

Educational Opportunities

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Passmore Center** in Hillsborough at 919-245-2015. Scholarships available for qualifying Orange County residents. Transportation Specialist available at both centers: 919-717-1853

BASICS OF BLOGGING

In this workshop, we'll talk about the benefits of blogging for business or personal reasons, and the easiest ways to get started. Blogging is a great way to build an audience on social media, increase your influence, or develop an online presence. If you've wondered whether blogging is worth your time, this course will give you some answers. You need not have blogging experience or aspirations to participate. If you have a laptop, bring this to class. If not, still attend.

Min: 5 / Max: 30

Register by: Tue, Apr 9

Instructor: Emily Crookston, Ghostwriter, owner of Pocket PhD (thepocketphd.com)

Fee: \$20

Seymour Center

Tue, Apr 16 (314066-03)

1 - 3 pm

BBB EASTERN NC SENIOR SCAM OUTREACH SERIES

The Better Business Bureau (BBB) of Eastern NC works to educate and provide resources to seniors to help them from becoming a victim of identity theft and/or fraud. Don't miss this informative three week series teaching you all the signs to watch for. Min: 10/ Max: 25

Register by: Wed, Apr 17

Instructor: Kayla Gilbert, BBB Community Outreach Specialist

Fee: FREE

Seymour Center

Wed, Apr 24; May 1, 8

(324082-03)

1 - 3 pm

Wed, Apr 24 - Senior Scoop

Did you know that over 50% of fraud victims are senior citizens? It's unfortunate that older Americans are the fastest growing segment of the population to be victimized by fraud and schemes. Learn about the most common scams to target seniors and how to protect you, and loved ones, from becoming a victim.

Wed, May 1 - The Red Flags of Fraud

Fraudsters use highly effective tactics to target and influence victims. You encounter these tactics every day used in advertisements and by legitimate businesses. How can you know when it's a scam and when to walk away? Through hands-on activities, stories and discussions, this 45 min program will help you learn to recognize these "red flags" so you can protect yourself and your loved ones from financial fraud.

Wed, May 8 - Scambusters®

Scambusters is a game designed to introduce groups to the variety and danger of scams to which they will likely be exposed. Participants learn to thoughtfully differentiate between legitimate and fraudulent offerings. The game was developed by the Better Business Bureau

Educational Foundation of Eastern NC. It deals in a fun manner with the serious subject of being scammed and the subsequent consequences.

BUS RIDING 101 - and BUS TRAVEL TRAINING - *New*

Public bus transportation demystified! Find out how easy it is to map out a bus trip. Classes are offered about both senior centers and bus riding outings leave from both centers.

Details listed on the Transportation Page 12

To register: Call Lisa, 919-717-1853

Fee: FREE

CONSUMER REPORTS WORKSHOP SERIES ON HEALTH, DIET, AND DIGITAL PRIVACY

Wed, Mar 6 - The Consumer Reports How to Maintain a Sustainable Diet Workshop will provide you with resources to help you make the best choices and purchases when grocery shopping. Confused about what sustainable really means? Would you like to know how to maintain a sustainable diet? Or what is the difference between labels that say organic or natural? Join Consumer Reports members for a workshop on smart tips and tricks for buying sustainable foods and the importance of eating sustainability.

Wed, Mar 20 - The Consumer Reports Protecting Yourself from Medical Harm Workshop will provide you with tips on how to protect yourself from medical harm while being treated at a hospital, a doctor's office, or an outpatient medical center through a series of activities. Its aim is to help you be a more informed healthcare consumer.

Wed, Apr 3 - Consumer Reports Digital Privacy Workshop will take consumers through the most important steps of setting up and maintaining Online Security and Privacy. Attendees will learn tips and tricks to protect themselves online, including a "10 Minute Digital Privacy Tune-up" for their social media accounts and some advice on how to make sure their different devices are as secure as possible. The workshop also includes some big-picture discussion about the do's and don'ts of being online, as well as some guidance about what to do if you've already had a problem with Identity theft.

Note: There will be a short break. Feel free to bring a bagged lunch.

