

## SPECIAL EVENTS

To take classes listed in the Special Events section, people **must be registered for in advance (classes may be cancelled if minimum numbers are not reached)** by calling the **Central Orange Senior Center** in Hillsborough at 919-245-2015, or the **Seymour Center** in Chapel Hill at 919-968-2070.

### **A Call to Vendors**

If you are an artist or crafter and are looking for a venue to display and sell your work, please call Terry at 919-245-2016 for information on the Holiday Craft Show at Central Orange Senior Center. It will be held Sat, Nov 7. Applications are available and all tables are sold on a first come basis.

### **A Native American Cultural Celebration and Dinner**

Native American, Chief John "Blackfeather" Jeffries of the Occaneechi Saponi Indian Tribe will be our guest as he shares with us the history of the Occaneechi people. Uriha "Little Bear" Jeffries, a Grass Dancer of the Western Native American will share his cultural dance. Pow Wow traditional cultural dancing will be shared by Douglas "Shadow Dancer" Logan and Burke "True Hart" Lemons. The center will provide Navaho Tacos, and you bring the sides to share. Please register prior to Thurs, Sept 10.

#### **Central Orange SC**

Thurs, Sept 17 (253007-09)

5:30 pm

### **A New Attitude: Thriving in Aging**

During this ten week course based on Chuck Durrett's Study Group I, we will cover a wide range of topics meant to expand awareness around aging such as aging in community, thriving while aging, and claiming our elderhood. This course is co-sponsored by the Orange County Department on Aging and Village Hearth Cohousing and will be led by an experienced facilitator. For further information, please contact Pat McAulay at [naturepat@aol.com](mailto:naturepat@aol.com), or to register call the Seymour Center.

FEE: \$55, check or cash at first class for Study Group I Participant Guide

#### **Seymour Center**

Tuesdays, Sept 8 - Nov 10

6:30 - 8:30 pm

### **A Veteran's Affair: Wall of Honor New Recipients and Reception**

If you have not seen our Wall of Honor honoring veteran participants of the Seymour Center and Central Orange Senior Center, stop by and check it out! The wall is not only a way of expressing our gratitude to those who served our country, it also enables other participants and visitors who frequent the Center to appreciate and learn more about their peers. Our current honorees on the wall are: **Lee Pavao, Bob Roberts, Tommie Swan, Robert T. Watral, Everette (Bud) Hampton, Willie Breeze, Ross Farrington, and George Thomas Weiser.** On Mon, May 11 we will recognize eight new honorees. They are: **James Atwater, Jr, Charlie Tsui, James Jones, Carlyle "Buck" Simmons, Jesse Torres, Perry Reaves, Glenn Sumner and Marshall Morris.** There will be a small reception and time of reflections.

Contacts: Cydnee Sims, 919-245-4250 and Betsy Corbett 919-245-2890

Fee: FREE

**Seymour Center** (343033-01)

Mon, Nov 16

10:30 - 11:30 am

### **Aging in Community: Making it Happen - Reimagining Your Neighborhood**

Few of us have the option of designing our neighborhood or choosing our neighbors. We likely selected our home because the price was right or the schools were good. Now, we live in neighborhoods which are, for the most part, very good at guarding our privacy and dismal at fostering *our sense of belonging and community*. This program will focus on the many practical steps you can take to *reimagine your neighborhood* so that it nourishes intergenerational connections and supports aging in community.

Register by online at [www.charleshouse.org](http://www.charleshouse.org) or by phone at 919-968-2087. Scholarships can be requested at time of registration.

Fee: \$10

**Seymour Center** (357140-01)

Tues, Sept 17

7 - 8:30 pm

### **An Apple A Day**

What is your favorite apple? Is there really a taste difference between apples? We are going to put your taste buds to the test. Come and find out what different kinds of apples the staff of COSC prefers. Is it Red Delicious, Pink Lady, or McIntosh? Registration is required prior to Fri, Sept, 18.

