

## 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.

### 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 Sep 15; Oct 20; Nov 17 (357152)

10 - 11 am

### Body Oil Class

This class will have a mini discussion to explain how perfumes are made, what they are made with, discuss the various categories of scent, explain how perfume, cologne and body spray are different. Then we will have hands on workshop and make a natural body oil or roll-on perfume. Space limited to 15 participants. Register by Mon, Sep 19.

Instructor: Regina Dozier

Fee: \$20

**Seymour Center**

Sat, Sep 24 (324036-01)

1 - 3 pm

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

This class is for people who don't have a car 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: Tammy Harkinson, Orange Public Transportation (OPT) and Lisa Berley, OC Dept on Aging, Transportation Specialist

Fee: **FREE**

**Passmore Center**

Thu, Oct 6 (244037-01)

10 - 11 am

**Cedar Grove Community Center**

Thu, Nov 10

1 - 2 pm

### How to Effectively Communicate with People Experiencing Low Mood

This class is for family members, caregivers, friends, volunteers or anyone who wants to know more about depression and ways to effectively communicate with people who are

experiencing low mood. We may have times when we feel low, blue, empty and even hopeless, but being in that state for over two weeks is **NOT** normal. What approaches can we take to regain our energy and happiness? How can we appropriately talk to people who are feeling blue? What can we do to eliminate people's misunderstandings about depression? Everyone is welcome to attend this FREE workshop. Please register at the front desk or call 919-968-2070 by Thu, Sep 1.

Instructor: Linda Farrell, RN is an experienced trainer in the mental health field.

Fee: FREE

**Seymour Center**

Thu, Sep 8 (342254-01)

10 - 11 am

**Improv 101**

Welcome to the world of improv. In this Introductory class you will learn the basic concepts of improvisational acting. You will learn what makes a good scene and how to make stuff up. Improv is fun. Improv is creative. This class will be short on lecture and filled with fun. You will perform. You will play. You will Laugh. You will discover a world that you and you classmates create. Improv classes have been called Romper room for adults. Class are 6 consecutive sessions and will be limited to 10 to allow each person plenty of practice. Accommodations will be made for any physical needs.

Instructor: Bob Chernow

Fee: \$5

**Seymour Center**

Tues, Oct 18- Nov 22 (354137-03)

6:30 - 8:30 pm

**Laugh with Liza**

Tap into your inner child and laugh for no reason but fun. There will be a 30-minute laughter session and subsequent brief discussion led by local laughter specialist, Liza Engstrom. Laughter produces many great benefits regardless of whether the laughter is "real" or "fake". Laughter sessions allow us to take advantage of this fact and practice making ourselves laugh. You will enjoy various laughter activities that decrease stress, bring more oxygen to the brain and body, build social cohesion, and equip you with hilarious and effective laughter-inducing techniques to incorporate into your daily lives. Register a week prior to each class.

Instructor: Liza Engstrom, MPH

Fee: FREE

**Seymour Center**

Wed, Sep 21; Oct 19; Nov 16 (323032-02)

2 - 2:45 pm

**Living Efficiently**

We've all "been there" when it comes to trying to downsize and make our homes clutter-free. In this talk, I will provide cost-effective ways of making your home as efficient as possible while maintaining your personal touches. We will discuss how to create goals for your home, explore creative ways to organize, develop creative solutions to everyday problems, and identify other community resources to help achieve the clutter-free, organized home you've been working towards. Handouts will be provided. Bring any questions you have about your home and we can work together to come up with solutions. A minimum of 8 people need to register for the course to happen.

Register a week prior to class for both centers. For questions please call Erika at 816- 885-0341 or email [erikahamlett@creativesparknc.com](mailto:erikahamlett@creativesparknc.com).

Instructor: Erika Hamlett, MA

Fee: \$5 per person

**Passmore Center**

Thu, Sep 29 (244036-01)

1 - 3 pm

**Seymour Center**

Fri, Sep 30 (344056-01)

1 - 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**

3<sup>rd</sup> Mon, Sep 19; Oct 17; Nov 21 (353020)

2 - 3 pm

**Mon, Sep 19- *A Hilarious Celebration of Lifelong Female Friendship, Jane Fonda, Actor and Activist and Lily Tomlin, Comedian and Actor***

Legendary duo Jane Fonda and Lily Tomlin have been friends for decades. In a raw, tender and wide-ranging conversation hosted by Pat Mitchell, the three discuss longevity, feminism, the differences between male and female friendship, what it means to live well and women's role in the future of our planet. "I don't even know what I would do without my women friends," Fonda says. "I exist because I have my women friends."

