



Monthly

NEWSLETTER

Come in out of the cold

Tai Chi/Qi Gong

1/9-2/13

11am-12pm

\$15 Res \$21 Non-Res

A Step Up

Intermediate Line Dance

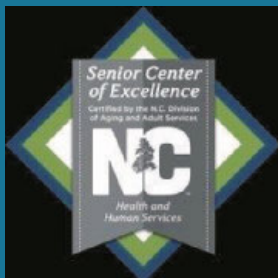
1/17-2/21

12:15pm-1:15pm

\$15 Res \$21 Non-Res

& keep moving with our indoor fitness classes.

Look inside for more classes.



**January
2024
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
LAW OFFICES

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4-D-5-5

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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.

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

PROGRAM	DATE	TIME
Blood Pressure Clinic	Wednesday 1/3	10:00am
SHIP Counseling	2nd & 4th Wednesday	1-4pm By Appointment
Save & Stretch Your Grocery Dollars	Tuesday 1/23	10:00am
What Your Pharmacist Can Do for You	Tuesday 1/30	10:00am

ADVERTISE HERE
to reach your community

Call 800-477-4574

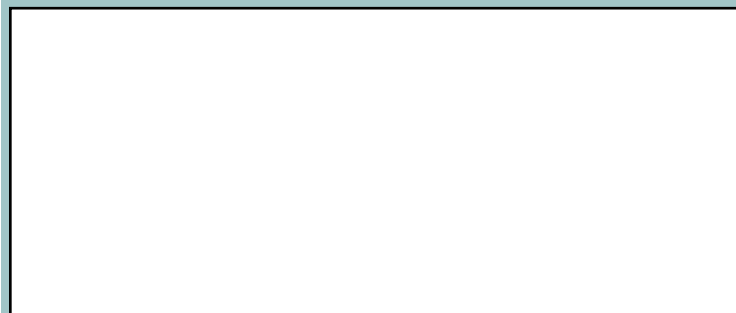
Finding the Best Care of Your Life.

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.

Call us at 919.828.0890 to let us help you find the service that best fits your needs.

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- *Pain Management
- *Massage Therapy
- *Strength/Mobility Training

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Advertise in our Newsletter!

CONTACT ME Rich Fernbach

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



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of this space

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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

Instructor: Laura

Included in Senior Fitness Pass



GARNER
A Great Place to Be
Parks, Recreation & Cultural Resources



4-D-5-5

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Place Your Ad Here and Support our Community!

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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

Afro-Latin Groove

with Kim



January 4 - February 8



Resident: \$21
Non-Resident: \$29

Thursdays
6:30 pm - 7:30 pm

Age: 16+



Register at:
Garner.Recdesk.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpicommunities.com

14-1711

Senior Programs 55+

GSC will be closed 1/1 & 1/15.

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

Line Dance Workshop

1/8, 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.

Senior Pickleball Lessons

1/22-2/12, Mondays

10am-1pm (1st session only)

10am-12pm (Remaining sessions)

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.

Senior Gems

Alzheimer's Informational Session

Presented by: Transitions LifeCare

1/16, Tuesday

Free

This informational session will include a video and discussion that explains the different stages of Alzheimer's.

Museum Tour

1/23, Tuesday

9am-2pm

\$5R \$7NR

What's a better way to stay out of the winter weather than by spending a day at the museum? We will visit downtown Raleigh and take self guided tours of the NC History and Science Museum.

TECH TUTORING

MONDAYS

3-5PM BY APPOINTMENT

FREE

Individual tutoring in basic technology, email, texting, social media and using the internet. Please bring your own electronic device.

Appointments last 30 minutes.



PLEASE SEE STAFF TO REGISTER.

Senior Programs 55+



Painting with Acrylics
Instructor: Marcelle Hooks

Fridays
9:30-11:30am
Weekly Drop in Fee:
\$10R \$14NR

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

Supply list available at the front desk.

Register at Garner.recdesk.com

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www.mycommunityonline.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 (<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 1:30-2:15 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 (<i>video</i>) 9:15 Table Tennis ♦ 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>Appt. only</i>) 1:30 Bingo 1:30 Pickleball ♦ 4:00 Yoga: Senior ♦	8:00 Indoor Walking 9:00 Tennis (<i>off site</i>) 9:30 Senior Fitness ♦ 10:00 Simply Music 11:00-1:00 Pickleball ♦ 12:30 Dominos 12:30 Pinochle 1:15-3:30 Pickleball ♦ 4:00 G Squad (<i>seasonal</i>)	8:00 Indoor Walking 9:00 Chair Fitness (<i>video</i>) 9:15 Table Tennis ♦ 9:30 Acrylic Painting Studio \$ 10:00 Needlework 10:00 Meditation 12:00 Stretch & Flex ♦ 12:30 Card & Board Games 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