Fee: Free

**Central Orange SC**

Fri, Sept 25 (243036-01)

10:30 am

### **An Evening Dining in Oz**

Come and follow the yellow brick road to the Land of Oz as the Village Revue take us on a nostalgic journey with songs from Frank Baum's classic movie. You may even see Lion, Tigers and Bears! Simply a magical evening that will warm the heart. Registration required by Fri, Oct 2. Dinner will be served immediately after the musical at approximately 6:30 pm. Limited to 75 participants. Presented by Village Review.

Fee: FREE

**Seymour Center**

Fri Oct 9 (343032-01)

5:30 - 7:30 pm

### **Are You Still Driving? You Don't Have To...**

We are excited to offer a travel training program which will educate older adults on how to use public transportation to get where they need to go. Travel training is hands-on instruction using public transportation. Participants should be comfortable using the fixed-route public transportation system, Chapel Hill Transit. The group will select locations of interest and learn how to use the [www.gotriangle.org](http://www.gotriangle.org) website to create a trip plan and learn useful tips.

Fee: FREE

**Central Orange SC** (234016-03)

Tues, Sept 29

10:30 am - 12 noon

**Seymour Center** (347005-05)

Mon, Sept 28

10:30 am - 12 noon

### **Art Shows - Central Orange Senior Center**

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

**Sue Kinzer**

Sue began painting with watercolors over 30 years ago. While living in Galveston, TX she participated in a class with other budding artists who inspired her to continue with her lessons. 30 years later she is still taking lessons and believes there is always something new to learn that will enhance her work. She also enjoys the camaraderie of fellow students. Her work will be on display Oct 5 through Nov 30. Please join us for a on Mon, Oct 5 at 3 pm for a reception and an opportunity to meet the artist.

Reservations required by call the front desk prior to Oct 1.

**Central Orange SC**

Mon, Oct 5 (253002-06) 3 pm

**David Sovero's Student Artists Exhibit**

David is a native of Lima, Peru and graduated from Peruvian National Arts College. This exhibit will highlight not only his work but those of his students including; Anne Zartman, fourth year student who works with oils, pastels, and watercolor; Judy Greenwalt, second year student who paints mostly landscapes and birds; Dale Wisniewski, third year student who paints not only with oils, but also watercolor; Richard Hammond, second year student who works with oils as well as watercolor; Ursula Lee, in addition to oils uses acrylic and pastels; Barbara Robertson, first year student; Sandi Norton, paints in oil abstract expression; Dan Daniel, first year student works with oils. The work of David Sovero and his students will be on display Dec 7, 2015 - Jan 22, 2016. One student stated that "David has enabled me to find my way in paint". A reception will be held on Mon, Dec 7 at 3 pm. This is your opportunity to meet David and his student artists.

**Central Orange SC**

Mon, Dec 7 (253002-07) 3 pm

**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)

**Mingle with the Artist!**

You will be greeted with a bio of the artist(s), list of artwork in the show and a select beverage and refreshments for the occasion. The artist(s) will be available to share inspirational stories and receive questions surrounding the show. The first half hour the artist will be on the first floor and the last half hour the artist will be on the second floor (unless there is more than one artist, you will find artists on both levels during the entire reception).

**David Sovero's Student Artists Exhibit**

**David and his Student Artists** will share vibrant oil paintings this Fall. This exhibit will be on display from Mon, Sept 14 until Thurs, Nov 12. David Sovero is a native of Lima, Peru. He graduated from the Peruvian National Arts College where he developed his strong academic foundation for art. He currently teaches Oil Painting at the Seymour

Center. Exhibit will feature a wide range of still lifes, landscapes and portraits. Art Opening Hostesses will be: Joan Walshaw, Linda Watkins, and Maryann Toone with **special performance David Sorvero.**

**Seymour Center**

Mon, Sept 14 (343034-01)

