

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 Country Music Night, a Caribbean Festival and a Catfish Fry

Enjoy great food and music this summer. The center will provide the light fare, Caribbean dishes, and the catfish. You are asked to bring a side dish or dessert that will serve 8 to 10 people for the **Fish Fry only**. **No side dishes or desserts required for Country Music Night and Caribbean Festival**. Please specify your dessert of choice when register.

Country Music Night with Roots and Wings

Tonight's light fare will be rotisserie chicken tortilla wrap with fresh fruit. Please register for this event by Wed, May 13 and be ready to indicate what you will be bringing to our gathering. Tonight you will have an opportunity to get on the mic and sing with the artists in honor of Older Americans Month which this year's theme is **Get into the Act**. This is how to **Get into the Act** country style!! Hope to see you there! Limited to 40 participants.

Fee: FREE

Seymour Center

Wed, May 20 (323035-01)

5:30 - 7 pm

Caribbean Festival - An Event to Honor Volunteers

National Caribbean-American Heritage Month is recognized every June. This year marks the 9th anniversary where the significance of Caribbean people and their descendants in the history and culture of the US are recognized. Let's honor this festive occasion in addition to celebrating your volunteer achievements and sharing Vicki's retirement plans through Caribbean music, dance and food.

Please register by Wed, Jun 17.

Fee: FREE

Seymour Center

Wed, Jun 24 (333041-01)

5:30 - 7 pm

End of Summer Catfish Fry

Did you know that August is National Farm-Raised Catfish Month? Join us for another fantastic evening as we enjoy this delicious southern staple amongst family and friends. A fun interactive "Go Fish" social awaits that will kick the party into high gear! We ask that you bring your favorite side dish or dessert that will be perfect with fried catfish. Please register for by Wed, Aug 5 and indicate what you will be bringing to our gathering. Limited to 40 participants.

Fee: FREE

Seymour Center

Wed, Aug 12 (334042-01)

5:30- 7 pm

A Veteran's Affair: Wall of Honor

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. Our next honorees will be recognized in November. Please contact Cydnee Sims, 919-245-4250 or Betsy Corbett, 919-245-2890 if you would like to be featured on the wall.

Fee: FREE

Seymour Center (353003-02)

Art Show - Central Orange Senior Center

If you are interested in exhibiting, please contact Terry Colville at 919-245-2016 or tcolville@orangecountync.gov

A reception will be held on Mon, Jun 1 and Aug 10 with an opportunity to meet and greet our featured artists.

Steven Ray Miller, Artist - Hidden Hearts Exhibit

Steven Ray Miller has specialized in gouache (opaque water color) paintings for the last 40 years. Unlike traditional watercolorists, Miller paints on dry rag paper, using two coats of paint for clearly defined details and saturated colors. Favorite subjects include: landscapes, architectural views, and florals. Steven graduated from Duke Univ with a dual degree in Studio Art and Psychology, and instructed 10,000 students of all ages while working as an Artist-in-Residence with the SC Arts Commission. Miller has exhibited throughout the US in more than 100 one-man shows, and 50 juried competitions. His paintings and prints are found in many prominent corporate art collections. In 2005 he was commissioned to create a series of four original paintings for the Washington Duke Inn & Golf Club in Durham, NC. Private collectors include Ken Blanchard (*The One Minute Manager*), Colleen C Barrett (President Emeritus, Southwest Airlines), Roberta Peters (opera singer), and Richard Riley (former Governor of SC).

Steven Ray Miller has been chosen "**Durham's Best Artist**" by readers of Durham Magazine for the last 3 years. He paints hidden hearts in his paintings "to bring the viewer in for a closer look. Hearts help us to share the feelings of love and hope that connect us all."

Central Orange SC

Mon, Jun 1 (253002-04)

3 pm

Nan Nixon, Artist

Nan Nixon, JD, retired from Duke Univ in 2005. Over a 40 year career, she worked in the US Senate, for the City of New York and for Harvard Univ and later Duke Univ representing them in Washington DC. She is currently on the Executive Committee of the Orange County Democratic Party and the Board of Carolina Villages (a recently launched "Aging in Place" non-profit serving Chapel Hill and Carrboro). Ms Nixon says "And now for something completely different", the phrase made famous by Monty Python, probably best describes her decision to try painting after retirement and while

recovering from a serious illness. She is inspired by nature as she creates her abstract works with acrylics, and her use of the dry brush technique adds a misty and mysterious feeling to her paintings.

