

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. Scholarships available for qualifying residents. Transportation Specialist available at both centers: 919-717-1853

AARP SMART DRIVER COURSE

The AARP Smart Driver Safety course is the nation's largest refresher course for drivers age 50 and older. Please bring a bag lunch, and tea will be provided. Min: 8/Max: 15

Register by: Mon, Apr 16 (Passmore)/Wed, Mar 28 (Seymour)

Instructor: Ava Bailey

Fee: \$15 for AARP members, \$20 for non-members. Min: 8/Max: 15

Passmore Center

Mon, Apr 30 (214002-02) 9:30 am – 2:30 pm

Seymour Center

Wed, Apr 4 (324062-01) 9:30 am – 2:30 pm

ASSISTED LIVING: NOT YOUR GRANDMOTHERS' RETIREMENT HOME

You will be provided with information on how senior living has evolved, who can benefit from assisted living, what the costs are, and how to find the right assisted living community. *Cosponsored with Brookdale Senior Living Solutions

Fee: FREE

Register by: Thu, Mar 1

Facilitator: Steven Pier

Fee: FREE

Passmore Center

Thu, Mar 8 (223045-01) 2 – 3 pm

BEEKEEPING AND THE IMPORTANCE TO THE US FOOD SUPPLY

Have you ever wondered "What's killing the bees"? Join us for a presentation on beekeeping and its importance to pollination and the US food supply. Min: 5/Max: 25

Register by: Mon Apr 16

Instructor: John Rintoul

Fee: FREE

Passmore Center

Mon, Apr 23 (223024-01) 1 – 2:30 pm

BROADWAY: THE AMERICAN MUSICAL

Back by popular demand! Enjoy six musicals followed by a brief discussion led by Emily Gordon. Musical will feature two musicals back to back. Don't forget to bring a friend or two. Episodes listed as follows:

Episode One: *Give My Regards to Broadway* (1893 - 1927) – Wed, Apr 11

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) – Wed, Apr 11

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) – Wed, Apr 18

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) – Wed, Apr 18

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) – Wed, Apr 25

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) - Wed, Apr 25

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

Wed, Apr 11	Episodes 1 & 2	(323054-04)	1:30 - 3:30 pm
Wed, Apr 18	Episodes 3 & 4	(323054-04)	1:30 - 3:30 pm
Wed, Apr 25	Episodes 5 & 6	(323054-04)	1:30 - 3:30 pm

BUS RIDING 101 - Getting the Most Out of the Transit System

This is for people who are cutting back on driving, no longer drive, and want to spend less on gas, or simply enjoy bus riding. Participants will learn how to map out bus trips, and also how to qualify to be picked up at home. Make your life better by understanding the transit system. Min: 5/Max: 25

Registration: suggested but not required. Call 919-717-1853

Fee: FREE

Instructor: Lisa Berley, OC Dept on Aging, Transportation Specialist (919-717-1853)

Passmore Center

Thu, May 10 (244037-03) 10 - 11:30 am

Seymour Center

Thu, May 3 (324061-05) 3 - 4:30 pm

CLUTTER FREE, THAT'S ME! - "EMBRACING LETTING GO"

Ever wonder how you collected so much stuff?!? Well, you've had a lifetime to do it. How to decide what to keep and what to release? Come learn the strategies and techniques that took the instructor from being a lifelong pack rat to a confirmed minimalist. You will explore what is valuable for a quality life, and free yourself from the bonds of over-consumerism-while creating a life of simplicity and joy. Min: 5/Max: 25

Register by: 1 week prior to 4 week course - no drop-ins

Professional Organizer & Minimalist: Christy Johnson

Fee: \$20/4 week course - no drop-ins

Seymour Center

Mon, Mar 5 - 26; Apr 2 - 23; Apr 30 - May 21 (324071-01, 02, 03) 2 - 3 pm

Digital Photography

Take more professional photographs by learning how to use your digital camera. Learn to use your camera on manual, and settings on your icon mode dial. Stop motion,

blurred motion, perspective, composition and other situations will be discussed and used for assignments. Field trips can be planned if desired. Joan Cecil, has taught photography for 14 years at Alamance Community College in the Advertising and Graphic Design Dept and evening Photoshop classes at Durham Tech.