Min: 6/ Max: 20

Register by: 1 week prior to class

Instructor: Russ Weiner

Fee: FREE

Seymour Center

Wed, Mar 6; Mar 20; Apr 3

(344082-03)

11 am - 12:30 pm

CONTAINING GUN VIOLENCE IN AMERICA: ALTERNATIVES TO GUN CONTROL

Gun violence, particularly mass shootings, seems to have become regular features of the American experience. Common reaction to such tragedies is communal lamentations and prayers followed by renewed call for gun control, without much effect on either. The suggested remedial alternative is a combination of mass-level cultural, behavioral, and educational approaches to contain gun violence.

Min: 5/ Max: 25

Register by: Wed, Mar 20

Instructor: Aqueil Ahmad, Retired Sociology and Business Management Professor

Fee: FREE

Seymour Center

Wed, Mar 27

(323087-01)

1 - 2 pm

CONGOLESE DRUMMING CLASS

Class is an introduction to Congolese drumming. Experience the drum we play which is called "ngoma" ("giving the strength of the panther"). It is like the conga drum. Class will focus on how to hit the drum and stay mindful of the sounds created. We will learn some traditional rhythms and accompaniments, and then put on a brief performance. For more information about Congolese drumming see "brazzabeat.org" and follow Brazzabeat on Facebook. Min: 5/ Max: 9

Register by: Fri, Apr 26**Instructor:** Kenneth Wilson, MD**Fee:** FREE**Seymour Center**

Fri, May 3-24

(354061-03)

2- 3 pm

DEMENTIA BASICS

The **Dementia Education Collaborative** is designed to provide basic information about dementia to individuals with memory concerns, caregivers, family members, friends, and interested community members. 'What Can We Expect? Dementia Basics' is a four-part series with topics regarding brain health, types and stages of dementia, communication, and preparation for the journey ahead.

Register by: Fri, Mar 29 (Call Passmore Center at 919-245-2015)**Instructors:** Aging Transitions Team and Experienced Community Members**Fee:** FREE**Passmore Center**

Wed, Apr 3 - 24 (255018-04)

1 - 3 pm

DOMESTIC VIOLENCE LUNCH & LEARN

Are you interested in learning about domestic violence among older adults? This session will consist of general information about domestic violence as it relates to this specific population. There will be guest speakers present during this session to publically speak about this topic. We will discuss key concepts, research, statistical data, and view videos of domestic violence as it relates to older adults. Hosted by Mya Bryant, MSW Intern 2018-2019. Refreshments will be served.

Register by: 1 week prior to event**Fee:** FREE**Seymour Center**

Thurs, Apr 11 (353112-08)

11 am - 12 noon

DREAM TENDING

Group members will help one another attain a deeper understanding of a dream using a process called *Dream Tending*, developed by Stephen Aizenstat. This method of dream work does not interpret or analyze a dream but encourages the dreamer to connect with it by feeling it through active imagination and seeing what wisdom the dream has to offer. Prior to attending your first session, Please read the description of the Dream Tending process at www.dreamtending.com/dreamtending.pdf. For questions, contact Camilla Meeks at camillameek@gmail.com Min: 8/ Max: 20

Contact: Camilla Meeks**Fee:** FREE**Seymour Center**4th Tue - Mar 26, Apr 23, May 28

(354084-01)

7 - 9 pm

ENGLISH MEMOIR WRITING CLASS FOR MANDARIN SPEAKERS

Do you want to have some fun taking your English to the next level? Are you a Mandarin speaker? Then join this memoir writing class for intermediate level English. You will learn how to converse with English speakers, how to share your story and culture in English and expand your English vocabulary and skills. You'll write a brief memoir at the end of the class. Materials provided. Bring a notebook and pen. Min: 10/Max: 25

中级英文课程 –

书写回忆录：如果您的母语是中文，又想要愉快地提升自己的英文水平，欢迎参加这个中级英文回忆录写作课。您可以练习与英文人士对话，用英文分享自己的人生故事和经历，扩展您的英文词汇量，完成一份精华回忆录。免费课程。只需带纸和笔过来。