Central Orange SC

Mon, Aug 3

(253002-05)

3 pm

A reception will be held on Mon, Aug 10 with an opportunity to meet and greet our featured artists.

Art Shows: Seymour Center

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or 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).

Chapel Hill artist, **Lynne Albert**, is passionate about painting. Using acrylics, oils and mixed media, she creates colorful fluid paintings alive with movement. Lynn also serves on the Arts Commission of Orange County. Her show will be on display Mon, July 13 until Thurs, Sept 3. Art Opening Hostesses will be: Beth Harbethstroth, Becci Ritter and Irene Ferguson with Emily Davison on piano.

Seymour Center

Mon, Jul 13 (333042-01)

4 - 5 pm

Bingo on the Patio

Bring a friend with you and enjoy a morning of traditional bingo with prizes. Bring a snack to share.

Seymour Center

Wed Jul 1 (353041-07)

10:30 am - 12 noon

Birthday Celebration

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

Central Orange SC

Mon, Jun 1; Jul 6; Aug 3 (253004-06, 07, 08)

12 noon

Seymour Center

Mon, Jun 1; Jul 6; Aug 3 (353072)

12 noon

Biz Whist Tournament

Put your skills on the table going up town, down town; run a Boston...let the cards tell the story for the trophies.

Fee: FREE (register with your partner by Fri, Jun 26)

Seymour Center

Tues Jul 7 (350001-02)

1 pm

Blue Moon Party

Blue Moon, you saw me standing alone, well you won't be alone at this party! The last Blue Moon was in 2012 and the next one is not until 2018 so we are just in time to celebrate this Blue Moon which occurs July 2015. We want you to wear blue and think blue when you plan which dish you want to bring. Blueberry Jell-O, Blueberry cheesecake, Bleu cheese salad, and Blueberry Pie are a few suggestions. Be creative! Corina will be in the kitchen creating a fabulous main dish of Chicken Cordon Bleu to be served with your sides. So come and enjoy a Blue Shoe Mocktail while we celebrate a once in a blue moon party!

Registration: Required by Jul 9

Central Orange SC

Thurs, Jul 16 (253007-07)

5:30 pm

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, Jun 4; Aug 6 (223015-06 & 08)

2 pm

CarFit© and Transportation Fair

CarFit is an educational program created by the American Society on Aging, and developed in collaboration with AARP, AAA, and the American Occupational Therapy Association (AOTA).

All CarFit participants will receive a goody bag and there will be a raffle for an emergency car kit at Seymour Center and COSC! See the full details of the CarFit program on page 11.

In addition to CarFit, this event is also a **Transportation Resource Fair!** Come meet Transportation Specialist Eileen Nilsen, and discover what Orange County has to offer in the way of transportation alternatives!

All attendees must call the Seymour Center or Central Orange to register for a specific time for a CarFit check-up. You are welcome to come by and pick up transportation materials without an appointment!

Fee: FREE

Central Orange Senior Center

Thurs, Jul 9 (215000-01)

1 - 3:30 pm

Seymour Center

Thurs, Jul 9 (323004-04)

9:30 am - 12 noon

Comedy - Central Style

Everyone loves to laugh and we certainly have many great story tellers and comedians at our center who brighten our days. We want to bring you to the big stage for a night of comedy and laughs. If you would like to participate, but feel like you need some fresh material, we can help you out! Just call the front desk to register. In between acts we will be showing clips from different comedians such as Jeanne Robertson, Abbott & Costello, and Carol Burnette. The

center will serve fried chicken and you bring the sides to share. Call the front desk to register and let us know what you plan to bring by Aug 14.

