

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. Fee waivers/reductions are available based on assessed financial need for all classes/programs for Orange County residents. Transportation Specialist available at both centers: 919-717-1853

VIRTUAL/NEW PROGRAMMING

BEING BETTER THAN BEFORE: LIVING A FULFILLING AND CREATIVE LIFE IN THE NEW WORLD

As you look out at this new world, what do you see? Join two fast paced and entertaining webinars that will: Share new research about the biological changes happening to a 55+ brain that invite us to take on a creative renewal. Share the creative concepts that will accelerate the growth of your creative capacities. Explore the neuroscience behind why we have favorite behaviors and how we can strengthen them. Guide you in the creation of your personal Being Better than Before plan.

The webinars are led by: Mark Tully, Carl Nordgren, and Heidi Hackney. The webinars meet once a week for two weeks. They will be fast paced as the hosts work to invite your participation.

Register by: Calling 919-968-2070.

Fee: FREE

Date: Wed, Nov 11, 18

Time: 10 am

Join Zoom Meeting : Registrants will receive Zoom ID and passcode via email before Nov 11

BEING BETTER THAN BEFORE: THE MATURE WORKER

Please join us for a four-part webinar series designed to help the Mature Worker. We'll provide advice on how to find a job you love, share principles and practices for growing your creative capacity and developing your best entrepreneurial behaviors. Each webinar is 90 min long and will be led by four folks who have been serving the 50+ community for years. Webinars led by: Mike Komives, Heidi Hackney, Mark Tully and Carl Nordgren. The webinars meet twice a week for two weeks. They will be fast paced as the hosts work to invite your participation.

Register by: Calling 919-968-2070.

Fee: FREE

Date: Wed: Sep 23; Fri, Sep 25; Wed, Sep 30; Fri, Oct 2 (330400-04)

Time: 10 am

Join Zoom Meeting : Program ID will be emailed

CAREGIVER EDUCATION SERIES - CARING BASICS

A new monthly education series designed to provide information for individuals providing care and support for a friend or family member. The program's goal is to strengthen your skills and resilience, and bolster the ability to nurture and support those for whom you care. **You may register for one or multiple sessions .**

Register by: Call the aging helpline (919-968-2087) or Agingtransitions@orangecountync.gov

Instructors: Aging Transitions Team and Experienced Community Professionals

Fee: FREE

Date: 3rd Mon Sep 21, Oct 19, Nov 15

Time: 1:30 - 2:30 pm

Link: GoToMeeting

Advance Directives

Date: Mon, Sep 21 (354117-03)
Link: Program ID will be emailed

Self-Care
Date: Mon, Oct 19 (354117-04)
Link: Program ID will be emailed

Caregiving During the Holidays
Date: Mon, Nov 16 (354117-08)
Link: Program ID will be emailed

COMPUTER CLASSES WITH FREE LAPTOP

Enhance your computer skills and get a free laptop by completing virtual classes for beginners. Learn the basics and practice how to use computers with our experienced instructors. We will cover saving and organizing document files, office programs - including word processing, the Internet, and social media. Open to seniors who do not have access to a working home computer. This program is co-sponsored with Kramden Institute. Space limited to 15 participants per center. Apply immediately by filling out the survey over the phone by calling either center, Passmore, 919-245-2015, or Seymour, 919-968-2070, by Fri, Aug 28. Max: 15 per Center

Instructor: Marshall Burkes, Technology Education Manager

Fee: FREE

Date/Time : To be determined by instructor once eligibility for the class is verified and a computer will be mailed to you.

CONTAINER GARDENING FOR BEGINNERS

Learn how to beautify your porch, patio, or walkway with beautiful flowers throughout the summer. This class will teach you how to avoid using too much potting soil and how to design and arrange flowers to create a special look. Program will be led by Master Gardener, Patty Meehan.

