

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 **Central Orange Senior Center** in Hillsborough at 919-245-2015.

Are You Still Driving? You Don't Have to...

We are excited to announce a new travel training program to educate older adults on how to use public transportation to get where they need to go - and is hands-on instruction. Participants should be comfortable using Chapel Hill Transit's fixed-route public transportation system. The group will select locations of interest and learn how to use the gotriangle.org website to create a trip plan as well as useful tips for public transportation.

Orange County has a two-year grant from the NC Dept of Transportation to build awareness about what the county's current transportation system can provide older adults and to help improve and/or expand the system.

If you would like to learn how to move around Orange County using public transportation, or if you have transportation needs or a question, contact the Department on Aging's Mobility Manager - Eileen Nilsen, by calling 919-717-1853 or email enilsen@orangecountync.gov Please join Eileen for a program information session:

Fee: FREE

Central Orange SC

Fri, Jun 19 (234016-01) 10:30 - 11:30am

Seymour Center (357223-04) 10:30 - 11:30am

Tues, Jun 16

End of Life Choices & Quality of Life: Three Part Series

The Project EngAGE "End-of-Life Choices" Senior Resource Team proudly presents a three-part series to promote end-of-life discussions and planning in order to maximize quality of life and choices.

June: Book Discussion of *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande. Please register by Fri, Jun 19

Central Orange SC

Thurs, Jun 25 (233024-01) 4 - 6 pm

Seymour Center

Mon, Jun 29 (333034) 4:30 - 6:30 pm

July: "Fireside Chat" with Project EngAGE Senior Leader, Sheila Evans & Department on Aging, Social Worker, Pam Tillett, on the Importance of End of Life Discussions. Please register by Wed, Jul 17.

Central Orange SC

Thurs, Jul 30 (233024-02) 4 - 6 pm

Seymour Center

Thurs, Jul 23 (333034) 4:30 - 6:30 pm

August: Legal Aid of Pittsboro: Presentation on Wills, Powers of Attorneys, and Advance Healthcare Directives. Please register by Mon, Aug 10.

Central Orange SC

Thurs, Aug 27	(233024-03)	4 – 6 pm
Seymour Center		
Thurs, Aug 13	(333034)	4 – 6 pm

To register, please call the Central Orange Senior Center at 919-245-2015, or the Seymour Center at 919-968-2070.

Films for Later Life

A popular film series that explores the heart's desire in Later Life to re-discover and reinvent itself, and to live a simpler, yet larger and more meaningful life.

Series Host: Bolton Anthony founded Second Journey after working as a public librarian, university administrator, and social change activist. Films for later life will not meet in the summer. Stay tuned for the **new meeting dates coming this fall**.

Functional Vision and Aging

Many older adults live with some form of vision change, from mild progressive in acuity to various visual impairments that can result in low vision, or total loss of sight. This session will cover vision impairments from a functional perspective. It will address how tasks and environments can be adapted to accommodate visual loss, and how new technologies can assist people's functional vision. Conducted by the Aging Transitions occupational therapists and guest panelists.

Fee: FREE

Central Orange SC

Thurs., Jul 9	(234013-01)	1 - 2 pm
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Seymour Center

Thurs., Aug 13	(332002-01)	1 – 2 pm
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Introduction to Mindfulness Based Stress Management Techniques Workshop

This two-hour workshop will introduce you to the prospect of managing stressors in your life through the use of Mindfulness Practices. Those who can benefit from this program might be coping with large stressors such as: loss of a loved one, caring for someone who is ill, living with chronic pain or other major life changes. These practices can also help you manage the less overwhelming, everyday stressors that we all encounter at one time or other. Research studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression.

Benefits of practicing mindfulness techniques include learning how to:

- Quiet and calm the mind
- Pay attention to your moment to moment experiences
- Restore and maintain a sense of personal balance
- Decrease the symptoms associated with stress
- Improve overall physical and emotional well being

Topics introduced in the workshop will include:

- What is Stress?
- How does chronic stress harm our body?
- Identifying: Stress Triggers, Stress Indicators and Stress Coping Mechanisms

How Can Mindfulness Practices Help:

- What is Mindfulness?
- Being Present: Stepping out of Auto Pilot
- Choice: Stress Reactivity or Skillful Response to Stressors
- An Overview of Mindfulness Practices
- Mindful Breathing
- Mindful Eating
- Thought, Emotion and Physical Sensation Awareness
- Sitting with the breath to calm the mind and increase awareness
- Loving Kindness

Please register by Fri, July 31. Must have 10 participants for class to take place.

Presenter: Paula Huffman, BS, RN, ERYT, Mindfulness Instructor

Fee: \$10

Seymour Center

Fri, Aug 14 (334024-01)

9:30 - 11:30 am

Sharpening the Pencil: A Memoir Class for Beginners

Has it been awhile since you've put pencil to page, or opened up a blank Word document on the computer? Are you a former teacher, someone who fills up a journal with pages of memories or a casual writer? Come sharpen your pencil with us and capture your life memories in an informal setting that will encourage you to re-discover your talents and the joy of creating beautiful sentences!