Class Min: 3/Max: 10

Register by: 1 week prior to each session

Instructor: Joan Cecil

Fee: \$50 per session

Passmore Center

Session I: Thu, Mar 1 - 22 (244000-03) 1 - 3 pm

Session II: Thu, Apr 5 - 26 (244000-04) 1 - 3 pm

Session III: Thu, May 3 - 24 (244000-05) 1 - 3 pm

Or

Session I: Tue, Mar 6 - 27 (254040-03) 6 - 8 pm

Session II: Tue, Apr 3 - 24 (254040-04) 6 - 8 pm

Session III: Tue, May 1 - 22 (254040-05) 6 - 8 pm

ESSENTIAL OILS THAT ARE ESSENTIAL TO YOUR EMOTIONAL HEALTH

April showers bring May flowers. All the rain can bring a damper, and you might find yourself feeling a little down more than usual. Learn how essential oils can improve your emotional health - not just when it rains, but for life's "storms".

Min: 5/Max: 15

Register by: Thu, Apr 5

Instructor: Meghan Davis

Fee: \$3 (Supplies)

Seymour Center

Thu, Apr 12 (332004-02) 1 - 2:30 pm

Finding Joy

Life is wonderful and exciting, but can also be difficult and sad - especially when you find yourself alone. Let's make sure your life, even if you're alone, is as wonderful as you want it to be. Come find the joy you deserve, and how to never let it go.

Min: 6/Max: 12

Register by: Wed, Apr 4

Instructor: Regina Gale

Fee: \$10

Seymour Center

Wed, Apr 11 (314051-02) 2 - 3:30 pm

FRIENDS AROUND THE KITCHEN TABLE

Each week class members talk about topics - sometimes serious, sometimes light hearted that are always engaging and interesting! Everyone takes part in offering their thoughts and experiences on such things as "my backyard", "my best friend", or "my biggest fear". You may be surprised as you listen to those gathered around our imaginary kitchen table, and come away with unexpected insights. **Co-sponsored with Peer Learning of Chapel Hill.** Min: 10/Max: 15

Register by: Thu, Mar 1

Instructor: Leslie Stewart

Fee: FREE

Seymour Center

Thu, Mar 8 - Apr 26

(354105-03)

10 - 11 am

IMPROV THEATER: GAMES WORKSHOP

Let your playfulness emerge using the "Yes...and" Improv philosophy. Adapted from Viola Spolin's work, Theater Games are easily learned and fun to play without any reason other than to have a good time. They can also help build Improv muscles. Our attitude will be "just play and have fun." Every Theater Games workshop is unique, so returning students can enjoy and benefit. Wear comfortable, sturdy shoes and dress for ease of movement.

Co-sponsored with Duke's OLLI. Max: 7

Register by: Tue, Apr 10

Instructor: Carolyn Cole

Fee: FREE

Seymour Center

Tue, Apr 17 (314040-02)

10 am - 12 noon

IMPROV THEATER: SCENEWOR

Scenework is the keystone of improvisation. Advance your skills to a new level. Our focus will be on building relationships in comedic worlds you create while living in the moment. No need to 'script' a scene. It's a matter of listening and learning what to do from there. Experience the true collaboration of Improv. Wear comfortable sturdy shoes and dress for ease of movement. End of class performance optional. Required: Completion of beginning improvisation class or theater background. Class meets for 5 sessions.

Co-sponsored with Duke's OLLI. Max: 7

Register by: Tue, Apr 10

Instructor: Carolyn Cole

Fee: FREE

Seymour Center

Tue, Apr 24; May 1, 8, 15, 22 (354137-01)

10 am - 12 noon

"INNERGIZE": TAKING TIME FOR YOU AT THIS FANTASTIC STAGE OF YOUR LIFE

Set aside time just for yourself. So often you put others' needs before your own, and especially at this stage of your life, it's time to put yourself first and enjoy life. In this class you will learn how to "innergize" yourself and take care of you. We will visit the different stages of being a grandparent, caregiver and volunteer. Min: 5/Max: 15

Register by: Tue, Mar 6

Instructor: Michelle Porchia

Fee: \$5

Passmore Center

Tue, Mar 13 (223043-01)

2:30 - 3:30 pm

LET'S TALK ABOUT RACE

A recent poll found 7 out of 10 Americans view race relations in the US as poor. In a society that seems to be more and more divided, how can we learn, and have constructive conversations about race? UNC professor Jennifer Ho will lead a presentation on race relations in America, followed by general discussion.