1- 2 pm

**Maria De Bruym's North Carolina's Wildlife at Local Nature Reserves Exhibit**

In this exhibition, nature blogger and wildlife photographer **Maria de Bruyn** shares images of fauna and flora that you may see at some of our local nature reserves. The Triangle has some wonderful preserved natural areas such as Mason Farm Biological Reserve, the Bolin Creek Trails, Hank Anderson Park and the Carolina North tract in Chapel Hill, Sandy Creek Park and Horton Grove in Durham, and Jordan Lake in Chatham County. The flowers and plants are gorgeous and the animals – ranging from impressive raptors to delightful tiny pollinators – are always interesting. Join us for a reception and time to meet the artist. Her show will be on display Mon, Nov 9 until Thurs, Dec 31. Art Opening Hostesses will be: Ann Wilkerson and Pat Farrington, Emily Gordon with **Jimmy Smith on piano.**

**Seymour Center**

Mon, Nov 19 (343035-01)

5 - 6 pm

**Birthday Celebration**

Join us for our monthly birthday celebration as we recognize individuals born in the months of Sept, Oct, and Nov. Please call the center to register.

**Central Orange SC**

Mon, Sept 14; Oct 5; Nov 2 (253004-09, 10, 11)

12 noon

**Seymour Center**

Mon, Sept 14; Oct 5; Nov 2 (353072- 01, 02, 03)

12 noon

**Brain Games with Dawn - Q-Bitz & More**

You will have so much fun; you won't even realize your dexterity and brain are improving. Together as a group you will work different patterns which range from simple to complex. Limited space so be sure to register at least one week in advance.

Leader: Dawn Smith

**Central Orange SC**

Thurs, Sept 3 & Nov 5 (223015-09 & 11)

2 pm

**Camp AGE: Adventures for Great Encounters**

Remember when you were young and you looked forward to heading off to summer camp? Here's your chance to relive this experience once again! Who says that seniors can't go to camp! Pack an overnight bag for a one-night stay at Camp Chestnut Ridge. This will be a great way to engage in several adventure activities with staff, as well as a way to make new friends with other participants. Activities will include a hayride, canoeing/kayaking, horseback riding, crafts, nature walks, and other fun and enriching experiences. Camp getaway includes 1 night lodging, 1 breakfast, 1 lunch, 1 dinner, all activities, snacks and beverages. Transportation will also be provided from both Central Orange and Seymour Center at no additional charge to campsite. You are welcome to drive on your own if you desire. Please note: Paths are

gravel/rocky and there is uneven ground. Additional information will be distributed to registered camp goers prior to retreat. You must register by Fri, Sept 25.

Fee: \$135 per person

**Central Orange SC**

**Seymour Center**

Tues, Oct 27 - Wed, Oct 28 (343036-01)

2 pm

**Coffee Bar Taste Test**

Do you like a light or dark roast coffee? Do you like bold or mild coffee? Flavored with cream and sugar, or just plain black? Spend a little time with us a try a few different styles of coffee to see if you might find a new twist to your morning cup. \*cosponsored with Cup of Joes of Hillsborough. Registration is required prior to Fri, Sept 25.

Fee: FREE

**Central Orange SC**

Tues, Sept 29 (243037-01)

2:30 pm

**Coffee with Corina - Newcomers Welcome**

This is your chance to ask all those questions about what the Senior Center can do for you. Join Corina, Programmer with the senior center as she gives an overview of our programs and services. We are a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. There will be time for coffee, conversation and a tour of our building. Call the senior center to register at least one week in advance.

Fee: FREE

**Central Orange SC**

Fri, Sept 11 (253008-09)

10 am

Fri, Oct 9 (253008-10)

10 am

Fri, Nov 13 (253008-11)

10 am

**Chinese Potluck**

Potluck is not just about food, especially in the Seymour Center. It is more about meeting new friends and sharing different cultural traditions. In response to the popular demand of our Mandarin-speaking seniors, are hosting a potluck on Saturdays this fall. **Please bring one dish that is good for 6 - 8 people.** You will enjoy the food and companionship! Registration required by Sat, Sept 3 and Sat, Oct 17. Space is limited to 25 people.