Date: Anytime

Time: Anytime

YouTube : Click link to watch <https://youtu.be/nmkB1R0DSs4>

CREATIVE CONVERSATIONS via THE CLOUD

Join Dr Ho, conversation moderator, for 6 weeks of interesting conversations that are inevitable. Fellow Anne Basting, TimeSlips is an international network of artists and caregivers committed to bringing joy to late life. This social outlet will enable you to think and converse differently, openly and confidently. You will find this setting comfortable, inspiring and enjoyable as you share your response to the beautiful question posed by the group leader with your peers. **All participants will receive questions, link and other information via registration. Space is limited to 10.**

Register: 919-968-2070

Dates: Mon, Sep 14 - Oct 19 (333087-01)

Time: 10 am (for 35 - 40 min)

Link: Zoom link will be emailed

DEMENTIA - LET'S TALK ABOUT IT

Join OCoA's dementia care specialists for a conversation around topics related to dementia education, living with cognitive change, and being a dementia caregiver. We will provide 15 - 30 min of education at the start of the hour, and the remaining time will be spent in conversation, Q&A, and resource-sharing around the day's topic. **Grab your preferred morning beverage and join us!**

Register: 1 week before at 919-245-4279 or MDagger@orangecountync.gov

Fee: FREE

Dates: 1st & 3rd Tuesdays (350002-01)

Time: 10:15 - 11:15 am

- Tue, Sep 1 What is Dementia?
- Tue, Sep 15 Caregiver Self Care
- Tue, Oct 6 10 Ways to Care for Your Brain
- Tue, Oct 20 Delirium
- Tue, Nov 3 Know the 10 Signs
- Tue, Nov 17 Holidays with Dementia

Link: Program ID will be emailed

DISCOVERING OUR PERSONALITY STYLE THROUGH TRUE COLORS

Every person has a different and unique personality. However, there are also commonalities we share. True Colors attempts to identify various personality styles and label them with colors.

Based on many years of work by researchers and psychologists, this exciting exercise will facilitate deeper communications and understanding of relationships and interactions in life. Min: 10/ Max: 20
You will enjoy this class with a fun and energetic instructor.

Instructor: Alison Smith.

Register by: Calling 919-968-2070

Fee: FREE

Date: Tue, Oct 6 (323119-03)

Time: 10 am

Link: Program ID will be emailed

HOME FIRE SAFETY FOR SENIORS - VIRTUAL CLASS

Older adults are twice as likely to be harmed or injured by fires compared to the population at large. This free online class focuses on home fire-safety risks that seniors may face, and provides education and solutions to promote independent living. Hosted by the Chapel Hill Fire Department: Emily N Powell, CFPS, Fire and Life Safety Educator & Inspector I. Class will conclude with a question and answer session to address individual's concerns. Min: 5/Max: 20.

Register by: Aug 19 - 919-968-2070

Fee: FREE

Date: Wed, Oct 21 (342205-05, 06)

Time: 2 pm

Link: Program ID will be emailed

HOME SAFETY CHAT

Join occupational therapist, Marie Dagger, for 30 minutes of education and Q&A about staying safe at home. Bring your questions related to the day's topic!

Register: 1 week before at 919-245-4279 or MDagger@orangecountync.gov

Fee: FREE

Dates: 2nd and 4th Tuesdays (no meeting Sep 8) (342205-04)

Times: 10 - 10:30 am

- Tue, Sep 22 Grab Bars
- Tue, Oct 13 Medical Alert Systems
- Tue, Oct 27 Ramps
- Tue, Nov 10 Recovering After a Fall
- Tue, Nov 24 Lighting

Link: Program ID will be emailed

INTERACTIVE RESPIRATOR MASK CLASS

It has been determined that COVID-19 can spread in small particles people exhaled and they stay suspended in the air for a long time. Six feet distancing and cloth masks may help, but cannot completely eliminate the risk of disease transmission. The gold standard for preventing spread of this virus is the N95 respirator mask which is not widely available to the public, at this time. Join Dr Kenneth Wilson, Professor of Medicine, Infectious Disease Specialist with Duke, for a step by step on how to make a respirator that performs similar to an N95. Kits will be provided and participants should pick up kit at the Seymour Center on Mon, Oct 5 or Wed, Oct 7 from 10:30 am -1:30 pm. Participants will need to have scissors such as one would use in sewing and a yard stick. Class be divided into 3 sessions to complete Min: 5/Max: 10

Register by: Calling 919-968-2070

Instructor: Dr Kenneth Wilson

Fee: \$12 for the kit

Date: Tue, Oct 13 Wed, Oct 14; Thu, Oct 15 (344093-01)