Instructors: Janet Adams

Fee: FREE

Seymour Center

Fri, May 3 – May 31 (5 weeks) (354062-02) 9:30 – 11 am

INTERNATIONAL CONFLICTS AND APPROACHES: ASIA AND THE MIDDLE EAST

While the world's attention has recently been focused on trade wars, conflicts in the Middle East, Brexit, and the nuclear nonproliferation issues, the plight and predicament of minorities in many parts of the world go unnoticed and unattended. Although festering for a long time, the political and humanitarian situations of the Uyghurs in China and the Rohingyas in Myanmar have of late become cruel and indefensible crises of varying degrees. In this discussion I will attempt to highlight the main points of these conflicts and what may be some nonviolent international responses to resolve them. Min: 5/ Max: 25

Register by: Tue, May 7

Instructor: Aqueil Ahmad, Retired Sociology and Business Management Professor

Fee: FREE

Passmore Center

Tue, May 14 (224039-01) 2:30 – 3:30 pm

LUNCH AND LEARN ENGAGING TOPICS

This interactive program features a guest speaker each quarter. These healthy conversations will stimulate your mind and create new thoughts after each presentation or powerful performance. A catered lunch will follow. Min: 15/Max: 25

Register by: Thu, Apr 18

Speaker : Chris Apple, OC Beekeepers Outreach Director

Fee: FREE

Seymour Center

Thu, Apr 25 (353112-07) 11:30 am – 1 pm

Orange County Beekeepers Association Presentation: Save the Bees

Chris Apple, Outreach Director for the Orange County Beekeepers Association, will be our special guest this quarter. Join us for this interesting presentation and discussion about Honey Bees, the importance of bees and why they matter, and the challenges beekeepers face.

REVISITING RETIREMENT

Rather than treating retirement as an entitlement, consider viewing retirement as an opportunity. Now's the time to do some of the things we always wanted to, or follow up on our passion. Each uses

our background, experience, skills, and expertise. Those attributes make it possible for us to make a unique contribution. How about using some of our limited disposable time, energy, resources, and funds to help others be better off? That will be our legacy. Importantly, only you can decide what is best for you.

Min: 5 / Max: 30

Register by: Thu, Apr 18

Instructor: Bernie Kemp

Fee: FREE

Seymour Center

Fri, Apr 26

(324083-01)

1 - 2 pm

TECH KNOWLEDGE

Not sure if your cell phone is an android or iPhone? If you want to learn more about your iPads, kindles, tablets, or whatever device you may have, this is a great opportunity. You will get one on one instruction from our tech savvy high school students. Your own personal Tech Assistant will be available to address your specific needs and inquiries with you for 45 - 60 min every other Saturday. Contact Meghan Davis, Program Assistant at 919-245-2026 to make an appointment

Register by: 2 weeks prior to dates listed

Instructors: Local High School Students

Fee: FREE

Seymour Center

1st & 3rd Sat, Mar 2, 16; Apr 6, 20; May 4, 18 (324063-04)

10 am - 12 noon

TED TALKS AT PASSMORE

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversations. Topics are created and made available for use by TED. Join us as we dive into TED Talks at Passmore in a laidback yet informative environment including a 15 - 30 min video/talk and follow up discussions led by Meghan Davis. Min: 5/Max: 25

Register by: 1 week prior to each session.

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

Tue, Mar 19; Apr 16; May 21 (254038- 03,04,05)

2 - 3 pm

Tue, Mar 19 - *Danger of a Single Story*- Chimamanda Ngozi Adichie

Our lives, our cultures, are composed of many overlapping stories. Novelist, Chimamanda, is inspired by Nigerian history and tragedies all forgotten by recent generations of westerners. If we hear only a single story about a person or a country, we risk a critical misunderstanding.

Tue, Apr 16 - *A Virtual Choir 2,000 Voices Strong* - Eric Whitacre

In a moving and extremely viral video, composer Eric Whitacre led a virtual choir of singers from around the world. He talks through the creative challenges of making music powered by YouTube with a choir of 2,052 pieces. Following the TED Talk we will listen to a few of his works on YouTube.

