

## 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 **Central Orange Senior Center** in Hillsborough at 919-245-2015.

### **Aging in Diversity - Cultural Performances**

No place in Orange County is more diverse than the Seymour Center. There are people who dress in different outfits and speak in various languages. They are from all over the world. This December, to further navigate conversations, ideas and exchanges between different cultures, we invite you or your group to perform; either a dance, a song or a brief introduction of your cultural norms or traditions! To perform, please contact Zhenzhen Yu, 919-245-4275 (Mandarin and English Speakers) or Ana Lima, 919-245-4274 (Spanish-speakers) before Dec 11. To be part of a joyful audience, please register with the front-desk by Dec 9.

Fee: FREE

#### **Seymour Center**

Thurs, Dec 17 (313046-01)

1:15 - 2:45 pm

### **Come learn the REAL DEAL about new Housing Options!**

We invite you to attend this panel discussion featuring speakers who have lived in some of the senior housing options we've featured in our Aging in Community Speaker Series.

**Paul Voss**, will talk about his experience living in Shared Housing. Paul is currently leading the development of a rural co-housing community in Efland.

**Liz Evans** will share her experiences living in co-op housing in Carrboro.

**Carolyn Kroll** will tell us about her experience developing, and now living in, urban co-housing.

Come with questions and learn from those who have already tried something new!

Fee: FREE

#### **Seymour Center (337044)**

Wed, Dec 2

7 pm

### **Healthy Living Series: Your Passport to Good Health**

Seymour Program and Wellness Team are co-sponsoring a unique and informative eight presentations with Seasons of Southpoint. Document your learning journey with your Passport to Good Health. Receive a stamp at each monthly presentation and submit your completed Passport for a chance to win two tickets to the show of your choice at the Durham Performing Arts Center (DPAC). The more stamps you receive, the more chances you'll have to win! Each presentation will be facilitated by Seasons of Southpoint staff. There will also be light refreshments, a question and answer session, and time for sharing and socializing. Program brochures will be available at the centers. Please inquire at the front desk if you would like a copy. Presentations will be held the first Tuesday of the month, at 2 pm, Seymour Center. Topics as follows:

Dec 8            Avoid the Holiday Blues

Jan 12	Music Therapy
Feb 9	Busy Minds, Creative Minds
Mar 8	Avoid Being Scammed
Apr 12	Laughter is the Best Medicine
May 10	Safety at Home
Jun 14	Healthy Snacks
Jul 12	Hydration

Fee: FREE

**Seymour Center**

2<sup>nd</sup> Tues, Dec 8; Jan 12; Feb 9 (314107)

2 – 3 pm

**Introduction to Mindfulness Based Stress Management Techniques Workshop**

This two-hour workshop will introduce you to the prospect of managing stressors in your life through the use of Mindfulness Practices. Those who can benefit from this program might be coping with large stressors such as: loss of a loved one, caring for someone who is ill, living with chronic pain or other major life changes. These practices can also help you manage the less overwhelming, everyday stressors that we all encounter at one time or other. Research studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression.

**Benefits of practicing mindfulness techniques include learning how to:**

- Quiet and calm the mind
- Pay attention to your moment to moment experiences
- Restore and maintain a sense of personal balance
- Decrease the symptoms associated with stress
- Improve overall physical and emotional well being

**Topics introduced in the workshop will include:**

- What is Stress?
- How does chronic stress harm our body?
- Identifying: Stress Triggers, Stress Indicators and Stress Coping Mechanisms

**How Can Mindfulness Practices Help:**

- What is Mindfulness?
- Being Present: Stepping out of Auto Pilot
- Choice: Stress Reactivity or Skillful Response to Stressors
- An Overview of Mindfulness Practices
- Mindful Breathing
- Mindful Eating
- Thought, Emotion and Physical Sensation Awareness
- Sitting with the breath to calm the mind and increase awareness
- Loving Kindness

**Please register by Wed, Jan 13.** Must have 10 participants for class to take place.

Presenter: Paula Huffman, BS, RN, ERYT, Mindfulness Instructor

Fee: \$10

**Seymour Center**

Wed, Jan 20 (334024-02)

12:30 – 2 pm

**Stress Management: The Mindfulness Way**

Modeled after Jon Kabat-Zinn's class at the Stress Reduction Clinic at the Univ of Massachusetts, this class will offer you a comprehensive understanding of mindfulness techniques and how mindfulness can affect your life in many positive ways. Practicing mindfulness allows you to bring awareness to what is going on in your mind and body at any given moment, helping you to slow down so that you can recognize warning signs of stress. You will probably find that as a result of participation in this class, you will learn to stay more focused, relaxed and decrease your tendencies to "knee jerk" reactions to stress triggers. Research shows that the most people who participate fully in the programs may see an improvement in conditions such as but not limited to: Insomnia, Catastrophic Thinking, Anxiety and Depression, Fatigue, Headaches, Musculoskeletal Pain, and Hypertension. Each class will include discussion, introduction to a Mindfulness Practice, and educational presentations. You will also be provided handouts to supplement what you learn in class. **What are the Benefits?** Quiet and calm the mind, Pay attention to your moment to moment experiences, Restore and maintain a sense of personal balance, Decrease the symptoms associated with stress, Improve overall physical and emotional wellbeing. **What do Mindfulness Practices include?** Mind-Body awareness, Breath Awareness for Stress Management, Mindfulness Meditation Practices, including walking and seated meditation, Mindful Eating, Thought and Emotion Awareness, Learning how to Step out of "Auto Pilot" and live your life to its fullest, Loving Kindness/Self Compassion Meditation