Min: 5/Max: 20

Register by: Tue, May 8

Instructor: Dr Jennifer Ho, Prof, Dept of English & Comparative Literature; Assoc Dir of the Institute for the Arts and Humanities, University of North Carolina-Chapel Hill.

Fee: FREE

Seymour Center

Tue, May 15 (324070-01)

2:30 - 4 pm

LUNCH AND LEARN ENGAGING TOPICS

This interactive program features a guest speaker each quarter. These healthy conversations will stimulate your mind and create new thoughts after each presentation or powerful performance. A catered lunch will follow. Min: 15/Max: 25

Register by: Wed, Apr 4

Fee: FREE

Seymour Center

Wed, Apr 11

(353112-02)

11:30 - 12:30 pm

MAKING TECHNOLOGY EASIER FOR SENIORS EXPO

In the contemporary world, smart devices have made life much easier and more comfortable. Technology has seen a massive expansion and smart devices are communication gadgets that provide great functionality and usage. Come to our Technology Expo and find ways to get unlimited mileage from your smart devices at the following sessions:

Session 1: How Smart is Your Smartphone: Androids & iPhones

(353056-02, 03, 04, 05)

Session 2: The ABC's of Computers - iPads, Laptops, Tablets

(353056-06, 07, 08, 09)

Session 3: Funtastic Fun with a Smart TV

(353056- 10, 11, 12, 13)

Session 4: Stay Connected with Social Media - Facebook, Twitter, and Instagram

(353056- 14, 15, 16, 17)

Session 5: The Wonderful World of Mobile Banking

(353056 - 18, 19, 20, 21)

Session 6: Get Moving with Uber & Lyft

(353056 - 22, 23, 24, 25)

Session 7: Lock Down with Privacy, Passcodes and Security Tips

(353056- 26, 27, 28, 29)

Session 8: Understanding Cell Phone Plans

(353056- 30, 31, 32, 33)

Special Bonus Session: Keeping up with your Fit Bit

(353056- 34, 35, 36, 37)

All sessions, including the special bonus session, will be offered 4 times throughout the day. Continental breakfast (9:30 -10 am) and afternoon snacks provided.

Register by: Sat, Apr 7

Fee: FREE (open to the public)

Seymour Center

Sat, Apr 28

(353056-01)

9:30 am – 1:30 pm

MUSIC AND THE CIVIL RIGHTS MOVEMENT: AN AURAL HISTORY TOUR

Music played an important role during the Civil Rights Movement. It motivated people and brought them together. It furthered messages of justice and equality. Rooted in hymnals and gospel and slave spirituals, the music evolved during marches and protests. Take an aural tour of history with renowned gospel singer Mary D Williams, singing along with spirituals, protest songs, and gospel music as you learn about NC history and culture. Min: 5/Max: 20

Register by: Tue, Apr 10

Fee: \$10

Instructor: Mary D Williams, Adjunct Prof, Center for Documentary Studies, Duke Univ

Seymour Center

Tue, Apr 17 (324076-01)

2 – 4 pm

NUTS & BOLTS OF DOWNSIZING

Gayle Cooke, Owner of Triangle Senior Moving Services, LLC, presents tips on handling the daunting tasks associated with downsizing. After 2 sessions you will have a process for eliminating things you no longer use and for recreating your place in a smaller space.