Time: 2 pm

Link: Program ID will be emailed

INTRODUCTORY PSYCHOLOGY CLASS

This course provides a description of different parts of the brain and their importance in human function. The class will emphasize current and past research that has been done in psychology to show cutting edge discoveries that have been made in the field. Topics include: different portions of the brain and their roles, how different parts of the body send communication signals to the brain, how the brain's memory system works and how it can be improved, neuron firing, and different technologies used in modern psychology research. We will finish by discussing how psychological research can be practically used in our lives to improve our memories, concentrations, and more. Min: 5/Max: 30

Register by: One week before program

Presenter: Michael Friedman, Neuroscience major at Washington Univ in St Louis

Fee: FREE

Date: Tue, Aug 4 - 25 (254056-01)

Time: 1 - 2:30 pm

Link: Program ID will be emailed

LAST WISHES & HOW TO PREPARE - VIRTUAL CLASS

Ever thought about your final wishes' expenses? How to leave a Legacy? Learn how to prepare the last wishes, including wills and legacy placement, with Instructor, Jan Pong MBA, and Humayun Talukder FSCP, LUTCF, TransAmerica Agency Network Associates. Seminar will include Q & A. One on one virtual consultation will be available as needed. Max: 20

Register by: Call 919-968-2070 by Wed, Sep 16 for program on Sep 23; by Oct 14 for program on Oct 21

Fee: FREE

Date: Wed, Sept 23; Oct 21 (323771-05,06)

Time: 3 - 4 pm

Link: Program ID will be emailed

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. Join us virtually for this presentation. After the presentation, continue staying engaged in discussion. Min: 15/Max: 35

Register by: Thu, Nov 5

Speaker: Sheldon "Shelly" Bleiweiss, Holocaust Speakers Bureau

Fee: FREE

Date: Thu, Nov 12 (353112-04)

Time: 11:30 am - 1 pm

Link: Program ID will be emailed

A Holocaust Love Story

Shelly Bleiweiss, Child of Holocaust Survivors, will share his parents' story of how they met, fell in love, and survived the Holocaust in the open using fake identities. Shelly will talk about growing up in the Shadow of the Holocaust, and the lessons learned from the Holocaust that are applicable today.

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 virtually in a laidback yet informative environment including a 15 - 30 min video/talk and follow up discussions. Min: 5/Max: 25

Register: 1 week before each session

Facilitator: Meghan Rushing

Fee: FREE

Dates: Tue, Sep 15; Oct 20; Nov 17 (254038-09, 10, 11)

Time: 2 - 3 pm

Link: Will be emailed before class

Tue, Sep 15 - How Menopause Affects the Brain- Lisa Mosconi

Neuroscientist Lisa Mosconi studies the brain of living patients with cutting edge brain-imaging technology. She discussed the many symptoms of menopause—hot flashes, night sweats, insomnia, memory lapses, depression and anxiety—start in the brain. How exactly does menopause impact cognitive help? Sharing groundbreaking findings from her research she reveals how decreasing hormonal levels affect brain aging -- and shares simple lifestyle changes you can make to support lifelong brain health.

Tue, Oct 20 - We Don't "Move On" From Grief. We Move Forward With It - Nora McInerney

In a talk that's by turns heartbreaking and hilarious, writer and podcaster Nora McInerney shares her hard-earned wisdom about life and death. Her candid approach to something that will, let's face it, affect us all, is as liberating as it is gut-wrenching. Most powerfully, she encourages us to shift how we approach grief. "A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on."

Tue, Nov 17 - What If Gentrification Was About Healing Communities Instead of Displacing Them? - Liz Ogbu

Liz Ogbu is an architect who works on spatial justice: the idea that justice has a geography and that the equitable distribution of resources and services is a human right. In San Francisco, she's questioning the all too familiar story of gentrification: that poor people will be pushed out by development and progress. "Why is it that we treat culture erasure and economic displacement as inevitable?" she asks, calling on developers, architects and policymakers to instead "make a commitment to build people's capacity to stay in their homes, to stay in their communities, to stay where they feel whole."

