

# SENIOR TIMES

News and Activities for Orange County's Older Adults

**IMPORTANT: Both the Passmore and Seymour Centers are ONLY OPEN for individual services. No Indoor Group Events are Being Held Until Further Notice.**

Look Inside for the Many Virtual Programs and Classes Being Offered. Note: Virtual Offerings are available on [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) Click on the Various Program and Class Links

Look Inside for Voting Information Note: Early Voting will be available at the Seymour Center Thursday, Oct 15 – Saturday, Oct 31 (no Sundays) Call 919-968-2070 for Hours. Curbside Voting Available



Passmore Center 919-245-2015



Aging Helpline: 919-968-2087



Seymour Center 919-968-2070

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Visit us at [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) or [facebook.com/OrangeCountyDepartmentonAging](https://facebook.com/OrangeCountyDepartmentonAging)  
 To join the bi-monthly listserv, email [bshuford@orangecountync.gov](mailto:bshuford@orangecountync.gov) and request to join the list.  
 This is a great way to stay up-to-date on what is happening at the Centers.

## *from the Director*

By the time you read this column we will be well past 150 days of dealing with the COVID-19 pandemic. I thought for sure that we would resume group activities at our Centers in the Fall, but unfortunately that is not happening. We are working hard to make the right decisions for our community. I am so proud of the staff and volunteers who have helped us keep the services running even during these difficult times. It is an honor to work alongside them. We continue to make a difference in people's lives every day. Even though the doors are not open to group activities, the Centers are still the hub for many services. We are serving over 850 meals per week curbside at the Centers. If you haven't participated in this program in the past we still have capacity to serve more meals thanks to additional Federal and State funding. The cars line up daily at the Centers and this provides an opportunity for you to see your friends from the safety of your car. And who knows, you might even be lucky to hear some live music while you are waiting to pick up your meal. Our programming team, some of the most creative people I know, have created a catalogue of virtual programs that will keep you entertained, inspired, creative, and will help you remain active, all while quarantined and socially distanced at home. We have always been a department that is innovative, so throw us into a pandemic and it just inspires us even more to find new ways to continue to serve the older adults of Orange County. We know there are many caregivers in our community and the pandemic is adding more stress to your everyday lives. Please know that our staff is here to serve you. Many of our support groups have transitioned to a virtual environment. Although this is not ideal, it is helping many of our caregivers through these tough times. Let's not forget that we can still use old technology called "the phone" to keep in touch. Our telephone reassurance program has increased over 200%, since COVID began. Our Friend- to- Friend program is also utilizing the phone, since we can't visit in your home.

We know it is going to be a long and winding road to recovery after this pandemic. There is no returning to normal. We now know there are many new and different ways to serve our community. We know that social isolation is a real issue and it is now getting the attention that it deserves. We also know there are racial equity and social justice issues that need more of our attention. I challenge all of us to keep moving forward; remain encouraged and share your ideas with us as we continue to adapt to serve the older adults of Orange County.

As always I love hearing from you. I hope that you and your families are staying well.

**Sincerely,  
Janice Tyler**

Director, Orange County Department on Aging  
[jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

## *from the Editor*

We miss you at the OC Senior Centers and will continue to miss having you in our facilities enjoying and participating in all the programs and services we offer! We hope you can join us for one of our virtual programs where we might get a glimpse of you or even speak to you over the phone as the virtual platforms we use also have a telephone component where you may call in and participate even if you do not have a computer. We will also be having a few events in the parking lot where we can have fun and still practice social distancing, or for one-on-one appointments for a service. Remember to wear your face covering. I can hardly believe that by the time you read this, we will have been 5 months since we limited our operations to curbside delivery of the meal program to 3 days per week and stopped all onsite senior center programming due to the Coronavirus pandemic. Although we have continued with one-on-one individual appointments and services, we have seen only a few of you on a regular basis as you come by and pick-up the meal on M, W, F. Unfortunately, in order to keep everyone as safe as possible, we will not be opening for group indoor programs/activities until later this fall or until 2021. No one wants you back more than the staff.

Please look through this new layout of the Senior Times. Based on feedback from staff and participants, we've reorganized the inside content – the front section will have new information about services and programs; the middle is the schedule with our Virtual and New Programs pulled to the front of each programming type, i.e. Art, Crafts, Educational Opportunities, etc. and Future Programs following afterward in each relevant section; and the back section will have reminders about our other available services. Let us know what you think.

I look forward to seeing you virtually at the centers for your individual appointments and your feedback and programming ideas for the future. Please feel free to send me an email or give me a call to connect. Take Care and Stay Well until it is safe for us to be together.

**Sincerely,  
Myra Austin**

Senior Centers Administrator  
Orange County Department on Aging  
Senior Times Managing Editor  
[maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

## You'll Want to Know

**IMPORTANT: Both the Passmore and Seymour Centers are ONLY OPEN for individual services by appointment. No Indoor Group Events are Being Held Until Further Notice**

Virtual Offerings are available on [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)  
Click on the Various Program and Class Links

### Early Voting Information

**Note:** Early Voting will be available at the Seymour Center  
**Thursday, Oct 15 – Saturday, Oct 31** (no Sundays)  
Call 919-968-2070 for Hours  
**Curbside Voting:** Available for People Who are Disabled

### Remember to Check-In at the Centers' Kiosks if you come for an individual Appointment

As a registered user of the Senior Centers, you should have a key fob and every day you come in for activities, you should "check-in". Don't have a key fob? Then check in at the front desk, and one will be assigned to you.

### Senior Times is on the Web

For the current issue of Senior Times online, go to our web site: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) Click on the Senior Times link on the left side of the Department on Aging's Home page. You will need Adobe Flashplayer 9. On-line registration is available for programs.



**Facebook – the Department on Aging page is on [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging)** and also has a new revamped website, [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) Check them out and become a Facebook Friend!

### Join the Senior Centers' Email List

To add your address to the list, e-mail Beverly Shuford at [bshuford@orangecountync.gov](mailto:bshuford@orangecountync.gov) Information is sent out approximately every two weeks.

### OC Alerts – Be Prepared Ahead of a Storm

**Want a Warning Call ahead of a Storm? Sign up for OC ALERTS.** To complete your free registration, visit [www.readyorange.org](http://www.readyorange.org) website and click on "OC ALERTS". If you need help with completion of the notification system, staff at the Orange County Aging Helpline, 919-968-2087, will be able to assist you. **To find out if the Passmore Center, 919-245-2015 or the Seymour Center, 919-968-2070 will be open after a storm – call the front desk after 8 am.**

**The Orange County Community Resource Guide** lists local services and resources for older adults and their families. Search or download the Guide: [orangecountync.gov/Aging/ResourceGuide](http://orangecountync.gov/Aging/ResourceGuide)

### Rules of Personal Conduct at the Senior Centers

In an effort to be more respectful to all our centers' users, we have Rules of Personal Conduct. "It is the policy of **ALL** Orange County Senior Centers that all participants respect the personal and professional boundaries of one another—this means treating all other participants, volunteers and staff with respect at all times." This statement is only a portion of the Rules of Personal Conduct at the Senior Centers. Please stop by the front desk to sign or re-new your registration form which includes the revised Rules of Personal Conduct. These rules are posted in every room of each center.

### Instructors Needed

Do you have a craft or a skill you would like to share and teach others? If you are interested in sharing your talents, please call or email the Passmore Center's Operations Manager, Terry Colville, 919-245-2016, [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov) and for the Seymour Center, Cydnee Sims, 919-245-4250, [csims@orangecountync.gov](mailto:csims@orangecountync.gov).

### Registration for Programs Required

You should register for all programs and classes in advance – both FREE, and those with a fee. Classes and events may become filled, or cancelled if minimum numbers are not reached. Don't be left out!

### Senior Center Surveys

Participants should take the opportunity to evaluate the Senior Centers' programs and participate in the interest survey. Forms are also available on the website, [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

### Check Out Our Senior Page in the News & Observer Newspaper- Orange County.

We have a senior page in the Orange County issue of the N & O on Sundays, Sep 27 and Oct 25 with information on some of the upcoming month's events.

### Program Symbols:

♥ = Might be enjoyed by people with cognitive impairment, together with a caregiver

IG = Intergenerational program

🏳️ = LGBTQ Affirming Group or Event

📺 = Virtual and New Programs

FP = Future Programming

# United States® Census 2020

## Census to Resume Operations in August

With much of the nation focused on the coronavirus and the upcoming Presidential election, the 2020 Census has fallen into the background. But the once a decade count of the American people has taken on even more importance in light of the once in a century (we hope) pandemic. Through July 8, almost 70 percent of households in Orange County had filled out their survey, the second-highest rate in the state. If you haven't responded, you don't have to wait for the Census taker. You can still respond online ([my2020census.gov](http://my2020census.gov)), via phone (844-330-2020) or by returning the paper form. The website and telephone service are available in a dozen languages. If you didn't receive a paper form or misplaced it, you can call and request one. When filling out the form, you must answer it with information that was correct as of April 1, 2020. If you had a baby born after April 1, he/she would not be included on the form. If you had a relative or housemate move out after April 1, include their information on your form as if they were still in the household. The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. They are also used to draw congressional and state legislative districts. The outbreak put all Census activities on hold in March, but the Census Bureau announced in June that it would resume field operations in late July and early August. Census takers are expected to begin visiting Orange County households that have not responded in early August. Census takers will have a Census ID badge and will wear a mask and practice social distancing. Census takers will not ask you for banking or credit card information. Census results help determine how money is allocated for grants that support teachers and special education, programs to support rural areas, to restore wildlife, to prevent child abuse, to prepare for wildfires, and to provide housing assistance for older adults. A complete count ensures that Orange County will receive its fair share of federal funding. If you haven't already responded, please do it now. It only takes 10 minutes, and your answers will impact Orange County, the municipalities, volunteer fire departments, school systems, and your Department on Aging for the next 10 years.

## How to Register for OCDOA Classes and Programs On-line

You can register for programs and classes of the OC Department on Aging on our website: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) and by clicking on the Register for Classes link (look in the green column on the left side of the web page)

Once you click on the link, it will take you to the page: <https://server4.orangecountync.gov/wbWSC/Webtrac.wsc/search.html> This leads to the RecTrac Activity Search page. Search an activity by Key Word Search or Activity Number (the activity number, 6 – 8 digits, is the one located in the Senior Times by many of the activities) In order to register from the RecTrac Activity Search page, you will need to either login with an account you created or create an account – look for information in the description under the Activity Search paragraph. If you are already registered in the RecTrac system (and you probably are if you've ever registered for something at either of the Orange County Senior Centers – Passmore Center, Hillsborough and Seymour Center, Chapel Hill) and haven't used WebTrac before, the initial password is the phone number you used to register. Links to additional Virtual Platforms:

GoToMeeting – [www.gotomeeting.com](http://www.gotomeeting.com)

Seymour Tech Computer Learning Center  
[www.seymourtechcenter.org](http://www.seymourtechcenter.org)

Webex – [www.webex.com](http://www.webex.com)

Zoom – [zoom.us](http://zoom.us)

If you need help, call the either the Passmore Center, 919-245-2015 or Seymour Center, 919-968-2070.

## NEW MEDICAL EQUIPMENT CONNECTIONS PROGRAM!

This NEW initiative seeks to connect residents who are hoping to donate and/or receive larger medical equipment items (like hospital beds, scooters, and lifts). If you are hoping to make a connection, reach out to occupational therapist, Marie Dagger, for more information: 919-245-4279 or [mdagger@orangecountync.gov](mailto:mdagger@orangecountync.gov).

*Note: We are continuing to accept and loan gently used smaller medical equipment items (like walkers, wheelchairs, and shower chairs) at both senior center locations. Please contact Marie for additional information.*

## BY ORDER OF ORANGE COUNTY Face Coverings **REQUIRED** in Public

Any person age 12 or older must wear a face covering at all times while in public settings.

### **Orange County has mandated the use of face coverings for most:**

- Customers, employees and other users of restaurants, grocery and retail stores
- While they are indoors.
- Occupants of public transportation vehicles.
- People in any other indoor or any outdoor situation where they cannot maintain a safe distance.
- 6-foot physical distance from others.

### **A face covering is not required:**

- For those who can't wear a face covering due to a medical or behavioral condition.
- For children under 12 years old.
- For restaurant customers while they are dining.
- In private offices.
- When complying with directions of law enforcement officers.
- In settings where it is not practical or feasible to wear a face covering when obtaining or rendering goods or services.
- For people whose religious beliefs prevent them from wearing a face covering.
- While with family or household members.

### **What is a face covering?**

A face covering includes anything that covers your nose and mouth, such as a mask, scarf or bandana. Make sure your cloth face covering:

- Fits snugly but comfortably against the side of your face
- Completely covers your nose and mouth

### **Do I need to practice social distancing if I wear a cloth face covering?**

Yes. Wearing a face covering does not take the place of other public health precautions like maintaining six feet of physical distance between yourself and others, washing your hands (or using hand sanitizer), and avoiding touching your face.

[www.orangecountync.gov/masks](http://www.orangecountync.gov/masks)

[www.orangecountync.gov/  
CubiertasFacialesREQUERIDAS](http://www.orangecountync.gov/CubiertasFacialesREQUERIDAS)

[www.orangecountync.gov/  
FaceCoveringsREQUIRED-Chinese](http://www.orangecountync.gov/FaceCoveringsREQUIRED-Chinese)

## NOW ACCEPTING NOMINATIONS FOR **2020 SHARP DIRECT CARE WORKER AWARDS – VIRTUAL**

Orange County Department on Aging and the Senior Health Advocacy and Resource Partners of Orange County (SHARP) will host the fifth annual SHARP Direct Care Worker Awards.

Nominations will be accepted until Fri, Sep 4. A virtual recognition ceremony will be held for award winners **Thu, Oct 22 from 4:30 – 6 pm.**

This event is in honor of Direct Care Workers (nurse aides, personal care aides, companion caregivers, etc) who affect their clients' lives on a daily basis and make a difference in the Orange County community.

Awards will be presented in the following categories: **Client Impact, Longevity, Leadership, Going the Extra Mile, and Rising Star.** One person will be chosen as the **"Direct Care Worker of the Year."**

For more information about the awards and to nominate a direct care worker, please visit [www.orangecountync.gov/249/SHARP-Awards](http://www.orangecountync.gov/249/SHARP-Awards) or call the Aging Helpline at 919-968-2087.

## Bathroom Safe?



TOM'S GRAB BARS &  
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Custom Handrails, Banisters  
and Wrought Iron Railings

MLK Blvd., Box 215, Chapel Hill, NC 27

**919-967-7355**

[tosbornester@gmail.com](mailto:tosbornester@gmail.com)

[www.tomograbbars.com](http://www.tomograbbars.com)

## VOTING BY MAIL

Any North Carolina registered voter may request and receive a *mail-in absentee ballot*. No special circumstance is needed. You may request your absentee ballot **NOW** for the November 3, 2020 Presidential Election!

**1. COMPLETE THE REQUIRED ABSENTEE BALLOT REQUEST FORM** A registered voter or their near relative or legal guardian must complete and sign the request form.

**2. RETURN THE REQUEST FORM** The voter or their near relative/legal guardian may deliver the signed request form in-person at their county board of elections, have it delivered by the U.S. Postal Service or other delivery service (DHL, FedEx or UPS), fax the form to 919-644-3318, or email the form to [vote@orangecountync.gov](mailto:vote@orangecountync.gov).

- The request form must be **received** by the county board of elections by 5 p.m. on the Tuesday before the election: **October 27, 2020** for the November 3, 2020 Presidential Election

**3. COMPLETE THE BALLOT** Once the county board of elections receives the request form, the voter is mailed their ballot. We begin mailing ballots September 4, 2020. The voter must vote their ballot in the presence of one witness, who must respect the voter's privacy. The voter and the witness must each complete and sign the return envelope.

**4. RETURN THE BALLOT** The voter or voter's near relative or legal guardian must return the voter's ballot in the container-return envelope in-person or by mail to the county board of elections by **5 p.m.** on Election Day, **November 3, 2020**. Returned ballots postmarked by Election Day and received within three business days will be considered timely.

If you have any questions or need assistance, please do not hesitate to give us a call at: 919-245-2350.

Absentee request forms may be mailed to:  
Orange County Board of Elections  
PO Box 220  
Hillsborough, NC 27278

Absentee request forms may be delivered in-person at:  
Orange County Board of Elections  
208 S. Cameron St.  
Hillsborough, NC 27278

Absentee request forms may be faxed to:  
919-644-3318

Absentee request forms may be emailed to:  
[vote@orangecountync.gov](mailto:vote@orangecountync.gov)

For up-to-date information on voting by mail and to access the required form, please visit:

<http://www.orangecountync.gov/1104/Absentee-Voting-By-Mail>

**Note: Early voting is available Thu, Oct 15 – Sat, Oct 31**



## Caregivers Summit

Caring for a loved one can be challenging and, at times, overwhelming. Caregivers understand they have a job to do as a full-time member of their loved one's care team and need resources to provide that care. This year's Caregivers Summit will be offered at no charge on October 22 as a virtual event hosted by Alzheimer's Association, Dementia Alliance of North Carolina, Transitions GuidingLights, and Transitions LifeCare. Registration, which is required so you can receive a link to the conference, will open in September. More information at <http://caregiverssummit.org>.

## Caregiver Month

November is National Family Caregiver Month (as we go to press the theme for 2020 has yet to be confirmed). It is a month where we take time to honor and recognize the more than 90 million people dedicating their time (often unpaid) to care for a family member in need. Since 1994, the Caregiver Action Network ([Caregiveraction.org](http://Caregiveraction.org)) has chosen a theme and nationally spearheads celebrations of NFC Month.

This year those celebrations may look a little different as we continue to physically distance. However, the Department on Aging and the Aging Transitions team is committed to serving family caregivers in Orange County now more than ever. Instead of a big Caregiver Day of Care at the Seymour Center this year – we are celebrating with an entire month of Caregiver Care activities that include guided meditations and virtual meet-ups (see page 52).

Further, we have been adapting and changing programs and services in an attempt to meet your needs during this time. This includes many virtual options like our new coffee chats and home safety chats; as well as old favorites like Memory Café, Care Partner Collaborative and Support Groups. We are also serving caregivers and their families navigating the respite process through our Options Counselling and respite support programs.

Our social workers, program coordinator, transportation coordinator and occupational therapist are here to support you and those you are caring for now and into the future. Please know that even if you feel overwhelmed, or don't know where to start, we are happy to listen and work with you to find solutions that fit you and your situation.

Wishing you peace, comfort and continued safety this National Family Caregiver Month – we look forward to connecting with you!

## Do You Help a Friend or Family Member With Any of These Tasks?

- Managing finances
- Providing emotional support/companionship
- Household chores
- Transportation for shopping, errands, medical appointments
- Relaying information to other family member or friends
- Providing supervision for safety and/or management of challenging behaviors
- Assistance with personal care needs (eg, dressing, bathing, bathroom help)

### We can help... AGING HELPLINE

For aging-related information and assistance, call 919-968-2087 or email [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov) to talk to a trained staff member Mon–Fri, 9 am–4 pm

### CAREGIVER SUPPORT GROUPS

Join other caregivers virtually for connection, tips and encouragement.

### CAREGIVER EDUCATION SERIES

Monthly virtual education series is designed to provide information to individuals providing care and support for a family member or friend. The program's goal is to strengthen their skills and resilience, and bolster the ability to nurture and support those for whom they care. Some of these education sessions are specifically designed to provide information about dementia to individuals with memory concerns - caregivers, family members, friends, and interested community members.

### 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 on the day's topic. Grab your preferred morning beverage and join us!

### HOME SAFETY CHATS & ASSESSMENTS

Join occupational therapist, Marie Dagger, for education and Q&A about staying safe at home.

### MEMORY CAFÉ

Virtual Social gatherings for people living with dementia and their care partners occur monthly in the community. Join in for fun, entertainment and peer support.

### OPTIONS COUNSELING

Meet with a social worker to discuss transitions for your loved one from their current home to a new one, or a higher level of care. Make a plan for these changes, looking at cost, location and personal preferences/limitations.

For more information, call the Aging Helpline today! **919-968-2087**

Go to our website:

**[orangecountync.gov/CaregiverSupport](http://orangecountync.gov/CaregiverSupport)** or email us: **[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)**

## Farmer's Market Nutrition Program Coupons

Did you know that you can support local farmers by shopping at farmers' markets? You'll find the freshest produce grown in NC right down the road from you! If you qualify for FMNP coupons, you can now double your market dollars. Chapel Hill, Carrboro and Eno River (in downtown Hillsborough) Farmers Markets all double your FMNP coupons with Double Bucks tokens. Visit the welcome table at the market to learn more about the Cash Match and Bring a Friend programs!

The Nutrition Program Coupons are distributed to qualifying OC residents age 60+ who participate in the lunch program with the Orange County Department on Aging. To learn more about either the Nutrition Program Coupons or the OC Senior Centers Lunch Program, contact Isabel Jackson, 919-245-4256 or [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

## Do You Have A RecTrac Keyfob?

It's needed for checking into both Centers for Individual Services

While we may not be open for group activities, when you come into both the Passmore and Seymour Centers for your scheduled service appointment (Fit Feet, Medicare Apt, Flu shots, etc), please scan your RecTrac keyfob card at the kiosk. If you do not have a keyfob, one will be issued at the front desk. When you register at the front desk, you are entered into our registration system, and will be given a keyfob.

If you previously registered, but do not have/or lost a keyfob, one will be re-issued to you.

## FAITH OUTREACH QUARTERLY BREAKFAST

### Social Isolation

The Department on Aging, together with UNC Health Care, and the Project EngAGE Faith Outreach Senior Resource Team, cordially invite all members of Orange County faith organizations, as well as anyone interested, to our next quarterly breakfast meeting (which will be virtual). We will be joined by Kim Lamon-Loperfido, Aging Transitions Administrator and Myra Austin, Senior Centers Administrator from Orange County Department on Aging. Kim and Myra will present valuable information and resources on how to combat social isolation during the COVID pandemic and how faith communities can support their congregants and caregivers.

The Faith Outreach initiative aims to connect Orange County's diverse faith communities, and to bring them essential information, education, and opportunities.

Contact Shenae McPherson, VC55+ Administrator, at 919-245-4243, or [shmcperson@orangecountync.gov](mailto:shmcperson@orangecountync.gov)

**Fee:** FREE

Mon, Sep 14 (323028-01)

9–11 am

**Please join meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/156483021>

You can also dial in using your phone.

646-749-3112

**Access Code:** 156-483-021

Technology assistance requests must be made by Mon, Aug 10. Contact Shenae McPherson at 919-245-4243 or [shmcperson@orangecountync.gov](mailto:shmcperson@orangecountync.gov)

### New to GoToMeeting?

Get the app now and be ready when your first meeting starts: <https://global.gotomeeting.com/install/127828013>

## NURSES NEEDED: FIT FEET PROGRAM

**URGENT NEED:** Due to "Nursing Shortage" we are unable to offer Fit Feet Clinic at this time. We are looking for RN's to join the program. We will begin serving clients once program is fully staffed. If you know of an RN who may be interested in joining our team, please contact Latonya Brown, 919-245-2070, or [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

## LUNCH AT THE CENTERS

The Passmore and the Seymour Centers serve lunch Mon, Wed, Fri at 12 noon curbside due to COVID-19. Each participant receives two meals per day. The Senior Lunch program is operated by the Orange County Department on Aging. People age 60+ are eligible to eat the daily lunches funded by the federal government's Older Americans Act, the Towns of Carrboro, Chapel Hill, Hillsborough, and the Orange County Department on Aging. Although there isn't a charge for the meals, **donations are an important part of the program.** For people under age 60, a meal costs \$6. Our caterer is the local restaurant, **Nantucket Café.** All the meals meet the requirements for people on low salt diets. Meals are served on a "First Come, First Served" basis. New participants need to complete a registration form.

### PASSMORE CENTER FUTURE PROGRAMMING

#### Tuesdays Tell All

This is the day to update your calendar for the next month. Announcements concerning upcoming programs for the month will be made by the staff.

#### Passmore Center

#### Birthday Party!

Each month Nantucket Café provides a sheet cake to honor participants born in that particular month. This is a special way to honor our participants! Register by: 1 week before each event

#### Passmore Center

1<sup>st</sup> Mondays (253004)

12 noon

### SEYMOUR CENTER VIRTUAL/NEW PROGRAMMING

#### BIRTHDAY CURBSIDE RECOGNITION

Look forward to a fun way to celebrate your peers with cheers. This is a special way to honor our participants born in Sept, Oct and Nov.

**Date:** 1<sup>st</sup> Mon of Month (except Sep due to holiday – Sep 14, Oct 5, Nov 2)

**Time:** 11:30 am

**Location:** Seymour Center Parking Lot

#### WEDNESDAYS' VIRTUAL BUZZ

Connect with Meghan Rushing on the 1<sup>st</sup> Wed of the month. Come find out what the entire virtual buzz is about! Be the first to be in the know what's happening at your local centers this Fall.

**Date:** 1<sup>st</sup> Wed of Month

**Time:** 10:30 am

**Link:**

[Facebook.com/OrangeCountyDepartmentOnAging](https://www.facebook.com/OrangeCountyDepartmentOnAging)

## EMPLOYMENT FOR THE MATURE JOB SEEKERS AND ENTREPRENEURS

Job Searching? Full-time or part-time?  
Working remotely or from home?

Looking for a job has changed. Today, you need a compelling resume and effective cover letter. You need to know that over two-thirds of all jobs are the result of productive networking. You need to guide your friends and contacts on how to best help you. You need to tell and show the results of your work – outcomes, accomplishments and achievements. You need to describe not only your ideal job, but also what work is acceptable to you. You need to know what you are worth – your value.

Mike Komives, Employment Specialist with Orange County Department On Aging can help. Mike joined the Department three years ago with 15 years of experience counseling job seekers ages 25+ to over 75 years of age. He co-created and teaches Job Search Strategies for Mature Professionals and LinkedIn classes for Durham Tech Community College, co-founded and facilitates the Jobs Network of St. Thomas More, presents Age Discrimination, Networking and Job Search Tips at local entities. He led development of the OC Mature Job Seekers Resource Guide, available online: <http://www.co.orange.nc.us/DocumentCenter/View/5128/OCDOA-Mature-Job-Seekers-Resource-Guide-FINAL?bidId=>

For more information, call Mike at 919-616-8778, or email [skomives@orangecountync.gov](mailto:skomives@orangecountync.gov)

### 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 people 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

**Time:** 10 am

**Join Zoom Meeting:** All registrants will receive Zoom ID and passcode via email before Oct 7

## SEPTEMBER IS SENIOR CENTER SURVEY MONTH

Help Us Help You by Completing a Survey!

Did you know that it's very important to give your feedback on our senior centers' programs, courses and classes? Feedback on our activities helps the staff develop better programs, and meets funding requirements. The surveys also show the impact our senior center programs have on participants' lives which may influence future funding.

To get feedback on all our program areas, we will collect the **Senior Center Surveys during the 2<sup>nd</sup> and 3<sup>rd</sup> weeks of September** for all our classes and programs, as well as during classes with a beginning and ending date. If you taking a virtual class one will either be emailed or mailed to you. If we fail to give you one, please ask for one by calling the front desk at other center. Surveys will be available on our website: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

*If you completed a survey in March, or since then, it's time to complete another one.*

### Ideas and Suggestions: Please Complete our Annual Interest Survey

Do you have new class ideas or suggestions for Orange County Senior Centers? We would love to hear from you! Please drop by your local Senior Center's front desk to pick up an Interest Survey, or go to [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) to complete it online. Please call the Passmore Center at 919-245-2015 or the Seymour Center at 919-968-2070 if you have any questions. We look forward to hearing from you.

## Care Partner Collaborative

A weekly online gathering where care partners can find social connection through simple conversation with each other. We envision building and supporting a strong and diverse community of local caregivers. Newcomers welcome!

This gathering, **Wednesdays online from 11 am to 12 pm**, is part of a collaborative project that relies on the input and participation of care partners. Through their active involvement, care partners gain connection, community, comfort and confidence for their journey ahead.

Registration is required. Please contact Lisa Meinert at [lmeinert@orangecountync.gov](mailto:lmeinert@orangecountync.gov) or 919-245-4251 to discuss eligibility details, and whether this is a good fit for you and the person you are caring for.

## Welcome to Medicare!

Are you turning 65, and eligible for Medicare? Do you feel overwhelmed by all the information “bombarding” you? Whether you are retiring soon, already retired or continuing to work, you’ll get valuable information including how and when to enroll, potential penalties for late enrollment, as well as Medicare’s costs, benefits and options. Get answers from an unbiased Medicare counselor certified by the NC Department of Insurance.

**Fee:** FREE

**All classes are held online via Zoom!**

**Call 919-245-4274, option 2 to Register.**

**Registered participants will receive an email with a Zoom link the day before the class.**

Tue, Sep 1	12 noon – 1:30 pm
Wed, Oct 7	6 – 7:30 pm
Thu, Nov 12	12 noon – 1:30 pm



## Medicare Myth Busters!

**What's True and What's Marketing?**

Medicare’s Open Enrollment Period is Thu, Oct 15 - Mon, Dec 7 for coverage in 2021. If you’re confused by all the commercials and advertisements, this is the class for you! Come and learn about:

- The difference between Medicare Supplement and Medicare Advantage Plans
- Whether there are really \$0 premium plans
- Why you should review options every year, even if you are happy with your plan
- And lots more!

**Fee:** FREE

**This class is held online via Zoom! Call 919-245-4274, option 2 to Register.**

**Registered participants will receive an email with a Zoom link the day before to the class.**

**Date/Time:** Tue, Oct 6 12 noon – 1:30 pm

## Mary Saved \$500 on her Medicare Costs.

### How Much Can You Save?

Did you know that Medicare Part D Drug Plans and Part C Advantage Plans change every year? **Your medication costs can increase significantly** if your plan changes their drug list and pricing as of Jan 1. Most people on Medicare **can only make changes to their plans during Medicare’s Open Enrollment Period: Thu, Oct 15 - Mon, Dec 7.**

**Make an appointment for a personal Annual Medicare Review** with a certified counselor from the NC Department of Insurance. Appointments are available via phone, video chat, or in-person at the Passmore Center in Hillsborough, and the Seymour Center in Chapel Hill. Schedule online at [www.orangecountync.gov/ocncSHIIP](http://www.orangecountync.gov/ocncSHIIP) or call 919-245-4274.

