

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.

AARP Smart Driver Course

The AARP Smart Driver Safety course is the nation's largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive today's roads safely so they can stay independent for many years to come. 97% of those who take the course change at least one driving behavior. And the best part - there are no tests! Just useful information to stay safe on the road.

This course is designed to help you: Update driving skills and your knowledge of the rules and hazards of the road; Learn about normal age-related physical changes and how to adjust your driving to compensate; Reduce your chances for traffic violations, accidents and chances for injuries; and Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to AARP graduates! Restrictions may apply per state.

Highlights of the course: The AARP Smart Driver Safety course is packed with useful information you can use immediately, including: How to maintain a proper following distance; the safest way to change lanes and make turns at intersections; the effects of medications on driving; and reducing driver distractions such as eating, smoking and cell phone use. **Please bring a bag lunch. Tea and water will be provided.** Register for this course by Wed, Apr 5, by calling 919-245-2015 for **Passmore Center** and Mon, Mar 27, by calling 919-968-2070 for **Seymour Center**.

Fee: \$15 for AARP members, \$20 for non-members

Instructor: Ava Bailey

Passmore Center

Wed, Apr 12 (214002-01)

11:30 am - 4:30 pm

Seymour Center

Mon, Apr 3 (324005-05)

9:30 am - 2:30 pm

Aging for Knowledge Meet-Up (Mandarin Only)

Who will you call in an emergency? Who should you see for your illness if you do not have health insurance? What is Dementia? How can you prevent falling? Is Hospice relevant to you? What services can you access? If you have any of the doubts or simply just want to learn more, please join us for a fun and educational session!

您身处美国是否常有困惑？是否不知该去何处看病？该如何申请医疗保险？如何预防摔倒？是否对于美国的老年服务不够了解？不用担心，从2016年开始我们每月都会有关于“老龄服务”的小讲堂，让大家能够更舒适更轻松的生活在美国！

Facilitator: Zhenzhen Yu

Fee: **FREE**

Seymour Center

3rd Thu, Mar 16; Apr 20; May 18 (357152)

10 -11 am

Broadway: The American Musical

Enjoy six musicals followed by a brief discussion led by Emily Gordon. Don't forget to bring a friend or two. Episodes listed as follows:

Episode One: Give My Regards to Broadway (1893 - 1927) - March 24

New York City's turn-of-the-century musical theater embodied the hope that America offered to millions of immigrants. The story of legendary producer Florenz Ziegfeld introduces the era's key figures: songwriter Irving Berlin, comedienne-singer Fanny Brice and comic Bert Williams – America's first "crossover" artists – and brash song-and-dance man George M. Cohan, Jerome Kern and Oscar Hammerstein II unleash Broadway's potential with the groundbreaking show boat.

Episode Two: Syncopated City (1919 - 1933) - April 14

Prohibition and Jazz, along with newly-won freedoms for women, proved to be fertile ground for musical comedy. Marilyn Miller, the Marx Brothers, and Al Jolson rocketed to stardom, as songwriting teams like George and Ira Gershwin, Eubie Blake and Noble Sissle, and Richard Rodgers and Lorenz Hart wrote the music that seduced the nation with New York City's syncopated rhythm. But Broadway's Jazz age suffered a one-two punch with the "talking picture" and the stock market crash.

Episode Three: I Got Plenty O' Nuttin' (1930 - 1942) - April 21

In the Depression, a musical theater dichotomy emerged: shows like Cole-Porter's *Anything Goes* offered glamour as an escape, while others- like *Of Thee I Sing* and *The Cradle Will Rock*- dealt with the era's political concerns. Rodgers and Hart returned to New York to create new shows, stars like Ethel Merman and Ethel Waters became top box office draws, and George Gershwin created his epic folk opera, *Porgy and Bess*. The advent of World War II prompted Irving Berlin to write one of his biggest hits, *This is the Army*.