Fee: FREE

**Seymour Center**

Sat, Sept. 12 (353029-02)

11 am - 1 pm

Sat, Oct. 24 (353029-03)

**Chocolate, Tea, and Relaxation**

Start your weekend out right as you learn different techniques to help you relax. Our first technique will be to enjoy tea and chocolate as we take a moment to get to know each other. This will be followed by a discussion of relaxation techniques that will include deep breathing and meditation. The various aspects of our lives that lead to joy, fun, and laughter will be addressed in an open forum. Registration is required prior to Fri, Oct 2. Space is limited to 12 people.

Instructor: Deb Gayliard

Fee: \$10

**Central Orange SC**

Fri, Oct 9 (243039-01)

1 - 2:30 pm

**Christmas on a Shoestring**

Does the idea of an impending holiday bring about joy or stress? Money saving ideas will be discussed in an open forum. Construction of holiday decorations and gifts will be demonstrated, and then created by participants, in a hands-on workshop. Let us try to revive ideas of peace and fun in the upcoming holiday season. Registration is required prior to Fri, Oct 2. Space is limited to 12 people.

Instructor: Deb Gayliard

Fee: \$10

**Central Orange SC**

Fri, Oct 16 (243040-01)

1 - 2:30 pm

**Connections Concierge**

This program is designed with everyone in mind! Not sure how to navigate the multiple programs at the Center. Need a little memory jogger on upcoming events and programs? Look no further! Every 1st and 3rd Monday of the month, you will have an opportunity to explore all the happenings and possibilities at your local senior center. No longer will you find yourself wondering how you missed an interesting program or realize you didn't sign up by the deadline date. Our concierge will be located in the lobby when you come into the Center. One on one time will be spent mapping out a wide range of activities you can get involved in. This program is being offered by the Seymour Center Program Advisory Committee.

**Seymour Center**

1<sup>st</sup> & 3<sup>rd</sup> Mon: Sept 21; Oct 5, 19; Nov 2, 16 (353012)  
(no concierge on Sept 7 due to holiday)

10 am - 12 noon

**Cooking and Dinner with David Sovero - The Art of Cooking**

You have seen David's artwork in the senior centers, but did you know he is just as talented in the kitchen? David, who trained at the Ferrington House Restaurant and is now a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week you bring two ingredients (fruit, vegetable, or other item) from your pantry and David will teach you how to create a meal with the combination provided. The choice of beef, chicken, or seafood, will be provided. If you are a vegetarian, just let us know when you register. This is a hands-on class with everyone participating in the preparation of the meal. During the class David will explain different methods of preparing meat and additional variations on the meal being prepared. This is a unique cooking class and is a fun as well as a delicious experience. Everyone MUST register for each class one week in advance. Class size is limited.

\*Co-sponsored with OLLI at Duke.

Fee: \$9 per class plus two ingredients

**Central Orange SC**

Mons,

Sept 14 - 28

(233016-09)

5:30 - 7:30 pm

Oct 5 - 26 (233016-10) 5:30 – 7:30 pm  
Nov 2 - 30 (233016-11) 5:30 – 7:30 pm

**Seymour Center**

Thurs,

Aug 27 – Sept 24 (353019-05)

Oct 1- 29 (353019-06) 2:30 - 5:30 pm

Nov 5-19 (353019-07) 2:30 - 5:30 pm

Dec 3-17 (353019-08) 2:30 - 5:30 pm

Fee: \$9 per class plus two ingredients

**(no class at Seymour on Nov 26, Dec 24 and 31 due to holidays)**

**Farmers' Markets at the Senior Centers**

Yes, the Farmers' Markets are at the Senior Centers. It's a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Center. No longer do you have to stand in a long grocery line when you have your local friendly farmers right outside the Centers' doors. Come shop and get extra fresh food and outstanding quality.

**Central Orange SC**

Mondays 9 am – 12 noon

**Seymour Center**

Tues and Thurs (353060) 9 am - 12 noon

**Fun Bingo with Cards**

Join this group for a morning of fun as they put a new twist on an old game.

**Central Orange SC**

Fri, Sept 4; Oct 2; Nov 6 (257024-01) 10:30 – 11:30 am

**The Five Wishes Presentation**

The Project EngAGE "End-of-Life Choices" Senior Resource Team proudly presents an end-of-life planning discussion, using the Five Wishes booklet.