Central Orange SC

Thurs, Aug 20

(253007-08)

5:30 pm

Comedy Hour in Honor of the Older Americans Act: Get into the Act

They say laughter is like medicine and good for the soul. During the month of May we recognize the Older Americans Act (OAA). OAA originally enacted in 1965, supports a range of home and community-based services, such as meals-on-wheels and other nutrition programs, in-home services, transportation, legal services, elder abuse prevention and caregivers support. These programs help seniors stay as independent as possible in their homes and communities. In addition, OAA services help seniors avoid hospitalization and nursing home care, and, as a result, save federal and state funds that otherwise would be spent on such care. Join **Tree Huggers Guild**, a group of people that enjoy doing improv. Join them as they **Get into the Act** of making you laugh!

Fee: FREE

Seymour Center

Thurs, May 21 (323038-01)

6 – 7 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

1st & 3rd Mon: Jun 1, 15; Jul 6, 20; Aug 3, 17 (353012)

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 Fearington 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

Mondays Jun

(233016-06)

5:30 – 7:30 pm

Jul	(233016-07)	5:30 – 7:30 pm
Aug	(233016-08)	5:30 – 7:30 pm
Seymour Center		
Thurs, Jun 18- Jul 16	(353019-03)	2:30 - 5:30 pm
Jul 23 – Aug 20	(353019-04)	2:30 - 5:30 pm
Aug 27 – Sept 24	(353019-05)	2:30 - 5:30 pm

Fee: \$9 per class plus two ingredients

Corn Hole Party

Let's kick off the Tuesday morning play and break in our new set with an afternoon party to play and learn an entertaining game of Corn Hole with music and refreshments

Seymour Center

Tues Jun 9 (333031-01) 2 - 3 pm

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

Floats for Fathers

In honor of all the men in our lives, we are going to gather on the patio and enjoy a delicious ice cream float. Our variety of floats will include Root Beer, Coke, Creamsicle, and good old American Apple Pie, plus a few more just for a surprise. Please contact the front desk to register prior to Jun 15.

Central Orange SC

Fri, Jun 19 (233009-01) 12:30 pm

Fourth of July Celebration

Enjoy a cool slice of sweet watermelon as we gather on the front patio for music and games and celebrate July 4th. Be sure to wear red, white, and blue or any other patriot clothing you might have. We will enjoy music by Horace Sher as he delights us with patriotic music and more. Please register prior to Jun 26.

Central Orange SC

Thurs, Jul 2 (233003-01) 12:30 pm

Frappuccino's with Toni Shaw

Starbucks has nothing on us! Toni is in the kitchen and we guarantee you will not only learn how to make a refreshing and delicious Frappuccino, but also have fun doing it. Toni is well known for her sense of humor as well as her creativity so bring a friend and join us. There is limited space so be sure to register quickly. Last day to register is Jun 4.

Central Orange SC

Tues, Jun 9 (233020-01) 2:30 pm

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, Jun 5; Jul 10; Aug 7 (257024-01)

10:30 – 11:30 am

Game of the Month:

Sequence with Terry

This game is easy to learn and social in nature. A combination of card and board game for strategic thinkers that is fast paced and fun. It's great if you already know how to play and, if not, we will teach you. Bring a friend and treat yourself to an afternoon of fun. Last day to register is Jun 4.

Central Orange SC

Thurs, Jun 11 (251003-06)

2 pm

Bananagrams with Lisa

Put your spelling to the test and join us for an afternoon of Bananagrams. This game is similar to Scrabble using tiles to build different words. Bring a friend and join others for an afternoon of fun. Last day to register is Jul 2.

Central Orange SC

Thurs, Jul 9 (251003-07)

2 pm

Yahtzee with Corina

This game is full of action as you try to get as many points by rolling the dice and making certain combinations with the dice. It's a great game to play with friends and family. Last day to register is Aug 6.

Central Orange SC

Thurs, Aug 13 (251003-08)

2 pm

Getting Around with Eileen, Transportation Specialist

Do you have transportation questions and not sure who to call? Do you know all the different transportation options available to you? New transportation opportunities are coming to our area and Eileen Nilsen, Transportation Specialist with our department, will be here to let you know what is available to you. Time will be provided for questions and answers about the different mobility options available to you. Please register prior to Jun 1.

Central Orange SC

Wed, Jun 3 (233022-01)

10:30 am

Getting to Know You

The staff at Central Orange would like to spend more time getting to know you, and you getting to know more about us and the programs we offer. This time together is your opportunity to share your ideas and suggestions about future programming. We will have the current Senior Times on hand to review upcoming programs. Everyone must register at least one week in advance of each session.