## GET HELP WITH MEDICATION COSTS

Do you pay more than \$8.95 for your prescription medications? Medicare beneficiaries with limited incomes and resources may be eligible for the Federal Extra Help Program. If your monthly income is less than \$1,595 (\$2,155 for a married couple living together) and you have limited savings, you may qualify. Meet with a Certified Medicare counselor by appointment. Call 919-245-4274 or visit our website: [www.orangecountync.gov/ocncSHIIP](http://www.orangecountync.gov/ocncSHIIP).

## MEDICARE QUESTIONS?

Do you or your loved ones have Medicare?  
**If you have questions, SHIIP can help.**

Make an Appointment at  
Passmore Center, Hillsborough, NC  
Seymour Center, Chapel Hill, NC  
919-245-4274 or [BIT.LY/OCNCSHIIP](http://BIT.LY/OCNCSHIIP)

NC SHIIP: 855.408.1212 (toll free)



## Volunteer Connect (VC55+)

### CALLING COMMUNITY VOLUNTEERS OF ALL AGES!

**IG** Are you looking for a substantive, fun, and meaningful opportunity? Our volunteer opportunities allow you to use, or develop leadership skills; socialize with like-minded peers, and make a huge difference! Let us help you find your ideal volunteer match! To become a volunteer, please contact Bobby Cobb, Volunteer Coordinator, at 919-245-4241. Volunteering possibilities are endless – below are just a few from which to choose!

### OPPORTUNITIES FOR YOU!

**Project EngAGE Senior Resource Teams (SRTs):** Seeking new participants to join our Senior Resource Teams (SRTs)! Each SRT is a small group of volunteers who meet monthly to address a specific topic area with their own unique projects, events, and initiatives. Team members are leaders accomplishing substantive community-driven work. The current SRTs are: Community Visitation, Falls Prevention, End of Life Choices, Senior Transportation, Neighborhood Connections, Faith Outreach, Caregiver Support, Mental Wellness, Long-term Care, Intergenerational, LGBTQ & Aging, and Policy & Advocacy. Contact us to learn more!

**Seymour & Passmore Center Assistance Teams:** As our centers prepare to provide more extensive individual services for our participants, the Senior Centers will need your help. Our primary goal is to ensure that all of our participants are safe and protected; this is where our volunteers can be a huge asset! As a volunteer you will work with center staff to assist participants with scanning in upon entry to the building and identifying program locations and resources. After being trained, you will be provided PPE equipment and you'll work with Center staff to set your hours for either Center. Your volunteer service will help make the Centers less overwhelming as we ensure safety and social distancing during COVID.

**Bi-Lingual (Karen/Burmese/Spanish) Volunteer Team:** The Seymour Center is seeking bilingual volunteers to assist: Karen, Burmese, and Spanish-speaking individuals with language-related services, such as translation, interpretation, class assistance, and outreach.

**Volunteer Drivers Team:** Volunteer Drivers are needed to provide safe and direct transportation for older adults who cannot access public transportation. Each driver chooses their available times, and receives training, support, program materials, and gas mileage reimbursement. An hour of your driving time can make a huge difference in someone's ability to remain independent!

### BECOME A VC55+ VOLUNTEER!

To find your ideal volunteer match, please call **Bobby Cobb, Volunteer Coordinator**, for an appointment or simply stop by! Be sure to check out our **Volunteer Opportunities Booklet**, available at both centers' front desks and on our website, for a complete listing of opportunities.

#### Passmore Center

Mondays & Thursdays  
Or by appointment  
Call: 919-245-4241

#### Seymour Center

Tuesdays, Wednesdays  
& Fridays  
Or by appointment  
Call: 919-245-4241

### VC55+ EVENTS

**For technology assistance for any VC55+ virtual program contact Shenae McPherson at 919-245-4243. Requests must be received no later than 2 days before event.**

### **V** **END OF LIFE AUTONOMY: MAKING CHOICES THAT ARE RIGHT FOR YOU**

End of Life Care can be a daunting task as we attempt to navigate and absorb all of the information. Join the Project EngAGE End of Life Choices Senior Resource Team as we proudly welcome Fran Schindler and her presentation on *Existential Angst and the Practicalities of "Getting Dead"*. Ms. Schindler will offer valuable information regarding end of life choices and making choices that honor your wishes.

**Fee:** FREE

Wed, Oct 14 (355001-02)

4 – 5:15 pm

GO\_TO Meeting Platform

**Please join meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/717060525>

**You can also dial in using your phone.**

312-757-3121

**Access Code:** 717-060-525



## Volunteer Connect (VC55+)

### **V** **END OF LIFE CARE PLANNING**

There is so much to consider when thinking of end of life care, that it can become overwhelming. Join our panelists as they provide information on, *The Conversation Project*, how to select a Health Care Power of Attorney, understanding the Standard Advance Directive form for North Carolina, and the Supplemental Advance Director for Dementia Care form. Together, we will learn valuable information that will assist in making well-informed decisions, and provide us with the tools to ensure that we convey what we really want at the end of our lives. This event is hosted by the Project EngAGE, End of Life Choices Senior Resource Team.

**Fee:** FREE

Mon, Nov 16 (355002-03) 4 – 5:15 pm

GO\_TO Meeting Platform

**Please join meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/678865637>

**You can also dial in using your phone.**

408-650-3123

**Access Code:** 678-865-637

### **1G** **STORY TIME ADVENTURE WITH LAW ENFORCEMENT**

Come on a magical journey with the Intergenerational SRT as members from our local law enforcement agencies perform *We're Going on a Bear Hunt* by Michael Rosen. Officers from Chapel Hill, Carrboro, and Hillsborough Police Departments along with Deputies from the Orange County Sheriff's Office will entertain you with story, music and laughter. Let's go on an adventure! (*Play will be viewed from family's vehicle to ensure social distancing practices*) Free hotdog meals available.

**Fee:** FREE

**Please RSVP by Monday Nov 2 with the Seymour Center Front Desk at 919-968-2070**

**Seymour Center** (344092-01)

Sat, Nov 7

12 noon – 2 pm



## Aging Help

Information & Assistance

# 919-968-2087

[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)



Orange County  
Department on Aging  
[orangecountync.gov/departments/aging](http://orangecountync.gov/departments/aging)

### **V** **VOLUNTARY STOPPING OF EATING AND DRINKING (VSED): A LITTLE KNOWN END OF LIFE OPTION**

As modern technology prolongs our lives, a life well-lived can often end with a long and painful struggle. Increasingly there are choices available about end-of-life options that afford greater personal control over the time and manner of death. A "good death" is more likely when medical practitioners and those supporting the dying person are more informed about these options. The Project EngAGE End of Life Choices Senior Resource Team proudly hosts Elliott and Susan Schaffer for a discussion of the medical, ethical and legal issues involving VSED, Voluntary Stopping of Eating and Drinking, a little known end of life option. They will share with us the end of life story of Susan's mother, Beatrice Belopolsky, a resident of a retirement community in New Jersey.

**Fee:** FREE

Tue, Sept 22 (355001-04)

4 – 5:15 pm

GO\_TO Meeting Platform

**Please join meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/646340357>

**You can also dial in using your phone.**

646-749-3122

**Access Code:** 646-340-357

### **V** **MAKING YOUR VOTE COUNT THIS FALL**

The Orange County Department on Aging and the Project EngAGE Policy and Advocacy Senior Resource Team invite the public to attend a virtual presentation, Voting Safely in the 2020 Election.

Make sure you make your voice heard and your vote count in the 2020 election! Join us on Thursday August 13 from 4 – 5:15 pm to hear a presentation from You Can Vote about how to safely vote this fall. The presentation will cover how to vote by mail, including the new rules about how to complete the absentee ballot request form and how to complete the absentee ballot. Information will be provided on how to find your sample ballot, check your voter registration, and tools to share with all eligible voters to successfully vote on November 3, 2020. You Can Vote is a nonpartisan voting rights group that works to educate and empower voters each year.

**Fee:** FREE

Thu, Aug 13 (323412-02)

4 – 5:15 pm

GO\_TO Meeting Platform

**Please join meeting from your computer, tablet or smartphone.**

<https://global.gotomeeting.com/join/911185093>

**You can also dial in using your phone.**

786-535-3211

**Access Code:** 911-185-093

## ATHLETIC ACTIVITIES & LESSONS

All of the following activities are FREE,  
unless otherwise noted.

### ACTIVITIES

#### BASKETBALL – WOMEN, INTERESTED?

Are you interested in joining a women's team of basketball? We are looking for women who want to play on a small team on an ongoing basis, and perhaps compete in Senior Games or just want to play on a regular basis.

We currently offer Basketball shooting times at multiple locations and times within the county. Please verify with the locations listed for current openings and availability for play. – See Below

If you are interested in finding other women who want to play basketball, please call 919-968-2070 and leave your name, best phone contact number, email address and best time to play together, morning, mid-day, afternoon, or evening and we'll get you all connected, so you can begin playing together

### FUTURE PROGRAMMING

#### FP BADMINTON

Enjoy a friendly game during our open play weekly sessions. Beginners are welcome. Racquets are available. Partner not needed.

##### Seymour Center

Tuesdays (351022)	6:30 – 9 pm
Wednesdays (351022)	7:30 – 9 pm
Saturdays (351022)	9 – 11:45 am

#### FP BASKETBALL

##### Community Center -Chapel Hill

Tuesdays & Thursdays 8 – 10:30 am

##### OC SportsPlex

Mon (tentative – pick up or league) 11 am – 1 pm

##### Northside Gym-Chapel Hill

Mondays 9 – 10 am

##### Seymour Center

Thursdays (357022) 5:30 – 7 pm

#### FP BILLIARDS

Bring a friend and enjoy shooting a round of pool - every day and almost any time.

##### Passmore Center

#### FP CORNHOLE

This activity is also known as bean bag toss, corn toss, baggo or bags. It is a lawn game in which players take turns throwing "corn kernel" bags at a raised platform with a hole in the far end. Bring a friend and let's toss some bags.

##### Passmore Center

Tuesdays (257036-01) 3 – 5:30 pm

#### FP HULA HOOPING

This is a time for people who like to hula hoop to have space to do some moving with music. There is no set instruction. Bring your own hula hoop if you have one. There are several to try at the center.

**Instructor:** Sharon Addison

**Fee:** FREE

##### Passmore Center

Tuesdays (open time without instructor) (251024-01)	8:30 – 9:30 am
Thursdays (with instructor) (251024-01)	8:30 – 9:30 am

#### FP PICKLEBALL

A combination of badminton and tennis, this sport is once again gaining popularity around the county. It is played with a whiffle ball on an indoor court. Equipment will be provided. Please contact the front desk to register.

##### Passmore Center

Mondays (251016-01)	5 – 8 pm
Wednesdays & Fridays (251016-03)	2 – 5 pm

##### OC SportsPlex

Wednesdays	1 – 4 pm
Fridays	9 am – 12 noon

#### FP PICKLEBALL FOR PARKINSON'S

Just drop by to try it out and contact the front desk to register.

##### Passmore Center

Mondays (257065-01)	3:30 – 5 pm
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#### FP TABLE TENNIS AT PASSMORE CENTER

All levels are welcome to join during this open play. You may bring your own paddles and balls, or use the equipment available at the Center.

##### Passmore Center

Thursdays (251008-01)	11 am – 1 pm
Fridays (251008-01)	8 – 11 am

#### FP WALKING – INDOORS

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough

**Fee:** FREE

##### Central Recreation Center Gym

Mon – Fri 8 – 10 am

**Availability to be determined**

#### FP WALKING – INDOORS

Walk in the Passmore Center with friends.

**Fee:** FREE

##### Passmore Center

Tuesdays (25000-01)	
OC SportsPlex	
Mon – Fri	8 – 9 am

**FP WALKING – OUTDOORS**

Fast-paced walking group walks on trails and through wooded areas, weather permitting. Need to be agile on your feet. Bring a friend and/or walking stick. Call to be added to the list. Group leader needed.

**Passmore Center**

Tuesdays (250002-01) 10 – 11 am

**Seymour Center**

Tuesdays (350000) 8:30 – 9:30 am

**OC SportsPlex**

Mon – Fri 8 – 9 am

## ART CLASSES

**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.

## VIRTUAL and NEW PROGRAMMING

### ART COMPOSITION VIRTUAL CLASS

The success of your original art depends heavily on your compositional skills. We'll begin by learning the specific principles of composition; and this class will give you a bundle of hands-on experiences using different materials and creative tricks. I plan to give you feedback on your projects as we work together. You will not complete any finished painting, but you will be bubbling with ideas for your future creations. Who knew that learning composition skills could be this much creative fun! Min 4/Max 10

**Instructor:** Carol Fynn, certified master teacher and a professional watercolor artist

**Material List:** Minimum of 5 Strathmore watercolor greeting cards, Watercolor paints, an assortment of several paint brushes, 2 or 3 sheets of cheap watercolor paper about 8" X 11", scissors, paper glue, water container, pencil, eraser, ballpoint pen or a Micron black pen with a small tip or an extra fine sharpie, clear packing tape (about 2" wide, or strips of ordinary scotch tape can do), construction paper (2 black, 5 white, 2 gray, 2 of another color), few sheets of ordinary (copy/typing) paper, 2+ old magazines, camera and access to a copy machine is helpful.

Register: 919-968-2070

**Fee:** \$65

**Date:** Wed, Sep 16 – Oct 21 (354124-01)

**Time:** 9-11 am

**Link:** You must use a laptop or computer for this class. A computer camera is needed for instructor feedback. Contact instructor at [carolefynn@gmail.com](mailto:carolefynn@gmail.com) to get Zoom Link before the start of class once you've registered.

### DRAWING 101 – INTRODUCTION TO DRAWING

Drawing is a way of seeing and communicating. Develop your own personal eye and language as you discover principles of observation, shading, and mark-making. Each session focuses on a specific strategy and includes demonstration, practice, and individual and group critique.

We will provide a list of materials and where they can be purchased before the class session starts. Min. 5/Max 10

**Instructor:** Robin Brown

Register by: Sep 1

**Fee:** \$40

**Date:** Tuesdays, Sep 8, 14, 21, 28 (354012-01)

**Time:** 1:30 – 3 pm

**Link:** Program ID will be emailed

### DRAWING 101 – INTRODUCTION TO DRAWING LANDSCAPES WITH WATERCOLOR PENCILS

If you are new to drawing with watercolor pencils, you will learn a lot about this fun and accessible medium in this class! Each lesson for the week will help you understand your watercolor pencils, and learn creative ways to use them! This class will cover a wide variety of applications and blending techniques, including shading and color theory. Students will create their own reference book to save as reminders of techniques that may have forgotten and need something to fall back on – bringing techniques back to life again! We will provide a list of materials and where they can be purchased before the class session starts. Min 5/Max 10

**Instructor:** Robin Brown

Register by: Sep 29

**Fee:** \$40

**Date:** Tuesdays, Oct 6, 13, 20, 27 (354012-02)

**Time:** 1:30-3 pm

**Link:** Program ID will be emailed

### INTRODUCTION TO ZENTANGLE CLASS: ONLINE COURSE WITH ZOOM PLATFORM

In this class, you'll learn the history and philosophy of the Zentangle art method. You'll learn how to draw at least 8 tangles (patterns), along with some basic shading techniques. You can learn in the comfort of your own home! Supplies needed: Black Micron 01 pen, Pencil, Tortillion (blending tool), Good drawing paper. (Can be cut into 3.5" squares)

**Instructor:** Cathy Boytos

Register: Call 919-968-2070

**Fee:** \$30

**Date:** Sep 14 (324008-02)

**Time:** 1 – 3 pm

**Link:** Program ID will be emailed - please email the instructor at [cathyboytos@gmail.com](mailto:cathyboytos@gmail.com) for zoom log-in info

### THE ART OF COLORING!

Coloring isn't just for kids anymore! Coloring for adults have become very popular over the years, and the explosion of adult coloring books in every genre has made it an even easier therapeutic pastime to explore during stressful times. Learn the art of coloring in adult coloring books. In the class we will learn various coloring techniques using colored pencils, markers and even crayons. Come color with me! We will provide a list of materials and where they can be purchased before the class session starts. Min 5/Max 10

**Instructor:** Robin Brown

Register by: Oct 27

**Fee:** \$40

**Date:** Tuesdays – Nov 3, 10, 17, 24 (354012-031)

**Time:** 1:30 – 3 pm

**Link:** Program ID will be emailed

## FUTURE PROGRAMMING

### FP ACRYLIC PAINTING CLASS – BEGINNERS

Join artist Dan Eubanks and learn to paint with acrylics. You will learn about color application and blending as well as working with the back, middle, and foreground of your painting. You don't need to be able to draw to learn how to paint and create beautiful artwork. Contact the front desk at 919-245-2015 for a list of supplies.

Register by: 1 week before each session

**Instructor:** Dan Eubanks

**Fee:** \$40 per session

**Passmore Center**

Tuesdays

2 – 3:30 pm

### FP CHINESE BRUSH PAINTING

This is a traditional art form showing the beauty of nature's simplicity and complexity through ink and color. Students will learn to paint flowers, birds, landscapes and animals with individualized help. Both beginners and experienced artists welcome. **Required Materials List: Available at the front desk.** Class Min: 2/Max: 10

Register by: 1 week before each session.

**Instructor:** Jinxiu Alice Zhao is a professional artist who has taught Chinese Brush Painting for over 25 years.

**Fee:** \$120 for 8 week session

**Seymour Center**

### FP CHINESE CALLIGRAPHY CLASS

Chinese calligraphy is an Oriental art. It uses Chinese characters to communicate the spiritual world of the artist. Just as a thousand persons will have unique faces, there will also be as many differences in handwriting. With a history of over 4,000 years, the art of calligraphy is rich and profound and has attracted the attention of artists all over the world. Join us to learn and have fun! Class Min: 4/Max: 10

**Instructor:** Mrs Ling-Chih Hsu

**Fee:** FREE

**Seymour Center**

### FP WATERCOLOR - ADVANCED

Since this is an advanced level class, the instructor determines admission to class. Contact the center for additional information. Class Max: 10

Register by: 1 week before session

**Instructor:** Luna Lee Ray

**Passmore Center**

Thursdays

1:30 – 3:30 pm

### FP WATERCOLOR PAINTING - BEGINNING

Course introduces students to watercolor painting. Basic brush strokes, background washes and techniques will be taught. The use of a sponge and brushes for spattering to create a textural effect will be taught and used. Students supply all tools and materials. Tools and material list will be given at first class along with a demonstration of their uses. Register by: 1 week before each session

**Instructor:** Joan Cecil

**Passmore Center**

Mondays

5:30 – 7:30 pm

### FP WATERCOLOR PAINTING – INTERMEDIATE

More advanced composition and techniques are taught. There will be demonstrations and instructions for each painting, or students can use their own composition and help will be available. At the end of each class there will be a discussion on each students work. Must have taken a basic watercolor class before this class.

Register by: 1 week before each session

**Instructor:** Joan Cecil

**Fee:** \$50

**Passmore Center**

Thursdays

5:30 – 7:30 pm

## CRAFT CLASSES

**Classes must be registered for in advance** by calling the **Passmore Center** in Hillsborough at 919-245-2015 or the **Seymour Center** in Chapel Hill at 919-968-2070. Fee waivers/reductions are available based on assessed financial need for all classes/programs for Orange County residents.

## VIRTUAL and NEW PROGRAMMING

### V COLLAGE - VIRTUAL APPROACH

Join amazingly talented artist Robin Greenberg and her sidekick Facility Manager Robin Bailin for a virtual class on making a collage. Start collecting old magazine pictures, interesting paper, etc and tear out designs in different shapes and colors. You will need glue and a piece of cardboard, wood canvas. You can also add paint and small objects to your new work of art. Class Min: 4/ Max 10.

Register by: Thu, Oct 1 at 919-968-2070

**Instructors:** Robin Greenberg and Robin Bailin

**Date:** Thu, Oct 8 (334033-01)

**Time:** 1 – 3 pm

**Link:** Program ID will be emailed

### V CREATIVE CRAFTS WITH HELEN

Creative Crafts will offer six fun projects that will be easy to learn and design. Register at 919-968-2070 and pay for classes in full by Mon, Sep 7. Space limited. Class Min: 5/ Max: 12. You will pick up craft kit containing all six projects on Wed, Sep 9 between 11 am – 1 pm at Seymour and Fri, Sep 11 between 11 am – 1 pm at Passmore.

**Instructor:** Helen Frederick, Craft Instructor of Passmore and Seymour Center (354018-04)

**Fee:** \$30 for 6 craft projects (includes most supplies)

**Date:** Mon, Sep 14 – Crayon Designed Canvas Bag

Mon, Sep 28 – Gemstone Picture Frame

Mon, Oct 12 – Stretch Bracelet with Charms

Mon, Oct 26 – Farmhouse Photo Wreath

Mon, Nov 9 – Gemstone Cabochon and Chip Broach

Mon, Nov 16th – 3 Dimensional Greeting Cards

(offered a week early due to holiday)

**Time:** 2 pm

**Link:** Will receive Go to meeting link via email before 1st class. Link will be good for all six classes.

**✓ DIY - AUTUMN LEAF BOWL**

Autumn is here and the leaves are changing. Join us for a virtual class as we create a fall décor for your home. Join Meghan Rushing to create a simple, cute autumn bowl made out of leaves. We will watch a very short tutorial and then begin creating our masterpieces. Supply kits will be provided before the class. Min: 5/ Max: 12

Register by: Fri, Sep 25 at 919-245-2015

**Instructor:** Meghan Rushing and Amanda High

**Fee:** \$5

**Date:** Fri, Oct 2 (244069-01)

**Time:** 2 – 3:30 pm

**Link:** Program ID and supply list will be emailed

**✓ DIY - HAND SANITIZER**

When hand sanitizer sells out everywhere no need to worry. Toni Shaw will teach you how to make hand sanitizer with supplies that you may even have at home. A supply list will be sent via email after registering with helpful tips to purchase items at store or online.

Register by: Tue, Sep 15 at 919-245-2015

**Instructor:** Toni Shaw

**Fee:** FREE

**Date:** Tue, Sep 22 (334045-02)

**Time:** 2 pm

**Link:** Program ID will be emailed

**✓ DIY – HOLIDAY CARD HOLDER**

With the holidays right around the corner, let's make a special display for all those cards and pictures you'll soon be getting. We'll use materials that are easy to work with - like poster board, ribbon, and clothespins - to make a beautiful Christmas tree display for all your holiday cards. Supply kits will be provided before the class. Min: 5/ Max: 12

Register by: Fri, Oct 22 at 919-245-2015

**Instructor:** Amanda High

**Fee:** \$5

**Date:** Fri, Nov 13 (244041-01)

**Time:** 2 – 3:30 pm

**Link:** Program ID and supply list will be emailed

**✓ EASY HAND SUGAR SCRUB**

Everyone needs a good hand scrub. Learn how to make an easy and effective scrub to get rid of rough, dry skin. Sugar scrubs also make for wonderful, thoughtful holiday gifts for family and friends. Supply kits will be provided before the class date. Min: 5/Max: 15

Register by: Mon, Nov 16 at 919-245-2015

**Instructor:** Toni Shaw

**Fee:** \$3

**Date:** Mon, Nov 23 (244070-01)

**Time:** 1 – 2 pm

**Link:** Program ID will be emailed

**✓ FABRIC MASON JAR TISSUE HOLDER**

Do you get the fall sniffles? Join us in making a unique holder for your tissues using a Mason jar, fabric, and mod podge. Supply kits will be provided before the class date. Min: 5/ Max: 12

Register by: Thu, Sep 17 at 919-245-2015

**Instructor:** Meghan Rushing

**Fee:** \$7

**Date:** Thu, Sep 24 (344091-01)

**Time:** 10:30 am – 12 noon

**Link:** Program ID will be emailed

**✓ PASSMORE CENTER CARVERS - INTARSIA WOODCARVING**

The woodcarving class is extending its time and introducing a new art, Intarsia - making mosaics using various woods. You will learn to select woods by color, grain direction and texture. The principal tool used in Intarsia is a scroll saw. You will develop your skills using it during your first project, cutting your name from wood.

**Instructor:** Dean Pricer

**Fee:** FREE (plus supplies)

**Passmore Center**

**Dates:** Wednesdays (254033-01)

**Time:** Anytime

**Link:** <https://youtu.be/m5LU4Z0ZigI>

**✓ PRESSED FLOWERS CANVAS**

During this class you will learn how to create a beautiful piece of art using flowers from your garden or wildflowers. This class will show you how to use pressed flowers on a small canvas or in a frame to brighten up any room. Class is taught by Patty Meehan, Master Gardner and leader of the Passmore Garden Club.

**Instructor:** Patty Meehan

**Date:** Anytime

**Time:** Anytime

**Link:** <https://youtu.be/S6NHGTl6qfo>

**✓ PUMPKIN BEDAZZLING CLASS**

Please join us for a fun and creative way to embellish pumpkins. This will be an exciting virtual interactive experience. All participants will receive supply kits, link, and joining information prior to the class. You must have a computer and internet access and provide a current email upon registration. Supply kits will be provided before the class.

Register by: Thu, Oct 8 at 919-968-2020

**Instructor:** Jerri Gale

**Date:** Thu, Oct 22 (344010-01).

**Time:** 11 am – 12 noon

**Link:** Program ID will be emailed

**✓ QUILTING AT HOME WITH FRIENDS ON ZOOM**

Looking to quilt with a fun group? Work on your own, or group project. Most of the group quilts are donated to charity. While we will not be meeting in person at the present time, join us for show and tell, advice on your project, or other tips. Email Susan Zeisel ([susanzeisel@gmail.com](mailto:susanzeisel@gmail.com)) for further questions and link. You can easily connect online by typing or pasting in the link below in your browser, which will land you in Zoom.

**Date:** Mondays (354024-02)

**Time:** 10 am - 12 noon

**Link:** <https://us04web.zoom.us/j/5399963202?pwd=b1NPUmBxTFd4TE5GUC9mK2FzNXNYUT09>

Meeting ID: 539 996 3202

Password: 366382

**V RUSTIC MASON JAR LID PUMPKIN**

Happy Fall Y'all! Join us in making a unique pumpkin out of mason jar lids, washi tape, cinnamon sticks, yarn, and jute twine. You can make it look rustic or bright and fun to create the perfect décor piece for your home. Supply kits will be provided before the class. Min: 5/ Max: 10

Register by: Wed, Oct 7 at 919-245-2015

**Instructor:** Meghan Rushing

**Fee:** \$10

**Date:** Wed, Oct 14 (344012-01)

**Time:** 10:30 am – 12 noon

**Link:** Program ID will be emailed

**V SOAP MAKING**

Soap making is easy and fun to do! In this video you will learn the basic steps to creating a variety of soaps using items you might already have in your pantry. Homemade soap makes a great gift to share with your family and friends. Instructor: Toni Shaw.

**Date:** Anytime

**Time:** Anytime

**Link:** <https://youtu.be/0nRTMntSu9Y>

**V STENCILING BASICS ONLINE CLASS**

Transform everyday items you already own into unique works of art for your home via easy demonstrations. Join Ceresa live to learn the basics of stenciling to turn almost anything into your own creative canvas using glass, paper or even fabric.

Class Min: 5/Max: 12.

Register by: Fri, Sep 18 - call: 919-968-2070

**Instructor:** Ceresa Clarke

**Date:** Fri, Sep 25 (324089-03)

**Time:** 1 – 3 pm

**Link:** Program ID will be emailed

**FUTURE PROGRAMMING****FP FUSED GLASS WORKSHOPS FOR BEGINNERS**

These one month workshops are intended for beginners in fused glass. You will learn how to cut and arrange Bullseye glass to make earrings, pendants, bracelets, and belt buckles.

Register by: 1 week before each session

**Instructor:** Bruce Gillooly

**Fee:** \$50

**Passmore Center**

Thursdays

4 – 5:30 pm

**FP JAPANESE EMBROIDERY**

A technique that goes back more than 1,600 years, using silk and metallic fibers on silk fabrics to produce traditional and modern designs for framing. Instruction in the basic techniques is an orderly progression of phases. Workshops are open to beginners and current students. Potential students are highly encouraged to visit a class or contact instructor before enrolling. Students are required to purchase kit and supplies from the instructor and MUST

contact the instructor at least 30 days in advance to do so. Contact instructor at 919-815-2249 or [preading@gmail.com](mailto:preading@gmail.com) for information on the materials needed.

**Instructor:** Pam Reading, certified instructor by Kurenai Kai in Atlanta, GA

**Fee:** \$75, plus materials fee per session.

**Seymour Center**

**FP KAI MEI KNITTERS**

Come and join our growing knitting community. All levels of ability are welcome. Experienced knitters help beginners with basic knit and purl stitches. Beginning kits are available. Although some materials will be available, you are welcome to bring your own yarn and needles. If you would like to learn more and join our knitters, please email Susanna Ray at [susanna.e.ray@gmail.com](mailto:susanna.e.ray@gmail.com)

**Fee:** FREE

**Seymour Center**

**FP NIFTY KNITTERS**

Bring your own project and work with others. Beginners always welcome as there is usually someone willing to help you. This is a great way to get motivated and learn from one another. It is also a good way to meet people and make new friends. If you are interested in learning how to knit please check the schedule at our front desk for individual lessons.

**Passmore Center**

Wednesdays (234026-01)

10 am – 12 noon

**FP NIMBLE THIMBLES**

Love to quilt or interested in learning how? We now offer an evening class where they all welcome newcomers.

**Fee:** FREE

**Passmore Center**

Tuesdays (257052-01)

6 – 8 pm

**FP PASSMORE CENTER CARVERS (WOODCARVING)**

Class will teach the basic skills of safety, sharpening, wood grain, stop cuts and center lines. Use our tools through your first project, a boot. Costs: \$1 for the boot cutout. We are currently making comfort birds, small stylized birds we give to senior center regulars as they face sickness or stress in their lives. People of all skill levels are invited to attend one or both classes.