Please join us in October for this important discussion, and receive a free copy of the Five Wishes ([www.agingwithdignity.org/five-wishes.php](http://www.agingwithdignity.org/five-wishes.php)).

The Five Wishes lets your family and doctors know:

- Who you want to make health care decisions for you when you can't make them
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know

Please register by Wed, Oct 14 by calling the Center where you wish to attend. Central Orange SC at 919-245-2015, or the Seymour Center at 919- 968-2070.

Fee: FREE

**Central Orange Senior Center:**

Thurs, Oct 29 (243024-01) 4 – 6 pm

**Seymour Center:**

Wed, Oct 21 (343037-01) 4 - 6 pm

**Halloween Boo-Bingo and Costume Party**

Win “spooktacular” prizes playing Halloween Boo-Bingo and be sure to register for our Costume contest. Costumes will be judged and awarded based on originality and most creative. Contact the center to register prior to Fri, Oct 23. \*Cosponsored with Cambridge Hills Assisted Living of Roxboro.

Fee: FREE

**Central Orange SC**

Fri, Oct 30 (243005-01)

10:30 am

**Halloween Pot Luck Dinner**

We are going to be positively ghoulish as we serve up goulash as the main dish for this fun and fanciful potluck. Fun and games and storytelling will definitely ensue. It’s a time to try on a new disguise and be silly. Costumes are more than encouraged, but not required to have a good time. Call the center and let us know what side dish you plan to bring. Everyone must register prior to Thurs, Oct 8.

**Central Orange SC**

Thurs, Oct 15 (253007-10)

5:30 pm

**Hershey’s Birthday Party!**

Calling all chocolate lovers! This party is just for you. Help us celebrate Milton Hershey, American manufacturer and philanthropist who founded the Hershey Chocolate Corporation and popularized chocolate candy throughout much of the world. Milton’s birthday is on Sun, Sept 19. We will have our very own world of chocolate in his honor and share 100 sweet facts about Mr Hershey.

Fee: FREE

**Seymour Center**

Fri, Sept 11 (353039-01)

3 - 4 pm

**Holiday Craft Show**

Get a jump on all your holiday shopping. Find that unique gift for that “hard to buy for” person on your list, or just shop for yourself. Over 50 vendors attended the craft show last year with many different items. Enjoy music and other entertainment as you browse the many vendors and find that special something you’ve been seeking. If you are a crafter and would like to have a booth, please contact Terry at 919-245-2016 for additional information.

**Central Orange SC**

Sat, Nov 7 (213022-01)

9 am - 3 pm

**Holiday Luncheon**

Celebrate another holiday luncheon with the Alston and Boldin Family while we enjoy traditional dishes and entertainment. Bus will leave from the Seymour Center at 10:30 am and will return at 1:30 pm Limited to 60 participants.

Fee: FREE

**Hargraves Center**

Thurs, Dec 3 (310050-10)

11 am - 2 pm

**Introduction to Line Dance Workshop**

Take time for yourself and learn a few new Line dances. This event is cosponsored with The TOPS Hillsborough Chapter 606 to encourage everyone to move more and become more active. Registration is required prior to Fri, Aug 21.

Instructor: Becky Walker

Fee: FREE

**Central Orange SC**

Sat, Aug 29 (243034-01)

9:30 – 11:30 am

**Last Tuesdays - Dance Bash**

Join us in the great hall as we dance to the electric slide, cupid shuffle, and much more. Don't worry, if you don't know these dances, we will teach you. Just come ready to have some fun!

**Central Orange SC** (253000-01)

Tues, Sept 29; Oct 27; Nov 24

11 am

**Latino Open House - Para mayores de 55+ años**

**(See page for Information in Spanish)**

Join us at the Central Orange Senior Center on Sept 16, between 2 - 5 pm. Bring your families and learn about the services and resources available for older adults. Come celebrate Mexico's Independence Day, enjoy Latino music, activities and food!

\*We are able to offer transportation and childcare upon request.

