

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. **Please bring a bag lunch and tea will be provided. Register by:** Mon, Oct 9. **Instructor:** Ava Bailey

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

Passmore Center

Mon, Oct 23 (214002-01)

9:30 am – 2:30 pm

A New Look at Grandparenting

We are not the grandparents of yesteryear. Grandparenting has changed with grandchildren often times living far away and limited personal interaction. Join us as we visit four topics to help you with this new age of grandparenting. We will cover such topics as: long distance interaction, connecting through the use of technology (Skype, video messaging, email, etc.), building your relationship (listening, stepping out of comfort zone, having deep/tough conversations), and the "New Normal. " Min: 15/Max: 20. **Register by:** Wed, Sep 27 for all 4 classes or a week prior to each class.

Instructor: Michelle Porchia

Fee: \$10 per class

Seymour Center

Wed, Oct 4 – 25 (344064-01)

10 – 11 am

Affordable Senior Housing Information Session

Habitat for Humanity is building senior housing in Hillsborough! If interested in becoming a Habitat Homeowner, please come to our information session. Applications will be distributed and will be available at the Habitat office in Chapel Hill Mon, Aug 28. Applications are due by 5 pm on Fri, Sep 29. You must be age 55+, currently live or work in Orange County for 12 months, and a US citizen or legal permanent resident to qualify. Space limited.

Register by: Fri, Aug 18 (Passmore Center)/Sat, Sep 2 (Seymour Center)

For more information: Steve Drake at 919-932-7077 (ext. 213) or sdrake@orangehabitat.org.

Fee: FREE

Passmore Center

Sat, Aug 26 (243052-01)

11:30 am – 1:30 pm

Seymour Center

Sat, Sep 9 (337044-11)

10 am – 12 noon

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

This class 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

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

Fee: FREE, Registration suggested by not required.

Passmore Center

Thu, Nov 9 (244037-01) 10 - 11:30 am

Seymour Center

Tues, Nov 14 (324061-03) 3 - 4:30 pm

Digital Photography

Take more professional photographs by learning how to use your digital camera. You will learn to use your camera on manual and about all those 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 Department and evening Photoshop classes at Durham Tech- Orange County campus. Class Min: 3/Max: 10 **Register by:** 1 week prior to each session

Instructor: Joan Cecil

Fee: \$50

Passmore Center

Session I: Thu, Sep 7 - 28 (244000-09) 1 - 3 pm

Session II: Thu, Oct 5 - 26 (244000-10) 1 - 3 pm

Session III: Thu, Nov 2 - 30 (No class on 23rd) (244000-11) 1 - 3 pm

Or

Session I: Tue, Sep 12 - 30 (254040-09) 6 - 8 pm

Session II: Tue, Oct 10 - 31 (254040-10) 6 - 8 pm

Session III: Tue, Nov 7 - 28 (254040-11) 6 - 8 pm

Friends' Around the Kitchen Table

Each week class members talk about topics - sometimes serious, sometimes light hearted, but 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, Sep 14.

Instructor: Stephanie Johnson.

Fee: FREE

Seymour Center

Thu, Sep 21- Nov 9 (No class on Thu, Nov 2) (354105-01) 9 - 10 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, Sep 12.

Instructor: Carolyn Cole.

Seymour Center

Tue, Sep 19

(354137-13)

9 - 11 am

Improv Theater: Scenework

Scenework is the keystone of improvisation. Advance your skills to a new level. Our focus will be on building relationships in comedic worlds while living in the moment. It's a matter of listening and learning what to do from there. Experience the true collaboration of Improv. Comfortable sturdy shoes and dress for ease of movement. End of class performance optional. Required: Completion of beginning improvisation class or theater background. Co-sponsored with Duke's OLLI Max: 7. **Register by:**

Wed, Sep 6

Instructor: Carolyn Cole.

Seymour Center

Wed, Sep 13, 2; Oct 4, 11, 25

(354137-11)

10:30 am -12:30 pm

Improv Theater: Discover your Creativity

Improv is a popular, informal theater art form that uses a playful mindset and the accepting environment of 'Yes...and' to unleash creativity, discovery and fun. This class is designed for you to 'play' while learning how to create imaginary worlds. Find your comedic self while building memorable scenes with your classmates in the here and now. Wear comfortable sturdy shoes and dress for ease of movement. End of class performance optional. Co-sponsored with Duke's OLLI Max: 7. **Register by:** Tues, Oct 3.

Instructor: Carolyn Cole.

Seymour Center

Tue, Oct 10, 17; 24, 31; Nov 7

(354137-12)

9 - 11 am

Innergize: Taking Time for You at this Fantastic Stage of Your Life

Innergize Day is a day set aside for people to take time just for themselves. So often you put others' needs before your own, and especially at this stage of your life, it is 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, volunteer, etc. Min: 5/Max: 15 **Register by:** Wed, Sep 6

Instructor: Michelle Porchia

Fee: \$10

Seymour Center

Wed, Sep 13

(344063-01)

10 -11 am

IPhone and iPad 101

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 applications available. Class Max: 15 **Register by:** Tue, Oct 3

Instructor: Laura Rogers, Profblue Consulting.

Fee: FREE

Passmore Center

Tue, Oct 10 (244040-01)

6 – 7:30 pm

North Carolina Medical Board: Your Advocate

The North Carolina Medical Board (NCMB) exists to protect the people of NC. An informed public will be aware of and more effectively use the resources of the Board while managing healthcare issues. Learn about the NCMB, how to look up a doctor or physician assistant and understand when and how to file a complaint. Min: 15/Max: 30

Register by: Fri, Nov 3.

