

# SENIOR TIMES

September/October/November 2016

News and Activities for Orange County's Older Adults



**September 2016:  
National Senior Center  
Month theme - Find Balance  
at Your Senior Center!**



## SENIOR CENTERS

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Visit us at [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) or [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging)

To join the bi-monthly listserv, email [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov) and request to join the list.

This is a great way to stay up-to-date on what is happening at the Centers.

## FROM THE DIRECTOR

I hope everyone is having a wonderful summer. It has been a busy one for us at the Department on Aging. As I am writing this article we have just finished the Master Aging Plan (MAP) Steering Committee meeting. Our community partners, along with county leaders and department heads, met this morning to celebrate our successes of Year Four of MAP 2012-17 and to kick-off the planning process for MAP 2017-

22. Some of our successes this year include the work of our eight Project EngAGE Senior Resource Teams; the expansion of services to persons with dementia through our OC CARES project; our partnerships to increase housing options for older adults; work to improve the quality of care in our long-term care facilities; and lastly, highlights of our work to serve both an ethnically and socio-economically diverse community. I would like to take this time to personally thank all of you that have been involved in helping us accomplish great things this year and also to thank you for helping make Orange County a great place to age.

MAP 2017-22 is well underway. 12 focus groups are being held throughout the county this summer. I am personally meeting with over 30 of our community partners to have a conversation about what they see as the growing needs of older adults in our county. We have an electronic survey that we would like you to complete. This survey can be reached through our website, [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging). The survey has been open for a little less than two weeks and we have 400+ surveys completed. Our goal is 1000 completed surveys by the end of September, so please visit our website and take the survey. In October we will be sharing the data from these surveys at two community meetings. Also at this meeting we will be announcing that we have been accepted as the first county in NC to become part of the WHO-AARP's Network of Age-Friendly Communities. As we develop MAP 2017-22 we will be following the framework as designated by these organizations.

I look forward to hearing from you as we work on the next Master Aging Plan. I hope that you will get involved in one of the many work groups that will be putting together goals and strategies for the next five years. This is a community plan and we need you to be involved.

September is National Senior Center month and this year's theme is "Finding Balance." I hope that as you are reading this issue of Senior Times that you will find a balance of education, social, recreational and wellness programs that fit your schedule and meet your needs. You will notice that we have expanded the hours and programming at the Seymour Center and we hope that will make it even more convenient for you to visit the Center.

As always, I love hearing from you and seeing you at the Senior Centers.

**Janice Tyler**

Director, Orange County Department on Aging | [jt Tyler@orangecountync.gov](mailto:jt Tyler@orangecountync.gov)

## September is Senior Center Program Survey Month with Prizes

Did you know that it's important to give your feedback on senior center programs, courses and classes? Receiving feedback about our activities helps staff develop better programs, and meets funding requirements. Data from surveys also shows the impact that senior center programs have on participants' lives, and it may influence future funding.

We received several during our spring survey, but we need more! Remember it helps the senior centers and their programs!

As part of the efforts to get feedback from all program areas, we will be collecting Senior Center Surveys during the middle of September for all our ongoing classes, and regularly for classes that have a beginning and ending date. If your instructor doesn't give you a survey, please ask for one at the front desk. Once you complete and submit a paper copy of the "senior center survey" at the front desk, you will be given a ticket to enter your name in the drawing for a special prize. *If you completed a survey in March or since then, it's time to complete another one.* Help us to help you by completing a survey!

Please call the Passmore Center at 919-245-2015 and the Seymour Center at 919-968-2070 if you have any questions. We look forward to hearing from you.

## FROM THE EDITOR

Finding Balance at your Senior Center is the 2016 National Theme for Senior Center month, an annual recognition during the month of September. We make it a habit at the Orange County Senior Centers to provide a wide variety of activities and programs so individuals can help to "find balance" in their lives. This coming quarter is no different. We are providing new exercise programs and classes - A Brain Health Academy - Achieving a Healthy Lifestyle series of workshops, Exercise Boot Camp, Circuit Training, new Greenway walks and more; new programs in: family caregiving, dementia education, Death with Dignity discussions, information/services at the county's community centers, opportunities to volunteer, and the dedication of the renaming of the Passmore Center, Medicare information, Seymour Technology classes, Arts and Crafts, Education and Special Events. And, you will continue to see some of the popular programs classes offered again.

We really want your feedback on programs and activities that we will offer in the future, so the public has an opportunity to comment on future planning through the ongoing Master Aging Plan (MAP) process, and through our semi-annual program evaluation process for classes offered at the Senior Centers.

Some exciting news, effective Mon, Sep 12, the Seymour Center will be open on Monday and Wednesday evenings with new programs in addition to its Tuesday /Thursday evening schedules and Saturday hours. The Passmore Center is already open Mon - Thur evenings and Saturday mornings, 9 - 11 am. You'll note we've even created an "Evening" schedule to help Boomers and those still working to take advantage of all the great things offered.

Feel free to email, call or stop by to see me and share your experiences and ideas for other new ways we all can connect.

It is my hope that each of you will be able to find services and/or programs at the Centers that can help you "find balance".

**Myra Austin**

Senior Centers Administrator | Orange County Department on Aging  
Senior Times Managing Editor | [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

## Seymour Center – Additional Hours

Beginning, Mon, Sep 12, the Seymour Center will be open additional hours on Mondays and Wednesdays. The Center will remain open until 9 pm on these days - as well as on Tuesdays and Thursdays. There will continue to be new programs and activities as well as some additional programming times for existing programs. Come see what new things are being offered every evening Monday – Thursday! If you're still working – come on and join the fun!

## Looking to Share Your Home?

### Looking for Housemates?

The Seymour Center and the Passmore Center each have a Shared Housing Bulletin Board to help those seeking shared housing. Please post a notecard sized notice on the bulletin board with your contact information and what you are seeking. Also, there will be a list of suggestions for finding and contacting potential housemates. The path to a new living situation starts now!

# Evening Activities and Programs

## ATHLETIC ACTIVITIES

see page 36-37 for details

### Passmore Center

#### Billiards

Bring a friend and enjoy shooting a round of pool - every day and almost any time.

#### Pickle Ball

Mondays (251016-01) 5 - 8 pm  
Seymour Center

#### Badminton

Tuesdays (351022) 4:30 - 6:45 pm  
Wednesdays 7:30 - 9 pm

#### Basketball - Shoot Around

Thu (357022) 5:30 - 7pm

#### Billiards

Bring a friend and enjoy shooting a round of pool - every day and almost any time.

## ART & CRAFT CLASSES

see page 27-28 for details

### Passmore Center

#### Basic Drawing

Fee: \$40  
Session I: Mon, Sep 12 - Oct 3 (254021-09) 6 - 8 pm

Session II: Mon, Oct 10 - 31 (254021-10) 6 - 8 pm

Session III: Mon, Nov 7 - 28 (254021-11) 6 - 8 pm

#### Holiday Cards

Fee: \$10 plus \$5 material fee  
Thu, Nov 3 (344057-01) 6 - 8 pm

#### Watercolor Painting - Beginning

Fee: \$40  
Session I: Thu, Sep 1 - 22 (254039-09) 5:30 - 7:30 pm

Session II: Thu, Sep 29 - Oct 20 (254039-10) 5:30 - 7:30 pm

Session III: Thu, Oct 27 - Nov 17 (254039-11) 5:30 - 7:30 pm

### Seymour Center

#### Basic Quilling

Fee: \$10 plus \$5 material fee  
Thu, Sep 29 (344026-01) 6 - 9 pm

#### Drawing

Fee: \$80 for 4 weeks  
NEW - evening classes

Session I: Tue, Sep 13 - Oct 4 (354053-10) 7 - 9 pm

Session II: Tue: Oct 11- Nov 1 (354053-11) 7 - 9 pm

Session III: Tue: Nov 8 -29 (354053-12) 7 - 9 pm

#### Exploring Acrylics & Mixed Media

Wed, Oct 5 - 26 (4 weeks) (344060-01) 6 - 7:30 pm

#### Pastel (New Evening Program)

Fee: \$80  
Session I: Thu, Sep 15 - Oct 6 (354083-01) 7 - 9 pm

Session II: Thu, Oct 13 - Nov 3 (354083-02) 7 - 9 pm

Session III: Thu Nov 10 - Dec 8 (no class Nov 24) (354083-01) 7 - 9 pm

## BRIDGE & OTHER GAMES

see page 30-31 for details

### Seymour Center

#### Mah Jong - Evening

Thursdays (351001-01) 7 - 9 pm

## DANCE, MUSIC & THEATER

see page 37-38 for details

### Passmore Center

#### Ballroom Dance Lessons

Fee: \$5  
Thursdays (254032) 7 - 8 pm

### Seymour Center

#### Argentine Tango Dance

For more information, contact  
Katherine Polk at 919- 967-4967.

Fee: FREE

4th & 5th Thu, Sep 22, 29; Oct 27 (353007- 03) 7 - 8:30 pm  
(no dance on Nov 24 due to holiday)

#### Clogging Lessons

Fee: FREE  
Mon, Oct 31 - Nov 21 (323048-01) 7 - 8 pm

#### New! Nightclub Two Step Dancing

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-Ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples.