Episode Four: Oh, What a Beautiful Mornin' (1943 - 1960) - April 28

Beginning with *Oklahoma!* in 1943, the partnership of Richard Rodgers and Oscar Hammerstein II set a new standard for storytelling on Broadway. With *On the Town*, Leonard Bernstein, Betty Comden, Adolph Green, and Jerome Robbins musicalized wartime New York, and Irving Berlin and Ethel Merman triumphed with *Annie Get Your Gun*. Shows like *Kiss Me, Kate*, *Guys and Dolls*, and *My Fair Lady* offered sophisticated literary adaptations, and *The Ed Sullivan Show* brought a television spotlight to Broadway. With the death of Oscar Hammerstein II in 1960 after *The Sound of Music*, the curtain lowered on a golden age.

Episode Five: Tradition (1957 - 1979) - May 5

In the late 50's and early 60's, Broadway continued producing enduring hits, including the groundbreaking *West Side Story*, but in the era of rock and roll and tumultuous social change, Broadway reinvented itself and established new traditions. The conceptual theater of John Kander and Fred Ebb's *Cabaret*, as directed by Hal Prince, was followed by the tribal love-rock musical *Hair* and the

urban angst of Stephen Sondheim's *Company*. Bob Fosse showcased sexy cynicism in *Chicago*, and Michael Bennett created the blockbuster *A Chorus Line*. With Prince and Sondheim's production of *Sweeney Todd*, the musical reached unexpected heights in style and material.

Episode Six: Putting It Together (1980 - Present) - May 12

As notorious producer David Merrick conquered Broadway with *42nd Street*, and producer Cameron Mackintosh and composer Andrew Lloyd Webber redefined Broadway, the business of show business took center-stage. Sondheim's *Sunday in the Park with George* moved from a workshop Off-Broadway, while Jerry Herman's *La Cage Aux Folles* broke new ground in its portrayal of gay romance. Julie Taymor re-imagined Disney's *The Lion King*, composer Jonathan Larson scored a bittersweet triumph with *Rent*, and the old-fashioned musical was reborn in Mel Brook's *The Producers*. The creation of *Wicked*, the biggest hit of 2004, highlights the challenges of producing on Broadway in the 21st Century.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

Fri, Mary 24; Apr 14, 21, 28; May 5, 12 (323054)

2 - 3:30 pm

Bus Riding 101 - Getting the Most Out of the Transit System

This class is for people who don't have cars or no longer drive. It is also for people who want to save money. Participants will learn how to map out bus trips to places in the county and elsewhere. Individuals who qualify to be picked up at home will learn how to travel to many more places by combining transit services. Make your life better by understanding the transit system. Learn from the experts!

Instructor: Lisa Berley, OC Dept. on Aging, Transportation Specialist

Passmore Center

Thu, Mar 16 (244037-03)

10 - 11 am

Seymour Center

Thu, Mar 23 (324016-01)

3 - 4 pm

Digital Photography

Learn to take more professional photographs by learning how to use your digital camera in all situations. In this class you will learn to use your camera on manual as well as learning about all those settings on your icon mode dial. Stop motion, blurred motion, perspective, composition and other situations will all be discussed and used for assignments. Field trips can be planned if desired. Instructor, Joan Cecil, has taught photography for 14 years at Alamance Community College in the Advertising and Graphic Design Department as well as evening Photoshop classes at Durham Tech. Orange County campus.

Fee: \$40

Instructor: Joan Cecil

Passmore Center

Session I: Thu, Mar 9 - 30 (244000-03)

1 - 3 pm

Session II: Thu, Apr 6 - 27 (244000-04)

1 - 3 pm

Session III: Thu, May 4 - 25 (244000-05) 1 - 3 pm
Or
Session I: Wed, Mar 8 - 29 (254040-03) 6 - 8 pm
Session II: Wed, Apr 5 - 26 (254040-04) 6 - 8 pm
Session III: Wed, May 3 - 24 (254040-05) 6 - 8 pm

Improv Theater: Discover your Creativity - Part II (co-sponsored with Duke's OLLI)

You've already taken an improv class or you have some theater background. Now you want to dive in a little deeper...

This long form improv class is for players who want to strengthen and expand their basic skills plus add something special: characters that rock, compelling relationships, laughter and truth, memorable settings, and group mind. Yes, these will help you create all this with a playful attitude and build something wonderful. We will explore new ways to unleash group creativity and discovery. This class involves active physical participation including frequently alternating between standing and sitting plus physical movement. Prerequisite: A previous improv class or theater background.

