinks will be provided.



## Ice Cream Party

7/20, Thursday

3-5pm

Free

Let's beat the heat with a cold treat. We will provide the ice cream. Bring your brain power to participate in trivia games. The ice cream truck is being sponsored by "God's Pearls."

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# Garner Senior Center Ongoing Programs

## Senior Fitness Pass\*

Annual GSC Fitness Pass: Resident \$20 | Non Resident \$35

\* Does not include access to the fitness room

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis ( <i>off site</i> ) 9:00 Chair Fitness ( <i>video</i> ) 9:15 Line Dance Workshop ( <i>1st Mon.</i> ) 10:00 Line Dance ♦ 10:00 On the Mend 10:00 Ukulele Lessons 12:00 Chess 12:00 Senior Circuit 12:30 Pinochle 1:30-4 Intro to Pickleball ( <i>Beginners Only</i> )	8:00 Indoor Walking 9:30 Zumba Gold ♦ 9:30 Color Me Calm 10:00 On the Mend 11:00 Tai Chi \$ 12:00 Chess 12:30 Scrabble 12:30 Mah Jongg 12:30 Pickleball NON COMP ♦ 2:30 Pickleball COMP ♦	8:00 Indoor Walking 9:00 Chair Fitness ( <i>video</i> ) 9:15 Table Tennis NON COMP ♦ 10:00 Blood Pressure Checks ( <i>1st Wed</i> ) 11:00 Soul Line Dancing ♦ 12:00 Woodcarving 12:00 Chess 12:15 A Step Up: INT Soul Line Dance \$ 12:30 Canasta 1:00 SHIP ( <i>2nd &amp; 4th</i> <i>Wed. Appt. only</i> ) 1:30 Bingo 1:30 Pickleball NON COMP ♦ 3:30 Basketball ♦ 4:00 Yoga: Senior ♦	8:00 Indoor Walking 9:00 Tennis ( <i>off site</i> ) 9:30 Senior Fitness ♦ 10:00 Simply Music 11:00 Pickleball NON COMP ♦ 12:30 Dominos 12:30 Pinochle 1:15 Pickleball COMP ♦ 4:00 G Squad ( <i>seasonal</i> )	8:00 Indoor Walking 9:00 Chair Fitness ( <i>video</i> ) 9:15 Table Tennis COMP ♦ 9:30 Acrylic Painting Studio \$ 10:00 Needlework 10:00 Meditation 12:00 Stretch & Flex ♦ ( <i>No Stretch &amp; Flex in July</i> ) 12:30 Card & Board Games 1:00 Pickleball COMP ♦ 2:00 TOPS

♦ Included in Senior Fitness Pass | \$ Additional fee | INT Intermediate | COMP Competitive  
 All programs are subject to change without notice.



For more information contact the Garner Senior Center:

919-779-0122 | [gsc@garnernc.gov](mailto:gsc@garnernc.gov)

Follow us on Facebook @GarnerSeniorCenter