For information Contact Ana Lima 919-245-4279 or Isabel Jackson 919-245-4256

Fee: FREE

**Central Orange Senior Center**

Wed, Sept 16

2 – 5 pm

**Mad Hatters Day - Hat Contest**

Join the fun and wear your biggest, craziest, and most decorative hat and enter our hat contest.

All hats are eligible, including visors. Call the front desk to enter prior to Oct 1.

**Central Orange SC**

Tues, Oct 6 (243028-01)

10:30 am

**Medicare Annual Enrollment - It's Time to Make a Change!**

Mark your calendar for the **Medicare Part D and Medicare Advantage Annual Enrollment Period - Tues, Oct 15 - Sat, Dec 7**. Beginning each Jan 1, most Medicare Part D prescription drug plans change the medications they cover, as well as their premiums. This may mean higher drug costs and/or premiums if you stay with your current plan for 2015.

Meet with a trained Seniors' Health Insurance Information Program (SHIIP) counselor to find out if your current Medicare Part D plan is the most cost-effective and provides the best prescription drug coverage. Extra Help is available to lower Medicare costs if you meet income eligibility requirements.

To find out if you're eligible for a subsidy, change your Part D prescription drug plan or Medicare Advantage plan, or for any other Medicare question, schedule a **FREE** counseling appointment with a certified SHIIP counselor. Please call 919-968-2070 for the Seymour Center in Chapel Hill, or 919-245-2015 for the Central Orange Senior Center in Hillsborough.

### **Mid-Autumn (Moon) Festival 中秋团聚会**

The Mid-Autumn Festival is a time to celebrate harvest by ethnic Chinese peoples. The festival is held on the 15th day of the eighth month in the Chinese Lunar calendar, on the night of the full moon. A notable part of celebrating the holiday is the carrying of brightly lit lanterns. Making and sharing mooncakes is another hallmark tradition on this special day. Join us in the Birch room to learn about and enjoy traditional refreshments. All seniors are welcomed!

**Facilitator:** Zhenzhen Yu & Bilingual Volunteers

Fee: FREE

**Seymour Center**

Tues, Sept. 22 (343031-01)

1-2 pm

### **Mineral Club Sale**

Central North Carolina Mineral Club is hosting a Rock, Gem and Mineral Sale. Come out and support, as well as learn about, the club. For kids, grandparents, teachers, rock hounds, and lovers of pretty rocks. You are sure to find a hidden gem.

Fee: FREE

**Seymour Center**

Sat, Nov 7 (343040-01)

10 am - 3 pm

### **National Coffee Day**

Today is Coffee Day! Let's celebrate one of the most beloved morning beverages and sample a variety of flavors donated by Trader Joes. Dark roasted, light roasted, frothed or iced - let's see what you like. Registration required before Sept 18. Limited to 24.

Fee: FREE

**Seymour Center**

Tues Sept 29 (343030-01)

10:30 am

### **Newcomers' Coffee**

This is your chance to ask questions about what the Senior Center can do for you. Join the Senior Center staff as they give an overview of our programs and services. We are a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. There will be time for coffee, conversation and a tour of our buildings. Call the senior center to register.

Fee: FREE

**Seymour Center**

Thurs, Sept 10 (353023-13)

10 am

Thurs, Oct 8 (353023-14)

10 am

Thurs, Nov 12 (353023-15)

10 am

### **October Fall Festival**

Enjoy a morning of shuffleboard, carnival games and prizes at the Hargraves Center. Lunch will be provided. Space is limited, so call 919-968-2070 to make your reservation by Sat, Sept 26. **We will leave the Seymour Center at 9:30 am and return by 1 pm.**

Fee: FREE

**Hargraves Center**

Thurs, Oct. 8 (340007-02)

10 am - 1 pm

### **Pumpkin Contest and Display**

We plan to decorate the senior center using your creativity! We will provide a pumpkin for you to take and decorate, and return for the contest. Pumpkins will be available for pick up on Fri, Oct 16 and must be returned by Tues, Oct 20. The Pumpkins will be on display until Fri, Oct 30 and voting for the “best of show” will take place Thurs, Oct 22 through Wed, Oct 28.