**Instructor:** Steve Zamerski

**Fee:** FREE (plus supplies)

**Passmore Center**

Wednesdays (254033-01)

1 – 4 pm or

Wednesdays (254033-02)

6 – 7:30 pm

**FP PASSMORE PIECE MAKERS – TUESDAY QUILTERS**

Work on your own, or group, project. No experience necessary. If you've never quilted, others will help you get started. Most of the quilts created by the group are donated to homeless female veterans, or to UNC Children's Hospital.

**Fee:** FREE

**Passmore Center**

Tuesdays (257011-01)

10 am – 2 pm

Chapel Hill

(350250)

# SeniorStriders

Virtual Programing coming in the winter! Please register by calling the seignor centers if you are interested. Email Latonya Brown at [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov) with topics that you are interested in/want to learn about?

## \* 3RD TUESDAY EACH MONTH \*

Register by calling the Senior centers for December, January and February.

*DUE TO LIMITED SPACE,  
REGISTRATION REQUIRED EACH MONTH  
CALL 919-968-2070 by the 2nd Wed of the month*

Program sponsored by:  
Orange County Department on Aging

For more information, contact:  
Latonya Brown, Wellness Coordinator 919-245-4270



## FP PET BED SEWING BEE

We will be sewing pet beds for local shelters using scraps collected from our guild meetings. Everyone is welcome to come and join this group that meets every third Tue. \*Sponsored by the Durham Orange Quilters Guild.

**Fee:** FREE

**Passmore Center**

3<sup>rd</sup> Tuesdays (257067-01)

6 – 8 pm

## FP SEW WHAT – SEWING GROUP

So, what's sewing? Anything you like. Do you have projects just waiting to be completed, but you just can't get motivated? Here is your chance to join others and work on whatever you like. Many people are sewing crafts to sell in the future, and others are working on their own personal projects. If you have a portable sewing machine, please bring it with you. Come and join the fun!

**Fee:** FREE

**Passmore Center**

Wednesdays (257046-01)

4 – 6 pm

## FP WOOL KNITTING CLASS FOR MANDARIN SPEAKERS

Learn basic wool knitting skills in this class for beginners. Each quarter there will be a focus on wool projects/items for yourself or for your families and friends.

Min: 5/Max: 12 一起来跟刘阿姨学习织毛衣, 给您自己和家人织一顶帽子或一副手套作为冬季保暖的礼物吧! 名额有限, 仅限12人参加, 报名从速。

**Instructor:** Junping Liu & Hong Zhou

**Fee:** FREE

**Seymour Center**

## BRIDGE & OTHER GAMES

The following Bridge and Other Games will return in the future.

### BRIDGE GAMES

#### FP CONTRACT BRIDGE

Newcomers are always welcome.

**Passmore Center**

Mon, Wed, & Fri (257004)

12:30 – 4 pm

### OTHER GAMES

#### FP GAMES

Come alone or bring a friend to and a variety of games.

**Passmore Center**

Mon – Fri (251001)

9 – 11 am

#### FP MAH JONG

This ancient Chinese game is challenging and fun.

**Passmore Center**

Tuesdays, Wednesdays, and Fridays

(257005)

12:30 – 4 pm

#### FP MAH JONGG LESSONS – BEGINNING

Mah Jongg is a game of both skill and luck that originated in China and was brought to the West in the 1920s. Some compare it to Rummy using tiles instead of cards. In this relaxed atmosphere you will have the opportunity to play by the rules of the National Mah Jongg League. Mah Jongg is good for your brain as well as meeting new people and making new friends. Min: 4/Max: 8 Register by: 2 weeks before each session.

**Instructor:** Carol Marcus

**Fee:** \$20

**Passmore Center**

#### FP RUMMIKUB

Join us for a new twist on rummy. If you don't know how to play, we'll teach you. Contact the center at 919-245-2015 for more information.

**Passmore Center**

Mon – Fri (257008)

9 – 11:30 am

#### FP SCRABBLE TALK

Drop in and join this group for a relaxing game of scrabble while catching up on current events.

**Passmore Center**

Thursdays (253016)

10:30 am – 12 noon

## DANCE, MUSIC & THEATER

**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.

### DANCE

#### VIRTUAL and NEW PROGRAMMING

##### ✓ LINE DANCE CLASS

This class is a fun way to exercise both your body and your mind. Join with others and learn and basic steps to the most popular line dances.

**Instructor:** Bruce Gillooly.

**Date:** Thursdays

**Time:** 11:30 am

**Link:**<https://us02web.zoom.us/j/81810463689?pwd=U0JRXdnVTFsUJFdBa1YxZ0UvS2ZJQT09>

##### ✓ TAP DANCING

This class is open to previously registered students only.

**Instructor:** Bruce Gillooly has been dancing for 70 years.

**Fee:** FREE

**Date:** Tuesdays (254007-03)

**Time:** 10 - 11 am

**Join Zoom Meeting:**

<https://us02web.zoom.us/j/82560435784?pwd=VHdwRnN0WW1GeksxaDN0UXlpvXFiQT09>

#### FUTURE PROGRAMMING

##### FP ALL THINGS SWING

Swing dancing started in the 1920's and 30's with the Lindy Hop. All the other swing dances (East Coast, West Coast and Shag) came from it. Each class session will concentrate on a single form of swing but all forms will eventually be taught. We will teach Shag in April and West Coast Swing in May. Bruce has 70 years of dance experience to share with you.

**Register:**

**Instructor:** Bruce Gillooly

**PASSMORE CENTER**

Thursdays

7 pm

##### FP IG CHINESE FOLK DANCING

This is a fun and low-impact fusion dance class suitable for women 45+ years old. This dance class will give you a chance to learn Chinese folk dance in an effective and creative way. While the dances taught in this class will be

Hillsborough

(252254)

## SeniorStriders Walmart Walking Program

Virtual Programming coming in the winter! Please register by calling the senior centers if you are interested. Email Latonya Brown at [L.brown@orangecountync.gov](mailto:L.brown@orangecountync.gov) with topics that you are interested in/want to learn about?

### \* 3RD THURSDAY EACH MONTH \*

Register by calling the Senior centers for December, January and February.

*DUE TO LIMITED SPACE,  
REGISTRATION REQUIRED EACH MONTH  
CALL 919-245-2015 by the 2nd Thursday of the month*

Program supported with funding from:  
**Walmart**

Program sponsored by:  
Orange County Department on Aging

For more information, contact:  
Latonya Brown, Wellness Coordinator 919-245-4270



primarily classical and ethnic Chinese folk dances, they also combine Latin dance techniques. Popular Chinese and international songs will be used to accompany the dances.

**Instructor:** Julie Gu For more information, contact [julie.x.gu@gmail.com](mailto:julie.x.gu@gmail.com) or 919-397-3648.

**Fee:** FREE

**Seymour Center**

##### FP IRISH SET DANCING

Irish set dancing is a form of community dance popular in Ireland. The sets are danced to Irish traditional music and our dances use a mixture of recorded and live music. Beginning set dancers follow instructions from a caller as they move from place to place, whereas advanced dancers add footwork and have memorized the dances so that no calling is needed. For more information, videos and a calendar see [www.wildmusette.com](http://www.wildmusette.com)

**Facilitators:** Katja Sage and Mary Dalton

**Fee:** \$5 per session

**Seymour Center**

**FP LINE DANCING**

This class is for both new and experienced line dancers. You will improve your memory and get the benefits of exercising while having fun.

**Instructor:** Becky Walker

**Fee:** FREE

**Passmore Center**

Mondays (Beginners class) (254001-01)	1 – 1:45 pm
Mondays (254006-02)	2 – 3:30 pm
Tuesdays (254006-01)	1 – 2:30 pm

**FP LINE DANCING**

First 30 min of the class is for beginners, and all levels are together from 10 – 11 am.

**Instructor:** Becky Walker

**Fee:** FREE

Passmore Center

Thursdays (254006-03) 9:30 – 11 am

**FP TANGO**

Explore the basic concepts of traditional social tango, the most popular “it takes two” dance, with a focus on music interpretation, movement by silent communication, balance, and fun! This is a low impact exercise for the body and a great benefit for the mind. Partners will change; come with a friend or alone. Dress shoes or socks preferred.

No experience necessary. For more information, contact John Singletary at [balafenntango@gmail.com](mailto:balafenntango@gmail.com)

**Instructor:** John Singletary

**Fee:** FREE

**Seymour Center****FP WALTZ PLUS**

1st Thursdays come dance to beautiful live music by the group, *Scandimonium*.

On 2nd, 3rd, 4th and 5th Thursdays, we will have a mixture of couple dances to recorded music (ie, waltz, swing, Scandinavian, Tango, and Swiefacher), with demonstration/teaching on request. Occasionally there will be an evening devoted to teaching a specific dance. No partner necessary. To receive weekly updates, please send your email address to [billm0113@aol.com](mailto:billm0113@aol.com)

**For questions,** call Katherine Polk at 919-967-4967.

**Fee:** FREE

**Seymour Center****MUSIC****VIRTUAL and NEW PROGRAMMING****V AFTERNOON JAZZ WITH GARY!**

“Over the last few years, I’ve been video recording music in the studio. Each Thursday, you’ll get a video - mostly Jazz based, but also some Great American Songbook, Pop or Latin. They will be a mixed bag of piano/vocal, solo piano, piano & EWI (electronic wind instrument), or piano & accordion. I hope you enjoy them and that they take your

mind away from the current troubles in the world. Please visit my website at <http://www.garybrunotte.com> for more information on me, other audio-only tracks, photos, CDs and my calendar (which is currently on hold). Thank you for tuning in.” – Gary

**Date:** Thursdays

**Time:** 2 pm

**Link:** to view ongoing shows: <https://www.orangecountync.gov/236/Senior-Center-Programs>

**V HONG YAN CHINESE CHOIR 鸿雁华人合唱团**

Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet virtually on Monday mornings to enjoy popular songs. You are welcome to join and sing along! Come to share their joy and happiness! Language is not a barrier. Instructor: Mrs Xiong.

**Fee:** FREE

**Date:** Mondays

**Time:** 10 - 11 am

**Link:** <https://us02web.zoom.us/j/86753766279>

**Meeting ID:** 867 5376 6279

**V LIVE MUSIC WITH CHUCK ALFORD**

What’s your pleasure - Beach Music, Oldies, Motown, Country, or maybe all of those sounds? Durham native, Chuck Alford, invites you to join him for live performances every Thursday night via Facebook. His wife, Carol Bryant Alford, is a great host and you may learn a dance step or two.

**Date:** Thursdays

**Time:** 7 pm

**Link:** <https://www.facebook.com/carol.b.alford.7>

**V PASSMORE’S PANDEMIC PERFORMANCE**

Vermouth was the first thing I ran out of, so I started pouring gin over ice and calling it a quarantine-e. My wife called it a cry for help. Then Michael told me Moose camp was cancelled for the first time in 40 years. Something had to be done, but what? Like an answer from heaven, Terry Colville reached out and we decided to create ‘Passmore’s Pandemic Performances’, e-records you can attach to e-mails and send to anyone. Email [Terry](mailto:Terry@colville@orangecountync.gov) at [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov) and let us know how you like the e-album. ~Marty Fitzpatrick, Producer

**Michael, Marty and Moose (e-Album #1) Join Michael, Marty, and Moose for the first performance in our series. Enjoy original songs written and performed by Dr Michael Debartolo and Marty Fitzpatrick. Album #1 includes the following songs, "Old School", which addresses our technology struggles; "I Want to Wash My Hands" (Beatle Tune); "Moose Camp", an inspirational song about a world that takes care of each other; and many more.**

Register: 919-245-2015

**Date:** Anytime

**Time:** Anytime

**Link:** Program ID to be emailed

**V SONG SWAP ONLINE ZOOM MEET UP**

Bring your favorite songs and/or your acoustic instruments, and let's make some music! Folk, blues, old time, bluegrass, or original songs - whatever suits your mood or your style, all are welcome. The free entertaining meet-up will be led by Ralph Besser. If you love music and singing, contact Ralph via email at [ralphabesser@gmail.com](mailto:ralphabesser@gmail.com) for Zoom details or questions.

**Date:** 1<sup>st</sup> Tue of the month

**Time:** 7:15 – 8:30 pm

**Link:** Program ID will be emailed

**V TUNE IN DAILY**

Join Steve Toll live as he performs a variety of songs, conversation and stories. Due to the popularity of this program, Steve is now performing his, Tune in Tuesdays, on a **daily** basis. Steve performs a variety of music throughout the decades and as you listen, you will find yourself clapping and singing along to these beloved tunes. Every day you can lift your spirit and benefit from the power of music.

Register: 919-245-2015.

**Date:** Daily

**Time:** 1 – 1:30 pm

**Contact:** <https://www.facebook.com/ComForCareCorporate/>

## FUTURE PROGRAMMING

**FP 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 [www.brazzabeat.org](http://www.brazzabeat.org) and follow Brazzabeat on Facebook. Min: 5/ Max: 9

Register: May register day of class/drop in activity

**Instructor:** Kenneth Wilson

**Fee:** FREE

**Seymour Center**

**FP DULCIMER MUSIC**

**The Carolina Mountain Dulcimer Players** meet every 3<sup>rd</sup> Thursday of the month from 6:30 to 8:30 pm for a monthly jamming session! Other string instruments are welcome as long as they don't overpower the dulcimers. There are loaner dulcimers available if you don't have one. For more information or questions, to learn about this unique instrument or how to join the group, please email Cornelia Johnson at [caj1949us@gmail.com](mailto:caj1949us@gmail.com)

**Leader:** Cornelia Johnson

**Seymour Center**

**FITNESS STUDIO - SEYMOUR CENTER**

Department on Aging - Wellness Program

*\*Low Rates\**

**\*RESUMES IN THE FUTURE\***

The fitness studio in the Seymour Center is 624 sq ft of space nestled inside the state of the art 25,000 sq ft Center. The fitness studio, with exercise machines, helps users increase their endurance, maintain balance and build strength. The fitness area's exercise machines were donated by UNC Health Care.

**Eligibility:** Orange County Residents age 55 and older are eligible to join.

Membership Fees	Individuals	Couple
Annual Rate: (one lump sum)	\$180	\$240
Semi-Annual Rate: (paid on joining & 6 month intervals)	\$90	\$140
Quarterly Rate: (paid quarterly – Jan, April, July, Oct)	\$45	\$65
Monthly Rate: (paid by the 10th of each month)	\$15	\$25

**Non-county residents may join at the following rates:**

Individual:	\$28 – month	\$250 – annual
Couple:	\$35 – month	\$375 – annual

Scholarships will be granted, case-by-case, based on the federal poverty guidelines beginning with \$11,880 for a single member household. Scholarship inquiries are confidential and should be directed to Latonya Brown, Wellness Coordinator, 919-245-4270.

**Operational Hours**

Mon – Fri: 8 am – 8:30 pm

Saturdays: 9 am – 5 pm

*During peak times of use, machines will be limited to 30 minutes each.*

*\*10 am - 12 noon Tue/ Thur, no personal trainer on duty.*

**Personal Trainer Appointments** - All Fitness Room Members are permitted 1 FREE Fitness Room orientation with Arlene Bynum-Mills, certified Personal Trainer. **All personal trainer sessions are by appointment only made at the Seymour Center's front desk, 919-968-2070.**

**Fee:** \$25/30 min session/\$35/1 hr

**Personal Trainer Hours**

Tuesdays 8:30 am – 12 noon

Wednesdays 11:30 am – 1 pm / 2 – 3 pm

Thursdays 11:30 am – 1 pm

Fridays 8:30 am – 12 noon

**FP PASSMORE SINGING GROUP**

If you enjoy singing and socializing, then you may like this group. Choose the songs you would like to sing and enjoy the company of other people. For more information contact Nancy Parcel at 919-810-1970.

**Leader:** Nancy Parsells

**Fee:** FREE

**Passmore Center**

Tuesdays (251023-01)

12:30 – 1:30 pm

**THEATRE****VIRTUAL and NEW PROGRAMMING**

Orange County Department on Aging's in-house theatrical group, **The Prime Time Players**, is offering on-line Reader's Theater Productions this fall. Presentations are directed by John Paul Middlesworth, produced by Joan Ontjes, and audio/video edited by Darryl and Mary Freedman. As a new way of connecting with our audience, Prime Time Players will bring a virtual production every other Tuesday for you to enjoy. Please forward to all of your friends. If you're interested in joining as a performer, please send an email to Joan at JoanTontjes@gmail.com. They always like new faces and performers. Please know that videos are viewable at your leisure by going to the **link:** [https://www.youtube.com/watch?v=k\\_Mxt-6i7no&feature=youtu.be](https://www.youtube.com/watch?v=k_Mxt-6i7no&feature=youtu.be)

**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 and NEW PROGRAMMING****V 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, Oct 7, 14 (330400-03)

**Time:** 10 am

**Link:** Program ID will be emailed

**V 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 people 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

**Time:** 10 am (330400-04)

**Link:** Program ID will be emailed

**V 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](mailto:Agingtransitions@orangecountync.gov)

**Instructors:** Aging Transitions Team and Experienced Community Professionals

**Fee:** FREE

**Date:** 3<sup>rd</sup> Mon Sep 21, Oct 19, Nov 15

**Time:** 1:30 – 2:30 pm

**Link:** GoToMeeting

Advance Directives

**Date:** Mon, Sep 21 (354117-03)

**Link:** <https://global.gotomeeting.com/join/666242677>

Self-Care

**Date:** Mon, Oct 19 (354117-04)

**Link:** <https://global.gotomeeting.com/join/383858205>

Caregiving During the Holidays

**Date:** Mon, Nov 16 (354117-08)

**Link:** <https://global.gotomeeting.com/join/295137485>

**V 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.

**V 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>

**V 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:** Program ID will be emailed

**V DEMENTIA – LET’S TALK ABOUT IT**

Join OCDoA'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 by: 1 week before at 919-245-4279 or [MDagger@orangecountync.gov](mailto:MDagger@orangecountync.gov)

**Fee:** FREE

**Dates:** 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays (350002-01)

## SENIOR CENTER SportsPlex Membership

### Department on Aging - Wellness Program

A special Membership fee is offered exclusively to members joining through the Senior Center. It includes Fitness and Cardio Centers, Group Exercise Classes (land and water) offered at the SportsPlex facility and Aquatics Center. The SportsPlex is a Silver Sneakers facility. (To qualify, you must be a Medicare-eligible member of a health plan that offers the Silver Sneakers Fitness program.) More than 40 Medicare health plans offer the program as a benefit to members across the nation. Individuals should check with their insurance providers for availability/eligibility. This fitness program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity.

**Eligibility:** Orange County Residents age 55 and older are eligible to join.

### Fee Structure

To optimize the SportsPlex offerings and to encourage as many participants as possible, Orange County has a special fee. However, scholarships are available on a sliding scale to people with low incomes.

<b>Membership Fees</b>	<b>Individuals</b>	<b>Couple</b>
Annual Rate:	\$300 (one lump sum)	\$420
Paid in Full by: Cash, Check, Credit Card, or monthly \$25 drafts for individuals and \$35 drafts for couples.		

The \$50 new membership fee is waived upon completion of the physical function screen and payment of the membership fee for county residents. Non-county residents may join the SportsPlex at the following rates along with the initiation fee of \$50:

Individual: \$36.99 – monthly; \$433.88 – annually  
 Couple: \$46.99 – monthly; \$563.88 – annually  
 Scholarships are available. Direct requests to  
 Latonya Brown, Wellness Coordinator,  
 919-245-4270

### Operational Hours

Mon - Sat: 5:30 am – 10 pm  
 Mon - Sat: Pool closes at 9 pm  
 Sundays: 12 noon – 7 pm

### Personal Trainer Appointments

Schedule an appointment directly with SportsPlex approved trainers at 919-644-0339.

**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:** <https://global.gotomeeting.com/join/391525685>

### 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. Register by: Calling 919-968-2070

**Instructor:** Alison Smith.

**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: Calling 919-968-2070

**Fee:** FREE

**Date:** Wed, Aug 19; 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 by: 1 week before at 919-245-4279 or

[MDagger@orangecountync.gov](mailto:MDagger@orangecountync.gov)

**Fee:** FREE

**Dates:** 2<sup>nd</sup> and 4<sup>th</sup> 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:** <https://global.gotomeeting.com/join/492702269>

### INTERACTIVE RESPIRATOR MASK CLASS

It has been determined that COVID-19 can spread in small particles when people exhaled and they stays 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 ones would use in sewing, and a yard or meter stick. Class will 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: 1 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: calling 919-968-2070 by Wed, Sep 16 for program on Sep 23; by Oct 14 for program on Oct 21

**Fee:** FREE

**Date:** Wed, Sep 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 — that 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:** 3<sup>rd</sup> 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](mailto: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. Register by: Thu, Oct 8

**Instructor:** Neil Offen

**Fee:** FREE

**Date:** Thur, Oct 15 (323108-02)

**Time:** 9:30 – 10:30 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:** Registrants 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=0F1bQSc1fPA>

- **Cycling Country Roads - Ride Two - The Quick Loop - Featuring Buddy the (almost) talking donkey!** <https://www.youtube.com/watch?v=Qu6G3rriikvY&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>

## FUTURE PROGRAMMING

### FP 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: 10

**Instructor:** Clark Holtzman

**Fee:** \$5 (each week)

**Seymour Center**

**Returning Date to be Determined**

## INTEREST GROUPS

### VIRTUAL and NEW PROGRAMMING

#### ✓ NEW! BOOK CLUB – VIRTUAL MEETING PASSMORE CENTER

Book clubs are the perfect way to keep reading, to talk about what you read, and to make new friends. Enjoy a lively discussion with other book lovers. Book selections are available through the Hillsborough Library's Hoopla app. Register by: 1 week before each meeting to receive virtual code

**Fee:** FREE

**Passmore Center** (258000-08, 09, 10, 11) 10:30 am  
 Wed, Aug 26 – **The Keeper of Lost Things** by: Ruth Hogan  
 Wed, Sep 23 – **The German Heiress** by: Anika Scott  
 Wed, Oct 28 – **The Engineers Wife** by: Tracy Enerson  
 Tue, Nov 24 – **Home in Carolina** by: Sherryl Woods

#### ✓ ENRICHMENT LIFE GROUP FOR MANDARIN SPEAKERS

A fun and educational group for Mandarin-speaking seniors who are seeking spiritual well-being and living a healthy life. Come join us virtually for singing, prayers, Bible study, and faith-related conversations.

**Leader:** Pastor Hong.

**Fee:** FREE

**Date:** Fri, Aug 21 – Nov 20 (357171-01)

**Time:** 7 – 9 pm

**Link:** <https://us02web.zoom.us/j/882659937>

**Meeting ID:** 882 659 937

**V NC CHINESE OPERA SOCIETY PRESENTION**

Chinese Opera Society will present variety Chinese culture shows through Zoom, including Chinese opera, music, dance, etc.

**More information/contact:** Lydia Hodgson at 919-599-7406.

**Date:** Sep 26; Oct 24; Nov 21 (313056-03)

**Time:** 2 – 2:45 pm

**Link:** Sep 26 (993-707-87206);

Oct 24 (938-961-16780); Nov 21 (994-035-04766)

**V SHAKESPEARE OUT LOUD**

Shakespeare Out Loud is a welcoming group, open to anyone who enjoys reading Shakespeare. We read a play out loud and discuss it - but you certainly don't have to be a Shakespeare expert to join us as we are from all kinds of backgrounds. Shakespeare Out Loud is very casual and friendly, and we'd love to have you join us!

**Date:** 1<sup>st</sup> Mon of the Month (357174-03)

**Time:** 6:15 – 8:45 pm

**Link:** Zoom code changes each month. People who want to participate should **contact Abby to receive it at [abby@abbyoverton.com](mailto:abby@abbyoverton.com)**

## FUTURE PROGRAMMING

**V IG AL-ANON**

Alcoholism affects many people, including family and friends. There are people all around who may be experiencing the same thing you are right now. This Al-Anon group can help provide anonymous understanding and support.

**Fee:** FREE

**Passmore Center**

Mondays (257050-03) 3:30 – 4:30 pm

**Moving Forward Live AFG**

**Link:** <https://us02web.zoom.us/j/85498318343?pwd=VEgZM2pwT0g5U29aZWJLL2J6WEQ5dz09>

**Meeting ID:** 854 9831 8343

**Password:** Area42

+1 312 626 6799 US (Chicago)

+1 646 876 9923 US (New York)

Thursdays (257050-04) 6:30 – 7:30 pm

**Moving Forward Live AFG**

**Link:** <https://us02web.zoom.us/j/86330946339?pwd=UFVIRmZoeUJLRmljOG8ySm85RVNZQT09>

**Password:** Area42

**Meeting ID:** 863 3094 6339

+1 312 626 6799 US (Chicago)

+1 646 876 9923 US (New York)

**FP GARDEN CLUB – PASSMORE CENTER**

If you are interested in being part of the garden club, please email Patty Meehan at [Pattymeehan74@gmail.com](mailto:Pattymeehan74@gmail.com) Everyone is welcome.

**Fee:** FREE

**Passmore Center**

**FP GARDEN CLUB – SEYMOUR CENTER**

Meet volunteers who love to garden. We range from Master Gardeners to amateurs; all enjoy designing, digging, planting, watering, weeding, harvesting, and otherwise tending the flowers, ferns, woody plants, and vegetables around the Seymour Center. There are raised beds that are wheel chair accessible. Meetings are the third Mondays of each month at 1:30 pm. Workdays are Thursdays 9:30 to 11 am, or at your convenience.

**Seymour Center**

**FP INSPIRATIONAL FILMS AND ISSUES OF FAITH**

Select movies for those who enjoy uplifting and encouraging films. Each film is followed by a brief discussion of lessons or takeaways.

**Leader:** Time Aldrich

**Fee:** FREE

**Seymour Center**

**FP INSPIRATIONAL TOPICS FOR PRACTICAL LIVING**

Join us for this discussion series to uplift and encourage you throughout the week. If you have questions about the topics or materials, call 919-245-2015.

**Leader:** Walter Faribault

**Fee:** FREE

**Passmore Center**

Tuesdays (254000-01)

10 – 11 am

**FP MAN POWER: NETWORK GROUP FOR MEN**

Check out a laid back experience created for men participants. This social time will enable men from all walks of life the opportunity to come together and make new friends, encourage and celebrate each other's milestones. It will range from activities to include dining or having lunch together; attending social or sporting events; exchanging life's journey; talking over healthy current events; teaching each other new games; and trying out new classes, activities or special events as a group.

**Leaders:** Donn Graves and Harold Ballentine

**Fee:** FREE

**Seymour Center**

**FP MANDARIN MAH JONG: LEARN TO PLAY LIKE A PRO!**

An ancient Chinese game which is challenging and fun, and good for memory exercise, too. Similarities to both Poker and rummy, the goal is to reach the highest combination of tiles which are called sets. Players will learn what sets are and how to best arrange them. Once the tiles can be identified and other game directions are learned, you will feel like a pro when all is said and done.

**Fee:** FREE

**Seymour Center**

**FP SAVVY SAVERS - COUPON CLUB**

Everyone loves to save money and this group aims to get the most for their money. You will learn about the benefits of clipping coupons and how to be in the know for upcoming bargains. Bring the coupons you are not planning to use and exchange them within the group for ones you may use.

**Instructor:** Deb Gayliard

**Fee:** FREE

**Passmore Center** (257051-01)

Mondays

10:30 – 11:30 am

**FP SUDOKU**

Keep your brain sharp with this game that is sure to offer a challenge. If you have never tried Sudoku, or would like to learn tips to advance from the basic puzzle to the “evil” one, come join us. Sudoku game sheets provided. You are also welcome to bring some to share.

**Coach:** Beverly Sanders

**Fee:** FREE

**Seymour Center**

**FP TAR HEEL DEPRESSION GLASS CLUB**

The Tar Heel Depression Glass Club shares common interests in collecting and preserving the glassware of the American Depression era. At times, the program will be about something related to the interest of a club member, including other antiques. Activities enjoyed by members are monthly meetings, social outings and trips to glass manufacturing areas of the country (WV, OH, and PA). For additional information contact the center or ncglassclub@hotmail.com

**Fee:** FREE

**Passmore Center**

1<sup>st</sup> Mondays (237001-01)

4:30 – 6 pm

**FP WRITERS GROUP**

This group is open to writers of Fiction, Non-Fiction, and Poetry. All are welcome to present their writings for evaluation and helpful hints from the other members. Our group has existed for over 20 years and had many publications during that time! We seek dedicated writers wanting to share their writing abilities to enlarge our group.

**Contacts:** Call Thalia Becak (919-928-9879) or Carol Buckles (919-240-4123) if you are interested in joining, or have questions.

**Fee:** FREE

**Seymour Center**

## LANGUAGE CLASSES

**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 unless otherwise noted.

### VIRTUAL and NEW PROGRAMMING

**▼ SPANISH (Level I) – Beginners Online**

An introduction to Spanish, for those with no previous experience in the language

**Fee:** \$135 including \$15 book fee (8 weeks) payable to OCDOA

**Day:** Mon, Aug 17 – Oct 12 (354013-01)

(no class Mon, Sep 7 due to holiday)

**Time:** 9:30 – 10:30 am

**Link:** Program ID will be emailed

**▼ SPANISH (Level 2) – High Beginners Online**

For those who already know the basics of Spanish (daily vocabulary and regular verbs)

**Fee:** \$135 including \$15 book fee (8 weeks) payable to OCDOA

**Day:** Mon, Aug 17 – Oct 12 (354013-02)

(no class Mon, Sep 7 due to holiday)

**Time:** 10:45– 11:45 am

**Link:** Program ID will be emailed

**▼ SPANISH (Level 3) – Intermediate Online**

For those who know present and future tenses and want to learn reflexives verbs and direct/indirect pronouns.

**Fee:** \$135 including \$15 book fee (8 weeks) payable to OCDOA

**Day:** Fri, Aug 21 – Oct 16 (354014-07)

**Time:** 9:30 – 10:30 am

**Link:** Program ID will be emailed

**▼ SPANISH CHAT VIRTUAL GROUP - INTERMEDIATE/ADVANCED**

Enjoy speaking in Spanish and making new friends. Everyone is welcome. The meeting is conducted entirely in Spanish and to take part, one should have a good working knowledge of the Spanish Language. Many in our group are native Spanish speakers, while others can get along well in spoken Spanish. Our Spanish chat group is still meeting on Fridays at noon. **We are using Zoom.** Anyone interested in joining us should contact facilitators, Edwin Nirdlinger at enirdlinger@gmail.com or Jon Carmel at jckungfu1371@hotmail.com

## FUTURE PROGRAMMING

**FP AMERICAN SIGN LANGUAGE I**

During this class, you will be introduced to the language of the Deaf Community, Deaf culture, and communicating in a visual-gestural modality.