**To get the most from this program, participants will want to commit to:**

- Attending each class.
- Being on time and staying for the full class.
- Setting aside time for a home practice .

**Presenter:** Paula Huffman, BS, RN, ERYT, is a Registered Nurse and Experienced Registered Yoga Teacher. She also holds certifications in Restorative Yoga Instruction and has studied with the Center for Mindfulness at the University of Massachusetts with Jon Kabat-Zinn, as well as with the University of North Carolina at Chapel Hill's Mindfulness Program. She currently teaches with the Program on Integrative Medicine at UNC in their Mindfulness program and also provides classes and seminars in various locations throughout the region as an independent contractor through her business Carolina Wellness Institute and the NC Mindfulness Center. **Please register by Mon, Jan 11** Must have 10 participants for class to take place.

Fee: \$65

**Seymour Center**

Wed, Mon, Jan 25 - Feb 22 (354140-02)

10 - 11 am

**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, Dec 21; Jan 25; Feb 15 (353020)

2 - 3 pm

**Please Note:** Ted Talk will meet on the 4<sup>th</sup> Mon in January due to the holiday.

**Mon, Dec 21 – *Can We Rewrite the DNA of the Health Care System*, Rebecca Onie, Health Services Innovator**

Rebecca Onie, co-founder of Health Leads, talks about her organization's efforts to link social services' efforts in healthcare, helping to ensure patients have the basic resources needed to heal.

**Mon, Jan 25 – *Japanese Inspired Wood-Clad Tiny Home in Small Ohio Town*, Kristen Dirksen, Video Producer**

When Alex Melamed and his wife moved to the traditional brick and mortar town of Yellow Springs, Ohio they built a home only as big as they needed at the time. Melamed is a builder and could keep costs low while still incorporating high design elements like shou-sugi-ban (charred wood) siding. The tiny square house was affordable to build and to run. It meets Passive House standards relying on “primo” insulation, passive solar and a heat pump when necessary.

**Mon, Feb 15 – *50 Years of Racism- Why Silence Isn't the Answer*, James A. White Sr, Coach, Mentor, Trainer**

Bringing reflections and the reality of race relations in the US, Jim White Sr provides a lens that goes back 53 years from his first experience with discrimination, coupling it with how he's struggling to provide counsel to his grandsons facing the same bias. This talk was the first time he's shared this provocative and heartbreaking story in public after his decision to be silent no more. His story raises great awareness especially this month, “Black History Month”. James believes that every person and organization has incredible potential. He works to help them understand it – and communicate it to others.

**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.

Fee: FREE

**Central Orange SC**

2nd & 4th Thurs (257002-1)

Resumes in Jan – Call 919-245-2015 for dates                      3 – 5:30 pm

***The Class of 1861: Custer, Ames, and Their Classmates after West Point***

Come spend an afternoon of discussion and dessert with author, Ralph Kirshner, as he provides a richly illustrated forum that enables the West Point class of 1861 to write its own autobiography. Through letters, journals and published accounts, George Armstrong Custer, Adelbert Ames, and their classmates tell in their own words about their Civil War battles and varied careers after the war. *The Class of 1861*, features 83 photographs, includes a foreword by George Plimpton about a connection between his great-grandfather, Adlebert Ames, Reconstruction governor of Mississippi and the last surviving Civil War general, and President John F Kennedy. *Military History of the West*, quotes, “For anyone interested in late-nineteenth-century history or in the effect war has

on men's lives, *The Class of 1861* should not be missed." Kirshner is also a contributor to the *Dictionary of American Biography* and the *American National Biography*, has worked as a librarian in Maine, New York and Wyoming and currently lives in Chapel Hill. Copies of books will be available for purchase. Registration is required. Please register before or by Thur, Dec 10.

Presenter: Ralph Kirshner

Fee: FREE

**Seymour Center**

Thurs, Dec 10 (314104)

2 - 3:30 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!!!

Instructor: Sally Pillsbury

Fee: \$10

**Seymour Center**

Sat, Mar 19 (314106)

10 - 11:30 am

**Travel around the World through Architecture**

Come and learn about different well known buildings from around the world. Architecture near and far, old and new - we'll talk a bit about all of it, considering not only the building and the architect but also the culture that created it! Allie Tate, our Johnson Intern this year will be working at Seymour in numerous capacities. She graduated from Clemson University with a degree in Architecture. Join her for an exciting and educational adventure.