#### Foundations I Beginner/Advanced Beginner

Tue, Sep 13 - Oct 4 (354038-13)

7:30 - 8:30 pm

#### Foundations II Advanced Beginner/Intermediate

Tue, Oct 11- Nov 1 (354038-14)

7:30 - 8:30 pm

#### Foundations I Beginner/Advanced Beginner

Tue, Nov 8 - 29 (354038-15)

7:30 - 8:30 pm

#### Waltz Social/ Practice

1st, 2nd & 3rd Thu, Sept 1, 8, 15; Oct 6, 13, 20; Nov 3, 10, 17 (353006)

7 - 8:30 pm

Fee: FREE

#### West Coast Swing

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-Ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples.

#### Foundations I Beginner/Advanced Beginner

Tue, Sep 13 - Oct 4 (354038-10)

6:30 - 7:30pm

#### Foundations II Advanced Beginner/Intermediate

Tue, Oct 11- Nov 1 (354038-11)

6:30 - 7:30pm

#### Foundations I Beginner/Advanced Beginner

Tue, Nov 8 - 29 (354038-12)

6:30 - 7:30pm

## MUSIC

see page 38 for details

### Seymour Center

#### Song Swap

Fee: FREE  
1st Tue, Sept 6; Oct 4; Nov 1 (353017)

7 - 8:30 pm

## EDUCATIONAL OPPORTUNITIES

see page 32-33 for details

### Seymour Center

#### Improv 101

Fee: \$5  
Tues, Oct 18- Nov 22 (354137-03) 6:30 - 8:30 pm

## INTEREST GROUPS

see page 38-39 for details

### Passmore Center

#### Tar Heel Depression Glass Club

1st Mon: Sep 12 (2nd Mon due to holiday); Oct 3; Nov 7 (237001-01) 5:30 - 8 pm

## ORGANIZATIONS & CLUB MEETINGS

see page 39-40 for details

### Passmore Center

#### NC Central University Alumni Association

Mon, Sep 19; Oct 17; Nov 21 (258005-01) 5 pm

### Seymour Center

#### Central NC Mineral Club

Tue, Sep 6; Oct 4; Nov 1 (358001) 7 pm

#### Chapel Hill Camera Club

Tue, Sep 13, 20, 27; Oct 11, 18, 25; Nov 8, 15, 22 (358002) 6:30 - 9 pm

#### Chapel Hill Camera Club - Digital Imaging Group

Tue, Sep 6; Oct 4; Nov 1 (358000)

6:30 - 9 pm

#### Spanish Social Club

Thu (357161-01) 7 - 8:30 pm

#### Triangle Weavers Organization

Thu, Sep 22, Oct 27, no meeting in Nov (357004) 6:45 - 8:45 pm

## SPECIAL EVENTS

see pages 33-36 for details

### Passmore Center

#### Art of Miming Performance and Workshops

Thu, Sep 15 - Mime Performance (253007-09) 6 - 7 pm

#### Pot Luck Dinner and Performance

Fee: FREE  
Thu, Sep 15 (253007-09) 5:30 pm

#### Cooking and Dinner with David Sovero - The Art of Cooking

Fee: \$9 per class plus two ingredients  
Mon, Sep 12 - 26 (233016-09)

5:30 - 8 pm

Mon, Oct 3 - 31 (233016-10)

5:30 - 8 pm

Mon, Nov 7 - 28 (233016-11)

5:30 - 8 pm

### Seymour Center

#### Art of Miming Performance and Workshops

Mon, Sep 26 - Mime Performance (343038-01) 7 - 8 pm

Wed, Sep 28 - Story Circle (343038-02) 7 - 9 pm

Mon, Oct 3 - Writing Sessions (343038-03) 7 - 9 pm

Wed, Oct 5 - Open Mic Session (343038-04) 7 - 9 pm

#### Autumn Evening in Paris Senior Prom

Register by Fri, Sep 30

Fee: FREE

Fri, Oct 7 (313016-02) 6 - 9 pm

#### Backyard Bocce and Burgers Party!

Fee: FREE  
Tue, Sep 20 (343039-01) 6 - 8 pm

## Find Balance at Your Center features

### Booming Nights at Seymour Series

Fee: \$15 per class

#### Plant Night with Priscilla Boomer

Mon, Sep 26 (344059-01) 6 - 9 pm

#### Paint Night with Robin Greenberg

Mon, Oct 24 (344059-02) 6 - 9 pm

#### Picterragraphics Night with Geoff Huffman

Mon, Nov 28 (344059-03) 6 - 9 pm

#### "Let Me Entertain You" Dinner and Show featuring Local Author and Newspaper Columnist, Regina Gale

Fri, Nov 4  
Fee: FREE (343044-01) 6 - 8 pm

## SUPPORT GROUPS

see page 24 for details

### Seymour Center

#### Multiple Sclerosis (MS) Support Group

Last Tue, Sep 27; Oct 25; Nov 29

6:30 - 8 pm

#### NAMI Orange County Support Group

4th Tue, Sep 27; Oct 25; Nov 22

7 - 8:30 pm

## WELLNESS - EXERCISE CLASSES

see page 20 for details

### Passmore Center

#### T'ai Chi - Wu/Hao Beginner

Fee: \$8/ class

Mondays (252008-09, 10, 11)

6 - 6:50 pm

#### OC SportsPlex Member Classes

\*subject to change\*

#### Zumba

Tue 6 - 7 pm, Wed 7 - 8 pm

#### Muscle Pump

Wed 6 - 7 pm

#### Yin Yoga

Wed 7 - 8 pm

### Seymour Center

#### Circuit Training with Alicia Reid

Fee: \$50

Wednesdays (352046-01) 6:15 - 7:15 pm

#### Exercise Boot Camp for Boomers

Fee: \$50

Mondays (352041-01) 5:30 - 6:30 pm

#### Gentle Joy of Yoga

Fee: \$6/class

Wednesdays (352091) 5:30 - 6:30 pm

#### Music Therapy Class

Fee: FREE

Tuesdays Oct 18 - Dec 20 (352091)

5 - 7 pm

#### T'ai Chi - Yang Short Form - Advanced

Fee: FREE

Tuesdays (352005-10) 7 - 8:15 pm

## WELLNESS - SPECIAL EVENTS

see page 16 for details

### Seymour Center

#### NAMI Family-to-Family Education Program

Fee: FREE

Thursdays, Sept 8 - Dec 1 5:30 - 9:30 pm

#### Smoke Cessation Program - Fresh-start

Fee: FREE

Tue, Oct 4, 11, 18, 25 (332000-04) 6 - 7 pm

# Come to a Center for "One Stop Shopping"

Social workers at both the Seymour Center and Passmore Center can help seniors apply for a variety of financial aid services - such as SNAP (Supplemental Nutrition Assistance Program - formerly Food Stamps), Energy Assistance, and Medicaid. Our Aging Transition social workers are able to discuss your questions and concerns about these programs in a confidential setting, and to complete the required paper work. This is called, "One-Stop Shopping". To find out if you qualify for any of these programs, call the Aging Transitions Help Line at 919-968-2087, Mon - Fri, 9 am - 4 pm to make an appointment.

## 橙郡老年中心 社会工作者服务团队

橙郡老年中心的 Aging Transition Program (老年人过渡项目) 是由社会工作者组成。我们的目标是帮助老年人更好的利用社区资源, 维持独立生活的能力, 提升老年人的生活质量。

我们帮助橙郡的老人申请一系列的经济补助, 包括: 电费能源补助, 食物补助, 医疗保险 Medicaid/Medicare, 或帮您申请一部免费的电话。我们的团队帮您解答任何生活中的难题, 从独立住宅 到养老院, 从医药补助到填写表格, 受理申请。

为减轻照顾生病老人的家人的负担, 我们提供中文的照顾者支持项目: 免费咨询, 资源推荐, 医保申请, 情感支持, 住家照顾等。此外, 若您家人有严重健忘, 性格突变, 走失等问题, 我们的健康保健中心将提供认知, 记忆力, 情绪评估及早期老年失智症筛查等。

英文热线: 919-968-2087; 中文热线: 919-259-0232

更多咨询请登录: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

## You'll Want to Know

**Find Balance at your Senior Center! – The 2016 theme for National Senior Center Month.** Senior Centers are important to the community and the older adults who live there helping them to find balance and whole person wellness. Hope you will participate in all or as much as you can at your local Senior Center and see the wonderful services and programs the Senior Centers showcase and offer. Many older adults there serve as a testament to positive images of aging year round not just during Senior Center month.

### Senior Center Program and Instructor Surveys

During September participants are asked to evaluate the Senior Centers' programs and instructors by participating in the program and instructor surveys, distributed at the front desk and available on the website.

### Registration Forms Update

Senior Center registration forms are available. If you haven't completed one since March 2015, please complete one and sign the waivers. Stop by the front desk at either Senior Center to receive a form, UPDATE your info, if it's changed or go to our website and look for the "Registration Form".

**Facebook – the Department on Aging page** [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging) and a new revamped website.

[www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) Check them out and become a Facebook Friend!

### Registration for Programs Required

You should register for all programs and classes in advance – both FREE, and those with a fee. Classes and events may become filled, or cancelled if minimum numbers are not reached. Don't be left out!

### Join the Senior Centers' Email List

To add your address to the list, e-mail Myra Austin at [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov) Information is sent out approximately every two weeks.

### Senior Times is on the Web

For the current issue of Senior Times online, go to our web site: [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) Click on the Senior Times link on the left side of the Department on Aging's Home page. You will need Adobe Flashplayer 9. On-line registration is available for some programs.

### Check Out Our Senior Page in the Chapel Hill Herald Newspaper

Just a reminder, we have a senior page in the Chapel Hill Herald on Sundays which gives information on some of the events for the upcoming month. Look for it on Sun, Sep 25 and Oct 30.