Register by: 1 week before each session

**Instructor:** Vicki Robertson

**Fee:** \$15

**Passmore Center**

**FP AMERICAN SIGN LANGUAGE II**

For participants who have completed American Sign Language I. Participants expand their expressive and receptive visual language skills as they learn basic ASL sentence structures.

Register by: 1 week before each session

**Instructor:** Vicki Robertson

**Fee:** \$15

**Passmore Center**

**FP AMERICAN SIGN LANGUAGE III**

During this class you will build you conversational skills within a variety of topics and mini-lessons. To participate in this class, American Sign Language II is a prerequisite.

Register by: 1 week before each session

**Instructor:** Vicki Robertson

**Fee:** \$10

**Passmore Center**

**FP ESL BASIC FOR SPANISH SPEAKERS**

This class is for Spanish speakers who need to improve their skills in English. Instructor is Latin American born who has lived in the United States for more than 50 years. If you have questions before attending this class, you may contact the instructor Herbert Gross at hgross40@gmail.com.

**Fee:** FREE

**SEYMOUR CENTER**

**FP ENGLISH AS A SECOND LANGUAGE - CONVERSATION CLASS**

Class helps adult non-fluent English-speaking people improve their comprehension of written and spoken English. It will help participants become more self-sufficient, informed and comfortable in the community. Contact Orange County Literacy office at [www.orangeliteracy.org](http://www.orangeliteracy.org) to register, and test, to attend the class.

**Fee:** FREE

**Seymour Center**

## MOVIES

### FUTURE PROGRAMMING

**FP CHINESE CINEMA AT SEYMOUR**

Enjoy a Chinese movie at the Seymour Center Theater! Each month, we will show a movie about Asian life and culture. Min: 5/Max: 80

起来希摩中心看免费电影吧! 每月我们会播放一部电影。6月11日播放香港电影《门徒》。7月9日播放日本动画电影《萤火虫之墓》。8月6日播放新加坡电影《我的狗蝌蚪》。

**Fee:** FREE

**Seymour Center**

**FP CINEMA NIGHT AT THE SEYMOUR CENTER**

Co-sponsored with the Friends Program Committee, come on the 2<sup>nd</sup> Wed evenings of the month and enjoy a recently released movie. **Movies will begin promptly at 6 pm.** Movies are provided through a partnership with the **Chapel Hill Public Library**, and are subject to change. **REGISTRATION REQUIRED. Call 919-968-2070.**

**FP TUESDAY AFTERNOON MOVIES AT THE SEYMOUR CENTER**

The movies, with popcorn, **start at 1 pm on Tuesdays.** Come earlier if you'd like to have lunch with us. Lunch tickets are distributed on a first come first served basis beginning at 11 am. If you have not dined with us at lunch, please complete a registration form prior to ticket distribution. **These movies are provided through a partnership with the Chapel Hill Public Library. Movies are subject to change.**

**DVDs:** We are collecting DVDs at both the Passmore and the Seymour Centers. Please bring in one or two of your favorite DVDs to show as part of our Tuesday Cinema series and Friday Flicks. We will choose our movie selections for the upcoming year based on your favorites. Please let us know if you are willing to donate them to our DVD library, or if you would prefer to loan them to us for a few months.

**FP FLICKS AT PASSMORE CENTER**

Join us for our movie series showing currently released movies. Popcorn will be provided by the center. Come earlier and join us for lunch prior to the film. Lunch tickets are distributed on a first come first served basis beginning at 11 am. Contact the front desk at 919-245-2015 for movie selection and to register.

Register by: 1 week before each movie

**Fee:** FREE

**Passmore Center**

## ORGANIZATIONS & CLUB MEETINGS

### VIRTUAL and NEW PROGRAMMING

**✓ CHARLIE'S SOCIAL GROUP**

Come and join our virtual English learning social club! We have a lot of stories to share! You will meet new friends, practice English and Chinese and of course, you will have a lot of fun!

**Leader:** Charlie Tsui, Wayne Hung.

**Fee:** FREE

**Date:** Wed, Jul-Sep

**Time:** 10 - 11 am

**Join Zoom Meeting:** <https://us02web.zoom.us/j/87262440389>

**Meeting ID:** 872 6244 0389

### FUTURE PROGRAMMING

**FP CHADER: CHAPEL HILL AND DURHAM ELDERCARE RESOURCES GROUP**

Organization meets every other month and represents various agencies serving older adults. Meetings have a guest speaker and time for networking. People in the community are invited to attend.

**Contact:** <https://chader.org>

**Fee:** FREE

**Seymour Center**

**FP CHAPEL HILL CAMERA CLUB****Contact:** Scott Van Manen, President, at 919-904-3308**Fee:** FREE**Seymour Center****FP CHAPEL HILL CAMERA CLUB – DIGITAL IMAGING GROUP****Contact:** Scott Van Manen, President, at 919-904-3308**Fee:** FREE**Seymour Center****FP GOLDEN AGE HAPPY CIRCLE CLUB****Contact:** Lula Alston, 919-967-5706**Fee:** FREE**Seymour Center****FP JOLLY 79ERS****Contact:** Marie McAdoo at 919-304-4942**Fee:** FREE**Passmore Center**1<sup>st</sup> Mondays (258001-01)

10 am

**FP MANDARIN CONVERSATIONAL LAB**

Come to learn the basics of Mandarin and Chinese culture in a fun class setting. No prior knowledge is needed – just a willingness to grasp the language so that you can communicate with your fellow Mandarin-speaking participants. Class materials and instructions will be provided.

**Instructor:** Mr Wong**Fee:** FREE**Seymour Center****FP NC CENTRAL UNIVERSITY ALUMNI ASSOCIATION**

All NCCU Alumni are invited to join. Keep informed about ongoing community projects, scholarships for students, and other Alumni updates.

**Contact:** Dorothy Bumphus at 919-943-9300**Fee:** FREE**Passmore Center**3<sup>rd</sup> Mondays (258005-01)

5 pm

**FP OPTIMIST CLUB OF CHAPEL HILL**

As part of Optimist International, we are dedicated to creating opportunities for children in our community. We come from all walks of life and share a common goal - to make a difference in the lives of children. Activities we support are - Shop with a Cop, Childhood Cancer Campaign and Ronald McDonald House. Join us, and help bring out the best in kids. New Optimists are always welcome.

**Fee:** FREE**Seymour Center****FP RETIRED FEDERAL EMPLOYEES (NARFE) ASSOCIATION**

All active and retired federal employees and their spouses are invited to a discussion of issues regarding their welfare.

**Contact:** Walter Mack, President, 919-797-2246**Fee:** FREE**Seymour Center** (358006)**FP SPANISH SOCIAL CLUB/ACTIVE OLDER ADULTS**

This is a time to socialize with other seniors in Spanish, exercise, and learn something new. A typical gathering might involve an engaging discussion around a health related issue, exercise, a time to socialize and relax, and even an opportunity to learn a new skill (such as how to navigate social media, the computer, or English conversation). If you have any questions, or require transportation, to attend, please call 919-245-4279

**FP EL CLUB SOCIAL/ADULTOS MAYORES ACTIVOS (AMA)**

Acompáñenos los jueves de 9-11:30 am para una variedad de actividades ofrecidas en español. El Club Social le ofrece la oportunidad de socializar con adultos mayores, de hacer ejercicio y de aprender algo nuevo. Un día típico incluye una discusión sobre un tema de la salud, media hora de ejercicio, y tiempo para socializar, relajarse y aprender algo nuevo. Podemos tratar de ofrecerle, si lo solicita, y transporte. Para mayor información en español puede contactar 919-245-4279

**Fee:** FREE**Seymour Center** (357151-01)**FP STATE EMPLOYEES OF NC ASSOCIATION**

State Employees are invited to join. Keep informed about State benefits and other changes that may take place.

**Contact:** Phyllis C Farrington at 919-929-2284**Fee:** FREE**Passmore Center**4<sup>th</sup> Tuesdays (257010-01)

9 – 11 am

**FP TRIANGLE WEAVERS ORGANIZATION**

Newcomers are always welcome.

**Fee:** FREE**Seymour Center**

## POTTERY CLASSES

**Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.)** Call 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.**

### VIRTUAL and NEW PROGRAMMING

**📍 BEGINNING/INTERMEDIATE POTTERY**

This class is for the beginner and the more experienced potter. Class Min: 10/ Max: 15

**Register:** 1 week before each session**Instructors:** Pip Merrick**Fee:** \$15 per session**Passmore Center****Link:** Will be emailed prior to the class

**GLAZE CLASSES**

**Mon, Sep 7** – During this session you will learn about the function of common ingredients for oxidation glazes

**Mon, Sep 14** – Discussion of triaxial grid the procedure and results of 32 samples that alter the quantities of silicone, aluminum, flux in a glaze

**Mon Sep 21** – Unity Molecular Formula. We will do the math together and then in breakout groups

**Mon, Sep 28** – Various problems with firing certain glazes including the Christobilitite inversion  
Session I: Mon, Sep 7 – 28 (254018-09) 1 – 2:30 pm

**V DECORATING AT HOME**

This course will discuss the following:

Paper and plastic cutouts, wax resist, layering of glazes and fluxes, texturing, inlay, and colored clays will be demonstrated

Session II: Mon, Oct 5 – 26 (254018-10) 1 – 2:30 pm

**V BIG OBJECTS**

Learn the different ways to avoid cracking, deforming, and breakage in the kiln which will be combined with demonstrations of thrown big bowls (23 inches wide) and other hand built large pieces.

Session III: Mon, Nov 2 – 23 (254018-11) 1 – 2:30 pm

**SENIORS ON THE ROAD****LOCAL DAY TRIPS**

Meals on the trips will be on your own, unless otherwise stated.

**VIRTUAL and NEW PROGRAMMING****V MONTICELLO: HOME OF THOMAS JEFFERSON (343076-01)**

On your hour-long virtual tour, a Monticello guide will lead you in real-time through the first floor of Thomas Jefferson's mountaintop home. You will get a private, unobstructed view of the house and collections and discuss important issues such as Thomas Jefferson's role as a nation builder and Monticello as a plantation powered by the labor of enslaved African Americans.

Tour is limited. **Call 919-968-2070 to register.** Questions, contact Lisa Meinert at 919-245-4251 or Cydnee Sims at 919-245-4250.

**Fee:** FREE

**Date:** Fri, Aug 28

**Time:** 2:30 pm

**Link:** Program ID to be emailed

**V LIVE VIRTUAL FIELD TRIP TO NORTH CAROLINA MUSEUM OF ART (313094-02)**

"A Mindful Moment with Art: Family Portraits"

Spending time with works of art can help you slow down and focus on the present moment. In this interactive program, participants will practice these strategies with family portraits from the Museum's collection and learn how coping skills can help regulate feelings and stress. Questions, contact Lisa Meinert at 919-245-4251.

**Fee:** FREE

**Date:** Thu, Sep 24

**Time:** 2 – 3 pm

**Link:** Program ID to be emailed

**V SYLVAN HEIGHTS BIRD PARK: A TOUR FROM YOUR HOME (343076-11)**

Take a virtual tour of Sylvan Heights Bird Park from home. Meet 2,000 birds from around the world during a virtual tour of Sylvan Heights Bird Park, one of the country's largest avian conservation centers located in Scotland Neck, North Carolina. Get close (virtually!) to flamingos, parrots, waterfowl, cranes, and more. Learn about endangered species; talk with conservation and education experts about Sylvan Heights Bird Park's efforts to conserve birds and their habitat. Tour will last 1 hour including a question and answer session. Min 5/Max 30.

Register: Call 919- 968- 2070 Please note: You'll need an email address and web browser, such as Chrome or Firefox.

**Fee:** \$5 per person

**Date:** Mon, Nov 9

**Time:** 2 pm

**Link:** Program ID and other information will be emailed

**FUTURE PROGRAMMING****FP Trip Registration - Please Read Carefully**

**Registration for the trips will be taken on, or after, TBD** To register, call the Passmore Center at 919-245-2015. **You may register yourself, and ONE other person, with addresses and phone numbers. Payment must be received within one week,** or you will forfeit your spot and be moved to the waiting list. Please make checks payable to: Orange County Dept on Aging and mail to: Passmore Center, PO Box 8181, Hillsborough, NC 27278, or to the Seymour Center, 2551 Homestead Rd, Chapel Hill, NC 27516. Please inquire regarding accessibility for assistive walking devices. Remember, trips fill quickly! Transportation refunds will be made only if you call the center and cancel your reservation three (3) working days before the trip. If the minimum number of people doesn't register for a trip by one week before the trip's departure, it will be cancelled and refunds will be issued for the full amount.

**Please arrive 15 minutes before the bus is scheduled to depart so it can be loaded and ready to leave on schedule.**

**Trips leave from the Passmore Center, 103 Meadowland Dr, Hillsborough, and from the Seymour Center, 2551 Homestead Rd, Chapel Hill. Return trip times are approximate.**

# SEYMOUR TECH

## September to November Schedule and Course Descriptions

### GENERAL INFORMATION:

**These classes are taught using the Zoom app – or other remote learning apps** - by Seymour Center/ Tech volunteers. Everyone who enrolls will be sent a Zoom or other app invitation the day before the class begins. If you don't know how to use Zoom, please sign up for our Zoom class. We will also be experimenting with GoToMeeting and Google Meet for a few classes. All classes are **free**. Let us know if you have questions by emailing: [mgilliom@gmail.com](mailto:mgilliom@gmail.com) To register: 919-968-2070

### ✔ INTRODUCTION TO THE IPHONE (359050-02)

These smartphones are amazing all-in-one tools for phone calls, email, text, photos, music, videos, a smart camera, e-book reader, Internet browser, and gaming device. You will learn about setting up contacts, email, about Siri, iTunes, and the App Store. NOTE: Due to the differences in the latest software, we will NOT be covering iPad in this session. See the iPad sessions in Nov. Please bring your iPhone to class.

**Instructors:** Jim Schultz, Glick Schultz, Mike Gilliom  
Sep 1, 2, 3 1 – 3 pm

### ✔ PINTEREST.COM (359036-02)

Pinterest is a pinboard-style photo sharing website that allows users to create and manage theme-based image collections such as events, interests, hobbies, and more. Users can browse other pinboards for inspiration, "re-pin" images to their own pin boards, or "like" photos. Learn how to use Pinterest as a tool for collecting and organizing things you love!

**Instructor:** Jim Schultz  
Sep 4 1 – 3 pm

### ✔ WINDOWS 10 (359052-08)

In this 2-session class you will become more effective with Windows 10's important features. We will cover customizing your Start screen and desktop, organizing folders and files, using the Windows Store and setting up security and backup.

**Instructor:** Mike Gilliom  
Sep 7, 8 1 – 3 pm

### ✔ INTRODUCTION TO THE IPAD (359050-03)

These devices are amazing all-in-one tools for email, text, photos, music and videos. They are also a camera, e-book reader, Internet browser, and gaming device. You will learn about setting up email, about Siri, iTunes, and the App Store. Did you know you can totally replace other general-use computers with an iPad? You can even add a real keyboard; in fact, your iPad will work with nearly any Bluetooth keyboard.

**Instructor:** Glick Schultz  
Sep 9, 10 1 – 3 pm

### ✔ GOTO MEETING CLASS (359051-01)

GoTo Meeting is a web-hosted service created and marketed by LogMeIn. It is an online meeting, desktop sharing, and video conferencing software package that enables the user to meet with other computer users, clients or colleagues via the Internet in real time. Works on your computer, or mobile device. No app download required.

Sep 11 1 – 3 pm

### ✔ PHOTO EDITING WITH WINDOWS 10 (359025-05)

Using your Windows 10 PC, learn how to remove "Red-eyes," crop, straighten, create panoramas, correct lighting, and create collages using the Apps available on Windows 10. On day two we will work on photos you've taken, and we will edit photos on your laptop or bring them on a USB (flash) Drive.

**Instructor:** Jim Schultz  
Sep 14, 15 1 – 3 pm

### ✔ GOOGLE PHOTOS (359043-05)

Google Photos **backs up** all your photos and videos to the cloud from any device. Google cloud storage is free and there is no limit on the number of items stored if you use Google's recommended settings. Using Google Photos, we can **edit** our photos and videos, **create albums**, and **share** them with friends & family. PC and Mac users will practice backing up photos and videos to the cloud from our classroom PCs. We will also be using our mobile devices.

**Instructor:** Mike Gilliom  
Sep 16, 17 1 – 3 pm

### ✔ ZOOM CLASS: HOW TO HOST AND HOW TO PARTICIPATE IN ZOOM MEETINGS (359061-03)

Knowing a little bit about Zoom is a **prerequisite** for any of our Remote Learning classes. You will learn the basics for this widely used internet tool. We'll also teach you how to set up and host your own Zoom meetings. See the Zoom Help and Resources topic on our website, [seymourtechcenter.org](http://seymourtechcenter.org), to get your computer or mobile device ready for this class.

**Instructor:** Dave Curtin  
Sep 21 1 – 3 pm

### ✔ INTRODUCTION TO YOUR MAC & OS X (359030)

In this 3-session class, we will cover the basics of Mac hardware, the Desktop and the Dock, Finder, LaunchPad, System Preferences, your Apple ID (your Apple account), using the iCloud, the App store, how to avoid malware, how to use backup solutions like Time Machine and Backblaze, and how to keep your Mac software up-to-date. We'll discuss, demonstrate and practice using all of these Mac and OS X components.

**Instructor:** Glick Schultz  
Sep 23, 24, 25 1 – 3 pm

**PHOTO EDITING WITH THE IPHONE AND IPAD**

(359025-03)

Using the iPhone or iPad, learn how to remove “Red-eyes,” crop, straighten, create panoramas, correct lighting, and create collages using the new Photoshop Express app. On day two we will work on photos you’ve taken and we will edit photos on your device.

**Instructor:** Jim Schultz

Sep 28, 29

1 – 3 pm

**OPEN COMPUTER CLINIC** (359038-02)

This is your chance to ask anything you like about your computer – whether PC or Mac. One of our volunteers will help you learn more about your system.

Sep 30

1 – 3 pm

**ID THEFT, COMPUTER SECURITY AND BACKUP**

(359035-02)

We spend much of our day on the Internet. In this free seminar you will learn many of the basic ways to protect yourself in this fast-paced online world. Of course, in spite of our best efforts, things can go wrong. You need to have good computer security software and a backup method in place for your computer files, email and settings. We will discuss how to use Windows Defender and give you some easy-to-do computer backup alternatives.

**Instructor:** Mike Gilliom

Oct 1

1 – 3 pm

**EXPLORING PASSWORD MANAGERS** (359060-02)

Password Managers allow you to generate and store secure passwords and manage your login credentials across all your devices, automatically filling in forms in web browsers and syncing your data across all your devices. We will explore two of the best offerings around – your current browser and LastPass– both free.

**Instructor:** Mike Gilliom

Oct 2

1 – 3 pm

**INTRODUCTION TO THE MAC APPS YOU NEED TO KNOW** (359030-11)

In this second, 3-session class, you will practice using Safari (the Apple browser), Keychain (to save passwords), Mail, Contacts, Calendar, Preview, Messages, Notes, Music, Podcasts and the Apple Office Apps: Pages, Numbers and Keynote.

**Instructor:** Glick Schultz

Oct 5, 6, 7

1 – 3 pm

**FACEBOOK ON PCs** (359008-05)

Facebook is used by people of all ages and provides easy ways to communicate with friends and family. Learn to view and post your own photos, video, and messages. Discover how to post on friends’ “Timeline,” “Comment” on their pictures, and do real-time Chat. Don’t worry, personal security recommendations will also be covered. If you do not have a current account, please let us know when you register and arrive 15 min early for class.

**Instructor:** Jim Schultz

Oct 8, 9

1 – 3 pm

**GETTING ORGANIZED WITH YOUR FOLDERS AND FILES** (359007-03)

Now you really do have time to get organized! You’ll learn how the pros organize their Folders and Files. We’ll use a PC for our examples, and Mac users can watch and learn, too. The key tool for PCs is the Windows File Explorer, and by the end, it will be one of your favorite places to land on a computer. The concepts we teach apply to any device - and cloud apps like Drive and iCloud Drive, too.

**Instructor:** Steve Weiss

Oct 12

1 – 3 pm

**INTRODUCTION TO ANCESTRY.COM** (359031-01)

We will cover the fundamentals of beginning to create your family genealogy using Ancestry.com. We will go through some actual examples, such as using the US Census, birth, marriage, and death records to tie them to your own family history.

**Instructor:** Jim Schultz

Oct 13, 14

1 – 3 pm

**OPEN CLINIC FOR IPHONE AND IPAD USERS**

(359050-05)

Use this clinic session to get your specific questions answered - **this is not a class with an agenda**. So, do you need help with certain iPhone settings, accounts, email, calendar, the app store? Need a hand syncing Apple devices using the iCloud? Have some other burning question? Sign up for the iPhone clinic. Ask your questions. Stay for the full 2 hours, or leave when you are satisfied.

**Instructors:** Jim Schultz, Glick Schultz & Mike Gilliom

Oct 16

1 – 3 pm

**FACEBOOK ON IPHONES AND IPADS** (359008-06)

The Facebook app is used and enjoyed by people of all ages. Facebook provides easy ways to exchange communications with friends and family. You will learn how to view and post your own photos, video, and messages. You will learn about posting on friends’ “Timeline,” “Commenting” on friends’ pictures, and real-time Chat. Personal security recommendations are also covered.

**Instructor:** Jim Schultz

Oct 19, 20

1 – 3 pm

**PAGES** (359063-01)

Part of The Apple Office Suite on Macs - Apple Pages is a powerful word processor that gives you everything you need to create documents that look beautiful, and read beautifully. It lets you work seamlessly between Mac and iOS devices, and even work effortlessly with people who use Microsoft Word. Learn how to unleash the power of Pages on the Mac.

**Instructor:** Glick Schultz

Oct 21

1 – 3 pm

**V NUMBERS (359063-02)**

Part of the Apple Office Suite on Macs - Numbers is a spreadsheet application developed by Apple as part of the productivity suite alongside Keynote and Pages. Numbers is available for iOS, and macOS High Sierra or newer. Numbers will work effortlessly with Microsoft Excel. Learn how to use this spreadsheet program that comes with your Mac.

**Instructor:** Glick Schultz

Oct 22 1 – 3 pm

**V KEYNOTE (359063-03)**

Part of the Apple Office Suite on Macs - Keynote is a powerful app for building and delivering beautiful presentations. Gorgeous templates and tight integration with other Apple apps make it a great choice for Mac users and a great replacement for Powerpoint. Learn how to create stunning presentations with Keynote.

**Instructor:** Glick Schultz

Oct 23 1 – 3 pm

**V iTUNES AND ICLOUD ON PCs (359058-03)**

**iCloud** is a service provided by Apple that stores your music, TV shows, and other files in the cloud (online). It also automatically pushes (downloads) your files to all of your devices so that they stay up-to-date. **iTunes** can play your favorite CDs, Movies, Books, and Videos, but you can also import your songs into your iTunes Library. Once imported, you'll be able to arrange your songs into playlists, share them with your other computers using iTunes, or take them with you on your iPhone.

**Instructor:** Jim Schultz

Oct 26, 27 1 – 3 pm

**V GOOGLE DRIVE AND GOOGLE DOCS (359006-08)**

**Google Drive** is a safe place for all your files and puts them within reach from any smartphone, tablet, or computer. Files in Drive – like your videos, photos, and documents – are organized in folders and backed up safely so you can't lose them. Once there, you can easily invite others to view, edit, or leave comments on any of your files or folders. We will do lots of practice exercises. **Google Docs** is the online app compatible with **Microsoft Word**, used for creating, updating, downloading and sharing documents.

**Required:** See the course description on [seymourtechcenter.org](http://seymourtechcenter.org) for the Google account requirements.

**Instructor:** Mike Gilliom

Oct 28 1 – 3 pm

**V GOOGLE SHEETS AND GOOGLE SLIDES (359006-09)**

With **Google Sheets**, you can create, edit, and collaborate online spreadsheets wherever you are - from your phone, tablet, or computer. For free. Choose from a wide variety

of budgets, schedules, and other pre-made spreadsheets. And Sheets works with **Microsoft Excel**. With **Google Slides**, you can create, edit, collaborate, and present slide shows wherever you are. For free. Perfect for Zoom meetings. Tell stories that matter. Google Slides makes your ideas shine with a variety of themes, fonts, embedded video, animations, and more. And Slides works with **Microsoft PowerPoint**.

**Required:** See the course description on [seymourtechcenter.org](http://seymourtechcenter.org) for the Google account requirements.

**Instructor:** Mike Gilliom

Oct 29 1 – 3 pm

**V APPLE MUSIC APP ON THE MAC (359062-02)**

You may have heard that Apple eliminated the iTunes app in the latest macOS, Catalina. Never fear, however, the Music app is taking its place (sort of). Learn how to use Music to import music from your CD's and other sources, organize your music library into playlists, and even buy the latest releases from the iTunes Store.

**Instructor:** Glick Schultz

Oct 30 1 – 3 pm

**V GMAIL (359018-03)**

**Gmail** is a free, search-based webmail service that combines the best features of traditional email with Google's search technology. Gmail provides enough free storage space for many people. You will learn how to import your contact list, transition your old email with your contacts, create emails, and how to respond to emails. We will also go through using

**Required:** As with other Google apps, these require a Google account. The instructor will help you get one.

Nov 2, 3 1 – 3 pm

**V GOOGLE MEET (359019-10)**

**Google Meet** is now part of Gmail and offers video chat and video conferencing. It's in many ways similar to Zoom and GoToMeeting. **Required:** As with other Google apps, these require a Google account. The instructor will help you get one.

Nov 4 1 – 3 pm

**V APPLE PHOTOS ON THE MAC (359043-02)**

Photos for the Mac has an immersive, dynamic 2-session look that showcases your best photos. Find the shots you're looking for with powerful search options. Organize your collection into albums, or keep your photos organized automatically with smart albums. Perfect your images with intuitive built-in editing tools, or use your favorite photos apps. And with iCloud Photos, you can keep all your photos and videos stored in iCloud and up to date on your Mac, Apple TV, iPhone, iPad, and even your PC. Learn how to get the most out of this app.

**Instructor:** Glick Schultz

Nov 5, 6 1 – 3

### ✓ INTRODUCTION TO ANDROID SMARTPHONES AND TABLETS (359040-03)

This 3 session class will show you how to use your Android Smartphone or Tablet. Except for phone calls, these devices work the same way. We'll show you how to use the Home screen and Settings. Phone users will learn to make and answer calls and manage your contacts. Then we'll explore texting and email. We'll search the web, play with YouTube, set up calendars, tasks & alarms. We'll use the camera for photos and videos. And, we'll show you how to find free & fee apps – including games – to personalize your phone and tablet.

**Instructor:** Bob Chernow

Nov 9, 10, 11

1 – 3 pm

### ✓ WINDOWS 10 EMAIL (359052-09)

Windows 10 comes with a built-in Mail app, from which you can access all your different email accounts (including Outlook.com, Gmail, Yahoo!, and others) in one single, centralized interface. With it, there's no need to go to different websites or apps for your email. With a seamless unified accounts experience delivered in an intuitive design for ultimate ease of use, no more waiting for messages to load. This is the FASTEST email app available for windows.

**Instructor:** Jim Schultz

Nov 12, 13

1 – 3 pm

### ✓ FREE CLINIC FOR ANDROID SMARTPHONE AND TABLET USERS (359040-07)

Use this clinic session to get your specific questions answered - **this is not a class with an agenda**. Android smartphones & tablets are made by companies like Samsung, LG, Motorola, HTC, etc.. So, do you need help with certain Android smartphone or tablet settings like WiFi and Bluetooth; accounts; the app store; or apps like email, texting or calendars? Maybe you have just a single burning question? Sign up for the Android Phone & Tablet clinic. Stay for the full 2 hours, or leave when you are satisfied.

**Instructor:** Seymour Tech Volunteers

Nov 18

1 – 3 pm

### ✓ GREAT IMOVIES ON THE MAC (359059-02)

iMovie for Mac is a powerful video-editing program that among other things can turn iPhone or camera-recorded video footage into stunning movies. Learn how to cut and combine clips, add transitions, titles, and music or sound effects to your movies, then share them via iCloud, YouTube, Facebook and others.

**Instructor:** Glick Schultz

Nov 19

1 – 3 pm

### ✓ iCloud FOR APPLE USERS (359058-04)

iCloud allows you to share information with all you Apple devices, your friends and family, and back up your iPhone and iPad. Learn how iCloud can keep your info in sync and safe.

**Instructor:** Glick Schultz

Nov 20

1 – 3 pm

## SPECIAL EVENTS

**Classes must be registered for in advance (classes may be cancelled if minimum numbers are not reached)**

by calling the **Passmore Center** in Hillsborough at 919-245-2015, **or the Seymour Center** in Chapel Hill at 919-968-2070. Fee waivers/reductions are available based on assessed financial need for all classes/programs for Orange County residents. Transportation Specialist available at senior centers, 919-717-1853.

♥ = Might be enjoyed by people with cognitive impairment, together with a caregiver

IG = Intergenerational program

🏳️‍🌈 = LGBTQ Affirming Group or Event

## VIRTUALand NEW PROGRAMMING

### ✓ ART SHOW – PASSMORE CENTER

If you are interested in exhibiting, please contact Terry Colville at 919-245-2016 or [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov)

### ✓ ART SHOWS – SEYMOUR CENTER

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**NEW VIRTUAL ART SHOWS featuring....**

#### JOYCE SANDY

Joyce Sandy, a self-taught artist from the age of 16 and scholar of the Art Students League in New York City, will introduce her exhibit, "Transitions". You will enjoy beautiful acrylics on canvas featuring butterflies and bridges and how in many cultures, they are symbols of transition.