**Mon, Oct 17 - *Questioning the Universe, Stella Young, Comedian, Journalist and Activist***

Born in Stawell in Western Victoria, Australia, Stella Young cut her activist teeth at the age of 14 by conducting an access audit of shops on the local main street. It didn't take long -- it was a pretty short street. Editor o, an online space for news, discussion and opinion about disability in Australia, she took a strong interest in issues facing women and young people with disabilities.

**Mon, Nov 21 - *The Rise of Personal Robots, Cynthia Breazeal, Robotician***

Cynthia Breazeal wonders: Why can we use robots on Mars, but not in our living rooms? The key, she says, is in training robots to interact with people. Now she dreams up and builds robots that teach, learn — and play. Watch for amazing demo footage of a new interactive game for kids.

**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

**The “Up-Side” of “Down-sizing” Making Room for Your Life**

If you are like many of us, you accumulate clutter or hold onto things that you no longer need or can use. This workshop can help you evaluate and assess the future use of your belongings. We will explore steps to collect, sort, de-clutter and finally, sell or dispose of unwanted items. This process should generally be done over time, especially if you are considering a major lifestyle change or an upcoming move. Let the challenge become an opportunity to create a new environment that is simplified and more spacious, including your most treasured items, while leaving room for the future!!! Please register by Wed, Sep 8.

Instructor: Sally Pillsbury

Fee: \$10

**Seymour Center**

Wed, Sep 15 (314106-03)

10 - 11:30 am

**You’re Not Getting Older, You’re Getting Better**

This will be a sharing workshop where everyone present will have an opportunity to share with others. It will be fun, engaging and encouraging. The older we become, the more you have to share. Your experiences may enlighten someone walking in your footsteps. It would be an honor to have you join us. Bring a notepad and a writing tool to take notes. Space is limited to 20 people. Register by Fri, Oct 14.

Instructor: Regina Dozier

Fee: \$5

**Seymour Center**

Fri, Oct 21 (343035-01)

1 - 2 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 Wed, Sep 28 for Passmore Center, and by Wed, Sept 21 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Passmore Center**

Wed, Oct 5 (244027-01)

12 noon – 1:30 pm

**Seymour Center**

Wed, Sep 28 (344015-04)

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, Oct 4. Thu sessions will be held at the Passmore Center from 2 -3:30 pm. Call 919-245-2015 to register by Thu, Sep 1.**

Fee: FREE

**Passmore Center**

Thu, Sep 8	Foundations of Investing
Thu, Sep 15	Focus on Fixed Income
Thu, Sep 22	Stocks: The Nuts and Bolts
Thu, Sep 29	An Investor's Tour of Mutual Funds
Thu, Oct 6	What Happens After the Paychecks Stop?
Thu, Oct 13	Preparing Your Estate Plan

**Seymour Center**

Tue, Oct 18	Foundations of Investing
Tue, Oct 25	Focus on Fixed Income
Tue, Nov 1	Stocks: The Nuts and Bolts
Tue, Nov 8	An Investor's Tour of Mutual Funds
Tue, Nov 15	What Happens After the Paychecks Stop?
Tue, Nov 22	Preparing Your Estate Plan

**Passmore Center**

Thu, Sep 8 - Oct 13	(254003-04)	2 - 3:30 pm
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**Seymour Center**

Tue, Oct 18 - Nov 22	(334004-63)	2 - 3:30 pm
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**Rules of the Road to Investing**

This seminar explores how you can move toward your financial goals with Edward Jones' 10 Rules of the Road to investing. These rules will help you learn the fundamental concepts of investing and potential strategies to help you build wealth. **Must register by Wed, Sep 14 for Passmore Center, and by Wed, Sep 7 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Passmore Center**

Wed, Sep 21	(244028-01)	12 noon - 1:30 pm
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**Seymour Center**

Wed, Sep 14	(354068-10)	12 noon - 1:30 pm
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**Stocks: the Nuts and Bolts**

As you consider your long-term financial goals, how do stocks measure up? This seminar shares basic information to help evaluate how stocks may fit into an overall strategy. We'll discuss and review common versus preferred stock, dividends, investment strategy and different ways to own stock. **Must register by Wed, Oct 26 for Passmore Center, and by Wed, Oct 5 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Passmore Center**

Wed, Nov 2	(224014-01)	12 noon - 1:30 pm
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**Seymour Center**  
Wed, Oct 12 (354068-11)

12 noon - 1:30 pm