About the instructor : Carolyn Cole performs long form improv in the independent troupe *Pleiades*. She has performed in the Triangle with Moonlight Stage Company, ComedyWorx and DSI and, on special occasions, in Chicago and NYC improv theaters. Carolyn also teaches improv at the Durham Arts Council. Trained at Second City, iO, UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto, "Try improv. You will become ageless."

Sessions are 2 hours. Course runs 5 weeks. For additional questions or details, you may contact the instructor at comet2000@nc.rr.com. Limited to 7 participants. Register by Tue, Mar 22.

Instructor: Carolyn Cole

Fee: FREE

Seymour Center

Tues, Apr 18, 25; May 2, 9, 16 (314039-02) 9 - 11 am

Knowing Yourself Through Astrology

This course is a beginner's overview from the perspective of developing an intuitive understanding of ourselves by understanding the deeper meanings for each astrological sign. Come explore and take a deeper look into the 12 Astrological Signs as they pertain to the four elements of water, air, earth and fire. From there we'll learn to understand the 3 modalities of cardinal, fixed and mutable and how these add up in your chart to create the one and only You! Students will supply their birthday, exact time and place, and be provided with an astrological chart listing their signs, planets, elements and modalities. We'll have journaling exercises and create a collage to deepen our intuitive understanding of what each of the elements mean, and how they combine to create our personality. Astrology is a great tool for self-understanding, self-acceptance and psychological insight. Did you know that Astrology has been used by the famed psychiatrist Carl Jung to help him understand his patients? We'll learn to see and appreciate our unique personality style, potential and gifts. With greater understanding and compassion for our own selves, we can then extend this understanding to others. In this way, studying astrology can be an effective tool for healing. The art and science of Astrology has been around for a long time. The zodiac is believed to have developed in

ancient Egypt and later adopted by the Babylonians. Many cultures since have adopted the studying of the planets to help better understand human nature. Our intention is to look at ourselves in a new way, gain insights, and celebrate our authentic selves in order to then live our lives to our greatest potential. Must have at least 4 students minimum and a maximum of 8 students. **Course materials include:** Recommend having a 3-ring binder with loose-leaf paper for notes, handouts, and journaling exercises. If you have questions, feel free to email the instructor at Kim.werfel@gmail.com. Register by Wed, Apr 5

Instructor: Kim Werfel

Fee: \$60 (6 classes)

Seymour Center

Wed, Apr 12, 19, 26; May 3, 10, 17 (314010-01)

10 - 11 am

Scarf Art

Head scarves are back in style! In this class, you'll embrace the art and elegant simplicity of head scarf tying. You will also learn more about the history and cultural significance in relation to this common accessory. Bring a scarf a little longer than a yard in length, and be prepared to feel fabulous and creative in several quick, artistic styles.

Instructor: Jenitza Pierce

Fee: FREE

Seymour Center

Thurs, Mar 23 (324042-01)

1 - 2:30 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 (**except for May**), Mar 20; Apr 17; May 22 (353020)

2 - 3 pm

Mon, Mar 20 - *Technology Hasn't Changed Love* - Helen Fisher, Anthropologist, Expert on Love

Anthropologist Helen Fisher studies gender differences and the evolution of human emotions. She's best known as an expert on romantic love.

In our tech-driven, interconnected world, we've developed new ways and rules to court each other, but the fundamental principles of love have stayed the same, says anthropologist Helen Fisher. Our faster connections, she suggests, are actually leading to slower, more intimate relationships. At 12:20, couples therapist and relationship expert Esther Perel steps in to make an important point — that while love itself stays the same, technology has affected the way we form and end relationships.

Mon, Apr 17 - *How to Live Before You Die* - Steve Jobs, Chairman of the Board, Apple

As CEO of Apple, Steve Jobs spearheaded a few of the most iconic products in technology, entertainment and design. At his Stanford University commencement speech, Steve Jobs, CEO and co-founder of Apple and Pixar, urges us to pursue our dreams and see the opportunities in life's setbacks – including death itself.