**Date:** Month of Sep (353003-06)

**Time:** 3 pm

**Link:** <https://www.orangecountync.gov/236/Senior-Center-Programs>

#### ABBIE-STUART FOX

Abbie-Stuart's art is impressionistic, abstracted, whimsical and always packed with color. Her exhibit title is "Life in Color". She works with acrylic paints, alcohol inks, mixed media and collage. No matter what project she is working on, it's color that ties everything together. Color represents the joy in the newness of her life experiences and the new landscapes she's seen in her travels. Through her art she hopes to share that joy with others.

**Date:** Month of Oct (353003-07)

**Time:** 3 pm

**Link:** <https://www.orangecountync.gov/236/Senior-Center-Programs>

**DOLLIE HINCH**

Dollie Hinch originally hailed from Durham where she graduated from North Carolina Central University with a BA in Fine Arts. Life and art took her to New York where she married and attended Arts Students League in New York and the Brooklyn Museum of Art School. Her fascinating work highlights found object art, drawings and paintings using markers. She is not only a seasoned artist, but is also an art therapist.

**Date:** Month of Nov (353003-08)

**Time:** 3 pm

**Link:** <https://www.orangecountync.gov/236/Senior-Center-Programs>

**BINGO - TAILGATE**

Bring your lawn chair and enjoy a morning out playing BINGO with others. Tailgating will take place in the back parking lot. To ensure social distancing, please park in designated area. \*In the event of adverse weather, the program will be cancelled. Min: 15 /Max: 25

Register by: Wed, Sep 9

**Fee:** FREE

**Passmore Center**

**Date:** Wed, Sep 16 (257024-01)

**Time:** 10 am

**🅕 BINGO – VIRTUAL GAMES**

Get ready for a new style and several rounds of bingo games. You will have several ways to connect with others in a virtual platform or over the phone and to shout out... Bingo! Each person will be given 2 game boards that will be available for pick up on Wed, Sep 2 and 9, between 10:30 – 11:30 am or 12:30- 1:30 pm at the Seymour Center. Bingo caller, Deborah Lemmerman, will keep track of winners. Prizes will be mailed. Call 919-968-2070 to register.

Register by: 1 week before games.

**Date:** Tue, Sep 15; Oct 20; Nov 17

**Time:** 3 – 4 pm

**Link:** Program ID will be emailed

**BIRTHDAY CURBSIDE RECOGNITION**

Look forward to a fun way to celebrate your peers with cheers. This is a special way to honor our participants born in Sept, Oct and Nov.

**Date:** 1<sup>st</sup> Mon of Month (except Sep due to holiday – Sep 14; Oct 5; Nov 2)

**Time:** 11:30 am

**Location:** Seymour Center Parking Lot

**🅕 CHAT AND CHEW VIRTUAL LUNCHEON**

We miss seeing you and having lunch together. Sharing a meal with friends is a special time and even though we can't gather at the center, we can still enjoy a virtual lunch together. Fix your lunch, tune in and chat with us and see how everyone is doing. We look forward to our virtual lunch!

Register by: Nov 5

**Leaders:** Passmore Staff

**Fee:** FREE

**Date:** Thu, Nov 19 (243077-01)

**Time:** 1 pm

**Link:** Will be emailed to you

**🅕 COFFEE TALK**

Grab your favorite morning brew and take a few minutes to catch up with friends. During our time together, the staff will answer questions concerning the Passmore Center, the Dept. on Aging, and upcoming programming. Hope to see you!

Register by: Tue, Sep 1

**Leaders:** Passmore Staff

**Fee:** FREE

**Passmore Center**

**Date:** Tue, Sep 8 (243075-01)

**Time:** 10 am

**Link:** Program ID will be emailed to you

**🅕 COOKING WITH ROBIN – LET'S MAKE RUGALACH**

No matter how you spell it, this delicious Eastern European pastry is always a hit. Traditional rugalachs are made in the form of a crescent by rolling a triangle of dough around a filling. The dough's base can be made with sour cream, cream cheese or even yeast leavened. Fillings also vary from raisins, walnuts, cinnamon, chocolate, jams, etc. Seymour Facility Manager Robin Bailin has her own favorite to share with you. Join her as she makes these delectable edibles!

Register by: Calling 919-968-2070

**Fee:** FREE

**Date:** Mon, Oct 5 (343078-01)

**Time:** 1 -2 pm

**Link:** Information to access program will be provided after enrolling before demonstration.

**CURBSIDE POP UP PARTIES & MORE on the LOT**

Spontaneous and great things are happening on the lot besides our new construction at the Seymour Center this fall. Be on the look-out for unique and exciting activities before your curbside lunch pick up on either a Mon, Wed or Fri. Never know what will pop up, but you can expect neat activity kits, contests, live music, treats for the sweet – there will also be current COVID updates and a special guest from time to time.

**Seymour Center**

**Date:** Mon or Wed or Fri (never know when activities will pop up) (353037-01)

**Time:** 11 am and 12 noon

**🅕 EXPLORING GRIEF THROUGH EXPRESSIVE ARTS**

Join us for this four-week virtual expressive arts group. Facilitators will guide participants through a series of homework prompts for exploring grief through art-making and creativity. Each week, the group will meet virtually to share and discuss their creative journey through grief. No art experience is needed; participants can use creative medium of choice (drawing, writing, photography, nature collage, sewing, etc.). Participation in all four sessions is required. Registration required; space is limited.

Register by: Calling 919-719-7199

**Fee:** FREE

**Date:** Tuesdays, Aug 18 – Sep 1 (352710-01)

**Time:** 1:30 – 3:30 pm

**Date:** Wednesdays, Sept 23 – Oct 14 (352710-02)

**Time:** 6 – 8 pm

**Link:** Program ID will be emailed

**END OF SUMMER DANCE – TAILGATE PARTY**

Bring your own picnic and a lawn chair as we welcome autumn and enjoy music provided by DJ, Avon Lassiter. Tailgating party will take place in the back parking lot. To ensure social distancing, please park in designated area. \*In the event of adverse weather, the program will be cancelled. Min: 15 /Max: 25

Register by: Thu, Sep 10

**Fee:** FREE

**Passmore Center**

**Date:** Thu, Sep 24 (243078-01)

**Time:** 6 pm

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**📍 FIRE SAFETY IN THE KITCHEN**

The theme for Fire Safety week this year is “Serve Up Fire Safety in the Kitchen”. Join us as Elizabeth Farnan, Assistant Fire Marshal with the Orange County Emergency Services gives tips on fire safety in the kitchen.

Register by: Wed Sep 30

**Fee:** FREE

**Date:** Wed Oct 7 (243013-01)

**Time:** 10 am

**Link:** Program ID will be emailed

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**📍 HAPPY HOUR VIRTUAL TV SITCOM CHALLENGE**

TV lovers, a fun night planned just for you!! Our fun and energetic host, Liz Blackmon, Sales Counselor with Seasons of South Point, will get your wheels turning as you guess old school television sitcoms. To make it even more enjoyable, a treat bag with assorted goodies to enjoy during the virtual experience will be available for you to pick up on Wed, Sep 23 from 10:30 am – 1:30 pm at Seymour Center. Hang on to your snacks until game time! Min: 10/ Max: 30

**Date:** Fri, Sep 25 (343080-01)

**Time:** 6pm

**Link:** Program ID will be emailed

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**📍 HEAR A JOKE AND TELL A JOKE**

We can all use a good laugh and I am sure you have a joke or story to share. Revel in the laughter with others by joining us for our first virtual joke telling event. If you don't have a joke to share, that's fine, join us and laugh along with everyone else.

Register by: Tue, Oct 20

**Leaders:** Toni Shaw and Sallie Anderson

**Fee:** FREE

**Date:** Tue, Oct 27 (243072-01)

**Time:** 2 pm

**Link:** Program ID will be emailed

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**📍 MEDITATION - GUIDED**

Loving Kindness meditation creates a space within which we can connect to love and compassion for ourselves and others. No meditation experience necessary! This simple but powerful guided meditation will be led by Department on Aging staff member Lisa Meinert. Contact Lisa to register: Lmeinert@orangecountync.gov, or 919- 245-4251.

Register by: Mon Oct 5

**Leader:** Lisa Meinert

**Date:** Mon Oct 12 (334084-02)

**Time:** 10:30 am

**Link:** Program ID will be emailed

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**📍 MEET THE ARTIST**

Jerry Smith is a local artist whose artwork has been displayed at the Passmore Center, Margaret Lane Gallery, and other locations in Orange County. His paintings include many local landmarks that you might recognize. Register to hear this pre-recorded talk with Jerry Smith about his art work and what motivates him to paint.

Register by: Thu, Sep 24

**Fee:** FREE

Thu, Oct 1 (243073-01)

**Link:** Program ID will be emailed

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**📍 MEET THE AUTHOR**

During our virtual meeting, local author AJ Mayhew will read excerpts from her new book. AJ was born in Charlotte and much of her work reflects her vivid memories of growing up in the segregated South. There will be time for a question and answer session after her presentation.

Min: 10 /Max: 25

Register by: Wed, Oct 7

**Author:** AJ Mayhem

**Fee:** FREE

**Date:** Wed, Oct 21 (213013-01)

**Time:** 3 pm

**Link:** Program ID will be emailed

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**NAME THAT TUNE - TAILGATE**

Horace Sher returns to put your memory to the test as you see how quickly you can name the tune he is playing. Here is a hint: you might want to refresh your Disney song repertoire! Bring your lawn chair and enjoy music with friends. Tailgating will take place in the back parking lot. To ensure social distancing, please park in designated area. \*In the event of adverse weather, the program will be cancelled. Min: 15 /Max: 25

Register by: Wed, Oct 21

**Fee:** FREE

**Date:** Wed, Nov 4 (243072)

**Time:** 2 pm

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**📍 NC'S FINEST POETS FEATURING THE CAROLINA AFRICAN-AMERICAN WRITERS' COLLECTIVE**

Join the Carolina African American Writers' Collective for an online literary event highlighted by readings from the group's twenty-fifth anniversary anthology, *All the Songs We Sing* (Blair, 2020). Min: 15/ Max: 50

Register by: Thu, Oct 22

**Fee:** FREE

**Date:** Thu, Oct 29 (343073-01)

**Time:** 6 pm

**Link:** Program ID will be emailed

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**NIGHT OUT WITH MEBANSVILLE BAND**

Fall weather in NC is wonderful and we celebrate autumn with music provided by the Mebansville Band. Mebansville's music style is pure Americana and you are sure to enjoy their vast variety of sound. Bring your own picnic and a lawn chair and sing along with the group. Tailgating party will take place in the back parking lot. To ensure social distancing, please park in designated area. \*In the event of adverse weather, the program will be cancelled.

Min: 15 /Max: 25

Register by: Thu, Oct 8

**Fee:** FREE

**Passmore Center**

**Date:** Thu, Oct 22 (243079-01)

**Time:** 6 pm

### ▼ PERSONAL REFLECTIONS: HOW ARE YOU FINDING PEACE DURING COVID?

As we all continue this journey to finding our own personal happiness and peace during COVID, we want to know what has inspired you. We're seeking personal reflection pieces to share with and inspire our community. Send us your stories, your poems, your art that reflects upon your struggles and triumphs while living through the COVID pandemic. The Mental Wellness SRT will select submission to present during a virtual program honoring our community and the progress we have made together. Submissions due by Friday October 9th at 5pm to Shenae McPherson at [shmcperson@orangecountync.gov](mailto:shmcperson@orangecountync.gov) or 919-245-4243 Virtual Presentation Program will be held :

**Date:** Thu, Nov, 12,

**Time:** 4– 5:15 pm

**Please join meeting from your computer, tablet or smartphone.**

**Link:** <https://global.gotomeeting.com/join/539521381>

You can also dial in using your phone.

786-535-3211

**Access Code:** 539-521-381

### PLANT SALE

It's that time of year again; time to separate your plants. Instead of replanting the same plant, why not try another variety. The Passmore gardeners will be selling plants from their beautiful garden. The plant sale will take place in the back parking lot. Please park in designated spaces to ensure social distancing. \*Sponsored by the Friends of the Jerry M Passmore Center and all proceeds supports the senior center.

**Master Gardener:** Patty Meehan

**Passmore Center**

**Date:** Tue, Oct 8 (223034-01)

**Time:** 10 am – 1 pm

### POKENO PARTY – TAILGATE

Never played Pokeno? No problem because the game is fun and easy, and is similar to BINGO. Bring your lawn chair and spend time with others and, who knows, you may be the big winner! Tailgating will take place in the back parking lot. To ensure social distancing, please park in designated area. \*In the event of adverse weather, the program will be cancelled. Min: 15 /Max: 25

Register by: Wed, Oct 7

**Fee:** FREE

**Passmore Center**

**Date:** Wed, Oct 14 (243045-01)

**Time:** 10 am

### ▼ SIPPING S~OCIAL

We want to "see" how you are doing - so grab your favorite drink, whatever that may be, and catch up with others during our virtual social hour. If you are new to the area, this is a great opportunity to introduce yourself to others and gives us a chance to welcome you to the Passmore Center. We hope this will make everyone feel closer!

Register by: Tue, Sep 29

**Leaders:** Passmore Center staff

**Fee:** FREE

**Passmore Center**

**Date:** Tue, Oct 6 (243076-01)

**Time:** 2 pm

**Link:** Program ID will be emailed

### ▼ STORYTIME FOR GROWN FOLKS

Who doesn't enjoy a good story? Come join Regina Gale as she shares "Storytime for Grown Folks", a monthly series this fall. Splashes of life that will rekindle fond memories and spark conversation. RSVP required.

Register by: Calling 919-968-2070

**Fee:** FREE

**Date:** 4<sup>th</sup> Thu, Sept 24; Oct 22; Nov 19 (except Nov due to holiday) (343045-01,02, 03)

**Time:** 3 pm

**Link:** Program ID will be emailed

### ▼ TRIVIA NIGHT

Back by popular demand with a twist! Give your brain a workout as we hold our first virtual trivia challenge. Categories will include 50s, 60s, and 70s music and movies, as well as, other topics. Take a walk down memory lane and see how much you remember.

Register by: Tue, Sep 15

**Leaders:** Toni Shaw and Sallie Anderson

**Fee:** FREE

**Passmore Center**

**Date:** Tue, Sep 29 (257056-01)

**Time:** 6 pm

**Link:** Program ID will be emailed

### ▼ WALL OF HONOR – VIRTUAL RECOGNITION

Over the course of several years, the Seymour Center has honored veterans in the community. Join us this Veterans Day as we take time to recognize our past honorees who served our country. If you or a loved one has served our Country, please contact Meghan Rushing at 919-245-2026 for further information.

Register by: Mon, Nov 4

**Fee:** FREE

**Date:** Wed, Nov 11 (343068-02)

**Time:** 10 am

**Link:** [Facebook.com/OrangeCountyDepartmentOnAging](https://www.facebook.com/OrangeCountyDepartmentOnAging)

**▼ WEDNESDAYS' VIRTUAL BUZZ**

Connect with Meghan Rushing, Program Assistant Manager, on the 1<sup>st</sup> Wed of the month. Come find out what the entire virtual buzz is about! Be the first to be in the know about what's happening at your local centers this fall.

**Date:** 1<sup>st</sup> Wed, Sep 2; Oct 7; Nov 4

**Time:** 10:30 am

**Link:** [Facebook.com/](https://www.facebook.com/OrangeCountyDepartmentOnAging)

[OrangeCountyDepartmentOnAging](https://www.facebook.com/OrangeCountyDepartmentOnAging)

**▼ WHEEL OF FORTUNE VIRTUAL TRIVIA**

Enjoy an evening of fun solving a host of questions with **Liz Blackmon, Sales Counselor, Seasons of South Point**. This will be a sure way to test your knowledge. Grab a few snacks and set up your laptop or hop on your desktop for a wild time. Prizes will be awarded to team or group that proves they are smarter than a fifth grader. Register by: Calling 919-968-2070

**Fee:** FREE

**Date:** Fri, Oct 23 (323045-01)

**Time:** 6 pm

**Link:** Program ID will be emailed

**FUTURE PROGRAMMING****FP BIRTHDAY CELEBRATION**

Join us for our monthly birthday celebration as we recognize individuals born in specific months.

**Passmore Center**

1<sup>st</sup> Mondays (253004)

**FP BUSY BODY AMBASSADORS' TABLE**

In the know at Passmore! Stop by the Busy Body Table and learn what is happening at the Passmore Center. Find out about upcoming events and classes, or take a tour of the center. The Busy Body Ambassadors will introduce you to others in the center and help you get connected. The table will be located in the lobby.

**Fee:** FREE

Mondays and Wednesdays

10 am – 12 noon

**FP COOKING AND DINNER WITH DAVID SOVERO – THE ART OF COOKING**

David trained at the Fearington House Restaurant and believes you can create a good, healthy, and inexpensive meal using ingredients you already have. Each week you bring two ingredients (fruit, vegetable, or other item) and he will teach you how to create a meal. This is a hands-on class; everyone participates in the preparation of the meal. This is a unique cooking class that is a fun, as well as a delicious experience. Min: 5/Max: 20 Register by: 1 week before class.

**Fee:** \$12 per class + two ingredients

**Passmore Center**

Mondays (233016)

5:30 – 8 pm

**FP FARMERS' MARKETS AT THE SENIOR CENTERS**

Yes, the Farmers' Markets are at both centers. It's a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Centers. Come shop and get extra fresh food and outstanding quality.

**Passmore Center**

Tuesdays (253013)

9 am – 12 noon

**Seymour Center**

Thursdays

**FP LITTLE'S COOKING LIGHT, QUICK & EASY**

Learn simple, yet easy Asian cooking recipes that will be easy and fun to create. These flavorful dishes will be perfect for the fall! Recipes and ingredients supplied. Min: 5/Max: 15

**Seymour Center**

**FP NEWCOMERS WELCOME**

Join Passmore Center's staff for an overview of programs and services offered by the Orange County Dept on Aging. It is a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. This is your chance to ask questions and to take a tour of the Passmore Center.

Register by: 1 week in advance

**Fee:** FREE

**Passmore Center**

**FP SEYMOUR DONATION EXCHANGE**

Do you have items around your house you never use? Gifts you've never opened? Do you want to donate items to others? Once a quarter this new program will allow people to donate and exchange items with others. Donations should be **dropped off on Wed, Aug 19** for staff to prepare the "shop" for participants to look through the following day. Items not taken will be donated to local thrift shops. Please, no clothes or same day donations.

**Fee:** FREE

**Seymour Center**



## WELLNESS SPECIAL EVENTS

### FROM THE HEALTH EXPERT

Everyone is welcome! Call the appropriate Center to register. Check the individual classes for specific information. All the programs are FREE. For more information on these and other Wellness programs, contact Latonya Brown, 919-245-4270.

**Notice:** To provide presentations on different topics, the Wellness Program hosts a variety of professionals. This does not mean an endorsement of providers, services, or method of treatment.

### VIRTUAL and NEW PROGRAMMING

#### ❶ FALLS PREVENTION AWARENESS WEEK

Falls are a leading cause of injury for people aged 65 and older, but they are not an inevitable part of aging. There are proven ways to prevent them. North Carolina will celebrate Falls Prevention Awareness Week September 20-26. Join OCDoA as we explore ways to prevent a fall!

#### HOME SAFETY CHATS

Join occupational therapist Marie Dagger for the inaugural Home Safety Chat on Tue, Sep 22 at 10 am. This 30 minute program of education and Q&A will discuss grab bars in this first session, with further topics on the 1st and 3rd Tuesdays of each month. Contact Marie for further information and registration: 919-245-4279; [MDagger@orangecountync.gov](mailto:MDagger@orangecountync.gov).

**Fee:** FREE

**Date:** Tue, Sep 22 (342205-04)

**Time:** 10 am

**Link:** Will be sent before class

#### 5 WAYS TO PREVENT A FALL AT HOME

How can we prevent a fall? Occupational therapist Marie Dagger and UNC Injury Prevention Coordinator Lindsay Bailey will discuss key areas to focus on as you work towards staying safer at home. Questions and discussion encouraged!

**Date:** Thu, Sep 24

**Time:** 1 pm

**Link:** Will be sent before class

#### FALLS RISK SCREENING

Are you concerned about falling? Contact occupational therapist Marie Dagger for a 1:1 appointment to discuss your falls risk. Results are confidential, but can be shared with your doctor upon request. Appointments are available via phone or video call. In-home follow-up available post COVID-19. Contact 919-245-4279 or [mdagger@orangecountync.gov](mailto:mdagger@orangecountync.gov) for more information.

### BALANCE

A 6-week balance training class, designed to improve your balance and prevent falls, includes strength training, functional movement, and progressive balance exercises, and is for seniors with balance problems. It fills quickly, so sign up early. At the conclusion of the first class, instructor will determine appropriateness for continuation in class.

**Instructors:** Charron Andrews, physical therapist; assisted by UNC student volunteers interested in careers working with older adults.

**Fee:** \$36 for 6 sessions.

**Date:** Tue, Sep 8 – Oct 13 (352117-04)

**Time:** 10 am

**Link:** Program ID will be sent before class

### FLU SHOTS

Everyone 6 months and older should get a flu vaccine annually. The single best way to prevent the flu is to get vaccinated each year. Vaccination is especially important for people at higher risk of getting severe influenza and their close contacts - including healthcare personnel and those with close contacts of children younger than 6 months. Flu shots provided by Orange County Health Department and Walgreens. Register by: 1 week before date

#### Passmore Center

Wed, Oct 21 (242500-01)

Walgreens

12:30 – 1:30 pm

#### Seymour Center

Wed, Oct 14 (352500)

Walgreens

12:30 – 1:30 pm

### HEALTH DEPARTMENT DIABETES

#### SELF-MANAGEMENT EDUCATION SERVICES

The Health Department offers diabetes education services (individual and group) that cover the medications and monitoring; controlling blood sugar and A1C levels; exercise; living with diabetes; as well as detection and control of complications. A medical provider's referral is needed to enroll. Lunch and incentives provided. For more information, please call 919-245-2380.

**Fees:** Medicare, Medicaid, and most insurance plans accepted; fees are on a sliding scale with scholarships available.

**Location:** Southern Human Services, Chapel Hill; or Whitted Services Center, Hillsborough

## HEALTH DEPARTMENT NUTRITION COUNSELING SERVICES

The Health Department offers Nutrition Counseling with a Registered Dietitian/Nutritionist who works with your medical provider to help you prevent, or manage, medical conditions such as: diabetes, high cholesterol, high blood pressure or weight management. The dietitian will review your medical history, medications, labs, diet and lifestyle patterns to develop a personalized nutrition plan. **A medical provider's referral is needed to schedule an appointment.** For more information or to schedule an appointment, please call 919-245-2380.

**Fees:** Medicare and most private insurances accepted; fees are on a sliding scale with scholarships available.

## ♥ HEARTMATH

Virtually join Lorraine Lewis, Certified HeartMath® Coach/Mentor, to learn a simple, scientifically proven HEART-CENTERED "RECIPE" to vastly improve the quality of your life in this busy, chaotic world. How do you want to feel? How much of the time do you feel that? Enjoy learning this fun tool for a lifetime of managing your own energy and amplifying your daily "feel good" quotient significantly, enhancing your intuition, and improving every area of your life. Contact: Lorraine: 919 641-1497;

Please send email to [lorraine@peacefulconnection.com](mailto:lorraine@peacefulconnection.com) to register for the class and get the Zoom password for the sessions.

**Instructor:** Lorraine Lewis

**Date:** Fri, Oct 2

**Time:** 1 pm

**Link:** <https://us02web.zoom.us/j/85817000287?pwd=YO0F2dzFTN1dYVnJRdnBUOGF4WWFYQT09>

**Meeting ID:** 858 1700 0287

**Password:** send email to [lorraine@peacefulconnection.com](mailto:lorraine@peacefulconnection.com)

**Date:** Fri, Oct 23

**Time:** 1 pm

**Link:** <https://us02web.zoom.us/j/86116833940?pwd=UjhTcUFGUkExc09PN3ZvRVV2dUNFZz09>

**Meeting ID:** 861 1683 3940

**Password:** send email to [lorraine@peacefulconnection.com](mailto:lorraine@peacefulconnection.com)

## UNC HEARING AND COMMUNICATION CENTER (252505-02)

The UNC Hearing and Communication Center is excited to announce that their Hillsborough satellite office, conveniently located in the Orange County Sportplex, will resume all clinical services on **August 13**.

Dr. Patricia Johnson, AuD is accepting new patients for comprehensive hearing evaluations, hearing aid consultations, and hearing aid repair and cleanings (any manufacturer!). As a non-profit community-based center, the UNC HCC is committed to providing affordable and accessible hearing services. Call **919-493-7980** to schedule an appointment or find them on the web at: [www.uncaudiology.org](http://www.uncaudiology.org).

In addition, stay tuned for free hearing screenings and earwax checks, to be scheduled in October. These screenings are provided as a professional courtesy by the UNC HCC and are separate from the billable hearing services provided to patients.

## HOW TO CLEAN YOUR HEARING DEVICES AT HOME (WEBINAR)

Hearing aids not sounding as clear as before or maybe not even working at all? Unable to see your hearing provider due to the pandemic? Sign up for this highly informative virtual webinar! Dr. Patricia Johnson, AuD from the UNC Hearing and Communication Center will share practical tips on how to clean hearing aids from home. She will review several styles and types of hearing aids, complete with live (virtual) demonstrations with appropriate cleaning tools. Whether you wear hearing devices or someone you love wears them, you don't want to miss this interactive training! Clean hearing aids are the foundation of good communication. An online Zoom invitation will be provided prior to the event.

Register by calling the Passmore, 919-245-2015 or Seymour Center, 919-968-2070

**Date:** Mon, Sep 14

**Time:** 11 am

## HEARING SCREENING AND EAR WAX CHECK

Did you know that every 2 out of 3 people are affected by hearing loss? Hearing loss can also negatively affect your communication skills. A simple ear wax check and hearing screening can help change your ability to hear. Patricia O Johnson, AuD, F-AAA, ABA Certified, Doctor of Audiology and UNC Hearing and Communication Center Staff will provide the screenings. There will also be an explanation on the causes and symptoms of hearing loss.

Register by: Fri, Oct 16

**Fee:** FREE

### Passmore Center

Thu, Oct 22 (252505-01)

9:30 – 11:30 am

### Seymour Center

Fri, Oct 23 (352079-07)

9:30 – 11:30 am

## MENTAL HEALTH TRAININGS

### ✓ ADDRESSING THE MENTAL HEALTH HAZARDS OF SOCIAL ISOLATION

Older Adults are one of the populations most vulnerable to COVID-19. This vulnerability likely means that they will have to engage in social distancing. For some older adults, social distancing and spending more time alone can cause mental health symptoms to worsen.

In this presentation, individuals will learn the impacts of loneliness and isolation, major risk factors and discover creative ways to deal with isolation and loneliness during this pandemic.

Register: Contact [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov)

**Instructor:** Rhonda Mack BS, MA Health Educator

**Date:** Tue, Nov 10

**Time:** 11 am

**Link:** Program ID will be emailed

### ✓ SELF MANAGEMENT: OLDER ADULTS DEALING WITH ANXIETY DURING THE COVID 19

It is hard for older adults to manage feelings of anxiety or emotional distress during this pandemic. Anxiety Disorders are often unrecognized and untreated in older adults. If left untreated, it may affect one's physical health, decrease their ability to perform daily activities, and decrease feelings of well-being.

In this presentation, you will learn ways to reduce anxiety, tips to cope, mobile apps, community resources and how to find local support groups.

Register: Contact [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov)

**Instructor:** Stephane Deberry, MS

**Date:** Thu, Oct 15

**Time:** 1 pm

**Link:** Program ID to be emailed

### ✓ MINDFULNESS: MINDING YOUR OWN MENTAL HEALTH AS YOU CARE FOR OTHERS:

"During these times many of us are experiencing isolation, uncertainty and an increased level of stress that can affect our mental health or the health of those around us.

In this presentation we explore ways to promote your personal well-being while caring for others during a pandemic.

It is about being mindful through it all so you will have opportunities to experience simple mindfulness practices that help to promote a sense of peace, even in chaos."

Register: Contact [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov)

**Instructor:** Cheryl Levinson, RN-BC, QMHP

**Date:** Tue, Sept 8

**Time:** 11 am

**Link:** Program ID will be email

## PRESCRIPTION DRUGS DROP BOX

Carrboro, Chapel Hill, and Hillsborough Police Departments provide a Mobile Prescription Drug Drop box. You may dispose of expired, unused and unwanted medications in a safe and easy way through a prescription drug drop box at each of the police department's main office locations. You may also dispose of over the counter medications.

### Carrboro Police Dept

#### Carrboro Century Center

100 N Greensboro St, Carrboro

### Chapel Hill Police Dept

828 Martin Luther King, Jr Blvd, Chapel Hill

### Hillsborough Police Dept

127 N Churton St, Hillsborough

### Orange County Sheriff's Dept

106 East Margaret Lane, Hillsborough

### ✓ QUICK AND EASY MEALS WITH SEASONAL PRODUCE

Melissa will share ideas that use beans and grains for protein and use local seasonal produce to minimize our reliance on larger food distribution systems. She will also talk about concerns regarding possible meat shortages with processing plants shutting down and the potential problems with our food supply chain.

To register: Email Latonya Brown at [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov)

**Instructor:** Melissa Walter, Program Specialist, Department of Nutrition, University of North Carolina

**Date:** Thu, Oct 8

**Time:** 1:30 pm

**Link:** Program ID will be emailed

### ✓ SHOULD I BE CONCERNED ABOUT "OSTEOPOROSIS"

The information on osteoporosis will be provided by a medical science liaison from Amgen.

Audience members will learn what osteoporosis is, how it is diagnosed, and how they can take charge of their bone health. Please note that this presentation does not constitute medical advice. Participants can register by emailing: [Lbrown@orangecountync.gov](mailto:Lbrown@orangecountync.gov)

**Fee:** FREE

**Date:** Tue, Sep 15

**Time:** 1:30 pm

**Location:** Program ID will be emailed

### ▼ STAY WELL WITH BINGO

Description: Join the Health Department's Registered Dietitians for an interactive BINGO game to learn more about how to stay healthy at home. Winners will receive prizes. Participant will enjoy a fun activity while learning how to stay healthy. Registration is required. There is no cost for this program. Please contact Renee Kemske via email: [rkemske@orangecountync.gov](mailto:rkemske@orangecountync.gov) to register for the program.