## Dedication of the Jerry M. Passmore Center – Thu, Sep 29

Have you noticed that the center has a new name? Central Orange Senior Center is now the Jerry M Passmore Center. It will be dedicated in honor of Jerry Passmore on Wed, Sep 28. Jerry Passmore served as the Orange County Department on Aging's Director for 30 years and is responsible for building a progressive program serving older adults in Orange County. You are invited to attend the dedication and to speak to Jerry. Registration required by Wed, Sep 21. This program is cosponsored with The Friends of the Jerry M Passmore Center. Refreshments will be served.

Fee: FREE

**Passmore Center Thu, Sep 29**  
(213027-01) 10:30 am

## Club Nova Community, Inc. and the Seymour Center, in collaboration with Mother Minds, hosts a special event

**Fri and Sat, Oct 14 and 15 at the Seymour Center**

The event will be the work of both performing and creative artists of the Club Nova "Clubhouse". It will embrace the time and talents of adults living with mental illness in Orange County!

Club Nova was established to meet the needs of persons living with severe and persistent mental illness in Orange County. It serves 104 active members a year with an average daily attendance of 43 members.

Club Nova is founded on the understanding that recovery from mental illness must involve the whole person and has demonstrated that people with mental illness can successfully live and work as active participants within the community.

For more information or to volunteer for this event, please contact: Marsha Pate, Associate Director at [mpate@clubnova.org](mailto:mpate@clubnova.org)

## LIEAP – Low Income Energy Assistance Program

Orange County Department of Social Services will start taking applications on Nov 1 for the Low Income Energy Assistance Program. Applications will be mailed to many households in late Oct and social workers at both the Passmore and Seymour Centers can assist in completing applications Nov through March. Eligible households will have a payment made directly to their heating provider.

Interested persons can call the OCDOA Aging Transitions Helpline (919-968-2087) to reach a social worker for assistance, or to request an application.

## Brain Health Academy: Achieving a Healthy Lifestyle

A 6-part educational/interactive series dedicated to Achieving a Healthy Lifestyle through healthy brain and body activities.

### PASSMORE CENTER

103 Meadowlands Drive, Hillsborough  
Thu, Sep 22 – Oct 27 • 6:30 – 8:30 pm

Limited space available. Registration Deadline: Thu, Sep 15 (243043-01)  
The full program presenters will be posted once they are all confirmed.

**Thu, Sep 22: Kick-off Event - WCHL & UNC Family Medicine - Your Health - Drs. Adam Goldstein and Christy Page (invited)**

**Thu, Sep 29: Module I - Nutrition for a Healthy Brain & Body**

Focus: Eating for brain health – what is good for the body is good for the brain. As we age, whether in our 40's or 80's, our brains and body require certain nutrients to function optimally.  
Speaker(s): TBA

**Thu, Oct 6: Module II - Exercise Your Best Brain**

Focus: Importance of physical activity (cardio and strength training) for optimal brain health – the why and the how  
Speaker(s): Lee Schimmelfing, MS, Corporate Fitness Program Manager and Adjunct Professor at UNC

**Thu, Oct 13: Module III - Managing Life's Transitions: Stress Reduction Systems**

Focus: The importance of adopting a stress management system to support inevitable life transitions,  
Speaker(s): TBA

**Thu, Oct 20: Module IV - Social Engagement/Volunteerism/Sense of Purpose/ Meaning**

Focus: People live longer and happier lives when they are engaged in and connected to something that gives them meaning and purpose, such as regular volunteering.  
Speaker(s): TBA

**Thu, Oct 27: Module V Part A - Healthy Hearing Stimulates the Brain through Language**

Communications, Music and Dance  
Focus 1: Types of hearing complications: What assistive devices and techniques are available and how hearing connects to the brain.  
Speakers: Dr Sharon Williams, Associate Professor, Division of Speech and Hearing Sciences  
Patricia O Johnson, AUD,F-AAA,ABA Certified Doctor of Audiology Clinical Assistant Professor UNC

Focus 2: Understanding how the sound of music and dance rhythms wakes up the mind.  
Speakers: Dr. Ken Wilson, Infectious Disease Specialist, Duke Medicine  
Performer(s): John and Sheila Peebles

**Module V Part B - Brain Connection and Medication Management**

Focus: How Medication Management affects the Brain  
Speakers: Amica Simmons Yon, PharmD, PhD

**Call to Action – What's Next?**

Facilitator: Salli Benedict, MPH, Health Educator and Certified Fitness and Yoga Instructor

Participants will be able to document learning with a Passport to Brain Health Academy. Participants will receive a stamp at each week's presentation and submit the completed passport for a chance to win Dinner and Movie tickets for two. The more stamps you receive the more chances you have to win! Each session will be facilitated by a Dept on Aging staff member. Beverage refreshments will be available. Space is limited, so register early by calling the Passmore Center, 919-245-2015 before Thu, Sep 15.

## Unstuck! Lighting the Heart of the Family Caregiver with Humor!

Join us for a local, live viewing of a nationwide simulcast at both Centers, "Unstuck! Lighting the Heart of the Family Caregiver with Humor" featuring Peter Rosenberger.

Peter Rosenberger, a 30 year family caregiver, noted author, speaker, radio host and AARP TN Volunteer, says humor is an expression of a healthy heart, not a defense mechanism. Rosenberger is the founder of Caregivers with Hope and the author of, "Hope for the Caregiver: Encouraging Words to Strengthen your Spirit."

Come learn how to lighten your heart, rediscover your identity and find a safe emotional path while enjoying a healthy dose of Rosenberger's outrageous humor and candor. Event will include refreshments and door prizes.

Please register with the Passmore or Seymour Center at least one week prior to the session. Please contact Kim Lamon-Loperfido, OC CARES Social Worker at 919-245-4253 for more information.

Fee: FREE

**Passmore Center** Thu, Aug 25 7 pm

**Seymour Center** Thu, Aug 25 7 pm

Inspiring, entertaining, and empowering audiences across the country, Peter offers poignant insights into the life of a caregiver and weaves his deep compassion for the challenges faced by fellow caregivers with his outrageous humor.

Drawing on an astonishing 30 year journey as a caregiver for his wife through a medical nightmare, Peter brings an enormous wealth of experience and understanding of the heartache and harsh realities of caregiving. Speaking frankly and practically, Peter seeks to empower those who "push the wheelchair," stand in the hospital room corner, stay up late doing laundry, handle medications, work ...and generally "try to keep it all on the rails" while caring for someone who is impaired, chronically ill, disabled, or elderly.

Caregiverswithhope.com

## Falls Prevention Awareness

**National Falls Prevention Awareness Day – Thu, Sep 22**

National Falls Prevention Awareness Day is observed the first day of fall to promote and increase public awareness on how to prevent and reduce falls among older adults.

Recommendations for prevention include: encouraging older adults to exercise regularly; have their medications reviewed; get their vision checked; reduce hazards in their homes that can lead to falls; and have their balance tested.

FREE Balance Screening, footwear examinations, exercise demonstrations, walker and cane fitting adjustments and consultations are available with appointment request. These screenings will be provided by UNC University Physical Therapy and ElderFit In Home Rehab. **This free option is only available on Sep 23.** Please call a center to make an appointment. Passmore Center at, 919-245-2015 or Seymour Center, 919-968-2070  
Fee: FREE

**Passmore Center** Fri, Sep 23 (242502-01) 9 am – 12 noon

**Seymour Center** Fri, Sep 23 (357096) 9 am – 12 noon

## Falls Prevention and Recovery Class

Many older adults throughout Orange County fall every year in their homes and in the community. This class will offer an opportunity to work with an Occupational Therapist and Occupational Therapy students from UNC- CH to learn how to prevent falls in your home and in the community. Additionally, in case a fall was to occur, you will learn when it is or is not safe to get up alone. You will learn to plan for and use appropriate and safe techniques for getting up from the floor and reaching emergency services.

Fee: FREE

**Seymour Center** Wed, Sep 14 9:30 – 10:30am

**Passmore Center** Wed, Nov 9 9 – 10 am

## In Praise of Age TV Show

***In Praise of Age (IPOA)* is a weekly, award-winning television production dedicated to informing and entertaining older adults and the community on issues of aging. All half-hour shows are sponsored by the Orange County Department on Aging, UNC Health Care, Carol Woods Retirement Community, the Friends of both the Seymour and Passmore Centers, and Carolina Meadows Retirement Community of Chapel Hill.**

*In Praise of Age* is produced by Jerry Passmore, founding director of the Orange County Department on Aging, who can be contacted for questions or program suggestions at [passmorejerry@gmail.com](mailto:passmorejerry@gmail.com). View online some of the past popular IPOA programs and also ones indicated below. **Go to YouTube.com and then key - In Praise of Age. Click the red subscribe button on the In Praise of Age channel show to automatically receive an email notice of any new shows.**

**Show times are every Saturday at 7:30 p.m. on Time Warner Cable TV:**

**Channel 8 in Chapel Hill**

**Channel 4 in Carrboro and**

**Channel 18 in the Durham area**

The program is replayed every Monday at 10:30 a.m. at the Seymour Center and Passmore Center or on Tuesday if Monday is a holiday.