Central Orange SC

Tea with Terry

Enjoy a variety of hot and cold tea as you learn what is happening at the center with Terry, the Central Orange Programs and Operations Manager. This is a great time to share ideas you about programs you would like to see take place.

Wed, Jun 10 (233021-01) 2 pm

Lemonade with Lisa

Enjoy a glass of cold lemonade with Lisa, the Central Orange Front Desk Manager and find out what's happening at the center.

Wed, Jul 1 (233021-03) 2 pm

Dove Dots with Dawn

Enjoy a dot or two of ice cream with Dawn, the Central Orange Facility Manager and catch up on what programs are coming up as we head towards the fall.

Wed, Aug 5 (233021-04) 2 pm

Ice Cream on Wheels

Remember when you were a kid and you would hear a certain sound that let you know the ice cream truck was coming! Get ready for Ice Cream on Wheels! Our musical cart will offer a variety of ice cream to choose, and let's not forget the great music that will take you back in time. Mark your calendars!

Fee: FREE

Seymour Center

Tues, Jul 7 (333043-01) 2 - 3 pm

In the Kitchen with Pat!

Learn to make this sweet.

Chocolate Chip Pound Cake

Let's bake a cake! This class calls for all pound cake lovers! If you want to learn how to bake a pound cake, this class has your name on it. Join Pat for another adventurous time in the kitchen. Space is limited to 10 participants Must have 5 to have the class. Register by Wed, May 13.

Instructor: Pat Farrington

Fee: FREE

Seymour Center

Wed, May 20 (323040-01) 2 - 4 pm

Interested in Sharing Your Home with Others?

As part of the OCDOA's Aging in Community: Planning for Our Future series, there has been a lot of discussion about the value of shared housing in one's senior years. Single family homes with just one occupant can be converted into living space for two or three. Living expenses and maintenance tasks can be split several ways. Loneliness can be decreased; home security increased.

But how does one find the best set of roommates and develop the right set of ground rules for long-term success?

If you have a home that you would consider sharing, come join Cherie Rosemond to discuss how this can be done in a safe and satisfying way.

Fee: FREE

Seymour Center

Thurs, Jun 4 (357112-04)

6:30 – 8 pm

Jenga Party!!

In honor of Older Americans Month, with the theme “Get into the Act”, join the Senior Center Management Team for an afternoon of Jenga! If you’ve never played it or wonder what it is, come **Get into the Act** of playing this fun tower building game. No experience necessary, just great team spirit. We will see you in the lobby!! Prizes will be given to the winning team.

Fee: FREE

Seymour Center

Tues, May 19 (323041-01)

2- 4 pm

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, Jun 30; Jul 28; Aug 25

11 am

Mason Jar Herb Garden

Do you hate those packages of herbs they sell in the produce department...that are way overpriced and only semi-fresh?? If you do, this is the class for you! Come join us and learn to plant and care for your own Mason Jar Herb Garden. These mini-herb gardens are perfect for your kitchen window sill and an excellent idea for apartment living. The next time you prepare a gourmet meal for your family or a simple dinner for yourself, just reach over and use the fresh herbs from your new Mason Jar Herb Garden. This event is limited to 8 participants, so please register by Fri, May 29.

Central Orange SC

Thurs, Jun 4 (233008-01)

10:30 am – 12 noon

Seymour Center

Wed, Jun 17 (334012-01)

2 - 4 pm

Movies and More for the Young and Young at Heart

It’s Thurs afternoon at the movies and we invite each of you to bring your grandchild or special young person to enjoy an afternoon together watching a family friendly movie on the big screen. We encourage your grandchild to dress in their favorite Disney character and feel free to bring a stuffed animal and comfort blanket. Please be sure to register for each movie at least one week in advance.

Fee: FREE Popcorn and juice will be provided.

Central Orange SC

Thurs, Jun 11	<i>Frozen</i>	(233023-06)	1:30 pm
Thurs, Jul 9	<i>Mr Peabody and Sherman</i>	(233023-07)	1:30 pm
Thurs, Aug 13	<i>Paddington</i>	(233023-08)	1:30 pm

Movies with the Grands

Do you have the kids for the summer, and would you like to come to the Senior Center and show them off to your friends? If so, bring them with you and enjoy a wholesome family feature. This will be fun for you and your grandchild as you enjoy a movie together. Popcorn will be provided (you must be present with your grandchild during movie).