This class is open to writers of all skill levels, but will be especially tailored to beginners.

Everyone's life is interesting in its own way, and this class provides a forum to write down your memories. Whether you are working on a project that is big or small, writing for yourself or to leave a legacy for your friends and family, the instructor will provide weekly reading material to inspire; weekly writing prompts to jumpstart your creativity, and a relaxed forum to share your writing with other members of the group.

Members of the class will have the optional opportunity to share a section of their work during class time. The instructor will cover topics such as organization, brainstorming and editing. Please note that this is a non-fiction class.

The instructor, Allison Kirkland, graduated from Duke Univ with a degree in English and earned her Masters of Fine Arts in Creative Non-fiction Writing at The New School in NYC. She has worked in publishing and arts administration, but her passion is showing others how to craft their own life stories.

Registration required by Tues, May 26.

Fee: \$180 for 6-weeks series.

Seymour Center

Tues, Jun 2 - Jul 14 (354062-01)

6:30 - 8:30 pm

TED Talks at Central Orange - NEW !

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a nonprofit, nonpartisan foundation. Its agenda is to make great ideas accessible and spark conversation. Topics are created and made available for use by TED. The discussions of these engaging talks, filmed before live audiences, will be led by Lisa Berley and volunteers.

Thurs, Jun 25 - Billy Collins, Poet (former US poet laureate)

Everyday Moments, Caught in Time

Billy Collins shares a project in which several of his poems were turned into delightful animated films. Five of them are included in this entertainment and moving talk.

Thurs, Jul 23 - AJ Jacobs, author, philosopher, prankster and journalist

My Year of Living Biblically

AJ Jacobs recounts the year he spent following the rules in the Bible (As literally as possible!)

Thurs, Aug 27 - Stephen Cave, Philosopher

The Four Stories We Tell Ourselves About Death

Philosopher Stephen Cave begins with the question, "When did you first realize you were going to die?" And even more interesting, "Why do we humans so often resist the inevitability of death?" Cave explores four narratives, common across civilizations, that we tell ourselves "in order to help us manage the terror of death."

Fee: FREE

Central Orange SC

4th Thurs, Jun 25; Jul 23; Aug 27 (254038-06, 07, 08)

2 - 3 pm

TED Talks at Seymour

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

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Jun 15; Jul 20; Aug 17 (353020)

2 - 3 pm

Mon, Jun 15 - Emily Balcetis, Psychologist

Why Some People find Exercise Harder than Others

Why do some people struggle more than others to keep off the pounds? Social psychologist Emily Balcetis shows research that addresses one of the many factors: Vision. In an informative talk, she shows how when it comes to fitness, some people quite literally see the world differently from others – and offers a surprisingly simple solution to overcome these differences.

Mon, Jul 20 - Liza Sonnelly, Cartoonist

Drawing on Humor for Change

New Yorker cartoonist Liza Donnelly tackles global issues with humor, intelligence and sarcasm. Her latest project supports the United Nations initiative *Cartooning For Peace*. What others say - "Liza often steps out from behind her

drawing table to make this world not just a funnier place, but a better one too." – Planet Green

Mon, Aug 17 - Graham Hill, Journalist

Less Stuff, More Happiness

Writer and designer Graham Hill asks, "Can having less stuff, in less room, lead to more happiness?" He makes the case for taking up less space, and lays out three rules for editing your life via his stories of sustainability and minimalism. Hill is also the founder of TreeHugger.com and [LifeEdited](http://LifeEdited.com).

Telling Your Story

Join this creative writing group and create a special gift for your family and loved ones. Members will be assigned at-home exercises as well as have group participation to help develop their stories.

Fee: FREE

Central Orange SC

2nd & 4th Thursdays (257002-1)

3 - 5:30 pm

Writing About Your Life through Poetry

Gwendolyn Brooks once described poetry as "life distilled." In this eight-week workshop, we will learn a new skill, or polish an old one, as we begin to tell our life stories. While rhyme is an option, much of our work will be in unrhymed verse that draws on other tools to give it beauty and strength. Each session will include in-class writing exercises, using the work of published poets as our guide, as well as instruction on specific writing techniques. Optional take-home prompts will be available. Please note: We will not be reading and writing greeting card verse, but rather poems with depth and complexity that explore both the joys and hardships we have lived. Join Pam Baggett on this exceptional journey of writing your life differently. Pam has taught writing classes through Duke Univ's Continuing Studies Program, the Ackland Art Museum at UNC, and numerous botanical gardens and arboreta, including Longwood Gardens and the JC Raulston Arboretum at NCSU. Her poems appear in journals and anthologies, including *The Atlanta Review*; *Crab Orchard Review*; *San Pedro River Review*; *The Sow's Ear*; *Kakalak 2014*; *Creatures of Habitat* from *Main Street Rag*; the anthology ; *Forgetting Home: Poems About Alzheimer's*; and *The Southern Poetry Anthology, Volume VII: North Carolina*. Work appears on-line in *Kentucky Review* (www.kentuckyreview.org).