On the first Sat of each month, IPOA will be highlighting an inspiring life story of those who have made a difference in the community. This program series will feature – Sep: Dr John Hope Franklin, a renowned historian on African-American studies who shares his life story; Oct: Jack Chestnut, retired from Carol Woods, shares his thoughts in an early interview about senior housing; and Nov: Jean Holcomb, Founder of Viking Travel, shares travel insights from over 30 years of helping people see the world.

**Sep 3: Dr. John Hope Franklin:** Scholar, Leader, Beacon of Inspiration Author of the seminal work *From Slavery to Freedom*, recipient of the Presidential Medal of Freedom, holder of honors and achievements too numerous to name, world renowned historian and octogenarian, Dr Franklin visits with host Florence Soltys. (OAD: 5/8/04) YouTube

**Sep 10: “A Survivor’s Lessons Learned from 911-** Joe Dittmer, an insurance executive, was in the New York Twin Towers on Sep 11, 2001 when terrorists flew planes into the towers. He shares his personal account as a survivor and lessons he learned from this horrific experience that will ever be remembered by our nation. (OAD: 9/10/16)

**Sep 17: The Shared Housing Option-** Marianne Kilkenny and Linda Williams, co-founders of Women for Living in Community, share their passion for promoting community and alternative housing options, including the shared housing option. The presentation was held Oct 15, 2013 in Hillsborough as part of the Aging in Community lecture and discussion series. (OAD: 1/18/14)

**Sep 24: Las Vegas Night 2016 at the Central Orange Senior Center-** Enjoy highlights of the Friends’ annual fundraising event held Apr 20 that includes music, dancing, dinner and table games such as blackjack and roulette. (OAD: 9/24/16)

**Oct 1: A Lifetime of Senior Housing Service-** Jerry Passmore interviews Jack Chestnut, long-time community leader, former Director of Community Contacts at Carol Woods and former Orange County Advisory Board on Aging chair, who is now retired. He shares over 30 years of senior housing experience and discusses other senior issues. (OAD: 7/11/09) YouTube

**Oct 8: Aging Artfully: Senior Artists’ Colony** As part of the Aging in Community Series, Tim Carpenter, developer and social entrepreneur from southern CA, presented on Feb 18, 2014 at the UNC Friday Center, his experience in developing the Burbank and Long Beach Senior Artists’ Colonies. Tim has been transforming affordable senior apartment communities into vibrant centers of learning and creativity. (OAD: 8/9/14)

**Oct 15: The Media and Aging** - Tommy Goldsmith, Generations reporter for the News and Observer, reflects on the changing media, specifically newspapers, and how the media views and covers older adult issues. (OAD: 10/1/07) YouTube

**Oct 22: Life and Music of Gershwin- Part I** - The Prime Time Players present a musical variety show celebrating the life and music of George Gershwin, featuring the Seymour Tappers, Carol Woods’ Taptations, Metrognomes String Quar-

ter and others. The show is narrated by Bobbie Boyd Lubker and directed by Mary Ann Freedman. (OAD: 8/20/11)

**Oct 29: Life and Music of Gershwin- Part II** - The Prime Time Players present part II of their musical variety show celebrating the life and music of George Gershwin, featuring the Seymour Tappers, Carol Woods’ Taptations, Metrognomes String Quarter and others. The show is narrated by Bobbie Boyd Lubker and directed by Mary Ann Freedman. (OAD: 8/27/11)

**Nov 5: Any Time is Travel Time** - Jean Holcomb, founder and President of Viking Travel, shares with Bobbie Boyd Lubker how travel has changed over the last 30 years, the importance of travel agents even today in assisting older travelers, and exciting opportunities and important information for new and seasoned travelers. (OAD: 4/10/10) YouTube

**Nov 12: Reminiscence-** Florence Soltys shares with host Jerry Passmore the importance of reminiscence, including the significance of both public and private reminiscence, drawing from her book entitled *Transformational Reminiscence: Life Story Work*. The program re-run is in memory of Florence for her many community contributions. (OAD: 6/16/07) YouTube

**Nov 19: Music and Memory- Part I** - Music is part of our lives. Music is now being used more as a therapeutic tool to enrich the lives of older adults with cognitive impairments such as dementia such as Alzheimer’s disease. Host Jerry Passmore visits Carolina Meadows, a progressive Continuing Care Retirement Community (CCRC), to learn firsthand from staff about how and why they became a nationally certified Music and Memory Facility. Older participants will share their experiences and even dance to music important to their lives. (OAD: 11/19/16)

**Nov 26 – Music and Memory- Part II-** Host Jerry Passmore interviews county leaders, Dennis Streets, Chatham County Council on Aging and Mary Fraser, Orange County Department on Aging as to why their agencies are sponsoring and expanding music therapy to older adults in a home setting, as well as institutional settings. We will see a volunteer helping a couple go through the process of selecting a music playlist to be used in a home caregiving setting. (OAD: 11/26/16)

# The Village Review

This special interest group loves to sing and sometimes adds a tiny bit of play acting. Some of the members are former professional singers and dancers, and some of the members can hardly carry a tune – but everyone has fun – including audiences!

The whole point is to enjoy the company of folks who like to sing and “ham it up” a bit for members of care giving facilities throughout the Triangle area.

The Village Review meets weekly at the Seymour Center on Tuesdays from 3:30 – 5 pm. We learn new songs each season and after a few weeks practice, we take a 30 min program out to bring big smiles to the faces of residents of area health care facilities.

We have a real need for more members and definitely some more guys!!

**All are welcome. Please contact Mary Freedman at 919-967-5883 for more information**

**Our first meeting of the fall season is on Tues, Aug 16. You are welcome to simply drop in to experience who we are.**

## Veterans Affairs (VA) Benefits Counselor Holds Office Hours at Senior Centers!

Betsy Corbett, Orange County's VA Benefits Counselor, makes appointments to see clients at both senior centers. She will explain and explore eligibility for Veterans Affairs (VA) health and financial aid benefits for veterans, and, perhaps, family members. Betsy is available for appointments Monday mornings at the Seymour Center in Chapel Hill, and on Wednesdays at the Passmore Center in Hillsborough. To make an appointment at either location, call Betsy at 919-245-2890.

## MEDICARE QUESTIONS?

Do you or your loved ones have Medicare?  
If you have questions, SHIIP can help.

Passmore Center, Hillsborough, NC

919-245-2015

Seymour Center, Chapel Hill, NC

919-968-2070

NC SHIIP: 855-402-1212 (toll free)



**Do you need help  
paying for Medicare?**

1-855-408-1212 | [www.ncdoi.com/SHIIP](http://www.ncdoi.com/SHIIP)

Medicare recipients with limited income and assets may qualify for money-saving programs, called Extra Help and Medicare Savings Program. Make an appointment today!

**PASSMORE CENTER: 919.245.2015**

**SEYMOUR CENTER: 919.968.2070**

## Are You Turning 65 in the Next Six Months? Welcome to Medicare!

Are you turning 65, and eligible for Medicare? Do you feel overwhelmed by all the information “bombarding” you? If so, come to a seminar offered by the Seniors' Health Insurance Information Program (SHIIP) and the Orange County Department on Aging to learn about Medicare and all of its parts. People turning age 65 - those who are retiring, retired or continuing to work - should attend to learn more about Medicare and how to avoid penalties. General information on choosing a plan during this once in a lifetime “window” will be covered – including Medicare Advantage Plans (Pt C). For those with qualifying incomes, there will also be information on the Extra Help program which lowers your costs. To register, call Passmore Center 919-245-2015, or Seymour Center 919-968-2070.

**Passmore Center** (223003-02)  
Thur Dec 8 6 – 8 pm

**Seymour Center** (357055-05)  
Fri Oct 28 1 – 3 pm

**Chapel Hill Library**  
Wed Sep 7 6 – 8 pm  
Wed Oct 12 1 – 3 pm  
Wed Nov 9 6 – 8 pm

**Orange County Public Library (Hillsborough)**  
Thu Sep 8 11 am – 1 pm  
Thu Oct 4 1 – 3 pm  
Thu Nov 3 6 – 8 pm

## Get Extra Help with Medicare Costs

Medicare beneficiaries with limited incomes and resources may be eligible for the federal Extra Help Low Income Subsidy (LIS) program. LIS can pay for all or part of a beneficiary's Medicare Part D Prescription Drug Plan's (PDP) monthly premiums, annual deductible and all or part of any prescription co-payments.

To qualify for LIS, the monthly income must be limited to \$1,485 for an individual or \$2,002.50 for a married couple living together. Additionally, resources are limited to \$13,640 for an individual or \$27,250 for a married couple living together – not including a primary residence or a vehicle.

Make an appointment with a certified Medicare counselor today to see if you qualify for the Extra Help LIS program and to complete an application. For an appointment in Hillsborough, call 919-245-2015, for Chapel Hill call 919-968-2070.

## Live Alone?

The Telephone Reassurance Program gives peace of mind to seniors who live alone. The FREE Department on Aging program provides a morning safety-check phone call, between 8 and 9:30 am, Monday through Friday. These calls offer a sense of security and support to seniors in their choice to remain living independently. Trained volunteers call each participant at a set time. If calls remain unanswered after 3 tries, this information is relayed to the Aging Transitions staff. If interested in receiving Telephone Reassurance calls, please contact the Aging Transitions Helpline at 919-968-2087.

Interested in becoming a Telephone Reassurance volunteer? Please call the Volunteer Connect office at 919-245-4241.