Tue, May 21 - *When Technology Can Read Minds, How Will We Protect Our Privacy?*- Nita Farahany

Tech that can decode your brain activity and reveal what you're thinking and feeling is on the horizon, says legal scholar and ethicist Nita Farahany. What will it mean for our already violated sense of privacy? In a cautionary talk, Farahany warns of a society where people are arrested for merely thinking about committing a crime (like in "Minority Report") and private interests sell our brain data -- and makes the case for a right to cognitive liberty that protects our freedom of thought and self-determination.

TED TALKS AT SEYMOUR

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversation. Topics are created and made available for use by TED. Join us as we dive into TED Talks at Seymour including a 15 minute video/talk and follow up discussions led by Emily Gordon. Min: 10/Max: 82
Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Mar 18; Apr 15; May 20 (353020-01)

2 - 3 pm

Mon, Mar 18 - *How to Disagree Productively and Find Common Ground* - Julia Dhar, Behavioral Economist, Principal at Boston Consulting Group

Some days, it feels like the only thing we can agree on is that we can't agree -- on anything. Drawing on her background as a world debate champion, Julia Dhar offers three techniques to reshape the way we talk to each other so we can start disagreeing productively and finding common ground -- over family dinners, during work meetings and in our national conversations.

Mon, Apr 15 - *The Most Important Thing You Can Do to Fight Climate Change - Talk About It* -Katharine Hayhoe, Climate Scientist

How do you talk to someone who doesn't believe in climate change? Not by rehashing the same data and facts we've been discussing for years, says climate scientist Katharine Hayhoe. In this inspiring, pragmatic talk, Hayhoe shows how the key to having a real discussion is to connect over shared values like family, community and religion -- and to prompt people to realize that they already care about a changing climate. "We can't give in to despair," she says. "We have to go out and look for the hope we need to inspire us to act -- and that hope begins with a conversation, today."

Mon, May 20 - *How to Get Empowered, Not Overpowered, by Artificial Intelligence* - Max Tegmark, Scientist, Author

Many artificial intelligence researchers expect AI to outsmart humans at all tasks and jobs within decades, enabling a future where we're restricted only by the laws of physics, not the limits of our intelligence. MIT physicist and AI researcher Max Tegmark separates the real opportunities and threats from the myths, describing the concrete steps we should take today to ensure that AI ends up being the best -- rather than worst -- thing to ever happen to humanity.

WEDNESDAYS@ONE POETRY

If you are looking for an opportunity to expand your poetic horizons, to cultivate your own writing, to engage with other writers of poetry, then *Wednesdays@One Poetry* is for you. We meet each week from 1 to 2:30 p.m. We share poems. We react to each other's work. We encourage one another. We work on poetry projects together. Min: 5/Max: 20

Instructor: Clark Holtzman

Fee: \$5 (each week)

Seymour Center

Wednesdays (334075-04)

1 - 2:30 pm

WRITING FOR LONGEVITY

This workshop helps you discover how to manage stressful events and upheavals in your life through writing. The act of writing engages internal healing resources that affect mental and physical health. Expressive writing has the power to help reduce your heart rate and blood pressure, minimize stress, strengthen the immune system, and improve self-esteem. You need not have writing experience or aspirations to participate. Min: 5/Max: 20.

Register by: Thu, May 16

Instructor: Emily Crookston, Ghostwriter, owner of Pocket PhD (thepocketphd.com)

Fee: \$20

Seymour Center

Thu, May 23 (344065-03)

3:30 - 4:30 pm

FINANCIAL PLANNING

FINANCIAL PLANNING IN 2019

Money management doesn't have to be complicated and boring. Learn from a CERTIFIED FINANCIAL PLANNERTM practitioner about modern and interesting financial planning techniques that can improve your retirement, investments, and estate plan. You are guaranteed to be educated and entertained. Min: 10 / Max: 100

Instructor: Michael Zuber, CFP®, CTFA, AEP®, Wealth Advisor, Investors Trust Company

Register by: 3 business days in advance of the scheduled class.

