



Monthly

NEWSLETTER



Holiday Dinner

Thursday, December 14

4-6pm

Free

Register by 12/12.

Celebrate the holidays with your friends at GSC. Dinner and entertainment will be provided by GSC and Pure Platinum Motorcycle Club.

Register at Garner.RecDesk.com or see staff.



**December
2023
EDITION**

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

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



Amy Whinery Osborne
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14-1711



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.

PROGRAM	DATE	TIME
Blood Pressure Clinic	Wednesday 12/6	10:00am
SHIP Counseling	No appointments in December.	N/A

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

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CONTACT ME Rich Fernbach

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



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ACTIVE LIVING FITNESS

NEW



45-minute instructor led class designed for people who are experiencing mobility and balance issues.

Includes: seated and standing exercises to improve balance, circulation and build strength.

**If you are experiencing temporary or permanent conditions which may prevent you from taking other exercise classes at GSC, this class is for you.*

Mondays 1:30 pm - 2:15 pm

(Beginning December 4)

Instructor: Laura

Included in Senior Fitness Pass



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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

**GARNER SENIOR CENTER
BLOOD DRIVE**

**FRIDAY,
DECEMBER 22
10:00AM-2:30PM**

Visit REDCROSSBLOOD.ORG to make an appointment. Use the sponsor code **GARNER**.

GIVE THE GIFT OF LIFE



4-D-5-5

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Senior Programs 55+

GSC will be closed 12/25, 12/26 & 12/27.

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

Line Dance Workshop

12/4, Monday

9:30am

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.

Senior Pickleball Lessons

12/4-12/18, Mondays

10am-1pm

Free

A mini- tennis game played by 2 or 4 people on a badminton court, using a wooden/composite paddle and a light weight "wiffle ball". Practice hitting the ball and learning the very basics of the game. Volunteer led. Registration required and participants must be a member of GSC.

Gingerbread House Decorating

12/12 Tuesday

1-3pm

\$5R \$7NR

Let's get in the holiday spirit and create your own mini gingerbread house! All supplies will be provided.



Trip to Fieldstream Farm Festival of Lights

12/19, Tuesday

6-8pm

\$8R \$11NR

Enjoy a magical drive-through light display at Fieldstream Farm Festival of Lights.

**Holiday
Movie Matinee**

Featured Movie



Tuesday, December 19th
1:30-3:30pm

Free! Drop in!



Adult Programs 16+

Yoga with Oksana

Tuesdays

December 12-February 6

Gentle Yoga

5-6 pm

5-6 pm

Hatha Yoga

6:30-7:30 pm

\$56R \$78NR
All levels welcome!

16+



Register at Garner.recdesk.com



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14-1711

Garner Senior Center Ongoing Programs

Senior Fitness Pass*

Annual GSC Fitness Pass: Resident \$25 | Non Resident \$40

* Does not include access to the fitness room

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 Indoor Walking 9:00 Tennis (off site) 9:00 Chair Fitness (video) 9:30 Line Dance Workshop (1st Mon.) 10:00 Line Dance ♦ 10:00 On the Mend 10:00 Ukulele Lessons 12:00 Chess 12:00 Senior Circuit 12:30 Pinochle 1:30-2:15 Active Living NEW! Fitness ♦ 3:00 Indoor Walking	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 12:30-2:15 Pickleball ♦ 2:30-4:45 Pickleball ♦	8:00 Indoor Walking 9:00 Chair Fitness (video) No Chair Fitness 12/13 9:15 Table Tennis ♦ 10:00 Blood Pressure Checks (1st Wed) 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 (Appt. only) 1:30 Bingo 1:30 Pickleball ♦ 3:30 Basketball ♦ 4:00 Yoga: Senior ♦	8:00 Indoor Walking 9:00 Tennis (off site) 9:30 Senior Fitness ♦ 10:00 Simply Music 11:00-1:00 Pickleball ♦ 12:30 Dominoes 12:30 Pinochle 1:15-3:30 Pickleball ♦ 4:00 G Squad (seasonal)	8:00 Indoor Walking 9:00 Chair Fitness (video) No Chair Fitness 12/22 9:15 Table Tennis ♦ 9:30 Acrylic Painting Studio \$ 10:00 Needlework 10:00 Meditation 12:00 Stretch & Flex ♦ 12:30 Hand, Knee & Foot 1:00-3:00 Pickleball ♦ 2:00 TOPS 3:15-4:45 Pickleball ♦

♦ 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