**Date:** Tue, Sep 22,

**Time:** 10 -11 am

**Location:** Program ID will be emailed

## WELLNESS EXERCISE CLASSES

♿ = accessible class

**Registration is necessary for ALL classes with a fee – including free ones. Donations are appreciated for all FREE classes.** To register for the Passmore Center in Hillsborough call 919-245-2015, and for the Seymour Center in Chapel Hill, call 919-968-2070.

Fee waivers/reductions are available based on assessed financial need for all fitness classes. Contact Latonya Brown, Wellness Coordinator at 919-245-4270 for more information. All participants' information is kept confidential.

### VIRTUAL and NEW PROGRAMMING

#### ▼ ALICIA'S ARTHRITIS FOUNDATION EXERCISE CLASS (LIVE)

This "virtual" Evidence-Based Program is designed to stretch and strengthen your entire body for maximum movement and endurance. This class is an excellent way to improve joint flexibility, muscular strength and toning. You will gain knowledge of beneficial movements that can be applied to daily living at home. Join us today!

**Instructor:** Alicia Reid

**Date:** Mon, Wed, Fri

**Time:** 11 am

**Link:** <https://us04web.zoom.us/j/71070314012?pwd=SmhBSDdiQUJ5VHdWMHg2eldHT3dzUT09>

**Meeting ID:** 710 7031 4012

**Password:** ARfit2020

#### ▼ CHAIR YOGA

Chair Yoga is a great way to do yoga with greater ease and support. Some poses will be done seated and some standing with the chair for support. Chair yoga calms the body and mind and helps to release tension and stress. A kitchen or dining room chair with a back but no arms is ideal.

Contact Joanne Marshall to register: [marshall@ils.unc.edu](mailto:marshall@ils.unc.edu)

**Instructor:** Joanne Marshall

**Date:** Tuesdays

**Time:** 12:30 – 1:30 pm

**Link:** Program ID to be emailed

#### ▼ GYROKINESIS® HAPPY MOVES!!!!

The Gyrokinesis Method is a unique movement method that addresses the entire person by opening energy pathways, stimulating the nervous system, increasing range of motion, and improving strength and movement efficiency. Each movement flows into the next, allowing the joints to move through a natural range of motion without jarring or compression. The carefully crafted sequences create balance, efficiency, strength, and flexibility. Classes are designed to take the body beyond its current limitations and people report coming out of a class with increased freedom of movement, greater strength, and more agility. Participants can register online or by calling the senior centers. 4 week sessions starting Sept 8 and running through Nov 24

**Fee:** \$24/session

**Instructor:** Davida Reid

**Gyrokinesis**

**Date:** Mondays

1 – 1:30 pm

Session I: Sep 14-Oct 5 (252022-09)

Session II: Oct 12-Nov 2 (252022-10)

Session III: Nov 9-30 (252022-11)

**Gyrokinesis 2**

**Date:** Wednesdays

1 – 1:30 pm

**Location:** Program ID to be emailed

Session I: Sep 8-29 (252022-12)

Session II: Oct 6-27 (252022-13)

Session III: Nov 3-24 (252022-14)

#### ▼ ¡HACEMOS EJERCICIO!

Esta clase de ejercicio se ofrece completamente en español todos los jueves por la mañana. Ejercicios son flexibles, permitiendo a los participantes participar tan intensamente como les gustaría. Usando sillas, bandas, y pelotas de ejercicio, los participantes se estiran y fortalecen para mejorar el equilibrio y la movilidad.

**Tarifa:** Gratis

**Dia/Tempo:** Jueves, 9 – 10:30 am

**Meeting:** Adultos Mayores Activos - Facebook live

**▼ LET'S EXERCISE! (SPANISH)**

This exercise class is offered entirely in Spanish every Thursday morning. Exercises are flexible, allowing participants to participate as intensely as they would like. Using chairs, bands, and exercise balls, participants stretch and strengthen to improve balance and mobility. If you have questions about the class please contact: [nora.olivieri@gmail.com](mailto:nora.olivieri@gmail.com), 919-599-5955

**Day/Time:** Thurs 9 – 10:30 am

**Meeting:** Adultos Mayores Activos - Facebook live

**▼ MINDFUL YOGA**

Mindful Yoga is a gentle mat class that improves balance, breathing, strength and core support while reducing stress. The class is suitable for all ages and fitness levels although participants should be able to get up and down from the floor. Modifications are shown and encouraged. Contact Joanne Marshall to register: [marshall@ils.unc.edu](mailto:marshall@ils.unc.edu)

**Instructor:** Joanne Marshall

**Date:** Friday

**Time:** 12:30 – 1:30 pm

**Link:** Program ID to be emailed

**▼ SALLI'S SENIOR WORKOUT/YOGA**

Join this fantastic and fun fitness class. Your flexibility, strength, balance, posture and coordination will all increase. The class incorporates movements from yoga, physical therapy and dance. Register: Email [salli\\_benedict@unc.edu](mailto:salli_benedict@unc.edu) and get the Zoom password for the sessions.

**Instructor:** Salli Benedict

**Date:** Wed, Sep 9

**Time:** 11 am

**Link:** Program ID to be emailed

**▼ STRENGTHEN YOUR CORE - WITH DIANNE MARTIN (LIVE)**

This is a free exercise class that meets on Wed and Fri at 12 noon for 1/2 hour. It is as follows: a 2.5 min aerobic warm-up, 10 min of light weights, 15 min of floor work, then 2 min of cool-down stretching.

*Please send email to [dmartin@gwu.edu](mailto:dmartin@gwu.edu) to register for the class and get the Zoom password for the sessions.*

Wednesday Exercise Class – Meeting ID: 179 967 239

**Topic:** Live Wednesday Workout with Dianne

**Date:** Wednesdays,

**Time:** 12 noon

**Link:** Join Zoom Meeting - <https://zoom.us/j/179967239>

Meeting ID: 179 967 239

Friday Exercise Class – Meeting ID: 497 324 203

**Topic:** Live Friday Workout with Dianne

**Date:** Fridays

**Time:** 12 noon

**Link:** Join Zoom Meeting - <https://zoom.us/j/497324203>

Meeting ID: 497 324 203

**▼ SEATED TAI CHI AND 18 FORM SHIBASHI QIGONG (LIVE)**

Join Judy Lechner's live Zoom class on Fridays at 11 am. The class can be done seated or standing.

**Instructor:** Judy Lechner

**Date:** Fridays

**Time:** 11 am

**Link:** <https://zoom.us/j/380243385>

**Meeting ID:** 380 243 385

**Password:** 5pd3TS

**▼ STRONG AND STEADY WITH VICKI TILLEY PT, GCS (LIVE)**

Strong and Steady focuses on full-body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. The class incorporates exercises that are reviewed and recommended by evidence-based programs like A Matter of Balance, Fit and Strong, and the Otago exercise program. The class is guided by licensed physical therapist, Vicki Tilley, who will help modify exercises as needed. It is great for beginners as well as advanced exercisers. STRONG & STEADY on Facebook, fostering independence for seniors!

**Instructor:** Vicki Tilley

**Date:** Mondays and Thursdays

**Time:** 10 - 11 am.

**Link:** Facebook link: <https://www.facebook.com/vicki.tilley14>

**▼ SUN STYLE TAI CHI FOR HEALTH**

Sun Style Tai Chi for Health is done standing. The gentle continuous movements of the joints in tai chi is best thing we can do to maintain ease of movement, flexibility and balance according to the Arthritis Society. Tai chi also increases focus and concentration and relieves stress and tension. Participants are encouraged to rest in a chair as needed

Contact Joanne Marshall to register: [marshall@ils.unc.edu](mailto:marshall@ils.unc.edu)

**Instructor:** Joanne Marshall

**Date:** Wednesday

**Time:** 1 – 2 pm

**Link:** Program ID will be emailed

**FIT SENIORS PROGRAM WAIVER**

The Fit Seniors program requires physical activity that may present problems if certain medical conditions currently exist. It is our recommendation that the participants consult their physicians if they have any questions or concerns about participation in this program. If you choose to participate in this exercise video you agree to hold harmless any persons or organizations involved with the Wellness program exercise videos from any legal action or claims at any time due to your participation in this video. Be sure that you are in good enough physical condition to participate safely.

**LIVE STREAM DISCLAIMER**

Orange County is publishing a list of live streamed classes for information and educational purposes only and does not make any representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the multimedia content ("Video Content"). Although the information contained in the live streams are being produced from sources believed to be reliable, no warranty, express or implied, is made regarding the accuracy, completeness, legality, reliability or usefulness of the information. Any reliance on such information is therefore strictly at your own risk. The information contained in the links published represents the views and opinions of the creator of such Video Content and does not necessarily represent the views or the opinions of Orange County. The appearance of a link on the published list does not constitute an endorsement by the County of the Video Content. The Video Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek advice of your physician or other qualified health provider with any question you may have regarding a medical condition, or before starting an exercise or nutrition program.

**FUTURE PROGRAMMING****FP & AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM**

This class offers participants the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. The class is an excellent way to improve joint flexibility, muscular strength and toning. Knowledge of beneficial movements can be applied to daily living at home.

**Instructor:** Sandy Wolfe

**Fee:** FREE

**Passmore Center**

Mon & Wed (252001-01)

10 – 10:50 am

**FP ARLENE'S INSPIRED MOVEMENT**

Never exercised before? This class is great for beginners! It's designed to stretch and strengthen your entire body for maximized movement and endurance. The class is an excellent way to improve joint flexibility, muscular strength and toning. Knowledge of beneficial movements can be applied to daily living at home. Class offers the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*.

**Instructor:** Arlene Bynum

**Fee:** FREE

**Seymour Center**

Tue & Thu (352008)

2:15 – 3:05 pm

**FP ARLENE'S LINE DANCING EXERCISE CLASS**

If you are looking for a high intensity dance workout class that will maintain or increase your fitness level, improve cardio endurance, and burn calories, THIS IS IT!!! Class focuses on cardio endurance by starting with simple dances that move to more complex routines, giving you a stimulating cardio workout.

**Instructor:** Arlene Bynum

**Fee:** FREE

**Seymour Center**

Tuesdays (352045)

5:15 – 6:15 pm

**FP ART OF BALANCE**

These classes will focus on applying the fundamental principles of T'ai Chi to our common everyday movements. The knowledge and practice of these principles can enhance our ability to move through life in a balanced way. Class will include seated, standing and walking/moving exercises. Come and discover the reasons why doctors recommend T'ai Chi for improving balance. Class can be experienced seated or standing. This is an ongoing class, enter anytime. The first class is free.

**Instructor:** Nina Maier, 919-732-2722

**Fee:** \$8/class

**Passmore Center**

Wednesdays (252020-03, 04, 05)

8:30 – 9:20 am

**Seymour Center**

Wednesdays (352046)

10 – 10:50 am

**FP BODHI MEDITATION ENERGY BAGUA**

Bodhi Meditation energy Bagua is a method for maintaining health. While practicing energy Bagua, grasp the balance of the Yin and Yang, return to nature and connect with the universal energy so as to quickly replenish vital energy and improve the immune system and health conditions. Energy Bagua is significantly effective in the healing and recovery of ill health and effective in the preservation of good health and happiness.

**Instructor:** Hong Gong

**Seymour Center** (352103)

Tue - Thu

8 – 9:30 am

**FP & GENTLE JOY OF YOGA**

The practice of yoga - including stretching and strengthening exercises, its breathing and relaxation techniques - can help improve your sense of well-being. Yoga is an ideal form of exercise as its movements are smooth and adaptable offering opportunities to promote good bone health as well as gain strength and flexibility in your spine and joints. The poses used are adapted for everyone at any level of health and fitness and are done either standing or seated.

**Instructor:** Joy Gornto, RYT

**Fee:** \$6

**Passmore Center**

Mon & Thu (252012)

10 – 10:50 am

**Seymour Center**

Tuesdays (352034 – 03, 04, 05)

11 – 11:50 am

**FP & LAUGHTER YOGA WITH NEIDRA**

Looking for a low impact exercise program? Did you know LAUGHTER can be an integral part of exercising?! Laughter Yoga gives you both of these by combining laughter and yogic breathing. Benefits include: reduces stress; promotes better sleep; increases oxygen to cells; improves circulation; builds social bonds; and uplifts sense of wellbeing. This style of yoga can be enjoyed while sitting or standing, and doesn't use floor mats. All ages and mobility abilities are welcomed!

Registration Required - **Attendees are to pre-register by 2 pm the day before each class**

**Instructor:** Neidra L Clark, Certified Laughter Yoga Leader, 202-251-7628

**Fee:** \$6

**Passmore Center** (252019-05, 06, 07, 08, 09, 10)

1<sup>st</sup> and 3<sup>rd</sup> Thursdays 3:30 – 4:30 pm

**Seymour Center** (352051 08, 09, 10)

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 1 – 2 pm

### FP GYROKINESIS® HAPPY MOVES!!!!

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion, and creating functional strength through rhythmic, flowing movement sequences. It is an original and unique method, which coordinates movement, breath, and mental focus. Classes can be adapted to fit anyone's ability; from accomplished athletes to people recovering from an injury or people dealing with a disability. By the end of a session, one's entire system is awakened.

<https://www.gyrotonic.com/about/gyrokinesis-method/>

**Instructor:** Davdia Reid

**Fee:** \$6/class

**Passmore Center**

Tuesdays (212004-01) 11 – 12:30 pm

### FP ¡HACEMOS EJERCICIO!

Esta clase de ejercicio se ofrece completamente en español todos los jueves por la mañana. Ejercicios son flexibles, permitiendo a los participantes participar tan intensamente como les gustaría. Usando sillas, bandas, y pelotas de ejercicio, los participantes se estiran y fortalecen para mejorar el equilibrio y la movilidad.

**Tarifa:** Gratis

**Centro Seymour**

Jueves, 8:30 – 10 am

### FP LET'S EXERCISE!

This exercise class is offered entirely in Spanish every Thursday morning. Exercises are flexible, allowing participants to participate as intensely as they would like. Using chairs, bands, and exercise balls, participants stretch and strengthen to improve balance and mobility.

**Fee:** FREE

**Seymour Center**

Thursdays (357151-01) 8:30 – 10 am

### FP NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

NIA is the latest fusion in mind-body wellness. Joyful and exhilarating practice combines martial arts, yoga, dance and spiritual self-healing. It provides a safe, effective cardiovascular workout with total body conditioning and personal growth benefits.

**Instructor:** Marty Broda

**Fee:** \$6

**Seymour Center**

Wednesdays (352016) 4 – 5 pm

### FP PILATES

Pilates consists of low-impact flexibility and muscular strength movement. Emphasis is on postural alignment, breathing, developing a strong core, improving coordination and balance. We use a variety of props: hand weights, bands, small balls, large balls, and rings. Traditional Pilates exercises are modified for aging spines/joints, but participants should be able to get up and down from the floor and be comfortable working in different positions: seated, standing, lying on back, sides and front.

**Instructor:** Connie Winstead

**Fee:** \$6

**Seymour Center**

Mondays (352010)

2 – 2:50 pm

Thursdays (352010)

3:20 – 4:20 pm

### FP ♿ SALLI'S SENIOR SEATED WORKOUT

Enjoy the benefits of the popular Chapel Hill class, "Salli's Senior Workout" *without leaving your chair!* Salli Benedict, a senior fitness teacher for over 30 years, brings her enthusiasm, fun music and exercise expertise to the Passmore Center. This class is appropriate for those in wheelchairs, those with Parkinson's and other conditions that make standing in an exercise class difficult.

**Instructor:** Salli Benedict, Ageless Grace certified instructor, 919-929-8621/919-218-6660 (cell)

**Fee:** FREE

**Passmore Center**

Wednesdays (252013-01)

11:15 am – 12 noon

### FP ♿ SALLI'S SENIOR WORKOUT

When was the last time you *enjoyed* exercising? Join this fantastic and fun fitness class, taught to Chapel Hill seniors since 1986. The music and the people are great, and it's good for you, too! Your flexibility, strength, balance, posture, and coordination will all increase. The class incorporates movements from yoga, physical therapy and dance, and is done in chairs or standing.

**Instructor:** Salli Benedict, 919-929-8621/919-218-6660 (cell).

**Fee:** \$3/class

**Seymour Center**

Wed & Fri (352011 – 08, 09, 10)

9:30 – 10:30 am

### FP ♿ SEATED T'AI CHI FOR ARTHRITIS

Based on T'ai Chi for Arthritis, developed by Dr Paul Lam, MD from Sun Style, T'ai Chi is a mindfulness practice designed to enhance flexibility, muscle tone, and fitness. It incorporates the essential principles of Tai Chi with an emphasis on breathing, posture, and space awareness, with the added benefit of stress reduction. Other exercises found to be beneficial for those with arthritis will be included. Judith Lechner is a T'ai Chi for Arthritis Health Institute certified instructor.

**Fee:** FREE

**Instructor:** Judith Lechner

**Seymour Center**

Fridays (352024-02)

10 am

**FP SILVER & FIT**

**The Seymour Center now has Silver&Fit! Are you a Silver&Fit Member! Ask the Wellness staff to find out!** The Silver&Fit exercise and healthy aging program is provided by American Specialty Health (ASH). It's designed specifically for older adults. You may get access to Silver&Fit as a Medicare beneficiary through many insurance companies' Medicare Advantage and Supplement plans.

**FP SIMPLY YOGA**

This "all levels" class will get down on the mats and use props to access poses as needed. There will be time to settle down and focus on the breath sensation. The asanas, or poses, will be explained and modeled so that each person can gain strength, balance and flexibility. Joy has practiced yoga for many years and completed a Certificate of Therapeutic Yoga for Seniors from Duke Integrative Medicine.

**Instructor:** Joy Gornto

**Fee:** \$6/class

**Seymour Center**

Thursdays (352023-13, 14, 15)

5:15 – 6:15 pm

**FP  SIT TO BE FIT**

Find out how to stretch and strengthen your entire body for maximum range of motion, and endurance. This class is excellent for improving your joint flexibility, muscular strength, and toning. While seated you will learn beneficial exercises you can apply at home daily as well as healthy hints to keep you independent and moving toward 100 years of age. Walk-ins welcome.

**Instructor:** Michael Savino

**Fee:** FREE

**Seymour Center**

Mondays (352019)

11 – 11:50 am

**FP STRENGTH TRAINING – ADVANCED**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class Min: 5/Max: 30

**Instructor:** Kevin Kirk

**Fee:** \$6/class. Arrive early to secure equipment. Coupon books are available.

**Seymour Center**

Mon & Thu (352021- 12, 13, 14)

10:40 – 11:35 am

**FP  STRENGTH TRAINING – INTRODUCTION**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class Min: 5/Max: 30

**Instructor:** Kevin Kirk

**Fee:** \$6/class

**Seymour Center**

Mon & Thu (352000 – 12, 13, 14)

9:40 – 10:30 am

**FP STRENGTH TRAINING AND MOVEMENT**

Balance training, strength training, stretching, abdominal strengthening exercises, and cardiovascular conditioning. The program's goal is to improve cardiovascular fitness, core muscles, overall muscle strength, balance, and total well-being. Class Min: 5/Max: 30

**Instructor:** Stephanie Yost

**Fee:** \$35/month

**Seymour Center**

Tue & Thu (352006 – 14, 15, 16)

8:20 – 9:20 am

**FP STRENGTHEN YOUR CORE FOR SENIORS**

A 30 min exercise class that will include warm-up stretches, light weights, 20 min of floor work focusing on your core (Buns of Steel on W modified Windor Pilates on F) and cool-down stretches.

**Instructor:** Dianne Martin

**Fee:** FREE

**Seymour Center**

Wed & Fri (352101)

8:50 – 9:20 am

**FP  STRONG AND STEADY**

Strong and Steady focuses on full-body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. The class incorporates exercises that are reviewed and recommended by well-studied programs of *A Matter of Balance, Fit and Strong*, and the Otago balance program. Class is guided by a licensed physical therapist who will modify the exercises as needed. It is great for beginners as well as advanced exercisers!

**Instructor:** Vicki Tilley

**Fee:** FREE

**Passmore Center**

Tue & Thu (252007-01)

10 – 11:15 am

**FP T'AI CHI - CHEN BEGINNER**

You will experience the Chen Style form of T'ai Chi. This form is characterized by larger steps and bigger arm movements and is designed to open the joints and create more flexibility and stability. It enhances energetic flow, balance and coordination.

**Instructor:** Nina Maier, 919-732-2722

**Fee:** \$8/class

**Passmore Center**

Mondays (252016-03, 04, 05)

4:30 – 5:30 pm

**FP T'AI CHI PRACTICE**

Improve, maintain and learn Tai Chi by practicing with others in an informal setting. We follow the Yang form. All levels are welcomed from beginner to advanced as we do the form as a group. The health benefits, balance, and meditation aspect are all enhanced with regular practice.

**Instructor:** Group Led

**Fee:** FREE

**Seymour Center**

Saturday (352081-01)

11:30 am – 12:30 pm

**FP TAI CHI PRACTICE**

Find yourself in the form and it's postures, it's many benefits; relaxation, health, meditation and energy through Chi Kung or it's martial applications. Join me as we find your Tai Chi. The class will have an on board Physical Therapist in attendance. Dr. Robert Page started Martial Arts at the age of 13 and added Tai Chi study and practice in 1973.

**Instructor:** Dr. Robert Page

**Fee:** FREE

**Seymour Center**

Mondays, starts Mar 4 (352081-02) 1 – 2 pm

**FP TAI CHI TENNIS CLASS**

Tai Chi Tennis is a gentle sport that fits older adults. It combines moves of Tai Chi, Chinese folk dance, and gymnastics. You can play it individually or with a group. A pair of players can play it like tennis and pass the ball back and forth. The sport gets practitioner's eyes, arms, waist, and legs exercised. It is able to energize your whole body, but is gentle enough that it won't exhaust you. Come join this new fashion of exercise. Everyone welcome. Min: 5/ Max: 20

**Instructor:** Manxia Wang, Liying Ye, Xingjian Deng

**Fee:** FREE

**Seymour Center**

Mondays (314079-01) 9:30 – 10:30 am

**FP T'AI CHI – WU/HAO BEGINNER**

Ongoing class explores T'ai Chi movement through the Wu/Hao Style form. Practice of this "moving meditation" can reduce stress; improve health, increase flexibility and energetic flow, aid in the discovery of balance and harmony in the mind and body.

**Instructor:** Nina Maier, 919-732-2722

**Fee:** \$8/class

**Passmore Center**

Mondays (252008- 03, 04, 05) 6 – 6:50 pm

**FP T'AI CHI – YANG SHORT FORM – ADVANCED**

Practiced regularly, Tai Chi enhances physical and mental health. Its slow circular movements, deep breathing and meditation improves the flow of energy (Chi) through the body. This leads to greater awareness, calmness, and an overall sense of wellness and improves mobility, balance and posture. Advanced students will have the opportunity to practice sensing and pushing hands exercises in a non-competitive environment. The sword form will also be taught and practiced.

**Instructor:** Frank Pruett

**Fee:** FREE

**Seymour Center**

Tuesdays (352005-11) 7 – 8:15 pm

**FP T'AI CHI – YANG SHORT FORM**

Cheng Man-ch'ing's simplified T'ai Chi Ch'uan, widely known as the Yang short form, a 37-posture distillation of classical Yang style T'ai Chi. The instructor is a senior student of Frank Wong, who taught this T'ai Chi form throughout the triangle area for many years. Both beginners and more advanced students are welcome; level of instruction will vary accordingly. Min: 4/Max: 10

**Instructor:** Bill Meyers

**Fee:** \$8 per session/class

**Seymour Center**

Wednesdays (352002 – 07, 08, 09) 2:30 – 3:20 pm

**FP ♿ TONE, BALANCE & TIGHTEN – TBT**

This class focuses on maintaining and increasing muscular strength and joint health by exercising the whole body. Gentle exercises stretch and tone all major muscle groups, promoting flexibility and mitigating the loss of muscle often associated with aging. Exercises which promote balance are included.

**Instructor:** Becci Ritter **Co – Leader:** Fran Biggin

**Fee:** FREE

**Seymour Center**

Wed & Fri (352025-01) 10:40 – 11:30 am

**FP WALKING – INDOORS**

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough

**Fee:** FREE

**Central Recreation Center Gym**

Mon – Fri 8 – 9:30 am

**FP WALKING – INDOORS**

Walk in the Passmore Center with friends.

**Fee:** FREE

**Passmore Center**

Tuesdays (25000-01) 2:30 pm

**OC SportsPlex**

Mon – Fri 8 – 9 am

**FP WALKING - INDOORS**

Walk in the Northside Gym at the Hargraves Center

**Fee:** FREE

**Hargraves Center**

Wed & Fri 9:30 am – 12:30 pm

**FP WALKING MEDITATION**

Do you love trees in all seasons? Do you love the forest's sounds? Do you love the soft earth under your feet? Do you enjoy walking intentionally so you don't miss anything? If you do, you will want to join friends who enjoy the same pleasures. We are aiming for a Friday - once a week? Once a month? What suits you? Call Miriam Thompson at 919-370-4114 to schedule a time and walking path.

**Seymour Center**

**FP WALKING – OUTDOORS**

Fast-paced walking group walks on trails and through wooded areas, weather permitting. Need to be agile on your feet. Bring a friend and/or walking stick. Call to be added to the list. Group leader needed.

**Passmore Center**

Tuesdays (250002-01) 10 – 11 am

**Seymour Center**

Tuesdays (350000) 8:30 – 9:30 am

**OC SportsPlex**

Mon – Fri 8 – 9 am

**FP YOGA**

This gentle physical form of Yoga has an emphasis on flexibility and movement, as well as breathing. Research shows that Yoga is excellent for good bone health as well. Please arrive a few minutes early to secure a place in class. Class Min: 6/Max: 12

**Instructor:** Barbara Lang

**Fee:** \$6

**Seymour Center**

Mon & Wed (352003 – 9, 10, 11) 1 – 2 pm

**FP ¡ZUMBA! – AMIGAS EN SALUD**

La clase de Zumba incluye diferentes estilos de danza, como hip-hop, soca, samba, salsa, merengue, y mambo. Buscamos promover la salud de las mujeres latinas, generar un sentimiento de comunidad y apoyar la creación de vínculos entre los estudiantes de UNC y la población hispana de Carolina del Norte. Amigas en Salud es un programa adscrito a SHAC (Student Health Action Coalition) de UNC-Chapel Hill. El ejercicio es vida... ¡vívelo!

**Instructor:** Grissel Díaz, Zumba titulada; Melissa Lorena Jensen, co-directora- 919-717-3616; Alison María Lacko, co-directora 908-625-6323. Sara VanderHorst, voluntaria 919-260-6899

**Precio:** GRATIS

**Seymour Center (354155)**

Lunas de 6 a 7 pm

Sábado de 4 a 5 pm

**FP ¡ZUMBA! – “FRIENDS IN HEALTH”**

During the Zumba class you can experience different dance styles, like hip-hop, soca, samba, salsa, merengue, and mambo. We seek to promote health among Latinas, foster a sense of community, and support the creation of bonds among UNC students and the Latinx community in NC. “Friends in Health” is a program from SHAC (Student Health Action Coalition) UNC-Chapel Hill.

**Instructors:** Grissel Díaz, Zumba certified; Melissa Lorena Jensen, Co-director, 919-717-3616; Alison María Lacko, Co-director, 908-625-6323. Sara VanderHorst, community volunteer, 919-260-6899

**Fee:** FREE

**Seymour Center (354155)**

Mondays 6 – 7 pm

Saturdays 4 – 5 pm

**SILVER SNEAKERS AND SPORTSPLEX CLASSES FOR OLDER ADULTS**

♿ = accessible class

**Healthway Silver Sneakers Fitness Program** – Please contact SportsPlex with questions about programs and classes at 919-644-0339. **Classes are held next to the SportsPlex at the Passmore Center, and at the Seymour Center.**

**FUTURE PROGRAMMING**

**FP PACESETTER CLASS**

**Instructor:** Alicia Reid

**Fee:** FREE for Silver Sneakers members

**Passmore Center**

Mon & Wed (252011-01) 8:45 – 9:40 am

**FP ♿ SILVER SNEAKERS BOOM**

A higher intensity dance workout class that improves cardio endurance and burns calories.

**Instructor:** Arlene Bynum Mills

**Fee:** FREE for Silver Sneakers members

Non-Members: \$6

**Seymour Center**

Wednesdays (352042-01) 1 – 1:50 pm

Fridays (352042 -02) 1 – 1:50 pm

**FP SILVER SNEAKERS CARDIO**

**Fee:** FREE for Silver Sneakers members

**Passmore Center (252014-01)**

**Instructor:** Alicia Reid

Wednesdays 11 – 11:45 am

**Seymour Center (352039-01)**

**Instructor:** Arlene Bynum

Fridays 10:30 – 11:30 am

**FP SILVER SNEAKERS - CHAIR YOGA**

**Instructor:** Beth Hufner

**Fee:** FREE for Silver Sneakers members

**Orange County SportsPlex**

Tuesdays 11 – 11:45 am

**FP SILVER SNEAKERS CLASS**

**Fee:** FREE for Silver Sneakers members

**Instructor:** Alica Reid

**Passmore Center**

Mondays (252014-01) 11 – 11:45 am

**Fee:** FREE for Silver Sneakers members

Non-Members: \$6

**Instructor:** Arlene Bynum

**Seymour Center**

Tuesdays and Fridays (352039) 10:30 – 11:30 am

**FP SILVER SNEAKERS STRENGTH**

**Instructor:** Kristine Glascoe

**Fee:** FREE for Silver Sneakers members

**Passmore Center**

Fridays (252014-02) 11 – 11:45 am

## WELLNESS – INDIVIDUAL SERVICES

### VIRTUAL and NEW PROGRAMMING

#### ✓ HOME SAFETY CONSULTATION

Have you fallen recently? Are you planning ahead to Age in Place? Contact occupational therapist Marie Dagger for a free 1:1 consult around your goals and needs. Appointments are available via phone or video call. In-home follow-up available post COVID-19. Contact 919-245-4279 or [mdagger@orangecountyinc.gov](mailto:mdagger@orangecountyinc.gov) for more information.