## Dementia Friendly Business Campaign

This community initiative is led by the OCDOA, the East Chapel Hill Rotary, and Acorn Senior Services to better support people with dementia and their caregivers. Local businesses participate by having their employees attend a 90 minute training to help them better understand of the signs, symptoms and causes of dementia and to give them skills to sensitively serve people with dementia and/or cognitive impairment. Businesses that complete the training and commit to implement their practices in a "dementia friendly" manner will be sporting our logo!



As of this printing, 26 local community partners have completed the Dementia Friendly Business (DFB) training program. See the updated list in this edition of the Senior Times!

**Charter Members: Carrboro Family Pharmacy, Cameron's Gift Shop, The Animal Hospital of Carrboro, Maitland Law Firm in Chapel Hill, Chapel Hill YMCA, Chapel Hill Library, the Law Office of Colin K. Austin in Hillsborough, Law office of Jeffrey G. Marsocci in Wake County, Fidelity Bank in Chapel Hill, and all four Orange County Walgreens locations.**

Look for the sticker and share your feedback them about their accommodations for people with dementia!

The training team is currently scheduling trainings for more community businesses, large and small. If you know or are an interested business, we are excited to work with you!

Are you interested in volunteering as a Dementia Friendly Community Advocate? The DFB team invites candidates from the community to set up an interview to become part of this important project.

For business registration or to schedule a volunteer interview, please contact us at [info@DFOC.org](mailto:info@DFOC.org) or call the Aging Transitions Helpline at 919-968-2087.

## Dementia Friendly Business Campaign 2016-2017 Trained Partners

Carrboro Family Pharmacy; Cameron's Gift Shop; The Animal Hospital of Carrboro; Maitland Law Firm in Chapel Hill; Chapel Hill YMCA; Chapel Hill Library; the Law Office of Colin K. Austin in Hillsborough; Law office of Jeffrey G. Marsocci in Wake County; Fidelity Bank in Chapel Hill; Walgreens; Chapel Hill Fire Department; Medical Claims Rx; OC Animal Services, OC Child Support; Health Department: Health Promotion and Education Services; OC Health Department: Personal Health Services; OC Hillsborough Department of Social Services: Economic Intake Division; OC Human Resources; OC Public Library; OC Solid Waste Management; OC/Chapel Hill Visitor's Bureau; State Employee's Credit Union (State Division Leaders); Senior Information Networking Group Board (Wake Forest)

### The Following Organizations Will Join the List this Summer!

#### 2016-2017 Committed Businesses

Bailey's Bookkeeping; Café Carolina; Carolina Family Estate Planning; Chapel Hill Chamber of Commerce; Edward Jones Financial (Chatham County); Honeysuckle Tea House; Navigate NC; OC Board of Elections; OC Dept. of Housing, Human Rights and Community Development; OC Emergency Services; Stuckey & Boyd Financial Services; Town of Chapel Hill & Chapel Hill Transit; UNC Meadowmont Wellness Center; UNC Rehab Services (Meadowmont Clinic)



## COMMUNITY GIVING FUND

The Orange County Community Giving Fund is an encompassing fund for Orange County government, so donations can be given to any department or County-sponsored activity through this fund. Cash, stocks, bonds, or real property gifts will be tax deductible and used for the purpose for which they are given and acknowledged as such.

The fund is managed by the Orange County Local Government and Suntrust Bank and gives the public an opportunity to designate a tax deductible donation, which supplements the County's annual budget. Orange County residents can designate part of their estate through the fund and specify the purpose for which the gift will be used.

To learn more about the fund or to request an information packet, please visit the Orange County Community Giving Fund Web site at [www.orangecountync.gov](http://www.orangecountync.gov)

Note: The Friends of the Jerry M. Passmore Center and the Friends of the Robert and Pearl Seymour Center continue to support the respective centers and welcome all levels of financial support which can be made directly to each organization – and are tax deductible.

## Dementia Basics: What Can We Expect? An Educational Series

The Orange County *Dementia Education Collaborative* will offer a monthly 'What Can We Expect?' education series for family caregivers and persons with dementia. Each series will consist of three weekly sessions with topics regarding brain health, types and stages of dementia, and preparation for the journey ahead.

### • Passmore Center (255018-02)

• Tue, Oct 11, 18, & 25 10:30 am – 12:30 pm

### • Seymour Center (354101)

• Tue, Sep 13, 20, & 27 4 – 6 pm

• Tue, Nov 15, 22, & 29 4 – 6 pm

Please register with the OC CARES team at least one week prior to the first session of each month at 919-245-2453 or [mdagger@orangecountync.gov](mailto:mdagger@orangecountync.gov). Parallel respite care will be available for loved ones with dementia if requested.

Fee: FREE

## BATHROOM SAFE?

### GRAB BAR INSTALLATION



Custom Handrails  
and Banisters  
Wrought Iron  
Railings

Tom Osborne  
919.967.7355  
[www.tomograbbars.com](http://www.tomograbbars.com)

Orange County | North Carolina

## Aging Help

Information & Consultations



919-968-2087  
[www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

A member of the  
Chatham - Orange Community  
Resource Connections

## One- Stop – Shop Clinic for Community Living at The Seymour Center and Passmore Center

### Stay Active Stay Fit Stay Safe in Your Home

#### Assessments, Recommendation, Referrals, and Resources for:

- Mood and Memory
- Mobility and Fitness
- Medicine Use
- Nutrition and diet
- Home Safety
- Falls Prevention

#### What will a visit to the Clinic include?

- Multidisciplinary assessments (Strength and balance, mental health, memory function, medicine review, falls risk)
- Individualized recommendations for exercise, diet, home modifications, etc.
- Possible referral for additional services

**What if I already have a doctor?** Our team will not replace a person's regular doctor visits. However, we will provide you an overview of the clinic results that may be shared with your primary care physician and other specialists.

**When and where is the clinic held?** The clinic is held from **9 am – 12 noon** on the **2nd Thurs of the month at the Passmore Center**, 103 Meadowland Drive in Hillsborough, and the **4th Thurs of each month at the Seymour Center** on 2551 Homestead Road in Chapel Hill, NC. Clinic sessions take about 90 minutes.

**How much does it cost?** It is **FREE** to Orange County residents over 60 years of age.

**How do I make an appointment?** Please call **919-245-2015** to make an appointment for the **Passmore Center** and **919-968-2070** for an appointment at the **Seymour Center**.

*Sponsored by Orange County Department on Aging in collaboration with UNC Department of Allied Health Sciences*



# EngAGING ISSUES!

## MAPPING THE HOME CAREGIVING JOURNEY

### FROM FAMILY CARE TO HOSPICE

### WHO, WHERE, WHAT, WHEN, HOW...AND HOW MUCH?

With information, planning, and support the journey can be improved.

A 3-part series to inform, plan, and support caregiving and aging at home.

**August 3, September 7, and October 5**

**UNC Wellness Center at Meadowmont 2-4PM**

100 Sprunt Street Chapel Hill

Questions: aym27517@gmail.com

The goal of this program is to share with you that most people will age in their homes and most will spend some of that time with (or being) informal care partners (family and friends), with formal care partners—paid professional assistants, and perhaps the journey will continue with in-home palliative and hospice care.

Part 1: Informal Caregiving in the Home. Family and Friends, August 3

Part 2: Second Session: Formal Caregiving in the Home. Companion to Nursing Care, September 7

Part 3: Palliative Care and Hospice Care in the Home, October 5

This program is a partnership between the Orange County Department on Aging, Project EngAGE, and Health Education, UNC Wellness Centers

## Florence Gray Soltys Adult Day Health Program

An Enriching Day Program for Adults and Seniors

Providing Respite for Family Caregivers

Offers a safe environment with individual care plans that address the social, physical and emotional needs of the participants; and provides assistance with daily activities by qualified professionals.

For more information or to make a referral: Office: 919-245-2017 (Fax: 919-245-2018)

Located adjacent to the Jerry M. Passmore Center behind the Orange County SportsPlex

105 Meadowlands Dr • Hillsborough, NC 27278

## Chapel Hill's Senior Real Estate Specialist



**TONY HALL**



**RESIDENTIAL REAL ESTATE**

**919/933-8500 • 800/382-0673**

311 W. Rosemary St. • Chapel Hill, NC 27516

Email: tonyhall@tonyhallasociates.com

www.tonyhallassociates.com



## HILLSBOROUGH PHARMACY

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- Now accepting Tri Care Insurance
- Full Service Pharmacy~We Accept All Insurance, Medicaid & Medicare
- Fast, Friendly, Professional Service
- Low Prices – Beating Our Competitors!
- Free Delivery in Hillsborough

M-F 8:30-6:30 • Sat 10-2 • Closed Sunday

110 Boone Square St., Suite 29  
Hillsborough, NC

www.hillsboroughpharmacync.com

**PHONE: 919-245-1212 • FAX 245-1210**

## Senior Times Pick-Up Locations

Pick up your Senior Times at one of these locations or watch for it in the Herald Sun newspaper the 2nd Sat of the month when the quarterly Senior Times is published. For the most current pick up locations, go to [www.orangecountync.gov/aging/PickUpLocations.asp](http://www.orangecountync.gov/aging/PickUpLocations.asp).