Presenter: Allie Tate

Fee: FREE

**Seymour Center**

Mon, Feb 8 (313048-01)

10 - 11 am

**Women's Health Support Group (Mandarin Only)** 女性健康支持小组

Meet with other women once a month to discuss the challenges new immigrant women face. Also come to discuss the available resources, seek emotional peer support and explore options for decision-making. It is a safe environment where people respect your privacy. The maximum number of participants is eight. Please register with the facilitator before you come.

**Facilitator:** Zhenzhen Yu

Fee: FREE

**Seymour Center**

Tues, Dec 15, Jan 19, Feb 16 (314027)

9:45 - 10:45 am

**Writing Poems of Witness**

What matters to you? What do you love? What do you hate? What do you feel called to bear witness to? In this generative workshop, we'll tackle injustices great and small, from themes like political deception, wartime atrocity, and environmental destruction to the small daily cruelties we all must bear: a mother berating a weeping child in the grocery parking lot, the neighbor who beats his dog, the innocent possum crushed in the street. We'll also turn concentrated attention to what gives us pleasure and joy, like the intricate beauty of a caterpillar, the sound of crashing waves, and the daily satisfaction of morning's first cup of coffee.

**Instructor:** Pam Baggett

Pam Baggett has taught writing classes through Duke Univ's Continuing Studies Program, the Ackland Art Museum at UNC, the Orange County Library, and numerous botanical gardens and arboreta. Poems appear in *The Atlanta Review*; *Crab Orchard Review*; *Heron Clan III*; *Kakalak*; *Kentucky Review*; *San Pedro River Review*; *The Sow's Ear*; the anthology *Creatures of Habitat* from *Main Street Rag*; *Forgetting Home: Poems About Alzheimer's*; and *The Southern Poetry Anthology, Volume VII: North Carolina*.

Fee: \$20

**Seymour Center**

Sat, Jan 23 (314032-01)

10 am - 12:30 pm

## FINANCIAL PLANNING

### Outlook and Opportunities

This seminar discusses current market conditions and how the political, economic, and cultural forces shaping our markets can affect you as an investor. **Call to register by Wed, Nov 25 for Central Orange SC. Call to register by Wed, Dec. 2 for Seymour.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**

Wed, Dec 2 (214005-01)

12 noon - 1 pm

**Seymour Center**

Wed, Dec 9 (314033-01)

12 noon - 1pm

### Preparing Your Estate Plan

Do you know where your assets will go when you die? If not, this seminar will help familiarize you with the basic steps of estate planning, including the function of a will and the different types of trusts. An estate-planning attorney will be present at this event. **Must register by Wed, Jan 27 for Central Orange SC. Must register by Wed, Feb 3 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**

Wed, Feb 3 (244020-02)

12 noon - 1 pm

**Seymour Center**

Wed, Feb 10 (344053-02)

12 noon - 1 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:** Tues sessions will be held at the Seymour Center from 2- 3:30 pm. Call 919-968-2070 to register for sessions at the Seymour Center by Tues, Jan 5. Thurs sessions will be held at the Central Orange SC from 2 -3:30 pm. Call 919-245-2015 to register for sessions at Central Orange Senior Center by Jan 7.

**Central Orange SC**

Thurs, Jan 14	Foundations of Investing
Thurs, Jan 21	Focus on Fixed Income
Thurs, Jan 28	Stocks: The Nuts and Bolts
Thurs, Feb 4	An Investor's Tour of Mutual Funds
Thurs, Feb 11	What Happens After the Paychecks Stop?
Thurs, Feb 18	Preparing Your Estate Plan

**Seymour Center**

Tues, Jan 12	Foundations of Investing
Tues, Jan 19	Focus on Fixed Income
Tues, Jan 26	Stocks: The Nuts and Bolts
Tues, Feb 2	An Investor's Tour of Mutual Funds
Tues, Feb 9	What Happens After the Paychecks Stop?
Tues, Feb 16	Preparing Your Estate Plan

Material Fee: \$15 payable to the instructor at the first class

**Central Orange SC**

Tues, Jan 12 - Feb 16	(254003-01)	2 - 3:30 pm
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**Seymour Center**

Tues, Jan 12 - Feb 16	(334004-05)	2 - 3:30 pm
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**Social Security: Your Questions Answered**

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. We'll discuss how Social Security fits into your retirement income plan, when you should start taking benefits, and tax considerations.

**Everyone must register by Wed, Feb 10 for Central Orange SC and register by Wed, Feb 17 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**

Wed, Feb 17	(214006-01)	12 noon - 1 pm
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**Seymour Center**

Wed, Feb 24	(314034-01)	12 noon - 1pm
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