Instructor: Pam Baggett, Writer, Author, Photographer

Fee: \$80 (for 8 weeks)

Seymour Center

Thurs, Jun 4- July 30 (334025-01)

1 - 2:30 pm

(class will not meet on Thurs, Jul 2)

Estate Planning Workshops

The Orange County Center of NC Cooperative Extension and the Orange County Department on Aging are co-sponsoring a two-part series of workshops on Estate Planning. Please register for one set of the following sessions:

Chapel Hill Workshops will be held at the Seymour Center, 2551 Homestead Road in Chapel Hill on **Wed, June 3 and Thurs, June 4 (2 - 4 pm)**

The presenter will be Ms Beth Tillman, Attorney-at-Law. Ms. Tillman will cover the following topics:

Wed, Jun 3 - Planning for Incapacity (333000-10)

Topics include: Health Care Powers of Attorney, Living Wills, Durable Powers of Attorney for Finances, and Living Trusts

Thurs, Jun 4 - Final Wishes for Yourself and Your Property (333000-10)

Topics include: Wills, Living Trusts, Life Insurance, Retirement Benefits, Organ Donation, Disposition of Remains, and Planning Your Digital Afterlife

Hillsborough Workshops will be held at the Central Orange Senior Center, 103 Meadowland Drive in Hillsborough, NC on:

Wed, Jun 17 and Thurs, Jun 18 (2 - 4 pm)

The presenter will be Mr Steve Lackey, Attorney-at-Law. Mr Lackey will cover the following topics:

Wed, Jun 17 - Who's in Charge? (230010-01)

Topics include: Financial Powers of Attorney, Retirement Benefits, Health Care Powers of Attorney, Long Term Health Care, and Living Wills

Thurs, Jun 18 - Transferring Property by Gift, During Life and Beyond (230010-02)

Topics include: Lifetime Gifts, Wills, Trusts, Joint Property, Beneficiary Designations, and Transfer Taxes

***There will be opportunities for questions and answers during all sessions.**

Registration deadline is Wed, May 27. Register online at go.ncsu.edu/estateplanning2015 or by phone at 919-245-2050.

FINANCIAL PLANNING

A Disciplined Approach to Investing

This seminar outlines the features and benefits of creating and maintaining a diversified portfolio of investments through a professionally managed advisory program. **Must register by Wed, June 17 for Central Orange SC, and Wed, May 27 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Central Orange SC

Wed, Jun 24 (234002-01)

12 noon - 1 pm

Seymour Center

Wed, Jun 3 (334020-01)

12 noon - 1 pm

Retirement for Boomers and Retirees

It's never too late or too early to learn about growing your money. Join us for this series led by Jane Clark, Financial Advisor with Edward Jones. Maximum: 15 participants

Note: Tues sessions will be held at the Seymour Center from 2- 3:30 pm. Call 919-968-2070 to register for sessions at the Seymour Center by Tues, June 30. Thurs sessions will be held at the Central Orange SC from 2 -3:30 pm. Call 919-245-2015 to register for sessions at Central Orange Senior Center by May 28.

Tues, Jul 7 Thurs, Jun 4	Foundations of Investing
Tues, Jul 14 Thurs, Jun 11	Rules of the Road – Seymour Center Fixed Retirement Income
Tues, Jul 21 Thurs, Jun 25	Stocks: The Nuts and Bolts Take Stock in the Market
Tues, Jul 28 Thurs, Jul 2	Focus on Fixed Income A Smart Start to Mutual Funds
Tues, Aug 11 Thurs, Jul 9	An Investor's Tour of Mutual Funds Annuities and Your Retirement
Tues, Aug 18 Thurs, Jul 16	Retirement by Design Preparing Your Estate Plan

Material Fee: \$15 payable to the instructor at the first class

Central Orange SC

Thurs, Jun 4 – Jul 16 (254003-04) 2 – 3:30 pm

Seymour Center

Tues, Jul 7 – Aug 18 (334004-12) 2 - 3:30 pm

Retirement: Making Your Money Last

Have you retired recently? Are you planning to retire soon? This presentation discusses ideas to help build a reasonable and sustainable strategy for managing income and expenses during retirement. We'll explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected. **Must register by Wed, Aug 19 for Central Orange SC. Must Register by Wed, Aug 5 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Central Orange SC

Wed, Aug 26 (234009-01) 12 noon – 1 pm

Seymour Center

Wed Aug 12 (334021-01) 12 noon- 1 pm

Tax-Free Investing: It's Not What You Make, It's What You Keep

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. **Must register by Wed, July 15 for Central Orange SC. Must register by Wed, July 1 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Central Orange SC

Wed, Jul 22 (244022-01)

12 noon - 1 pm

Seymour Center

Wed, Jul 8 (334023-01)

12 noon - 1pm