**Durham:** Panera Bread -15/501 **Chapel Hill-Carrboro:** Arts Center, Carolina House, Carolina Springs, Carol Woods, Carrboro Community Health Center, Carrboro Public Library, Carrboro Town Hall, Chamber of Commerce, Chapel Hill-Carrboro YMCA, Chapel Hill-Orange County Visitors Bureau, Chapel Hill Public Library, Chapel Hill Tire Car Care Center—Main St. Carrboro, Covenant Place, Dr Allan Maltbie - UNC Medicine, Elmo's, Eubanks Rd Park & Ride, First Baptist Manley Estates, Hatfield Berang Hearing Center, Mama Dip's, Meadowmont - Café Carolina and the Cedars, Seymour Center, Tony Hall & Associates, UNC Health Care-Hwy 54, University Mall's Service Desk, Weaver Street Market - Carrboro, Wal-greens - Hwy 54. Outdoor Racks: Chapel Hill Transit - Main Office, Flyleaf Books, Hargraves Recreation Center, Harris Teeter (Chapel Hill North & University Place), Kinetix Health Club, Orange County Dept Social Services (DSS) on Homestead Rd, Park & Ride Lot Old Fayetteville Rd, Seymour Center, Trading Post Market & Grill-New HWY 86, UNC Ambulatory Care Center (Mason Farm Rd), and University Place **Hillsborough/Central Orange Area:** Balloons Above Orange, Brookshire Nursing Home, Cardinal State Bank, Carillon Senior Living, Carolina Vision, Central Orange Senior Center, Chamber of Commerce, Dentist Dr Sam Chang (N Churton St), Dentist Dr Berry Holly (Meadowlands), Duke Family Practice, Durham Tech-OC campus student break room, Hillsborough Medical Clinic-Corbin St, Hillsborough Pharmacy (Daniel Boone Village), Loving Hands Food Pantry - Efland, OCIM (Orange Congregations in Mission) Meals on Wheels and Thrift Shop, Orange County Government (West Campus on Margaret Lane), Orange County Health Dept, Orange County Library, Orange County Manager's Office lobby, Orange County School Board, Service Department (New Hwy 86), State Employees' Credit Union (both locations), Town of Hillsborough Mayor's office, UNC Family Medicine (Old Hwy 86), Weaver St Market, Wal-greens. Outdoor Racks: Bojangles, Central Orange Senior Center, Cup-A-Joe, newsstand corner of King St & Churton St, Daniel Boone Village news racks, Durham Tech Park & Ride lot, Eno Haven Apts, Farm & Garden HWY 86 N, Handy Andy's (Caldwell), HWY 70 BBQ, Lloyd's Citgo, Orange County Dept Social Services (DSS), Randy's Citgo, Red & White Convenience Store (Efland), Triangle SportsPlex **Person County:** 501BP Gas Station

## Lunch at the Centers

**The Seymour and the Passmore Centers serve lunch Mon - Fri at 12 noon.** The Senior Lunch program is operated by the Orange County Department on Aging. People age 60+ are eligible to eat the daily lunches funded by the federal government's Older Americans Act, the Towns of Carrboro, Chapel Hill, Hillsborough, and the Orange County Department on Aging. Although there isn't a charge for the meals, donations are an important part of the program. For people under age 60, a meal costs **\$6**. Our caterer is the local **Nantucket Café**. All the meals meet the requirements for people on low salt diets. There are a limited number of meals. To complete the registration process takes 2 - 5 business days. Meals are served on a "First Come, First Served" basis once you are registered for the program. On the day you arrive for lunch, please get a lunch ticket. Registration desks are located near the kitchens at each Center, and tickets are distributed as people sign-in beginning at 11 am.

### PASSMORE CENTER THURSDAYS TELL ALL

This is the day to update your calendar for the next month. Announcements concerning upcoming programs for the month will be made by the staff.

**Passmore Center**  
(257030-01) 12 noon  
Thu: Sep 8, 22; Oct 13, 27; Nov 10

### LUNCH AT THE SEYMOUR CENTER Wednesdays' Buzz

Look for this special table in the lobby every 1st and 3rd Wednesday. Come find out what the entire Buzz is about! Be the first to be in the know!

**Seymour Center**  
(353053) 10:30 am  
Wed, Sep 7, 21; Oct 5, 19;  
Nov 2, 16

### THE BIRTHDAY PARTY!

Each month Nantucket Café provides a sheet cake to honor participants born in that particular month. As special way to honor our citizens further, the staff and Chapel Hill Police Department (when available) will help kick off the party!

**Passmore Center** (253004)  
1st Mon: Sep 12; Oct 3; Nov 7 12 noon  
**Seymour Center** (353072)  
1st Mon: Sep 12; Oct 3; Nov 7 12 noon

## Spanish Social Club

Please join us on Thursdays from 9 - 11:45 am for a variety of activities offered in Spanish. The Social Club offers a time to socialize with other seniors in Spanish, exercise, and learn something new. A typical gathering might involve an engaging discussion around a health related issue, 20 min of exercise, time to socialize and relax, and even an opportunity to learn a new skill (such as how to navigate social media, the computer, or English conversation). If you have any questions or require transportation, please call 919-245-4279 for additional information. For the Thu evening or Fri groups, contact Edwin Nirdlinger, [enivdlivigev@gmail.com](mailto:enivdlivigev@gmail.com)

Acompáñenos los jueves de 9-11:45 am para una variedad de actividades ofrecidas en español. El Club Social le ofrece la oportunidad de socializar con adultos mayores, de hacer ejercicio y de aprender algo nuevo. Un día típico incluye una discusión sobre un tema de la salud, veinte minutos de ejercicio, y tiempo para socializar, relajarse y aprender algo nuevo. Podemos tratar de ofrecerle, si lo solicita, transporte. Para mayor información en español puede contactar 919-245-4279. Para información sobre las reuniones de los jueves por la noche y los viernes par las tarde, favor de contactar a Edwin Nirdlinger: [enivdlivigev@gmail.com](mailto:enivdlivigev@gmail.com)

Fee: FREE  
**Seymour Center** (357151-01)  
Thursdays  
Thursdays  
Fridays

9 - 11:45 am  
7 - 8:30 pm  
12 noon - 2 pm

## CAROLINA S·P·R·I·N·G

*Affordable Senior Living For  
Independent Adults 55 and Over*

**Carolina Spring**  
600 W. Poplar Ave.  
Carrboro, N.C. 27510  
**919-942-9559**

## Healthy IDEAS

### Mood Screening and Management

(An evidence-based program to improve your emotional health)

Over the last two weeks, have you been feeling blue, tired or empty? Have you had little interest or pleasure in doing things? If so, call 919-245-4275 to learn more about your emotions, receive a FREE screening, and start to feel better!

### Are You Experiencing an Aging Transition?

**Orange County Department on Aging/ Aging Transitions Division is designed to provide information, consultation, assessments, and services to older adults and their families as they face changing health needs, relocations, and other age-related issues. Email: [HYPERLINK "mailto:agingtransitions@co.countync.gov"](mailto:HYPERLINK) [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)**

**Mary Fraser, DSW,**  
Aging Transitions Administrator  
**Keisha Andrews, MSW,** Social Worker  
**Lisa Berley, MSW,**  
Transportation Specialist  
**Marie Dagger, MA, OTR/L,**  
Occupational Therapist  
**Anshu Gupta, MBA,**  
Administrative Assistant  
**Kim Lamon-Loperfido, MSW/MPH,**  
social worker  
**Ryan Lavalley, MA, OTR/L,**  
Occupational Therapist  
**Beverly Shuford, BS,**  
Information and Benefits Specialist  
**Pam Tillett, MSW,** Social Worker  
**Carol Wise, MSW,** Group Respite  
Coordinator  
**Jenny Womack, MA, OTR/L,**  
Occupational Therapist  
**Zhenzhen Yu, MSW,**  
Bi-lingual Social Worker

**Aging Transitions Help-Line:**  
919-968-2087

**Chinese Help-Line:** 919-259-0232

**Spanish Help-Line:** 919-245-4279

**Monday - Friday 9 am - 4 pm**

## Be Safe Be Prepared

Are You Ready for Inclement Weather?

**Want a Warning Call ahead of a Storm? Sign up for OC ALERTS.**

Orange County, Chapel Hill, and Carrboro have implemented a NEW mass notification system to warn residents of impending threats and hazards. The NEW OC ALERTS system replaces the previous system, referred to as Code Red, and requires residents to re-register. OC Alerts will provide alerts via home phone, cell phone, text message, and email. You choose the types of alerts you want to receive and how you want to be notified! To complete your free registration for OC Alerts, visit [www.readyorange.org](http://www.readyorange.org) website and click on "OC ALERTS". "If we can't reach you, we can't alert you!" If you need help with completion of the new notification system, staff at the Orange County Aging Helpline, 919-968-2087, will be able to assist you.

**Are You Eligible for the Special Needs Registry to Get Help in an Emergency?**

Are you concerned about where to go if the power goes out for several days, or if there were damage to your home? If you worry about these things - don't wait until the last minute to get help. You may be eligible for the Special Needs Registry. People on the list will be contacted in the event of an emergency, and if needed, helped to get to a shelter.

**Call the Aging Transitions Help Line at 919-968-2087 - or come to the Seymour Center or the Passmore Center** for more information, and to find out if you're eligible to get on the Special Needs Registry. Be Smart - Don't Be Left Unprepared!

**To find out if the Seymour Center and the Passmore Center Will be open after a storm - call the front desk after 8 am.**

**Passmore Center: 919-245-2015**  
**Seymour Center: 919-968-2070**

## Centers to Host Community Meetings on Oct 26 and 28 to Determine Priorities for Next Master Aging Plan

This fall, the OCDOA will begin planning for the next 5-year Master Aging Plan, to cover the years 2017-2022. Please don't miss out on coming opportunities to share what you think Orange County needs to do more of, or do better, to make our community age-friendly and a good place to age well.