#### ✓ MEMORY SCREENING

Concerned about your memory? Contact occupational therapist Marie Dagger for a free, confidential assessment. Appointments are available via phone or video call. Contact 919-245-4279 or [mdagger@orangecountyinc.gov](mailto:mdagger@orangecountyinc.gov) for more information.

### FUTURE PROGRAMMING

#### FP ACUPUNCTURE

Achieve optimal health naturally through the ancient art of Chinese Medicine. We see the body, emotions and spirit as an integrated system, which we strive to harmonize to maintain a balanced state of wellbeing. Acupuncture treats a myriad of issues from arthritis, insomnia, headaches, neck/back pain, sciatica, plantar fasciitis, varicosities, digestive and respiratory issue and more. For more information, please visit <http://www.nccaomdiplomates.com/celestialsea> Please call Tamara Freedman, L. Ac. for an appointment 919-370-1375 or email her at [Celestialseacupuncture@gmail.com](mailto:Celestialseacupuncture@gmail.com)

**Fee:** \$55/ 1.5 hr session

**Passmore Center** (252514)

Tuesdays 12:30 – 5 pm

**Seymour Center** (352509)

Thursdays 12:30 – 5 pm

#### FP BLOOD PRESSURE MONITORING

A volunteer RN or LPN is on-site to take blood pressures. VC55+ provides the volunteers. Free automated blood pressure machines are available at both Senior Centers. These machines are provided by the Orange County Wellness Program.

**Fee:** FREE

**Seymour Center**

Wednesdays (352505) 9:30 – 11:30 am

Thursdays (352505-03) 11 am – 12 noon

**Passmore Center**

Thursdays (252501-01) 9:30 – 11:30 am

#### FP CHAIR MASSAGE

Feeling stressed? Having neck, back, or shoulder tension or pain? No time for a full body massage? Try a chair massage with Michael Savino, Licensed Massage and Therapeutic Bodywork Therapist #00703. No appointment necessary.

**Fee:** \$10/10 minutes.

**Provider:** Michael Savino

**Seymour Center** (352520)

1<sup>st</sup> & 3<sup>rd</sup> Mon, Jun 1, 15; Jul 6, 20; Aug 3, 17 1 – 3 pm

#### FP “FIT FEET” PROGRAM

**NOTE:** Due to “Nursing Shortage” we are unable to offer Fit Feet Clinic at this time. We are looking for RN’s to join the program. We will begin serving clients once program is fully staffed. If you know of an RN who may be interested in joining our team, please contact Latonya Brown, 919-245-2070, or [lbrown@orangecountyinc.gov](mailto:lbrown@orangecountyinc.gov)

A toenail trimming service **by appointment only** provided by trained RNs for **adults age 55+**. **All NEW clients MUST complete an initial health assessment and BRING THEIR DOCTOR’S REFERRAL TO THEIR FIRST APPOINTMENT, OR SERVICE WILL BE DENIED!**

\* **Note: “No-Show” Policy for Fit Feet Clients** is to collect \$8 for Orange County residents and \$15 for non-residents for a scheduled appointment if it’s not **cancelled a minimum of 24 hours before the scheduled time**. If proper notice has not been given and/or there is a client “no-show, the Senior Center will bill the client for expenses. Further appointments will not be allowed until this fee has been received.

**New Fee: \$15 Orange County residents, and \$30 for non-residents**

**Passmore Center**, 919- 245-2015

2<sup>nd</sup> & 4<sup>th</sup> Wed 9 am – 4 pm

5<sup>th</sup> Wed 9 am – 4 pm

**Seymour Center**, 919- 968-2070

1<sup>st</sup> & 3<sup>rd</sup> (352508) 9 am – 4 pm

2<sup>nd</sup> Wed (352508) 9 am – 1 pm

#### FP MEDICAL QIGONG

Come and experience a Medical Qigong session. This Chinese energetic modality works on balancing your energy. The result is a healthier, happier, more energetic you. Call Patty 919-590-8426 for more information. Call the front desk, 919-968-2070, to schedule your appointment.

Se habla Espanol

**Fees:** \$45

**Seymour Center**

Tue (352017-01) 2 – 5 pm

Thu (352017-02) 11 am – 2 pm

**FP PERSONAL TRAINER SERVICES**

This service is available to all Seymour Center Fitness Room Members. Private sessions are available for \$25 per 30 min session. All personal trainer sessions are by appointment made at the Seymour Center's front desk.

**Fee:** \$25/30 min session - \$35/1 hr

**Trainer:** Arlene Bynum

**Seymour Center** (352595)

Tuesdays 8:30 am – 12 noon

Wednesdays 11:30 am – 1 pm; 2 – 3 pm

Thursdays 11:30 am – 1 pm

Fridays 8:30 am – 12 noon

Call 919-968-2070 for an appointment

**FP PHYSICAL FUNCTION SCREEN**

This FREE ASSESSMENT is AVAILABLE TO EVERYONE and is A REQUIREMENT BEFORE THE INITIAL USE OF THE SEYMOUR - FITNESS STUDIO or to get the PASSMORE CENTER'S OC SPORTSPLEX MEMBERSHIP rate. Participants receive recommendations for individual improvements. A physical therapist or trained personal trainer will give you a written report with your functioning levels. The assessment will take about 45-min. Screening provided in part by the UNC Division of Physical Therapy, Dept of Allied Health in the UNC School of Medicine and Orange County Department on Aging Personal Trainer.

**Appointments:** Call Passmore Center at 919-245-2015 or Seymour Center at 919-245-4271.

**Instructors:** Carol Giuliani & Arlene Bynum

**Fee:** FREE

**Passmore Center**

2<sup>nd</sup> and 3<sup>rd</sup> Fri, (252503)

9 am – 4 pm

**Seymour Center**

Appt. times vary

**FP REIKI**

Would you like to increase your energy and circulation? Relieve stress and pain, or improve sleep? Reiki can help with all of these - and more. It adjusts according to the needs of the recipient while supporting the body's natural healing abilities and balancing body energy. Call Lorraine Lewis at 919-967-2215, a Reiki practitioner for 25 years or e-mail: [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net)

**Fees:** \$55/1 hr; \$65/1.5 hrs

**Seymour Center**

2<sup>nd</sup> and 4<sup>th</sup> Wed, (352514)

12 noon – 5 pm

**FP THERAPEUTIC MASSAGE**

Have stress, aches, pain, or tension? Come enjoy a relaxing, rejuvenating massage with Michael Savino, Certified Therapeutic Recreation Specialist and Licensed Massage and Bodywork Therapist #00703. Special techniques include Swedish, Shiatsu, and Hot Stone massage. Call 919-967-1043 for information or to schedule a Saturday appointment. Call 919-968-2070 for weekday appointments.

**Provider:** Michael Savino

**Fees:** \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**

Mondays (352515)

9 am – 1 pm

**FP THERAPEUTIC MASSAGE**

Toni Shaw is a licensed Massage and Therapeutic Bodywork Therapist #10458 and has extensive experience working with older adults. She can focus on problematic areas, or give a total body massage. It's your choice! Call 919-968-2070 for an appointment.

**Provider:** Toni Shaw

**Fees:** \$25/30 minutes; \$35/45 minutes; \$55/1 hour; and \$65/1.5 hour. Gift certificates are available. Please note the "no-show" fee policy.

**Seymour Center**

Fridays (352512)

9 am – 2 pm

**FP TRAGER – GENTLE BODY THERAPY**

Lorraine Lewis, certified Trager Practitioner, provides one-on-one sessions based on work done by Dr Milton Trager. You will experience greater ease, comfort, joy, mobility (it helps to "oil" the joints), balance and peaceful relaxation in your mind/body/spirit.

**Provider:** Lorraine Lewis

**Fees:** \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**

2<sup>nd</sup> & 4<sup>th</sup> Wed, (352514)

Appointments only

**Note: "No-Show" Policy for Esthetic, Therapeutic Massage, Reiki and Trager Clients** is to collect \$20 for a scheduled appointment if it's not cancelled a minimum of 24 hours before the scheduled time. If proper notice has not been given and/or there is a client "no-show", the Senior Center will bill the client for expenses. Further appointments will not be allowed until this fee has been received.



## WELLNESS – INTEREST GROUPS

### FUTURE PROGRAMMING

#### FP PASSAGE MEDITATION (SATSANG)

"The Eight Point Program of Passage Meditation was developed by Ecknath Easwaran. It is non-denominational, non-sectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources and realize one's highest potential". **Before attending the first meeting, you need to visit [www.easwaran.org](http://www.easwaran.org)** for more information, or contact Annette at 919-260-1995.

## SUPPORT GROUPS

### VIRTUAL and NEW PROGRAMMING

#### ✓ CARE PARTNER COLLABORATIVE

A weekly online gathering where care partners can find social connection through simple conversation with each other. We envision building and supporting a strong and diverse community of local caregivers. Newcomers welcome!

**Registration Required:** Contact Lisa Meinert at [lmeinert@orangecountync.gov](mailto:lmeinert@orangecountync.gov) or 919-245-4251 for more information and to register.

**ONLINE** Wednesdays (357111-02) 11 am – 12 noon

#### ✓ CAREGIVER MONTH OF CARE

Out of an abundance of caution for the health and safety of our community, we have decided to shift our Caregivers Day of Care event, to a series of virtual events for Caregiver Month of Care. Join us every Monday in November for a short guided self-care activity. Please contact Kendall Kopchick, 919-245-4278 or [kkopchick@orangecountync.gov](mailto:kkopchick@orangecountync.gov) for more information.

**Dates:** Every Mon in Nov

**Time:** 10:30 – 11 am

**Link:** <https://global.gotomeeting.com/join/567208093>

#### ✓ CAREGIVERS' SUPPORT GROUPS

Virtual meeting with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities. For more information or to register your interest to join, please call 919-245-2015, 919-968-2070 or register online, search by activity code or title.

**Register:** 1 day prior to the meeting

**Dates/Times:** Monthly 2<sup>nd</sup>/4<sup>th</sup> Thu

(Exception: Dec 1st/3rd Thu)

(255005-02)

1 – 2:30 pm

**Link:** <https://global.gotomeeting.com/join/613368901>

**Dates:** Monthly 2<sup>nd</sup>/4<sup>th</sup> Fri

(Exception: Dec 1<sup>st</sup>/3<sup>rd</sup> Fri)(352755-03)

**Time:** 10:30 am – 12 noon

**Link:** <https://global.gotomeeting.com/join/531136117>

#### ✓ CAREGIVERS' ZENTANGLE®

The Zentangle Method is easy to learn, relaxing and a fun way to create beautiful images by drawing structured patterns. The Zentangle Method leads to a heightened sense of relaxation and well-being. No prior experience necessary, only family care partners/caregivers may register for this live virtual class.

**Register** by: 1 week before meeting date to ensure timely pick-up or delivery of you supply kit

**Instructor:** Jennifer Sparrow

**Dates:** Every Mon, Sep 14 – Nov 30 (354121)

**Time:** 2 – 3 pm

**Link:** <https://server4.orangecountync.gov/wbwsc/webtrac.wsc/search.html>

#### ✓ CARING FOR OURSELVES – SUPPORT GROUP

Virtual meeting with others who are feeling worried, lonely, and in-need of a safe space to explore their feelings. This group will include education and tips that can be used to manage feelings of stress and anxiety while promoting self-care. For more information and to register please call Tiffany Summers, LCSWA, and 919-245-4277.

**Register:** 2 days in advance to receive a program eligibility screening and instructions on how to join.

Monthly 1<sup>st</sup>/ 3<sup>rd</sup> Monday at 2:30-3:30 pm

#### ✓ HELLO! CARE PARTNERS

A weekly 30-min online session for people living with mid-stage dementia. We want folks to feel connected and included in our small weekly group that takes things slowly and with a smile. We enjoy the moment with hello's and how are yous, songs and stories, pictures and poems.

**Registration Required:** Contact Lisa Meinert at [lmeinert@orangecountync.gov](mailto:lmeinert@orangecountync.gov) or 919-245-4251 for more information and to register.

**ONLINE** (357111-03)

Tuesdays

11:30 am – 12 noon

#### ✓ MEMORY CAFÉ

A social outlet for people with dementia and their care partners. Meets first Tue of each month and second Mon of each month virtually via GoToMeeting. For more information, contact Kendall Kopchick, 919-245-4278, or [kkopchick@orangecountync.gov](mailto:kkopchick@orangecountync.gov)

**Virtual Chapel Hill (Previously at Bruegger's Bagels)**

**Dates:** 2<sup>nd</sup> Mon, Sep 14; Oct 12; Nov 9 (357157-01)

**Time:** 2 – 3 pm  
**Link:** <https://global.gotomeeting.com/join/886076885>  
**Virtual Hillsborough (Previously at Cup-A-Joe)**  
**Dates/Times:** 1<sup>st</sup> Tue, Sep 1; Oct 6; Nov 3  
 (255017-01) 2:30 – 3:30 pm  
**Link:** <https://global.gotomeeting.com/join/197681085>

### MEMORY CAFÉ ON THE MOVE

For the safety of our participants and community, we will be postponing Memory Café on the Move for the fall of 2020. Please join us for one of our virtual programs and be on the lookout for the return of Memory Café on the Move later this year. For more information contact Kendall Kopchick, 919-245-4278, or [kkopchick@orangecountync.gov](mailto:kkopchick@orangecountync.gov)

### ✓ PARKINSON'S DISEASE SUPPORT GROUP

Join other individuals and care partners/family members impacted by a Parkinson's disease diagnosis to share your experiences and learn new skills through a variety of open discussions and educational presentations. Currently meeting virtually via Zoom – RSVP to Jessica Shurer is required by the Sunday before in order to receive the Zoom information. This group meets the first Tuesdays of the month, alternating with split groups described below.

**Facilitated by:** Jessica Shurer, MSW, LCSW at 919- 843-1657 or [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu)

**Dates:** Sep 1; Nov 3

**Time:** 1:30 – 3 pm

### ✓ PARKINSON'S DISEASE PATIENT & CARE PARTNER SPLIT GROUPS

Join other individuals with Parkinson's disease (PD) or other PD care partners/family members for a separate group meeting for open discussion time. It is a safe space to share experiences and gather support and ideas from those who can relate. Currently meeting virtually via Zoom – RSVP to Jessica Shurer is required (for your respective group) by the Sunday before in order to receive the Zoom information. This group meets the first Tuesdays of the month, alternating with the "full" PD support group described above.

**Facilitated by:** Jessica Shurer, MSW, LCSW 919-843-1657, [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu) and Kim Lamon-Loperfido, MSW, LMSW(VA), MPH 919-245-4253, [kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov)

**Date:** Tue, Oct 6

**Time for care partner meeting:** 12:30 – 1:30 pm

**Time for people with PD meeting:** 2:30 – 3:30 pm

### ✓ STROKE SUPPORT GROUP

Contact Blaise Morrison for virtual meeting information – at 919-843-7385 or [Blaise\\_Morrison@med.unc.edu](mailto:Blaise_Morrison@med.unc.edu)

**Dates/Times:** 2<sup>nd</sup> Wed; Sep 9; Oct 14; Nov 11 1 – 2 pm

## FUTURE PROGRAMMING

### FP ALCOHOLICS ANONYMOUS (AA) GROUP

Alcoholics Anonymous (AA) is intended to help seniors explore their drinking difficulties in an understanding environment that relies on AA's proven 12-step approach. Particular attention will be given to the early phases of recovery. For more information please contact group leader at 919-933-3877.

### FP FTD (FRONTOTEMPORAL DEGENERATION) SUPPORT GROUP

A regional support group for caregivers with a loved one diagnosed with Frontotemporal Degeneration. For more information about the group contact Kathy LaFone, 919-632-8083, or [timlafone@yahoo.com](mailto:timlafone@yahoo.com)

Due to COVID 19 restrictions and concerns, our support group is not meeting in-person or virtually at this time. Group members receive emails each month that include links to relevant online resources and reminders that both group facilitators continue to be available to them by email and phone.

### FP TAKE OFF POUNDS SENSIBLY (TOPS)

A weight loss support group, TOPS, is a non-profit and non-commercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds "fall" off.

**Contact:** Becky Brogen, 919-943-0403 for more information.

**Fee:** First visit is FREE

**Passmore Center**

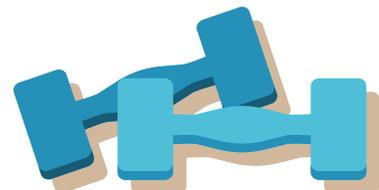
Tuesdays (257000-01)

11 am – 12 noon

(Weigh-in: 10 am in the Wellness Room)

### FP WELL SPOUSE ASSOCIATION SUPPORT GROUP FOR THE TRIANGLE

Regional support group offering peer emotional support to husbands, wives or partners of people with any chronic illness or long-term disability. Share your experiences and learn more. For more information and before attending contact the support group leader, Russ Wiener: [wiener.russell@gmail.com](mailto:wiener.russell@gmail.com) or call 336-213-4573



## Friends of the Senior Centers

### FRIENDS OF THE JERRY M PASSMORE CENTER

Is a nonprofit, tax-exempt organization that pursues avenues of financial support for programming of the Passmore Center's activities and programs, please stop by and ask for information, or go to our website [www.passmorecenterfriends.org](http://www.passmorecenterfriends.org)

### MONTHLY MEETINGS

Friends of Passmore meet regularly the 3<sup>rd</sup> Mon of the month, 9:30–11:30 am at the Passmore Center, Hillsborough. If you are interested in attending, contact: Rachel Phelps Hawkins, President, at [rachel.hawkins@centurylink.net](mailto:rachel.hawkins@centurylink.net) Please call the center, 919-245-2015 to verify the meeting is being held.

### OTHER WAYS TO BE CONNECTED

(Contact the president, Rachel Hawkins – see above.)

### LEGACY WALL at PASSMORE

A memorial wall with names; the minimum amount to place a name on the wall is \$100.

### DONATE A VEHICLE – New for Friends of Passmore

If you have a vehicle you want to let go (running or not), consider donating it to the Friends of the Passmore Center for a tax deduction. Call toll-free 1-844-750-4483

### PLANT SALE

See Special Events section.

### Passmore Center

Tue, Oct 8 (223034-01)

10 am – 1 pm



### FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

Is a nonprofit, tax-exempt organization that pursues avenues of financial support for programming of the Seymour Center's activities and programs.

The Friends of Seymour Website is [www.friendsoftheseymourcenter.org](http://www.friendsoftheseymourcenter.org)

### MONTHLY MEETINGS AND HOW TO GET INVOLVED

Join us for monthly Friends Board meetings the 3<sup>rd</sup> Thu of the month at 1 pm and learn how to put your skills and interests to work to benefit the Center. For more information contact Ceresa Clarke, via email at [cclarke@friendsoftheseymourcenter.org](mailto:cclarke@friendsoftheseymourcenter.org) or leave a message for her at the Seymour Center front desk, 919-968-2070. **Meetings are now held via phone conference calls until further notice.**

### OTHER WAYS TO BE CONNECTED

(Visit the website or contact the Friends President, Ceresa Clarke at [cclarke@friendsoftheseymourcenter.org](mailto:cclarke@friendsoftheseymourcenter.org))

### LEGACY WALL AT SEYMOUR

A memorial wall with names; the minimum amount to place a name on the wall is \$100.

### DONATE A VEHICLE

If you have a vehicle you want to let go (running or not), consider donating it to the Friends of the Seymour Center for a tax deduction. Call toll-free 1-844-750-4483

### SEYMOUR CENTER FRIENDS FALL FUNDRAISER

Back by popular demand...It's Rafflemania Time!! In addition you may purchase holiday and seasonal masks to benefit programs and event efforts of the Seymour Center beginning Thu, Oct 15 and ending on Sat, Oct 31. Thanks in advance for your support. Fundraising activity will take place during early voting hours.

**Date:** Thu, Oct 15 – Sat, Oct 31

**Time:** Early voting hours

### AMAZON SHOPPERS - Support Friends of Seymour

Go to: [smile.amazon.com/ch/56-1750904](https://smile.amazon.com/ch/56-1750904) and use your Amazon ID and password.

## Be Safe - Be Prepared!

Want a Warning Call ahead of a Storm?  
Sign up for OC ALERTS.

Orange County, Chapel Hill, and Carrboro have a mass notification system to warn residents of impending threats and hazards. The OC ALERTS system **requires residents to register**. OC Alerts will provide alerts via home phone, cell phone, text message, and email. You choose the types of alerts you want to receive and how you want to be notified! To complete your free registration for OC Alerts, visit [www.readyorange.org](http://www.readyorange.org) website and click on "OC ALERTS". "If we can't reach you, we can't alert you!" If you need help with completion of the new notification system, staff at the Orange County Aging Helpline, 919-968-2087, will be able to assist you.

## Bi-Lingual (Chinese/English and Spanish/English) Volunteers Needed at the Seymour Center

The Seymour Center is looking for bilingual volunteers who can help Mandarin/Cantonese, Burmese, Karen, or Spanish, speaking seniors with language-related services: translation, class assistance, interpretation, etc. Any amount of help will be appreciated. If you are bi-lingual and interested in spending some time with Chinese-speaking, Burmese, Karen, or Spanish-speaking, seniors at the Seymour Center in Chapel Hill or the Passmore Center in Hillsborough, please call the Aging Transitions Help-line at 919-968-2087. 您兼备双语, 敬爱老人, 愿意帮助不会英文的老人更好的融入美国社区, 享受服务吗? 若您感兴趣, 请拨打橙郡老年中心中文热线919-245-4275.

## Community Centers

Cedar Grove, Efland-Cheeks, & Rogers Road

### FREE FOOD BOXES: COMMODITY SUPPLEMENTAL FOOD PROGRAM

(See article in the back section of the Senior Times)  
For more information, or to apply for this FREE FOOD program, call the Shenae McPherson-919-245-4243.

### Gym Walk

Fee: FREE

**Cedar Grove Community Center – 919-245-2640**

Mon – Fri

1 – 2 pm

**REOPENING IN THE FUTURE**

### Ⓟ Aerobics - Arthritis Foundation Exercise Program

This class offers participants the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class Size: Min 5/Max: 20. **You do not have to have arthritis to participate.**

Fee: FREE

Instructor: Alicia Reid

Time: Monday, Wednesday, Friday - 11 am

Please download and import the following iCalendar (ics) files to your calendar system. Daily:

<https://us04web.zoom.us/j/71070314012?pwd=SmhBSDdiQUJ5VHdWMHg2eldHT3dzUT09>  
<https://us04web.zoom.us/j/71070314012?pwd=SmhBSDdiQUJ5VHdWMHg2eldHT3dzUT09>  
<https://us04web.zoom.us/j/71070314012?pwd=SmhBSDdiQUJ5VHdWMHg2eldHT3dzUT09>

### Join Zoom Meeting:

<https://us04web.zoom.us/j/71070314012?pwd=SmhBSDdiQUJ5VHdWMHg2eldHT3dzUT09>

Meeting ID: 710 7031 4012

Password: ARfit2020

### Senior Tuesdays

Fee: FREE

**Cedar Grove Community Center**

Call the community center for scheduled events

The centers provide programs/services to adult residents age 50+, they are advertised in the Senior Times as submitted for publication.

## Veterans Services Officer at Senior Centers!

Ivan Sarabia, Orange County's Veterans Services Officer, sees clients at both senior centers, by appointment only, in addition to his office at 113-B Mayo Street, Hillsborough. He will explore and explain health, financial aid, and other benefits veterans and/or family members may be eligible to receive. Appointments are available Tuesday mornings 9 am–12 noon at the Seymour Center and Thursday Mornings from 9 am–12 noon at the Passmore Center. To make an appointment, call Ivan at 919-245-2890.

## In Praise of Age TV Show

***In Praise of Age (IPOA)* is an award-winning television show for older adults and the community on aging issues.**

Due to the Covid-19 pandemic, we have been unable to create new *In Praise of Age* shows and orchestrate a schedule for the fall. Please visit our OC Dept on Aging YouTube channel to see some of the programs we've been able to create as well as some of the more recent *In Praise of Age* Shows: [https://www.youtube.com/channel/UCFEI8ytoBeTy1qB0YGI\\_0mQ?view\\_as=subscriber](https://www.youtube.com/channel/UCFEI8ytoBeTy1qB0YGI_0mQ?view_as=subscriber)

### Conscious Aging Bookshelf @ Seymour

**We can become old just by hanging around— becoming wise is another matter.**

**What is the secret to the inner work of eldering?**

UNC's Partnerships in Aging, in conjunction with Second Journeys and the Orange County Department on Aging, is pleased to share the **Conscious Aging Bookshelf at the Seymour Center**. The bookshelf is comprised of books and articles that explore the idea of aging with an ethic of mindfulness, service, and community.

Please request access to this informative collection of resources on conscious eldering at the front desk of the Seymour Center. Additionally, see [www.tinyurl.com/PiAPItineraries](http://www.tinyurl.com/PiAPItineraries) to access the accompanying journal, *Itineraries*.

### UNC Geriatrics Specialty Clinic

**Are you concerned because –**

- You have two or more medical problems or health conditions?
- You have to take more and more medications?
- You are overwhelmed by the cost of your medicine?
- You want to remain independent and have a better quality of life?

Meeting Your Primary Care Needs and Providing you with Specialist Care in Aging Complex Medical Care and Balancing Medications

Call 984-974-6599 for information or appointments.

Referrals not required.

Multi-lingual appointments are available.

### Physical Therapy Clinics at Senior Centers

**FUTURE PROGRAMMING**

Are you in need of some physical therapy?

Has your healthcare provider prescribed it?

It's available Tuesdays and Thursdays at both the Seymour and Passmore Center.

Private Insurance and Medicare accepted.

Call 919-624-0388 for an appointment at the Passmore Center, Hillsborough with ElderFit

In-Home Rehab Physical Therapy.

Call 919-732-6600 for an appointment at the Seymour Center, Chapel Hill with UNC Physical Therapy.

### OC Veterans Memorial Donations Needed

The fundraising campaign for the Orange County Veterans Memorial is underway. The official groundbreaking ceremony was held on Memorial Day 2019. The Veterans Memorial will pay tribute to the thousands of men and women from Orange County who served, or are serving, in the US armed forces. Residents can donate to the memorial through the Orange County Community Giving Fund – [www.ocncgiving.org](http://www.ocncgiving.org) Checks may also be sent to the address below.

Orange County Community Giving Fund Financial Services PO Box 8181 Hillsborough, NC 27278

Please be sure to indicate the gift is for the Veterans Memorial.

**For more information visit**  
[www.orangecountyveteransmemorial.com](http://www.orangecountyveteransmemorial.com)

## Florence Gray Soltys Adult Day Health Program

An Enriching Day Program for Adults and Seniors  
Providing Respite for Family Caregivers

Offers a safe environment with individual care plans that address the social, physical and emotional needs of the participants; and provides assistance with daily activities by qualified professionals.

For more information or to make a referral:  
Office: 919-245-2017 (Fax: 919-245-2018)  
Located adjacent to the Jerry M. Passmore Center behind the Orange County SportsPlex  
105 Meadowlands Dr  
Hillsborough, NC 27278

**NOTE: As of the date of this publication, the board has agreed to postpone reopening the program but will revisit the possibility of reopening in September.**

## Orange County Community Resource Guide

The Orange County Community Resource Guide lists local services and resources for older adults and their families. Search or download the Guide:

[orangecountync.gov/Aging/ResourceGuide](http://orangecountync.gov/Aging/ResourceGuide)



## Notary Services Available at Both Centers

Did you know that notary services are available **free of charge** at both senior centers? The following staff members are notaries: Passmore Center – Dawn Smith, Program Assistant/Facility Manager (919-245-2021) and at the Seymour Center – Robin Bailin, Program Assistant/Facility Manager (919-245-4252). Call to make an appointment with either of them.

## Dementia Friendly Business Campaign Partners



Ackland Art Museum  
Al's Burger Shack - Franklin Street; Southern Village  
Alexander, Miller, & Schupp, LLP  
Anchala Studios  
Ashby Insurance Agency, Inc.  
Bailey's Bookkeeping  
Carolina Estate Counsel  
Carolina Family Estate Planning  
Carrboro Family Pharmacy\*+  
Chapel Hill Fire Department  
Chapel Hill Planning and Development Services  
Chapel Hill Public Library  
Chapel Hill Transit  
Chapel Hill Transit & Town of Chapel Hill  
Chapel Hill-Carrboro Chamber of Commerce  
Chapel Hill-Carrboro YMCA\*+  
Clarity Legal Group  
Edward Jones Financial – Kendall Thomason; Derek Parrish; Kathy Brommage; Mary-Charles Nassif; Pat Phelan; Tamra Ellis; Tom Struckmeyer+  
Fidelity Bank of Chapel Hill\*+  
Fidelity Bank of Durham\*+  
Flyleaf Bookstore

Framemakers  
Franklin Street Realty - Eric White  
Goddin Real Estate  
Habitat for Humanity of Orange County  
Hamilton Point Investment Advisors  
Hillsborough Arts Council  
Hillsborough Pharmacy  
Hillsborough Self Storage  
Hillsborough Wills and Trusts\*+  
Holman Family Dental  
Honeysuckle Tea House  
Investors Trust Company  
Kilpatrick Care Management  
Laughter Yoga with Neidra  
Law Office of Jeff Marsocci\*  
Maitland & English Law Firm\*+  
Manor House Renovations  
Margaret Lane Gallery  
McIntee Fusaro Del Corral, PLLC  
Meadowmont Community Association  
Medical Claims Rx  
Nasher Museum of Art  
Navigate NC  
Neidra L. Clark, End of Life Doula  
OC Animal Services+  
OC Board of Elections+

OC Child Support  
OC Department of Housing & Community Development  
OC Department of Social Services (Economic Intake Division)  
OC Department on Aging  
OC Emergency Services  
OC Health Dept Div. of Health Promotion & Education Services  
OC Health Dept Div. of Personal Health Services  
OC Human Resources  
OC Living Wage  
OC Public Library\*  
OC Public Transportation  
OC Solid Waste Management  
OC/Chapel Hill Visitor's Bureau  
Optima Asset Management  
Orange Water and Sewer Authority (OWASA)  
Piedmont Health - Carrboro Clinic; Corporate Offices  
PTA Thrift Shop – Carrboro; Chapel Hill  
Real Estate by Design - Emilee Collins  
Special Treats  
State Employee's Credit Union - Chatham Parkway; Churton Grove;

Elliott Road; Hamilton Road; Old 86; Carrboro; Pittsboro Street  
Steffan & Associates, P.C.  
Stuckey & Boyd Financial Services  
Tarheel Town Pharmacy  
The Alliance for Historic Hillsborough  
The Animal Hospital of Carrboro\*+  
The Downsizers  
The Friday Conference Center  
Thomas Stevens Gallery  
Two Men & A Truck  
UNC Hearing and Communication Center  
UNC Meadowmont Wellness Center  
VCA Animal Hospital - Legion Road; Timberlyne  
Walgreens - Campus\*; Environ\*; Franklin & Estes\*; Hillsborough\*  
WCHL - Chapelboro.com  
Wells Fargo - Gateway Commons; Meadowmont+; RTP; Timberlyne;  
UNC Franklin Street; University Place  
Whitespace  
Zwick Enterprises, Inc.