Last day to register for the contest is Fri, Oct 9. This event is limited to 10 people.

#### **Central Orange SC**

Fri, Oct 16 (243041-01)  
(pick up pumpkins only)

10 am – 3 pm

### **Theater & Dinner at Seymour**

Phoenix Theater Company presents the final act of Noel Coward's sparkling comedy, *Blithe Spirit* which revolves around Charles Condomine, who is planning a séance as research for his new book. He invites the eccentric medium, Madam Arcati, into his English country home, intending to expose her as a fraud. To witness this event, Charles and his second wife, Ruth, invite the skeptical Dr Bradman and his anxious-to-believe wife, Violet. When, in the course of the seance, Madam Arcati mistakenly summons Charles' first wife, Elvira, back from the beyond, things get thoroughly out of hand. Dinner will follow immediately after the show at approximately 6:30 pm. Register by Mon, Sept 14. Limited to 75 participants.

Fee: FREE

#### **Seymour Center**

Mon, Sept 21 (343041-01)

5:30 - 7:30 pm

### **Thanksgiving Celebration**

Join us for another fabulous holiday celebration in the Great Hall of the Central Orange SC.

Enjoy music by Ironing Board Sam, who is known nationally. He will have you up and dancing! If you are able, bring a donation of canned food for the local food pantry.

Transportation is available from the Seymour Center (**bus will depart at 9:30 am**). Registration is required by Fri, Nov 6.

#### **Central Orange SC**

Fri, Nov 20 (243001-01)

10:30 am – 1 pm

### **TNT Dynamite Duo Returns - Healthy Smoothies**

Join Toni & Terry and check out what they are blending in kitchen. You will see how easy it is to make a healthy, and most importantly, tasty morning smoothie. Registration is required prior to Thurs, Sept 17.

Fee: FREE

#### **Central Orange SC**

Tues, Sept 22 (243038-01)

2:30 pm

### **Wednesdays' Buzz**

This replaces “What’s Happening at Seymour” (formerly under the lunch program) will keep you in the know. Look for this special table in the lobby every 1<sup>st</sup> and 3<sup>rd</sup> Wed. Come find out what the entire Buzz is about! Be the first to be in the know!

**Seymour Center** (353053)

10:30 am

Sept 1, 15; Oct 6, 20; Nov 3, 17

### **Veterans Appreciation Breakfast**

Please join us as we celebrate the contributions made each day by our veterans. If you are a veteran, we would like to honor and recognize you for your service to our country. Please call the center at 919-245-2015 to register. Registration is required by Nov 2. \*cosponsored with Orange County DSS and Amedisys Home Health and Hospice.

Fee: FREE

#### **Central Orange SC**

Wed, Nov 11 (243000-01)

8:30 – 10:30 am

### **Veterans Benefits Clinic**

Do you have questions about Veterans Federal and State benefits? Need help filing or developing a Claim? Come out and join Betsy Corbett, Orange County Veterans Service Officer, to discuss topics and explore resources and services that may be relevant to you. Time will be provided for questions and answers. For additional information contact Betsy Corbett at 919-245-2890. To register call the Seymour Center at 919-968-2070.

#### **Seymour Center**

Mon, Oct 12 (347006-01)

12- 1:30 pm

### **Veterans' Music Fest!**

One of a kind and the very first at Seymour, Veterans' Music Fest is sure to bring back wonderful memories and great times from the good ole days! This year, join us as we celebrate our veterans with a line-up of outstanding local music artists. Feel free to bring your lawn chairs and umbrellas for a relaxed evening on the patio and lawn. This event is open to the public. We encourage the entire community to come out and enjoy the festivities in honor of those who served our country. There will be food trucks onsite to purchase your evening meal. Veterans will receive a voucher to use towards their meals. All veterans are asked to pre-register for event by Mon, Nov 2, by calling 919-968-2070. Celebration will take place rain or shine (event will be held indoors if it rains).

Fee: FREE

#### **Seymour Center**

Mon, Nov 9 (343042-01)

4 – 7 pm