Fee: FREE

Passmore Center

Tue, Mar 26 (244001-03) 3 - 4 pm

Financial Planning for the Retiree

Tue, Apr 30 (244001-04) 3 - 4 pm

How Proper Planning can make a Positive Impact

Tue, May 28 (244001-05) 3 - 4 pm

The Silent Killer to Retirement Savings

Seymour Center

Tue, Mar 26 (354068-01) 10 - 11 am

Financial Planning for the Retiree

Tue, Apr 30 (354068-02) 10 - 11 am

How Proper Planning can make a Positive Impact

Tue, May 28 (354068-03) 10 - 11 am

The Silent Killer to Retirement Savings

RETIREMENT FOR BOOMERS AND RETIREES

It's never too late or too early to learn about growing your money. Planning for your retirement and making sure that your money will last is a daunting task. Join us and discover how you can make wise decisions for the future. Class Max: 15.

Instructor: Jane Clark, Financial Advisor, Edward Jones

Register by: Thu, Mar 14 (Passmore)/Tue, Feb 26 (Seymour)

Fee: FREE

Passmore Center

Thursdays	(254003-02)	2 - 3:30 pm
Mar 21	Foundations of Investing	
Mar 28	Focus on Fixed Income	
Apr 4	Stocks: The Nuts and Bolts	
Apr 18	An Investor's Tour of Mutual Funds	
Apr 25	Preparing for the Unexpected	
May 2	Preparing Your Estate Plan	

Seymour Center

Tuesdays	(334004-11)	2 - 3:30 pm
Mar 5	Foundations of Investing	
Mar 12	Focus on Fixed Income	
Mar 19	Stocks: The Nuts and Bolts	
Mar 26	An Investor's Tour of Mutual Funds	
Apr 2	What Happens After the Paychecks Stop?	
Apr 9	Preparing Your Estate Plan	

RULES OF THE ROAD FOR INVESTORS

This seminar explores how you can move toward your financial goals with Edward Jones' 10 Rules of the Road to Investing. These rules will help you learn the fundamental concepts of investing and potential strategies to help you build wealth.

Register by: Wed, Feb 27 (Passmore)/ Wed, May 1 (Seymour)

Fee: FREE

Passmore Center

Wed, Mar 6	(244028-01)	12 noon - 1 pm
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Seymour Center

Wed, May 8	(324087-01)	12 noon - 1 pm
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SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. We'll discuss how Social Security fits into your retirement income plan, when you should start taking benefits, and tax considerations.

Register by: Wed, Mar 27 (Passmore)/ Wed, Mar 6 (Seymour)

Instructor: Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Passmore Center

Wed, Apr 3	(214006-01)	6:30 - 7:30 pm
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Seymour Center

Wed, Mar 13	(314034-01)	12 noon - 1 pm
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STAYING IN CHARGE OF YOUR LIFE - HOT TOPIC SERIES

Courses offered by Hunter Rowe Real Estate Agents and Advisors

SELLING YOUR HOME IN TODAY'S MARKET

Have you considered selling your home or purchasing a different one? We will explore a variety of topics. Do you understand the concept of staging your home and where you can get professional assistance if necessary? Do you know how to determine the value of your

property, so you can sell it quickly at the highest price? If it has been several years since you purchased or sold a home, do you understand the current process of selling and what information needs to be disclosed to the buyer? We will also talk about what to look for if you are buying a “maintenance free” home.

Register by: 1 week prior to class

Fee: FREE

Seymour Center

Tue, Mar 19 (324088-01) 3 pm

Tue, May 21 (324088-02) 3 pm

TAXES, FINANCIAL AND LEGAL ISSUES

Are considering selling your home or gifting it to a family member? If I gift the home, can I stay in it and keep control of the property? What is my tax liability? Is there still a one-time tax exemption? Can I avoid capital gains taxes? Should I consider placing my real estate into a trust? We will explore these topics, and more, so that you will have the information you need to make an informed decision when the time is right for you!

Register by: 1 week prior to class

Fee: FREE

Seymour Center

Tue, Apr 16 (324088-03) 3 pm

TIME MATTERS: A WOMAN'S OUTLOOK ON RETIREMENT

This program shares perspectives on financial concerns facing women who are getting ready for or recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

Register by: Wed, Apr 24 (Passmore)/ Wed, Apr 3 (Seymour)

Instructor: Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Passmore Center

Wed, May 1 (224015-01) 12 noon - 1 pm

Seymour Center

Wed, Apr 10 (324018-02) 6:30 - 7:30 pm