Contact info: Gayle Cooke-919-522-4144, gayle@TriangleSeniorMoving.com

Max: 24

Register by: 1 week prior to each session

Instructor: Gayle Cooke, NASMM Senior Move Manager

Fee: FREE

Seymour Center

Session I: Wed, Mar 21 - Sorting & De-Cluttering (323072-01)

10 - 11:30 am

Session II: Wed, Apr 4 - Recreating Your Place (323072002)

10 am - 12 noon

SOCIAL MEDIA: PART 1

Learn to use Facebook and other social media platforms to stay connected to friends and family, make new friends, and pursue your personal interests! In Part 1, we will discuss internet safety and have hands-on Facebook guidance and practice time. Be sure to register for Social Media Part 2 where we will delve further into Facebook techniques, as well as learn the basics of other social media platforms. Must bring your own smart device to class. Can use a smartphone, tablet, or laptop computer.

Min 5/Max 15

Register by: Tue, May 8

Instructor: Ashley Sebesan

Fee: FREE

Passmore Center

Tue, May 15 (254029-01)

3:30 – 5:30 pm

SOCIAL MEDIA: PART 2

Facebook is not the only social media people use to keep up with their friends and family. In this course we will delve further into Facebook techniques as well as learn the basics of other social medial platforms. Must bring your own smart device to class. Can use a smartphone, tablet, or laptop computer.

Min 5/Max 15

Register by: Tue, May 15

Instructor: Ashley Sebesan

Fee: FREE

Passmore Center

Tue, May 22 (254029-02)

3:30 – 5:30 pm

NEW! TECH KNOWLEDGE

Not sure if your cell phone is an android or iPhone? If you want to learn more about your iPads, kindles, tablets, or whatever device you may have, this is a great opportunity. You will get one on one instruction from our tech savvy high school students. Your own personal Tech Assistant will be available to address your specific needs and inquiries with you for 45 – 60 min every other Saturday. Contact Meghan Davis, Program Assistant at 919-245-2026 to make an appointment (first come first served basis). Min: 6/Max: 12 per Saturday

Register by: 2 weeks prior to dates listed

Instructors: Local High School Students

Fee: FREE

Seymour Center

1st & 3rd Sat, Mar 3, 17; Apr 7;; May 5, 19 (324063)

10 am – 12 noon

TECHNOLOGY COACHING FOR IPHONE AND IPAD

Do you have questions about your apple product? Do you feel comfortable using your calendar, settings, contacts, email, and iTunes store? This is the class for you. Come and learn about the different available applications. Min: 4/Max: 15

Register by: 1 week prior to each class.

Instructor: Laura Rogers, Profblue Consulting.

Fee: FREE

Passmore Center

Thu, Mar 22 (244040-03)

6 – 7:30 pm

Thu, Apr 26 (244040-04)

6 – 7:30 pm

Thu, May 24 (244040-05)

6 – 7:30 pm

TED TALKS AT PASSMORE

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversations. Topics are created and made available for use by TED. Join us as we dive into TED Talks at Passmore in a laidback yet informative environment including a 15 - 30 min video/talk and follow up discussions led by Meghan Davis. Min: 5/Max: 25

Register by: 1 week prior to each session.

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

3rd Tue, Apr 17; May 15 (254038-04, 05)

2 - 3 pm

Tue, Apr 17 - *Life's Third Act* - Jane Fonda

Oscar winning actress, fitness guru, impassioned activist and motivational speaker, Jane Fonda, is a jack of all trades with several amazing careers. For our generation of seniors, an extra 30 years have been added to our life expectancy. Jane Fonda asks how we can re-imagine this new phase of our life.

Tue, May 15 - *How Young Blood Might Help Reverse Aging. Yes Really.* - Tony Wyss-Coray

Brain Scientist, Tony Wyss-Coray, studies aging and potential cures for it at Stanford School of Medicine. In this eye opening talk, he discusses ground breaking research from his lab and other sources. They show that a solution for some of the lesser aspects of old age might actually lie within us.

TED TALKS AT SEYMOUR

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan 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. Min: 10/Max: 82

Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Mar 19; Apr 16; May 21 (353020-01)

2 - 3 pm

Mon, Mar 19 - *Why We Laugh* - Sophie Scott

Did you know that you're 30 times more likely to laugh if you're with somebody else than if you're alone? Cognitive neuro-scientist Sophie Scott shares this and other surprising facts about laughter in this fast-paced, action-packed, and hilarious dash through the science of the topic.