\*Pioneer Business  
+Renewed

## Come to a Center for “One Stop Shopping”

Social workers at both the Seymour Center and Passmore Center can help seniors apply for a variety of financial aid services – such as SNAP (Supplemental Nutrition Assistance Program – formerly Food Stamps), Energy Assistance, and Medicaid. Our Aging Transition social workers are able to discuss your questions and concerns about these programs in a confidential setting, and to complete the required paper work. This is called, “One-Stop Shopping”. To find out if you qualify for any of these programs, call the Aging Transitions Help Line at 919-968-2087, Mon - Fri, 9 am–4 pm to make an appointment.

橙郡老年中心  
社会工作者服务团队

橙郡老年中心的 Aging Transition Program (老年人过渡项目) 是由社会工作者组成。我们的目标是帮助老年人更好的利用社区资源, 维持独立生活的能力, 提升老年人的生活质量。

我们帮助橙郡的老人申请一系列的经济补助, 包括: 电费能源补助, 食物补助, 医疗保险Medicaid/Medicare, 或帮您申请一部免费的电话。我们的团队帮您解答任何生活中的难题, 从独立住宅 到养老院, 从医药补助到填写表格, 受理申请。

为减轻照顾生病老人的家人的负担, 我们提供中文的照顾者支持项目: 免费咨询, 资源推荐, 医保申请, 情感支持, 住家照顾等。此外, 若您家人有严重健忘, 性格突变, 走失等问题, 我们的健康保健中心将提供认知, 记忆力, 情绪评估及早期老年失智症筛查等。

英文热线: 919-968-2087

更多咨询请登录: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

### Venga a un Centro “Todo Bajo un Techo”

Los trabajadores sociales del Centro Seymour y el Centro Passmore pueden ayudar a las personas mayores a solicitar una variedad de servicios de ayuda financiera, como SNAP (Programa de Asistencia de Nutrición Suplementaria, anteriormente Estampillas de Comida “Food Stamps”), asistencia con el pago de electricidad y Medicaid. Nuestros trabajadores sociales del Equipo de Transiciones del Envejecimiento pueden discutir sus preguntas y preocupaciones sobre estos programas de una manera confidencial y completar los documentos requeridos. Esto se llama “Todo Bajo un Techo”. Para averiguar si califica para alguno de estos programas, llame a la línea de ayuda de los adultos mayores: 919-968-2087 (inglés) o 919-245-4279 (español) para pedir una cita.

## Live Alone?

The Telephone Reassurance Program gives peace of mind to seniors who live alone. This FREE Department on Aging program provides a morning safety-check phone call, between 8 and 9:30 am, Monday through Friday. These calls offer a sense of security and support. Trained volunteers call each person at a set time. If calls remain unanswered after 3 tries, this information is relayed to the Aging Transitions staff who follow-up.

If interested in receiving Telephone Reassurance calls, please contact the Volunteer Connect (VC55+) office at 919-245-4243.

Interested in becoming a Telephone Reassurance volunteer? Please call the Volunteer Connect (VC55+) office at 919-245-4241.



## Legal Services

**Legal Aid of North Carolina, Inc** provides free legal services to low-income individuals age 60 and over on a variety of civil legal issues. Services include: Consumer Protection Law; Advanced Directives – Wills, Living Wills, Powers of Attorney and Health Care Powers of Attorney. To request legal advice and representation on civil legal matters, call the Senior Legal Helpline at 1-877-579-7562, Mon – Fri, 9–11 am or 1–3 pm.

## FREE Food Boxes: Commodity Supplemental Food Program

The Department on Aging is helping to administer a NC Department of Agriculture and Consumer Services’ supplemental food program for Orange County residents, age 60 and over. Annual household income guidelines are: 1 member – \$1,354 per month or less/ 2 members – \$1,832 per month or less/other household members may be eligible to qualify. Program provides a monthly box of food to supplement the nutritional needs of low-income older adults. People who qualify may designate someone to pick up the approximately 32 lb box of food each month from the Passmore Center (2:30 – 4:30 pm on 3rd Thursday) or the Seymour Center (1:30 – 3:30 pm on 3rd Tuesday). For more information or to apply for this FREE FOOD program, call Shenae McPherson, VC55+ Administrator – 919-245-4243, or stop by either center’s front desk.



## ORANGE COUNTY SENIOR GAMES

Senior Games is a year-round health promotion program for adults ages 50+. Activities include: sports and games competitions/tournaments, social activities, and the SilverArts – including visual, heritage (wood working, basket weaving, ceramic glass and etc). For more information, or to volunteer, call Myra Austin, Senior Games Coordinator, 919-245-2020, [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov) or Co-Coordinator and OCSG Ambassador, Lee Schimmelfing, 919-606-2598, [leeshim@email.unc.edu](mailto:leeshim@email.unc.edu) The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors.

### Virtual North Carolina Senior Games - State Finals, 2020 – To all Local Games participants

**NOTE:** As the COVID-19 pandemic continues to evolve, the health and wellness of all Senior Games participants, staff and volunteers remain our absolute, top priority.

In applying the mandates set forth by National, State and Local public health officials, we recognize fully that State Finals brings together thousands of participants and hundreds of volunteers from all over the state to central locations.

Given the guidelines on large gatherings of people from various geographic areas set forth by the Centers for Disease Control (CDC), the North Carolina Department of Health and Human Services (NCDHHS), the Governor's Office and local public health officials, there will be no in-person State Finals activities for 2020. This was a difficult decision, as we want to experience in-person activities and we know you do as well, but the health and safety of everyone is the most important factor.

However, NCSG **will** be convening the annual "Celebration of the Human Spirit" through virtual State Finals! There will be a variety of opportunities to continue the "fun, fitness, fellowship and friends" that is Senior Games State Finals. This virtual event will include visits with competitors with whom you connect each year, trainings, competitions and even celebrity guests! Registration and all details

will be available by August 1st for **all qualified athletes and SilverArtists** for this exciting, one-of-a-kind opportunity!

A reminder that State Finals qualification for participants involves registration for a 2020 Local Senior Games. For Solo Performers, Visual, Heritage and Literary SilverArtists, qualification also includes being the "winners" from a Local Games. Those "winners" are: Solo Performing-Best- in-Show, Visual and Heritage 1st-3rd place, and Literary 1st-2nd place. NCSG will send you information as soon as all the details for this one-of-a-kind virtual event are available. Special equipment and computer skills will not be required! We just want you to keep staying healthy!

Participants interested in National Senior Games in 2021 should refer to the statement from the NSGA on the National Senior Games page of the website here: <https://www.ncseniorgames.org/national-senior-games>

Since we will not hold in-person Games, this is the statement that applies to NC athletes "a state qualifying senior games is UNABLE to conduct Games or specific sports/events."

We look forward to seeing you at our virtual "Celebration" and other virtual activities very soon. Until then, stay safe and keep practicing!

NCSG Board of Directors and Staff

## Looking to Share Your Home? Looking for Housemates?

The Seymour Center and the Passmore Center each have a Shared Housing Bulletin Board to help those seeking shared housing. Please post a notecard sized notice on the bulletin board with your contact information and what you are seeking. The path to a new living situation starts now!

## Active Outdoor Programs Throughout Orange County

**Nature Trail Walks sponsored by the OC Department on Aging will Resume in 2021**

### Outdoor Adventures for adults age 50+ with Carrboro Parks and Recreation

To register stop by Carrboro Parks and Recreation or visit their website: <http://carrbororec.org> or contact: [dhughes@townofcarrboro.org](mailto:dhughes@townofcarrboro.org) or 919-918-7372 for more information.

### Public Parks/Spaces, Greenways and Trails throughout Orange County

To find Parks, Public Spaces, Greenways and Trails throughout Orange County visit the following websites:

**Interactive Trails and Greenway Map** <https://gis.orangecountync.gov:8443/TrailsAndParks/default.htm>

The map will allow users to search for trails within Orange County based on several different criteria defined by the user. Interactive Parks Locator Map: <http://server2.co.orange.nc.us/parklocator/>

### Outdoor Adventures with Chapel Hill Parks and Recreation – 919-968-2784

To register call/visit their website: [www.chapelhillparks.org](http://www.chapelhillparks.org) or contact: [kdodson@townofchapelhill.org](mailto:kdodson@townofchapelhill.org) unless otherwise noted.

**Meeting locations of each activity is listed by trip destination. R= Resident NR = Non-Resident GRANDPARENT/PARENT OR GUARDIAN MUST ACCOMPANY CHILDREN UNDER 12 YEARS OLD.**

### Special Message from Outdoor Adventures with Chapel Hill Parks and Recreation

Please check with Chapel Hill Community Center Rockwall and Outdoor Adventure Facebook Page for videos, live events and virtual programming. Stay tuned for Facebook updates.

## Adultos Mayores Activos (AMA) /Active Seniors

Acompáñenos los jueves de 10 am – 2 pm para una variedad de actividades ofrecidas en español. Este grupo ofrece la oportunidad de socializar con adultos mayores, hacer ejercicio y aprender algo nuevo. Un día típico incluye pláticas sobre temas de salud, y tiempo para socializar, relajarse y aprender una nueva habilidad. A las 12:00 el grupo participa en el programa de comida. Los requisitos son tener más de 60 años y vivir en el condado de Orange. Si las personas no califican para el programa tienen la opción de comprar su comida por \$6. Podemos tratar de ofrecerle, si lo solicita, transporte. Para más información en español puede contactar 919-245-4279, o Para información adicional acerca de las conexiones virtuales, puede comunicarse con la organizadora voluntaria del programa, Nora Olivieri, en línea a: [nora.olivieri@gmail.com](mailto:nora.olivieri@gmail.com) o por teléfono al 919-599-5955

Please join us on Thursdays from 10 am - 2 pm for various activities offered in Spanish. This group offers socialization, exercise, and learning with other seniors in Spanish. Typical gatherings might involve discussing health, relaxing activities, and/or learning a new skill (eg navigate social media, computer, or an English conversation). At noon the group participates in the Lunch program. The qualifications for participation in it are to be 60 years or older and reside in Orange County. If you don't qualify for the program, you may purchase a meal for \$6. If you have questions or require transportation, please call 919-245-4279 (ex 1) or for additional information about virtual connections contact the program volunteer host, Nora Olivieri, via email: [nora.olivieri@gmail.com](mailto:nora.olivieri@gmail.com) or by phone: 919 599-5955

**Fee: FREE**

**Seymour Center (357151-01)**

**Group to Resume in the Future**

## Adult Care Home and Nursing Home Community Advisory Committees need Volunteers!

If you have a passion for, or interest in, the living conditions and health care options for senior citizens in Orange County, an important volunteer opportunity is available! Serve your County and its elderly population by applying to the Adult Care Home or Nursing Home Community Advisory Committee, bodies that report to the Board of Orange County Commissioners and the Office of the State and Local Long Term Care Ombudsmen. As a member of a Committee, you will learn about the issues facing the aging population, visit area Adult Care Homes or Nursing Homes and their residents, and participate in meaningful committee-directed initiatives to improve residents' quality of life. Please contact Kim Lamon-Loperfido, Aging Transitions Administrator ([kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov)) about either committee or Michael Zuber ([michaelalanzuber@gmail.com](mailto:michaelalanzuber@gmail.com)), Adult Care Home Committee-Chair or Vibeke Talley ([vibandjoe@hotmail.com](mailto:vibandjoe@hotmail.com)) Nursing Home Advisory Committee-Chair, for more information or apply on the Orange County website at: [http://www.orangecountync.gov/departments/board\\_of\\_county\\_commissioners/volunteer\\_advisory\\_boards\\_and\\_commissions/volunteer\\_application.php](http://www.orangecountync.gov/departments/board_of_county_commissioners/volunteer_advisory_boards_and_commissions/volunteer_application.php).

## Are You or Someone You Love Facing an Aging Transition?

**There is Help a Phone Call Away!**  
**919-968-2087**

The Orange County Aging Transitions Team, located in both the Passmore and Seymour Centers, is available Mon - Fri to provide information and assistance to all Orange County residents dealing with age-related issues. The Team consists of social workers and an occupational therapist who can help solve problems, and support independent living goals. Some of the services available through the Aging Transitions Team include:

- Resource identification and referral
- Aging in Place and long-term care options counseling
- Home safety inspections and home modification recommendation
- Support to caregivers
- Insurance and benefit counseling
- Transportation referral and assistance
- Living alone telephone reassurance program
- Durable medical equipment loan program

All services are free for Orange County residents aged 60+ and/or their family members. To learn more, call the Aging Transitions Helpline (919-968-2087), or send an email to [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov), or visit the Passmore or Seymour Center



## Need a Home Delivered Meal?

Meals on Wheels (MOW) serves the elderly and homebound residents throughout Orange County

For more information on service and eligibility contact the appropriate MOW below.

**Orange County Meals on Wheels [MOWOC].** Serving Chapel Hill, Carrboro, Parts of Northern Orange & Southern Orange County 919-942-2948

**Orange Congregations in Mission [OCIM]**

Serving Hillsborough and Parts of Northern Orange County 919-732-6194

## Senior Times Pick-Up Locations

Pick up your Senior Times at one of these locations. For the most current pick up locations, go to [www.orangecountync.gov/aging/PickUpLocations.asp](http://www.orangecountync.gov/aging/PickUpLocations.asp)

**Durham:** Panera Bread -15/501

**Chapel Hill - Carrboro:** Arts Center, Carolina House, Carolina Springs, Carol Woods, Carrboro Community Health Center, Carrboro Public Library, Carrboro Town Hall, Chamber of Commerce, Chapel Hill-Orange County Visitors Bureau, Chapel Hill Public Library, Chapel Hill Tire Car Care Center–Main St. Carrboro, Covenant Place, Dr Allan Maltbie - UNC Medicine, Elmo's, Eubanks Rd Park & Ride, First Baptist Manley Estates, Food Lions, Harris Teeters, Hatfield Berang Hearing Center, Mama Dip's, Marion Jackson Center; Meadowmont: Café Carolina and the Cedars; Tony Hall & Associates, UNC Health Care –Cardiac Rehab, UNC Health Care-Hwy 54, University Place near A Southern Season, Weaver Street Market in Carrboro; Walgreens – Hwy 54. **Outdoor Racks:** Chapel Hill Transit – Main Office, Chapel Hill-Carrboro YMCA, Flyleaf Books, Hargraves Recreation Center, Harris Teeter (Chapel Hill North & University Place), Orange County Dept Social Services (DSS) on Homestead Rd, Park & Ride Lot Old Fayetteville Rd, Seymour Center, and UNC Ambulatory Care Center (Mason Farm Rd),

**Hillsborough/Central Orange Area:** Brookshire Nursing Home, Cardinal State Bank, Carillon Senior Living, Carolina Vision, Cedar Grove Community Center, Chamber of Commerce, Dentist Dr Sam Chang (N Churton St), Dentist Dr Berry Holly (Meadowlands), Duke Family Practice, Durham Tech-OC campus student break room, Food Lion, Grow Smart, Hillsborough Pharmacy (Daniel Boone Village), OCIM (Orange Congregations in Mission) Meals on Wheels and Thrift Shop, Orange County Government (West Campus on Margaret Lane), Orange County Health Dept, Orange County Library, Passmore Center; Service Department (New Hwy 86), State Employees' Credit Union (both locations), Steve's Fresh Market, Town of Hillsborough Mayor's office, UNC Family Medicine (Old Hwy 86), UNC Hospitals-Hillsborough Campus, Weaver St Market, Walgreens. **Outdoor Racks:** Bojangles, Passmore Center, Cup-A-Joe, newsstand corner of King St & Churton St, Eno Haven Apts, Farm & Garden HWY 86 N, Handy Andy's (Caldwell), Jay's Chicken Shack, Lloyd's Citgo, Orange County Dept Social Services (DSS), Red & White Convenience Store (Efland), Orange County SportsPlex

## Transportation Information

### DO YOU NEED HELP FINDING TRANSPORTATION?

- **Call the Transportation Help Line:** 919-717-1853 (Mon – Fri, 9 am – 5 pm)  
The Transportation Specialist provides information on: transportation, travel training, the volunteer driver program, and advocacy

### LEARN MORE ABOUT PUBLIC TRANSPORTATION.

- **Bus Riding Class 101**  
Make your life better by traveling on public buses. Find out where the public buses go, where to get schedules and what the buses cost to ride. Also learn about door to door transportation, eligibility, and how to sign up for services.
- **Bus Travel Training**  
Have you ever wondered where the bus goes that stops near your home? Here are opportunities to join a group and ride the bus. Not only will you learn the bus route first hand but you will become familiar with bus riding in general.
- **Transportation Workshops**  
Learn more about transportation through hands-on education with community experts.

### GET INVOLVED

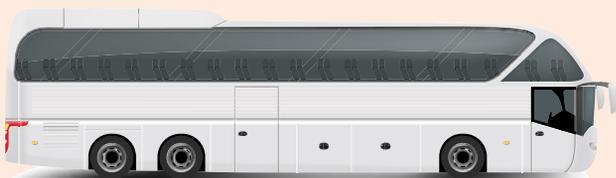
- **Join the Transportation Senior Resource Team (SRT)**

Passionate about public transportation? Participate in our SRT to enhance the overall well-being of Orange County seniors through meaningful education and advocacy around driving alternatives.

- **Become a Volunteer Driver**

Help an older adult, be a volunteer driver! Providing transportation helps connect older adults to beneficial services and organizations.

For more information, call transportation specialist, **Alison Smith** at **919-717-1853** or send an e-mail to [alsmith@orangecountync.gov](mailto:alsmith@orangecountync.gov)



## Community Giving Fund

The Orange County Community Giving Fund is an encompassing fund for Orange County government, so donations can be given to any department or County-sponsored activity through this fund. Cash, stocks, bonds, or real property gifts will be tax deductible and used for the purpose for which they are given, and acknowledged as such.

The fund is managed by Orange County and Sun Trust Bank which gives the public an opportunity to designate a tax deductible donation, which supplements the County's annual budget. Orange County residents can designate part of their estate through the fund and specify the purpose for which the gift will be used.

To learn more about the fund or to request an information packet, please visit the Orange County Community Giving Fund Web site at [www.ocncgiving.org](http://www.ocncgiving.org). Note: The Friends of the Jerry M Passmore Center and the Friends of the Robert and Pearl Seymour Center continue to support the respective centers and welcome all levels of financial support which can be made directly to each organization – and are tax deductible.

## FEE PAYMENT & FINANCIAL ASSISTANCE POLICY

The Orange County Senior Centers strive to be accessible and welcoming to all seniors. If you want to participate in senior center fee-based activities and are unable, or unwilling, to pay a required fee, you may still participate. A selection of free activities and programs are available to seniors age 55 and over\*. Events/activities not eligible for financial assistance or waivers may include, but not limited to: trips/travel destinations; admissions or fees for center-sponsored activities at external venues; and activities held as fundraisers by the Friends organizations hosted at the senior centers. Accordingly, income-based financial assistance is available for most senior center offerings. Individuals interested in wellness programs can contact Wellness Coordinator, Latonya Brown, for more information at 919-245-4270. Seniors who require financial support to participate in other programs can contact Passmore Center Operations Manager, Terry Colville, at 919-245-2016, or Seymour Center Operations Manager, Cydnee Sims, at 919-245-4250. In determining eligibility for financial assistance, the individual's financial status is compared to current federal poverty guidelines. All inquiries are strictly confidential.\*Some programs are exempt as their funding is provided by the Older American Act (only for people age 60 and over)

## CARRBORO RECREATION *and* PARKS

To register stop by Carrboro Parks and Recreation or visit their website: <http://carrbororec.org> or contact: [dhughes@townofcarrboro.org](mailto:dhughes@townofcarrboro.org) or 919-918-7372 for more information.

### SENIOR TENNIS DAY

Join us for a fun tennis event for players aged 50 and above! Bring a friend or two and meet other tennis players from this area, join in a game of doubles or singles. Light refreshments will be provided to all participants. **Bring a racquet.**

**Fee:** FREE

Wilson Park, Wed, Aug 19

9 – 11 am

### BINGO

Bring a friend or just come join all the fun and you may win a prize. Try your luck, sharpen your mind, and enjoy a small afternoon snack while you play ten games of bingo. **Must call (919) 918-7364 to register.**

**Fee:** FREE

Wed, Sep 16; Fri, Oct 9; Mon, Nov 9

2 – 3:30 pm

### FALL WALKING GROUP

If you like to be outdoors and stay in shape, then this is the group for you! The Walking Group will meet at Anderson Parks Pond on Mondays and Wednesdays, Sep 21 – Oct 19 (no class Sept. 28). Walking and talking are a perfect combination. Grab a friend and get started! Please sign up so we know how many people are attending. Anyone can join at any time, but please call first to find out more information. After our last meeting, the Recreation, Parks & Cultural Resources Department will provide a light lunch for participants.

**Fee:** FREE

### HANK ANDERSON PARK POND

Mon/Wed, Sep 21 – Oct 19 (no class Sep 28)

8 – 9 am

### BLACKWOOD

Join us as we visit one of Hillsborough's park facilities. Blackwood Farm Park located off Hwy 86 has four miles of trails to explore! As we hike the trails, we will be sure to look at the historic farmhouse, barn, smoke house and corncrib. Be sure to bring water and a snack.

**Fee:** \$4

Thu, Sep 24

8:30 am - 12:30 pm

### FARMERS MARKET - RALEIGH, NC

More than fresh vegetables! The State Farmers Market is considered one of the best and most modern markets in the US, enjoy 75 acres of indoor and outdoor specialty shops; restaurants; garden center; fruits, vegetables and gift products from across the state. Bring money for lunch.

**Fee:** \$5

Fri, Sep 25

9:30 am – 2 pm

### CREATIVE CANVAS, WHERE EVERYONE'S AN ARTIST

Make it sparkle! Everyone is an artist so let your imagination and creative juices flow as we enjoy an evening with friends painting our own 8X10 canvas. Carrboro Recreation, Parks & Cultural Resources Department will supply the canvas, paint, brushes and refreshments to make this a fun and exciting

afternoon! So supplies can be purchased you must register for this program in advance. We will need a minimum of 5 people and our maximum is 20.

**Fee:** \$5

Tue, Oct 6

3 – 5 pm

### NORTH CAROLINA ZOO

Get ready for wonder and discovery as we go to the amazing North Carolina Zoo. Bring your curiosity and a comfortable pair of shoes to explore more than 500 acres, which will allow you to see everything from polar bears to giraffes. Bring a lunch with you or buy one at zoo restaurant.

**Fee:** \$19

Tue, Oct 13

8:45 am – 4:30 pm

### BRUMLEY FOREST NATURE PRESERVE (NORTH)

On this hike we will be exploring the north side of the preserve. The George and Julia Brumley Family Nature Preserve is a 613-acre preserve located in western Orange County, approximately 2 miles southeast of the town of Hillsborough. There are over 10 miles of trails for hiking and biking, a one acre pond and features more than four miles of streams and 20 acres of wetlands. Biological surveys have documented at least 260 different species of flora and fauna. We will take an approximately 3 to 3½ mile hike. Bring a water bottle and a snack.

**Fee:** \$4

Wed, Oct 21

8:30 am – 12:30 pm

### SEVEN MILE CREEK HIKE - HILLSBOROUGH

Seven Mile Creek Natural Area contains over two miles of trails. The area was identified as highly rated prime forest for wildlife habitat. It provides refuge for plants and animals that need large areas to roam with limited human contact, such as turkey, barred owls and red-shouldered hawks. It is also recognized as an important wildlife corridor that helps protect the Upper Eno watershed, which provides drinking water to Hillsborough residents. Bring water and a snack.

**Fee:** \$4

Thu, Nov 5

8:30 am – 12:30 pm

### TEAM TRIVIA

Bring your thinking caps and useless trivial knowledge and compete against other teams of adults in fun and challenging rounds of trivia. Categories will include: current events, movies, music, sports, history and more. Snacks will be provided. Prizes will be awarded to the winning team of each round. Team size range is from 2 - 5 people per team.

**Must call 919-918-7364 to register.**

**Fee:** FREE

Thu, Nov 12

3 – 5 pm

### KARAOKE

This afternoon is guaranteed to be a wonderful time. Choose one of the many karaoke songs to sing with friends or solo! If you do not feel like you can sing, come sit back and watch. Snacks will be provided for all who participate! **Must call 919-918-7364 to register.**

**Fee:** FREE

Tue, Nov 17

1 – 2:30 pm



## PASSMORE CENTER 919-245-2015

103 Meadowlands Drive  
Hillsborough, NC 27278  
Mailing Address: PO Box 8181,  
Hillsborough, NC 27278

### New Hours due to COVID-19:

Beginning Oct 12 open 8 am – 5 pm  
for individual services/No group activities  
will be offered at this time.

*Managed by Orange County Department on Aging with support from Friends of the Passmore Center*

**Amanda High**, Front Desk Manager  
919-245-2015

**Dawn Smith**, Program Assistant/  
Facility Manager, 919-245-2021

**Meghan Rushing**, Program Coordinator Assis-  
tant, 919-245-2026

Email: [mrushing@orangecountync.gov](mailto:mrushing@orangecountync.gov)

**Terry Colville**, Programs & Center Operations  
Manager, 919-245-2016

Email: [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator,  
919-245-4256

Email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator,  
919-245-4270

Email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator,  
919-245-2020

Email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Beverly Shuford**, Communications Specialist,  
919-245-2023

Email: [bshuford@orangecountync.gov](mailto:bshuford@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging,  
919-245-4255

Email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

TO REGISTER FOR CLASSES  
AT THE **PASSMORE CENTER**,  
CALL: 919-245-2015.

## Giving Back – Find A Place To Volunteer

Orange County Department on Aging /  
Volunteer Connect 55+ (VC55+) is de-  
signed to enrich the lives of people 55+  
in Orange County by connecting them to  
meaningful volunteer experiences in  
the community. Learn about volunteer  
programs with the Dept on Aging to  
address the needs of older adults in  
Orange County.

<https://www.orangecountync.gov/266/Volunteer>

**Shenae McPherson**, Administrator,  
919-245-4243

[shmcpherson@orangecountync.gov](mailto:shmcpherson@orangecountync.gov)

**Jeanne Chamberlin**, SHIIP & VITA  
Coordinator 919-245-4240

**Bobby Cobb**, Volunteer Coordinator,  
919-245-4241

**Ryan Lavalley**, Program Manager,  
Handy Helpers  
[rlavalley@orangecounty.gov](mailto:rlavalley@orangecounty.gov)

With local support from the Towns of  
Carrboro and Chapel Hill.



## SEYMOUR CENTER 919-968-2070

2551 Homestead Road  
Chapel Hill, NC 27516

### New Hours due to COVID-19:

Beginning Oct 12 open 8 am – 5 pm  
for individual services/No group activities  
will be offered at this time.

*Managed by the Orange County Department on Aging, with support from Chapel Hill Parks & Recreation Department, and Friends of the Robert and Pearl Seymour Center*

**Jerri Gale**, Front Desk  
Manager, 919-968-2070

**Robin Bailin**, Program  
Assistant/Facility Manager,  
919-245-4252

**Deborah Lemmerman**,  
Evenings & Saturdays Facility  
Manager, 919-968-2070

**Meghan Rushing**, Program Coordinator  
Assistant, 919-245-2026

Email: [mrushing@orangecountync.gov](mailto:mrushing@orangecountync.gov)

**Hong Zhou**, Mandarin Community Liaison  
and Program Coordinator,  
919-245-4275. Email: [hzhou@orangecountync.gov](mailto:hzhou@orangecountync.gov)

**Cyndee Sims**, Programs & Center Operations  
Manager, 919-245-4250

Email: [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator,  
919-245-4256

Email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-  
245-4270

Email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator,  
919-245-2020

Email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Beverly Shuford**, Communications Special-  
ist, 919-245-2023

Email: [bshuford@orangecountync.gov](mailto:bshuford@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging,  
919-245-4255

Email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

TO REGISTER FOR CLASSES  
AT THE **SEYMOUR CENTER**,  
CALL: 919-968-2070.

## Are You Experiencing an Aging Transition?

Orange County Department on Aging/  
Aging Transitions Division is designed  
to provide information, consultations,  
assessments and services to older adults  
and their families as they face changing  
health needs, relocations, and other age-  
related issues. Email: [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

**Kim Lamon-Loperfido, MSW/MPH**,  
Aging Transitions Administrator

**Keisha Andrews, MSW**, Social Worker

**Marie Dagger, MS, OTR/L**, Occupational  
Therapist

**Kimberly Knight, MSW**, Aging  
Transitions/VC 55+ Social Worker

**Kendall Kopchick, MSW**, Social Worker

**Lisa Meinert, BA**, Program Coordinator

**Alison Smith, BA**, Transportation  
Specialist

**Tiffany Summers, MSW**, Social Worker

Aging Transitions Help-Line: 919-968-2087

Chinese Help-Line 中文热线: 919-245-4275

Spanish Help-Line: 919-245-4279

Mon–Fri 9 am – 4 pm

### Web site: [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)

On-line registration is available for many programs at the above website  
Program fees may be paid by using a credit card Both Centers will be closed  
Mon Sep 7; Thu and Fri, Nov 26 & 27 for the holidays