



Monthly NEWSLETTER



A virus doesn't stop this crowd. On the Mend Volunteers continue to make items at home. Thanks to these three ladies: Gail Davis, Darlene Duncan and Ann Herman for providing their time and energy to stay in contact with volunteers, distribute materials and distribute finished items to hospitals during our current shut down.



**OCTOBER
2020
EDITION**

Garner Senior Center
205 E. Garner Road
(919) 779-0122 | GSC@garnernc.gov

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

Nancy Hulbert
Recreation and Programs Assistant Manager
(919) 661-6893 | nhulbert@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 hosts 3 agencies to provide a community focal point.
- 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.

On-site Representative

Resources for Seniors 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 the GSC.

Meals on Wheels of Wake Co.
Telephone: (919) 772-5057
Operating Hours:
Mon - Fri, 10:00am - 2:00pm

Resources for Seniors, Inc.
Telephone: (919) 661-6894
Saundra Lloyd, Service Coordinator
Office Hours: 9:30am - 1:30pm

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14-1711



NEW-Wake County Community Resources List

This COVID-19 Resources List is updated daily.

Download your copy today!

The list is available at

www.ResourcesForSeniors.com

Look for "Announcement" at the bottom of the Page



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This Space is Available

**Drive Through Flu Shots:
Garner Senior Center
Wednesday, Oct. 14th
9:00 AM**

Drive up pre-registration is set for **Wednesday, Oct. 7th**, from 9-11am. Interested participants **MUST:**

1. Pre-register in order to take part in the flu shot event.
2. Bring **ALL** health insurance cards.
3. Be prepared to fill out the health consent form.
4. Stay in their car during pre-registration.
5. Have a mask handy.

On flu shot day, participants should wear a shirt/blouse that gives easy access to the vaccination area.



LET US PLACE YOUR AD HERE.

OUTDOOR PROGRAMS

For more information or help with online registration, call 919-779-0122. You may register for programs one week in advance. If you miss 2 classes you will be wait listed for any future programs.

Just Walk

Monday, Wednesdays and Fridays , Beginning Oct. 5th
GSC Parking Lot.

8-9am

7 laps around the parameter = 1 mile

Pre online registration required

Max 15 , Social distancing recommended

FREE

Meditation with Phran

Fridays, Beginning Oct. 9th

10-11am

In breezeway

Pre online registration required

Masks required

FREE



VIRTUAL FITNESS

Thank you to all of our amazing instructors! Check out our YouTube channel for all our wellness & fitness videos. Please subscribe and share all the videos!

https://www.youtube.com/channel/UC_Pnt-xmu1QkgJrDJrRlrjQ/videos

Senior Fitness with Nancy

<https://www.youtube.com/watch?v=QQcwpt2J2v4&t=886s>



Meals on Wheels of Wake County continues to offer meals for pickup and delivery (to registered clients) once per week. Please visit their website: www.wakemow.org for more information.

GSC UPDATE

The GSC is getting a lobby remodel! The new space will be safer & more efficient.



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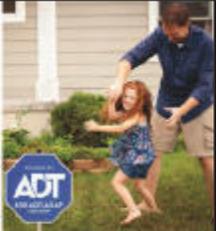
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COOKING MATTERS AT HOME

"Flexible Recipes"

Facebook Live Stream

Thursday, October 1st @ 11am

Learn about cooking healthy meals on a budget from the safety and comfort of home! Inter-Faith Food Shuttle will stream live from the Garner Senior Center kitchen to talk about making budget-friendly ingredient substitutions based on what is available in your kitchen and at the grocery store. We will also share a recipe demonstration for a simple and healthy recipe using seasonal ingredients.

Access the live stream by logging on to the

[Garner Senior Center Facebook Page.](#)