Speaker: Jean Brinkley, NCMB Communications Director.

Fee: FREE

Seymour Center

Fri, Nov 10

(343052-01)

11 am

Robert's Rules Made Simple

Whether you are a member or leader of a group, you can benefit from understanding some of the basic rules of parliamentary procedure. This course will include an overview of Robert's Rules seven fundamental motions, the pyramid of precedence in motions, and how the common language in Robert's Rules allows members to work together to improve their organizations. You will also have an opportunity to practice.

Instructor: Ken Morgan, Registered Parliamentarian and certified trainer for Robert's Rules Made Simple

Fee: FREE

Seymour Center

Tue, Sep 26

(344077-01)

10 am – 12 noon

Tue, Oct 17

(344077-02)

10 am - 12 noon

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. **Please register** for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Aug 21; Sept 18; Oct 16

(353020-02)

2 – 3 pm

Mon, Aug 21 – *The Power of Vulnerability* – Brene Brown, Vulnerability Researcher

Brené Brown studies human connection -- our ability to empathize, belong, and love. In a poignant, funny talk, she shares a deep insight from her research, one that sent her on a personal quest to know herself as well as to understand humanity. A talk to share.

Mon, Sept 18 – *The Surprising Science of Happiness* – Dan Gilbert, Psychologist, Happiness Expert

Dan Gilbert, author of "Stumbling on Happiness," challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned.

Mon, Oct 16 - *Understanding the Rise of China* - Martin Jacques

Speaking at a TED Salon in London, Martin Jacques asks: How do we in the West make sense of China and its phenomenal rise? The author of *When China Rules the World*, he examines why the West often puzzles over the growing power of the Chinese economy, and offers three building blocks for understanding what China is and will become.

***New!* Writing Seminar I: Keeping a Journal to Enhance Your Creativity**

Do you LIKE writing? Do you WANT to improve your creative verbal skills? Are you willing to share, listen, learn, and experiment? If so, this is all you need (besides a notebook). It is like a fitness class for creativity. Agenda includes writing exercises that concentrate on specific skills. The goal is to help writers develop the daily habit of sitting down and writing non-stop for 15-30 min. Materials: Bring a ruled notebook.

Min:8/Max:15 **Register by:** Wed, Sep 20.

Instructor: Clark Holtzman, poet, essayist, diarist and writer of radio plays.

Fee: \$10 per class

Seymour Center

Wed, Oct 25 - Nov 8

(334075-01)

1 - 2 pm

***New!* Writing Seminar II: Poetry Writing**

Stone is the working material of sculpture. Movement is the working material of dance . . . and *language is the working material of poetry*. This seminar is about improving your *existing* skills and expanding your *current* knowledge or understanding of what makes a poem a poem. Materials: Bring a laptop or a notebook, as well as poem or set of poems you've been working on if you like. Min: 8/Max: 15 **Register by:** Wed, Oct 18

Instructor: Clark Holtzman, poet, essayist, diarist and writer of radio plays.

Fee: \$10 per class

Seymour Center

Wed, Nov 29 - Dec 20

(334075-02)

1 - 2:30 pm

FINANCIAL PLANNING

Preparing for the Unexpected Financially

Life is full of surprises-some better than others. And in your daily life, you probably already prepare for many potentially unpleasant, unexpected events. A job loss, extended disability or untimely loss of a family member can profoundly impact your family's financial situation. We'll outline a proactive strategy to help protect your family's financial resources from life's unexpected turns. **Register by:** Wed, Sep 27 (Passmore Center)/ Wed, Oct 11 (Seymour Center)

Instructor: Jane Clark, Financial Advisor, Edward Jones.

Fee: FREE

Passmore Center

Wed, Oct 4 (254044-01) 12 noon – 1:30 pm

Seymour Center

Wed, Oct 18 (334072-01) 12 noon – 1:30 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, Sep 7 (Passmore Center)/ Tue, Sep 11 (Seymour Center)

Fee: FREE

Passmore Center

Thursdays (254003-02) 2 – 3:30 pm

Thu, Sep 14 Foundations of Investing

Thu, Sep 21 Focus on Fixed Income

Thu, Sep 28 Stocks: The Nuts and Bolts

Thu, Oct 5 An Investor's Tour of Mutual Funds

Thu, Oct 12 What Happens After the Paychecks Stop?

Thu, Oct 19 Preparing Your Estate Plan

Seymour Center

Tuesdays (334071-01) 2 – 3:30 pm

Tue, Oct 17 Foundations of Investing

Tue, Oct 24 Focus on Fixed Income

Tue, Oct 31 Stocks: The Nuts and Bolts

Tue, Nov 7 An Investor's Tour of Mutual Funds

Tue, Nov 14 What Happens After the Paychecks Stop?

Tue, Nov 21 Preparing Your Estate Plan

Strategy, Discipline, Execution in Investing

This seminar is designed to provide investors with another option for creating and maintaining a diversified portfolio of investments. **Register by:** Wed, Sep 7 (Passmore Center)/Wed, Sep 13 (Seymour Center)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Sep 13 (254043-01) 12 noon – 1:30 pm

Seymour Center

Wed, Sep 20 (334073-01) 12 noon – 1:30 pm

Tax Free Investing

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. - **Register by:** Wed, Oct 25 (Passmore Center)/Wed, Nov 22 (Seymour Center)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Nov 1

(244022-01)

12 noon - 1:30 pm

Seymour Center

Wed, Nov 29

(334074-01)

12 noon - 1:30 pm