



Monthly

NEWSLETTER

G SQUAD

(ADULT DANCE TEAM)

***AUDITIONS FOR THE 23/24 SEASON**

***MEET & GREET**

Coach/Choreographer Kimberly McGhee

Thursday

August 24th & September 7th

4pm

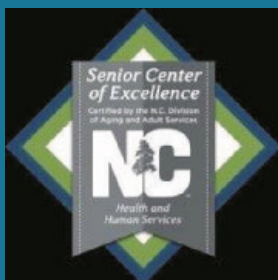
GSC Fitness Annex

Do You Love To Dance? Do You Love To Perform?

Ready To Put Back On Those Dance Shoes?

A Prestige award-winning performance dance team for men and women ages 55 and older. Dance experience is encouraged but not necessary. Dance styles include Jazz, Latin, African, Afro-Latin, Ballet, Contemporary, Hip-Hop, Musical Theatre and more. There is a financial responsibility for the costumes, shoes, etc. This is a great way to get in shape, stay active, meet new people and express your passion for dance.

Come and find out what all the excitement is about!



**August
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



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

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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.

Blood Pressure Clinic
August 2nd at 10:00am
(Drop In)

NC SHIP Medicare Counseling
2nd & 4th Wednesdays
1-4pm

Assistance with Extra Help applications, information on Medicare fraud and Medicare Savings Programs also provided. Contact Service Coordinator to schedule an appointment at 919-661-6894.

Senior Housing Options
Presented by Carolina Estate Counsel
Tuesday, August 15th
10:00am

What if I can't live alone? What are my options? Informational talk on CCRC (Continuing Care Retirement Communities), Family Care Homes, Assisted Living, Memory or Skilled Care. **Register at garner.recdesk.com or see staff.**

ADVERTISE HERE
to reach your community



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CONTACT ME Rich Fernbach

rfernbach@lpicommunities.com • (800) 477-4574 x3675



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TAI CHI-QI GONG

with Adrienne

Tai chi provides a series of movements that help you leave the tension behind and focus on the flow of one movement into another.

Qi Gong typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind. All fitness and skill levels welcome.

Tuesdays

August 1- September 5

11am-12pm

\$15 Res \$21 Non-Res

Register at 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

**LET'S SHAKE
THINGS UP!
EVERY FRIDAY
IN
AUGUST!**

**Stretch & Flex is on a break in
August. Don't miss your workout!
Join us for this exciting class!**

**Zumba Sentao w/Alex Lewis
12-12:45pm**

**Zumba Sentao® combines strength
and resistance training with
innovative dance moves using a
chair as your dance partner.**

**A fitness pass is required for
this class.**



4-D-5-5

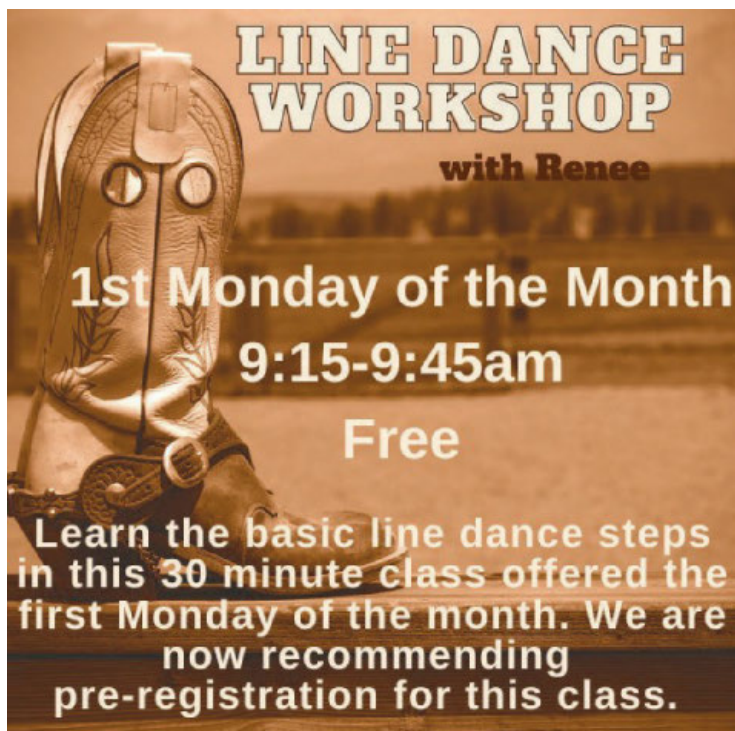
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Senior Programs 55+

Masks are optional at GSC.

Visit garner.recdesk.com or see staff to register for these programs.



LINE DANCE WORKSHOP
with Renee

1st Monday of the Month
9:15-9:45am

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.



MOVIE MATINEE

CHAMPIONS

Woody Harrelson stars in the hilarious and heartwarming story of a former minor-league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual disabilities.

Tuesday, August 29
1:30-3:30PM
FREE DROP IN



A STEP UP
INTERMEDIATE SOUL LINE DANCE
with Darice

WEDNESDAYS 12:15 - 1:15
AUGUST 2-SEPTEMBER 6

LEARN STEPS TO THE NEWEST DANCES. PART MUSIC, PART RHYTHM, AND A LOT OF FUN.

MUST BE FAMILIAR WITH BASIC LINE DANCE MOVES AND HAVE SOME LINE DANCING EXPERIENCE.

Res \$15 Non Res \$21

Register at Garner.RecDesk.com

Senior Programs 55+



SENIOR HOUSING OPTIONS PRESENTED BY CAROLINA ESTATE COUNSEL

What if I can't live alone? What are my options? We will discuss CCRC (Continuing Care Retirement Communities, Family Care Homes, Assisted Living, Memory and Skilled Care.

Tuesday,
August 15th
10:00am

Register at garner.recdesk.com or see staff.

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

♦ 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

Follow us on Facebook @GarnerSeniorCenter