Mon, May 22 - *Older People are Happier* -TED x Woman 2011 - Lauren Carstense, Psychologist

Laura Carstensen is the director of the Stanford Center on Longevity, and has extensively studied the effects on wellbeing of extended lifetimes. In the 20th century we added an unprecedented number of years to our lifespans, but is the quality of life as good? Surprisingly, yes! Psychologist Laura Carstensen shows research that demonstrates that as people get older they become happier, more content, and have a more positive outlook on the world.

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. Call 919-245-2015 for dates.

Fee: FREE

Passmore Center

2nd & 4th Thu (257002-1) 3 - 5:30 pm

Uber and Lyft

Are you curious about these popular transportation services? Wondering about the drivers and how to tell if they are trustworthy? How much does a ride cost? How to get started? Get all your questions answered by Lisa Berley, Transportation Specialist and Uber user. Registration is suggested.

Passmore Center

Wed, May 10 (214015-02) 10 - 11 am

Seymour Center

Thu, May 4 (324060-01) 3 - 4 pm

Worm Bin Make - and Take

Anyone, anywhere, can compost at home with a worm bin! In this hands-on workshop, you will make your own tidy and efficient indoor compost bin, also known as vermiculture, designed for composting in confined indoor spaces such as apartments, offices, and classrooms. This workshop includes supplies to construct your own bin, instruction from Orange County's composting expert, Muriel Williman, and of course worms! A healthy worm bin has no fruit flies and no odor, and creates humus, the organic component of healthy soil, from your fruit and vegetable scraps. Learn all you need to care for your worm bin, recycle your food waste, harvest the compost, and feed your plants. Registration is required by Thu, Apr 6.

Presenter: Muriel Williman

Fee: \$15

Passmore Center

Thu, Apr 20

(224026-01)

1:30 – 3 pm

FINANCIAL PLANNING

Outsmart the Scammers

Incidents of fraud are on the rise and scammers’ tactics are becoming more complex. This presentation will help provide you information you need to Outsmart the Scammers. During the program, we’ll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or a loved one is targeted and steps you can take now to help protect yourself and your loved ones. Must register by Fri, Feb 24 for Passmore Center, and by Wed, Mar 1 for Seymour Center.

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Passmore Center

Wed, Mar 1

(244027-01)

12 noon – 1:30 pm

Seymour Center

Wed, Mar 8

(344015-03)

12 noon – 1:30 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: Tue sessions will be held at the Seymour Center from 2 - 3:30 pm. Call 919-968-2070 to register by Tue, Mar 21. Thu sessions will be held at the Passmore Center from 2 -3:30 pm. Call 919-245-2015 to register by Thu, Mar 16.

Fee: FREE

Passmore Center

Thu, Mar 23

Foundations of Investing

Thu, Mar 30

Focus on Fixed Income

Thu, Apr 6

Stocks: The Nuts and Bolts

Thu, Apr 13

An Investor’s Tour of Mutual Funds

Thu, Apr 20

What Happens After the Paychecks Stop?

Thu, Apr 27

Preparing Your Estate Plan

Seymour Center

Tue, Mar 28

Foundations of Investing

Tue, Apr 4

Focus on Fixed Income

Tue, Apr 11

Stocks: The Nuts and Bolts

Tue, Apr 18

An Investor’s Tour of Mutual Funds

Tue, Apr 25

What Happens After the Paychecks Stop?

Tue, May 2

Preparing Your Estate Plan

Passmore Center

Thu, Mar 23 – Apr 27

(254003-04)

2 – 3:30 pm

Seymour Center

Tue, Mar 28 – May 2

(334004-65)

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, Mar 29 for Passmore Center. Must Register by Wed, Apr 12 for Seymour Center.

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Passmore Center

Wed, Apr 5 (234009-02) 12 noon - 1 pm

Seymour Center

Wed, Apr 19 (334021-03) 12 noon- 1 pm

Time Matters: A Woman's Outlook on Retirement

This program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. Must register by Wed, May 26 for Passmore Center, and Wed, May 10 for Seymour Center.

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

Passmore Center

Wed, May 3 (224015-02) 12 noon - 1:30 pm

Seymour Center

Wed, May 17 (324018-03) 12 noon - 1:30 pm