During the last week of Oct, the Department will host a county-wide public meeting at each center to share the results from needs assessment surveys and focus groups conducted over the summer, and to hear your ideas about what is most important to you and those for whom you provide care.

These public meetings will be an opportunity to celebrate the accomplishments of the previous five-year plan and to set new directions for the next Master Aging Plan. We are pleased to announce that Orange County will be the first NC county to join AARP's Network of Age-Friendly Communities. As such, we will be a part of a nation-wide effort to transform our neighborhoods and communities into age-friendly places.

Please let us know if you will be attending one of these meetings by emailing Janice Tyler ([jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)) or calling the Aging Transitions Helpline at 919-968-2087.

### Public Meeting Schedule

#### Seymour Center

Wed, Oct 26 9 am - 12 noon

#### Passmore Center

Fri, Oct 28 1:30 - 4:30 pm



### A Program of All-inclusive Care for the Elderly (PACE)

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FINE TIMEPIECE RESTORATION

919.942.2253

# Friends of the Senior Centers

## FRIENDS OF THE JERRY M. PASSMORE CENTER

The Friends of the Jerry M Passmore Center approved six new members at their annual meeting held in May. The new members are Dianne Davis of Hillsborough, Rita Ezell, Charles Anna Hamlett, and Rosemary Harrell of Mebane, Rachel Hawkins and Mary Ellen Petrin of Hillsborough. We want to welcome all our new members to the Board. We want to welcome back to the Center Terry Colville who has been out with a broken knee. We wish Terry continued improvement in her recovery. We look forward to a new fiscal year and have approved a budget which includes new furniture, cabinets, a folding machine, cameras, fused glass molds, etc. The Friends Board looks forward to working with the staff at the Jerry M Passmore Center to make it everything it can be. We thank all of you who have helped us with our fundraising events and look forward to continued success.

If you are interested in becoming a friend of the Center, please stop by and ask for information or go to our website [www.friendsofcosc.com](http://www.friendsofcosc.com). If you would like to join our Board, please let Beverly Blythe at 919-732-8315 know of your interest. Summer is upon us, so please be careful and have fun.

### MONTHLY MEETINGS

Friends of Passmore Center hold their regular meetings the 3rd Mon of the month, 9:30 - 11:30 am at the Passmore Center, Hillsborough. If you are interested in attending, please call the center, 919-245-2015 to make sure the meeting is being held.

Sun, Oct 31 – Sat, Nov 12

### 12-NIGHT SOUTHERN CARIBBEAN CRUISE FROM BALTIMORE, MD

An information session will be held Wed, Sep 28 at 2 pm at the Passmore Center for those who are already registered for the cruise.

### HOLIDAY CRAFT SHOW

Get a jump on all your holiday shopping. Find that unique gift for that "hard to buy for" person on your list, or just shop for yourself. Over 50 vendors attended the craft show last year with many different items. Enjoy music and other entertainment as you browse the many vendors and find that special something you've been seeking. If you are a crafter and would like to have a booth, please contact Terry at 919-245-2016 for additional information.

#### Passmore Center

Sat, Nov 5 (213022-02)

9 am – 2 pm

### YELLOWSTONE NATIONAL PARK

For more information, see Seniors on the Road, page 41.  
Legacy Wall

**In the Passmore Center there is a beautifully painted legacy wall painted by International Artist, David Stickel. This legacy wall is a way to honor those individuals who have meant so much to us and have made a difference in our lives. This is an opportunity to place the name of an individual in a strategically located area where people will be able to see their name and remember them. The minimum amount required to place a name on the wall is \$100. This is an ongoing fundraiser for the Friends of Passmore Center to benefit the Passmore Center.**

If you would like to volunteer to be on a standing committee, please contact Helen Miller at the Passmore Center, 919-245-2015.

## FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

The Friends of the Seymour Center raise money to supplement programs and services held at the Seymour Center. Meetings are held the 3rd Thurs of the month at 1 pm at the Seymour Center. Visitors are always welcome.

### BE A BOARD MEMBER

The Friends of Robert and Pearl Seymour Center acknowledge Ken Moore as new President, Rif Riddick continuing as Treasurer, and Kathie Reeves continuing as Secretary. The Friends also welcome new Board members, Jerry Finn, Cynthia Tang, Kathleen Hammom, Ann Holtzman, Mary Jo Stone, and Fritz Russ. Join the Board of the Friends of the Robert and Pearl Seymour Center and be part of providing some of the "extras" that make the center so special. Many, many people have enjoyed the special programming, equipment, etc that the Friends have made possible. Being part of making this a reality is a real joy. For more information call Ken Moore at 919-423-4735 or email at [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu).

### HONOR A LOVED ONE

As a lovely memorial, the Seymour Center has a beautiful wall painted by local artist Michael Brown. To remember a person, the name is engraved on a clear plaque and placed on the wall. The person being honored does not have to have been a Seymour Center participant. When a donation to the Friends of the Seymour Center totals \$100 or more (which may be multiple donations to total \$100) remembering a someone is received, the person's name will be engraved on a plaque and put on the wall. It's a lovely tribute, and the wall is admired by many people. For more information, contact the Seymour Center's facility manager, Robin Bailin. Donations, along with the person's name for the plaque, can be sent to: Friends of the Robert and Pearl Seymour Center, 2551 Homestead Rd, Chapel Hill, NC 27514 – Attn: Treasurer.

### HELP THE SEYMOUR CENTER—DONATE A VEHICLE

If you have a vehicle you want to let go (running or not), but don't want the hassle of selling it, consider donating it to the Friends of the Seymour Center for a tax deduction. Call our custom toll-free number at 1-844-750-GIVE (844-750-4483) to schedule a convenient time for a fast, free pick up of your vehicle. When it is sold, you will get a receipt for your tax records, and the sale's proceeds will be donated directly to the Friends of the Seymour Center in your name.

### CALLING ALL ONLINE SHOPPERS

If you do your shopping online, please consider setting up an Amazon Smiles Account. Your purchases do not cost anything more, but Amazon gives a percentage of your purchases to the Friends of the Robert and Pearl Seymour Center. It's easy to set this up as a default setting on your computer or handheld device. See instructions on Amazon. <http://smile.amazon.com/>

June 2017 – Plan Ahead!

### RESORTS OF THE CANADIAN ROCKIES PLUS VANCOUVER

See details in Seniors on the Road, page 42.

**Friends of the Seymour Center Website:**

<https://sites.google.com/site/friendsseymourcenter/>

## Garden Club – Passmore and Seymour Centers

Meet the volunteers who love to garden. These folks will welcome more folks who garden or want to learn to garden. They design and maintain, plant, weed, water and deadhead all those glorious flowers and ferns and woody plants that greet visitors to the front entrance of the Passmore and Seymour Center. And the entire garden is a "Pollinator Garden."

### Seymour

Contact Ken Moore at 919-967-5734 or [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu) for more information.

Monthly schedule is:

Planning meeting and social convenes at the Center at 1:30 pm first Mon of the month.

Weekly work days are Thursdays, 9:30 – 11:30 am. Individuals also volunteer garden tending at other times that suit their schedules.

### Passmore

Contact Terry Colville at 919-245-2016 or [tcollville@orangecountync.gov](mailto:tcollville@orangecountync.gov). Weekly workdays are Wed mornings at 10 am.

We look forward to having new folks join us!

## Transportation Information

### Do You Need a Ride?

• Call Lisa Berley, the Transportation Specialist, with all your questions and needs.  
Transportation Help Line: 919 -717 -1853 (9 am – 4 pm, Mon – Fri)

• Find out what's available at the monthly Transportation Information Table  
Seymour Center – First Tue of each month; Passmore Center – First Wed of each month  
9:30 – 11 am. Ask at the front desk for exact location.

### Did You Know?

• People age 60 years or older and living in Orange County outside of Chapel Hill/Carrboro are eligible for door to door rides to a senior center and to medical appointments. Senior center rides are FREE. Medical rides are \$3 each way. Call 919-717-1853 for registration information.

### Want to Go Some Place New?

• Exciting day trips on public buses are offered each month. Bus riding is fun in a group!  
For details, see Seniors on the Road, page 40.

### New Class:

“Bus Riding 101: Getting the Most out of your Transit System” Learn from the expert: Tammy Harkinson, of Orange Public Transportation. 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

• For details, see page 13

### Enjoy Driving?

• The Volunteer Driver Program needs you! Giving someone a ride who is stuck at home makes a big impact. See page 14 for a full description of the volunteer driver job.

### Late Buses from the Centers

REMINDER: Orange Public Transportation (OPT) has added a late bus home from both centers. The bus will leave the Passmore and Seymour Centers at 3:30 pm, Mon through Thu. This bus is in addition to the existing 1 pm bus. Participants must notify OPT 2 business days before.

## Caregiver Support and Faith & Aging Symposium Series

The Department on Aging & Project EngAGE proudly present a Symposium event for caregivers and their families to learn about essential caregiving resources and support services available in Orange County. It will also enable a dialogue around new possibilities and collaborations. The Symposium will feature the wisdom of past and present caregivers, and include presentations on “Informal Care Partners” (friends and family), “Formal Home Care Services” (companion care, home care services, and geriatric care management), and “Palliative through Hospice Care” (skilled nursing Care, palliative and hospice care). It is part of the Faith & Aging Symposium Series and aims to bring together our County's faith community, as well as all those who are caring for an older adult.

No Registration Necessary. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241.