Mon, Apr 16 - *How to Have a Better Conversation* - Celeste Headlee

When your job hinges on how well you talk to people, you learn a lot about how to have conversations – and that most of us don't converse very well. Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. In this insightful talk, she shares 10 useful rules for having better conversations. "Go out, talk to people, listen to people," she says. "And, most importantly, be prepared to be amazed."

Mon, May 21- *Life's Third Act*- Jane Fonda

Jane Fonda is an actor, author, producer, activist and exercise guru. Outspoken and committed, she supports environmental issues, peace, and female empowerment. Jane has had three extraordinary careers (so far): an Oscar-

winning actor, a prominent activist and a best-selling fitness guru. Within this generation, an extra 30 years have been added to our life expectancy---and these years aren't just a footnote or pathology. In this talk, Jane Fonda asks how we can think about the new phase of our lives. (Filmed at TEDxWomen.)

WOULD YOU SHARE THIS? LEARNING ABOUT NEWS LITERACY

How do you know that the news you're reading and sharing is credible? Odds are that we have all seen, believed, or shared something that's actually not true. This class will give you some effective methods for determining if a story on the Internet is credible, including online resources for further exploration. The instructor will bring timely examples and offer some tips on how to discern the truth in the news. Min: 5/Max: 20

Register by: Tue, Mar 6

Instructor: Stephanie Willen Brown, Dir of the Park Library at UNC's School of Media & Journalism

Seymour Center

Tues, Mar 13 (314062-02)

1:30 - 3 pm

FINANCIAL PLANNING

Broadening Your Knowledge of Investing

Your family's goals are unique to you. Your investment strategy should be, too. This presentation is an expanded look at the "how" of creating an investing strategy, as well as the investment components that form your financial picture. We'll also discuss investing as a process and a journey toward your goals.

Register by: Wed, Mar 28 (Passmore)/Mar 21 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Apr 4 (244019-01)

6:30 - 7:30 pm

Seymour Center

Wed, Mar 28 (324099-01)

2 - 3:30 pm

Demystifying Investing

Saving for college? Thinking about retirement? Both? Once you have a picture of your investing goals, you need a strategy designed to help you get there. We'll explore the tools and strategies that are available to assist you and your family in working toward your financial goals - and we'll help you feel more comfortable with the investing process.

Register by: Wed, Mar 14 (Passmore)/Apr 25 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Mar 21 (223044-01)

12 noon - 1 pm

Seymour Center

Wed, May 2 (324077-01)

2 - 3:30 pm

Retirement for Boomers and Retirees

It's never too late or too early to learn about growing your money. Planning for your retirement and making sure that your money will last is a daunting task. Join us and discover how you can make wise decisions for the future. Class Max: 15.

Instructor: Jane Clark, Financial Advisor, Edward Jones

Register by: Thu, Feb 22 (Passmore)/Tue, Apr 10 (Seymour)

Fee: FREE

Passmore Center

Thursdays	(254003-02)	2 - 3:30 pm
Mar 1	Foundations of Investing	
Mar 8	Focus on Fixed Income	
Mar 22	Stocks: The Nuts and Bolts	
Mar 29	An Investor's Tour of Mutual Funds	
Apr 5	Preparing for the Unexpected	
Apr 12	Preparing Your Estate Plan	

Seymour Center

Tuesdays	(334004-07)	2 - 3:30 pm
Apr 17	Foundations of Investing	
Apr 24	Focus on Fixed Income	
May 1	Stocks: The Nuts and Bolts	
May 8	An Investor's Tour of Mutual Funds	
May 15	What Happens After the Paychecks Stop?	
May 22	Preparing Your Estate Plan	

Script Your Family's Future: Why You Need an Estate Plan

This seminar is designed to help individuals understand the important role a well-executed estate plan can play in ensuring their strategy remains aligned with their goals. An estate planning attorney will be present at this event.

Register by: Wed, May 16 (Passmore)/Apr 18 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Passmore Center

Wed, May 23	(234008-01)	12 noon - 1:30 pm
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Seymour Center

Wed, Apr 25	(324078-01)	12 noon - 1:30 pm
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