Fee: FREE

Seymour Center

Mon June 15	<i>Paddington</i>	(333030-01)	10 am -12 noon
Mon July 20	<i>Big Hero 6</i>		
Mon Aug 17	<i>Annie</i>		

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, Jun 11	(353023-10)	10 am
Thurs, Jul 9	(353023-11)	10 am
Thurs, Aug 13	(353023-12)	10 am

***Pardons of Innocence: The Wilmington Ten* (movie screening)**

The much acclaimed feature-length film, *Pardons of Innocence: The Wilmington Ten*, made its national debut during the Congressional Black Caucus Foundation's Annual Legislative Conference on Sept. 26, 2014 at the Renaissance Hotel in downtown Washington, DC, and was recently been selected to officially screen during the 2015 NC Black Film Festival in Wilmington in March. The film made its NC debut April 5, 2014 during a special preview at UNC - Wilmington in Wilmington, NC, and was also featured during the 2015 Hayti Heritage Film Festival in Durham in Feb. See page 5 for the full story.

Written by M. Cash Michaels

Central Orange SC

Sat, Jul 18	(233013-01)	6 pm (doors open at 5:30 pm)
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Pool Party

If you haven't checked out Homestead Aquatic Center, now is the time to do it! Cool off this summer at our first co-sponsored pool party with the aquatic center. This neat event is sure to please! We will have great music, a couple of games, prizes you'll love, as well as refreshing treats. Further details will be given to those interested prior to the event. Please register by Thurs, Aug 20 by calling 919-245-2070. We must have 15 participants for this event to take place. If you have questions concerning this activity, contact Cyd at 919-245-4250.

Fee: FREE

Homestead Aquatic Center

300 Northern Park Drive,
Chapel Hill, NC 27516

Thurs, Aug 27	(330000-01)	1- 3 pm
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Pre-Father's Day Celebration Performance Given For and By Seymour Center Men!

Prepare to be dazzled by performances from our talented Seymour Center male members. Our center's men paying tribute to one another in the form of creative musical numbers will be a lovely event to showcase the talent that can be found here. Additionally, the show will serve as

a special way to remember the special male role models in our lives. These lively musical numbers will surely brighten your morning. Please register to attend the performance at the front desk.

Seymour Center

Tues, Jun 16 (333028-02)

10:30 - 11:30 am

Tour Your Local Senior Center with the Program Advisory Committee

Seymour Program Advisory would like to take you on a special tour in honor of the Older Americans Act. The theme is **Get into the Act!** That is exactly what this committee wants you to do. Don't stay at home, come out and learn what the Center has to offer. Join a tour and learn how to **Get into the Act** by getting involved.

Fee: FREE

Seymour Center

Fri, May 22 (323042-01)

2 - 4 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 1st and 3rd Wed. Come find out what the entire Buzz is about! Be the first to be in the know!

Seymour Center (353053)

10:30 am

Jun 3, 17; Jul 1, 15; Aug 5, 19

Wild West Party with Mike Poole

All you "ace-high" dudes and cowpokes are invited to the Wild West shindig so put on your western wear and belly up to the bar for a cool sarsaparilla drink. Mike Poole sings Vintage County and Western music and the last time he was here, people did not want the evening to end! Come and learn the Texas Two Step and enjoy a night of music. We are going to fire up the grill and grill you a mouthwatering, good ol' American beef hamburger with all the fixin's. Contact the center before Jun 12 to register and let us know what side dish you plan to bring. So roundup your friends and join us for a night in the Wild West!

Central Orange SC

Thurs, Jun 18 (253007-06)

5:30 pm

Word Power

Keep your mind sharp by testing your vocabulary. Don't worry, no grades will be issued! We invite you to stop by the front desk and pick up our list of words to be completed on your own. We won't be collecting the answer sheet; however, once you complete the answers we will place your name in the pot for a drawing at the end of the month.

Central Orange SC

Ongoing