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 virtually including a 15 minute video/talk and follow up discussions. Max: 10

Register by: Calling 919-968-2070

Facilitator: Emily Gordon / Lisa Meinert

Fee: FREE

Date: 3rd Mon, Sep 21; Oct 19; Nov 16 (353020-05, 06, 07)

Time: 3 - 4 pm

Link: Contact Lisa Meinert to receive GoToMeeting link at Lmeinert@orangecountync.gov, or 919-245-4251

Mon, Sep 21 - What Happened When We Paired Up Thousands of Strangers to Talk Politics

In spring 2019, more than 17,000 Europeans from 33 countries signed up to have a political argument with a complete stranger. They were part of "Europe Talks," a project that organizes one-on-one conversations between people who disagree -- sort of like a Tinder for politics. Editor Jochen Wegner shares the unexpected things that happened when people met up to talk -- and shows how face-to-face discussions could get a divided world to rethink itself.

Mon, Oct 19 -How We Can Face the Future Without Fear Together

It's a fateful moment in history. We've seen divisive elections, divided societies and the growth of extremism -- all fueled by anxiety and uncertainty. "Is there something we can do, each of us, to be able to face the future without fear?" asks Rabbi Lord Jonathan Sacks. In this electrifying talk, the spiritual leader gives us three specific ways we can move from the politics of "me" to the politics of "all of us, together."

Mon, Nov 16 - You are Fluent in this Language (and don't even know it)

Without realizing it, we're fluent in the language of pictures, says illustrator Christoph Niemann. In a charming talk packed with witty, whimsical drawings, Niemann takes us on a hilarious visual tour that shows how artists tap into our emotions and minds -- all without words.

THE LOCAL REPORTER --A NEW NEWS SOURCE IN OUR COMMUNITY

Our community needs a community newspaper -- and hasn't had a real one in years. The Local Reporter is trying to fill that gap. We'll explain how The Local Reporter came to be, what it does, what it can do, and how you can help it get there. **Join this interesting discussion on a Zoom to learn more,** enjoy great discussion and Q& A. You may also visit our web page at <http://thelocalreporter.press>. Min: 7/Max: 50. Register by calling 919-968-2070. If you have questions you may contact instructor, Neil Offen at 919-428-3175. You will receive a link via email prior to class.

Register by : Thu, Oct 8

Instructor : Neil Offen

Fee: FREE

Date: Thu, Oct 15 (323108-02)

Time: 9:30 - 1:30 am

Link: Program ID will be emailed

WISDOM COMMUNITY

Kathryn Helene is a retired workplace teacher and the author of The Wisdom of Mom. For this 30 min program available via ZOOM every Thu at 11 am, Kathryn will share excerpts from her book and lead a discussion among ZOOM attendees. Participants will have the opportunity to speak about their own words they live by or include proverbs or sayings they feel are important to their lives.

Topics are as Follows:

- "Words We Live By"
- "Favorite Foods"

- "The Perils of Aging"
- "Boomer Advice to Millennials and Zs"

Register by: Calling 919-968-2070

Leader: Kathryn Helene

Fee: FREE

Date: Thu, Oct 8, 15, 22, 29 (353079-01)

Time: 11 am

Link: Participants will receive Zoom ID and passcode via email before Thu, Oct 8.

WHOLMMOVIES

Wholmmovies is a video production project of Carroll and Jay Enterkin that seeks to produce quality informative and entertaining videos. The Enterkins will be creating new videos covering a wide range of topics, including local history, cycling, hobbies, true crime and much more. Current series include: **"The Story of Efland and Cedar Grove, NC"** sharing the history of these two small, but historic communities; and **"Cycling Country Roads"** ride along with the Carroll and Jay as they explore backroads, byways, greenways and more by bicycle.

Date: Anytime

Time: Anytime

- **Cycling Country Roads - Ride One - The Barn Loop in beautiful and historic Efland and Cedar Grove, NC** <https://www.youtube.com/watch?v=0F1bQScIfPA>
- **Cycling Country Roads - Ride Two - The Quick Loop - Featuring Buddy the (almost) talking donkey!** <https://www.youtube.com/watch?v=Qu6G3riikvY&t=4s>
- **The Story of Efland and Cedar Grove Episode 1 - Focusing on the Cross Roads on Route 70** <https://www.youtube.com/watch?v=pp2kpw2awgA&t=1s>
- **The Story of Efland and Cedar Grove - Episode Two - A Brief Historical Overview of Efland** <https://youtu.be/WeFNkvbOiG8>