Fee: FREE

### Passmore Center

Thu, Oct 13 3 – 6 pm

## Care Partner Respite Now Offered at Both Centers

Care Partner Respite is part of the Orange County CARES Federal grant that offers respite for local unpaid caregivers at both Chapel Hill and Hillsborough centers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. The Respite program is limited to 10 participants and is administered by Carol Wise, experienced eldercare social worker, a certified nursing assistant as well as volunteers, interns, and degree-specialized students. The program is free for qualified participants and is held from 11 am to 4 pm on Wednesdays at the Seymour Center in Chapel Hill and on Fridays at the Passmore Center in Hillsborough. To enroll, please contact Carol at [cwise@orangecountync.gov](mailto:cwise@orangecountync.gov) or call 919-245-4253.

## COMMUNITY CENTERS – Cedar Grove, Efland- Cheeks, & Rogers Road

**Aging 101:** The OC Department on Aging will present information on available community resources for Aging in Place and Living Independently to help volunteers and residents.

### Efland-Cheeks Community Center

Fee: FREE

Thu, Sep 15 9:30 – 11 am

**Bus Riding 101:** Getting the Most out of your Transit System. Learn from the expert: Tammy Harkinson, of Orange Public Transportation. Instructor: Tammy Harkinson, Orange Public Transportation (OPT) and Lisa Berley, OC Dept on Aging, Transportation Specialist

Fee: FREE

### Cedar Grove Community Center

Thu, Nov 10 1 – 2 pm

## Come Enjoy the New Memory Cafés

Memory Cafes provide opportunities for individuals with memory concerns and their families to socialize with others in similar situations. Enjoy company, light refreshments, activities and entertainment.

Fee: FREE

### Seymour Center - Memory Café

2nd Mon of the month

1:30 – 3:30 pm

Sep 12; Oct 10; Nov 1

RSVP not required, but encouraged

### Passmore Center - Memory Café

3rd Mon of the month

2 - 4 pm

Sep 19; Oct 17; Nov 21

RSVP not required, but encouraged

For RSVPs or Questions Contact: Kim Lamon-Loperfido at [kloperfido@orangecountync.gov](mailto:kloperfido@orangecountync.gov) or 919-245-4253

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# VC55+ EVENTS

## VC55+ Events

### Spiritual Conversations: Forgiveness

What does it mean to forgive? How can forgiveness be helpful for our spiritual, emotional, and physical health? Recent research shows that forgiveness can reduce anger and depression, and enhance hopefulness and self-confidence. This workshop on forgiveness is appropriate for anyone who wants to learn more about how to forgive, how forgiveness can enhance interpersonal relationships, and how forgiveness can lead to a better quality of life. Led by The Rev Stuart Harrell, BCC, Associate Director, Clinical Pastoral Education, The Department of Pastoral Care, UNC Hospitals Hillsborough Campus. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241. No Registration Necessary.

Fee: FREE

#### Passmore Center

Thu, Sep 15

4 - 6 pm

#### Seymour Center

Thu, Sep 8

4 - 6 pm

### Caregiver Support Symposium, Faith & Aging Symposium Series

The Department on Aging & Project EngAGE proudly present a Symposium event for caregivers and their families to learn about essential caregiving resources and support services available in Orange County. It will also enable a dialogue around new possibilities and collaborations. The Symposium will feature the wisdom of past and present caregivers, and include presentations on "Informal Care Partners" (friends and family), "Formal Home Care Services" (companion care, home care services, and geriatric care management), and "Palliative through Hospice Care" (skilled nursing Care, palliative and hospice care). It is part of the Faith & Aging Symposium Series and aims to bring together our County's faith community, as well as all those who are caring for an older adult.

No Registration Necessary. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241.

Fee: FREE

#### Passmore Center

Thu, Oct 13

3 - 6 pm

### Death with Dignity Panel Discussion: Encore Viewing

Please join us for a video of the March 2016 "Death with Dignity Panel Discussion" around the possibility of legalizing Death with Dignity/Physician Assisted Suicide in NC, and what it means to "die with dignity." Note: This will not include time for discussion or questions.

No Registration Necessary. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241.

Fee: FREE

#### Seymour Center

Thu, Nov 10

4:30 - 6:30 pm

## Are you Planning to Die?

### A Community Conversation: Share Your Thoughts & Experiences on Death & Dying

Who: Community members, caregivers, medical and hospice workers, and religious leaders

What: Please join us to share and hear experiences around death and dying—the good, the bad and the ugly. We invite you to share your personal story, including, what went well and what didn't? Would you do anything differently if you could do it again? Were your loved one's wishes honored? Please limit your presentation to five minutes, so that we can hear from everyone. Sharing your story, and learning about others' experiences will allow us to develop a deeper understanding of what it really takes to die with dignity and choice. Collectively, our experiences will assist in crafting smart "death with choices" legislation that assures a better experience of dying, and drawing out other important issues. If you didn't attend the March 2016 Panel Discussion, or

simply want a refresher before this event, please attend the Thu, Nov 10 Encore Viewing event.

Fee: FREE

#### Seymour Center

Thu, Nov 17 4:30 - 6:30 pm

No Registration Necessary. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241.

## VC55+ Volunteer Opportunities

Live your best life through volunteering! We want you to join our team! Join us to reap the many benefits of volunteering & to make a huge difference in the lives of Orange County older adults and their families. To learn more about these and our many other opportunities, please contact Yvette Missri, VC55+ Manager, at 919-245-4241, or ymissri@orangecountync.gov. We look forward to hearing from you!

### Aging Well Support Opportunities

**Friend to Friend Team:** As a Friend to Friend, you'll build a friendly relationship with an older adult/couple, who enjoys being with other people, but no longer has many opportunities for social interaction. After a small orientation with the Department on Aging, you'll be matched with an older adult, or married couple, with similar interests. You'll spend just 1 - 2 hours a week with your new friend, exploring common interests and making a huge difference in her or his life - as well as your own!

**Handy Helpers Team:** Handy Helpers provide high-quality, free, and timely repairs of minor maintenance issues for those who are not able to complete repairs on their own. Volunteers will perform small maintenance jobs (less than 3 hours) at the homes of older adults aging in place. Examples include putting in a light bulb, fixing a broken screen, unclogging plumbing, moving an object, hanging things on the walls, diagnosing problems, and installing smoke detectors.

**Community Visitation Team:** The Community Visitation Team works to improve the quality of life for isolated Orange County seniors. In pairs, volunteer visitors are trained with a retired County Deputy (including three day-long ride-alongs) and choose a route of a few seniors to visit each week on the same day at about the same time. There is no minimum number of people to be visited on a given visiting route, but each volunteer must commit at least six months to this program. The purpose of each visit is to establish a friendly relationship and to check-in on aging, often homebound individuals, to help them problem-solve and refer them to relevant services, and to provide companionship.

**Volunteer Drivers Team:** Volunteers provide safe and direct transportation for older adults who cannot access public transportation. Each driver chooses the times that are available to drive. After successfully completing comprehensive, required training, drivers are notified periodically when services are needed. Drivers receive training, support, program resource materials, and gas mileage reimbursement. At the end of each day, drivers report back to the program manager to confirm that the trips occurred successfully.

### Dementia Support Teams

**Caregivers Respite Program Team:** Volunteers provide caregiver respite at both Senior Centers for caregivers who bring their loved ones living with dementia to a center once per week - where they participate in supervised activities and crafts, including lunch with an occupational therapist and social worker.

**Memory Café Team:** Volunteers assist in all facets of The Memory Café, a social and recreational program for individuals who have mild to moderate dementia and for their caregivers/care partners. The Café provides social and recreational activities in a relaxed normalizing atmosphere. Activities include: music, games, recreation, chit-chat, art, etc. Light refreshments are served. The Café meets once a month on the third Mon of the month from 2 - 4 pm in Hillsborough, and once a week at the Seymour Center. In addition, once a month we hold Memory Café On the Move - trips to local businesses and community cultural events.

**Dementia Friendly Business (DFB) Team:** The DFB training team is a community outreach effort for businesses about dementia and the experience of families and individuals affected by it. Our goal is to raise awareness and improve quality of life for people with dementia and those who care for them. A variety of tasks contribute to how this project functions, allowing team members to find a role that speaks to their specific abilities and interests - including Community Educator, Administrative Coordinator, and Recruitment Representative.

### Become a VC55+ Volunteer!

To find your ideal volunteer match, please call us for an appointment, or simply stop by! You can also check out our Volunteer Handbook, available at our front desks and on our website, for a full listing of opportunities.

#### Passmore Center

Thursdays: 9 am – 2 pm Or by appointment

Call: 919-245-4241

#### Seymour Center

Tuesdays: 9am – 2 pm Or by appointment

Call: 919-245-4241

## This Free Tax Service May Be Your ~Volunteer Cup of Tea~

### Volunteer for VITA This Tax Season

Help low- to middle-income clients with their taxes and make a difference in their lives! Volunteer Income Tax Assistance (VITA) is a free IRS service for eligible clients. Volunteers provide services at the site(s) of their choice across Orange and Chatham counties.

VITA offers a broad range of volunteer opportunities to choose from:

- Tax Preparer (requires IRS tax law certification/software training)
- Administrative: Client Intake Receptionist, Data Statistician and Office Assistant
- Equipment Monitor: Update-setup-maintain computers & printers
- Appointment Team: Make appointments or reminder calls
- Bilingual volunteer support needed on all levels

VC 55+ VITA provides free training for all assignments at the Seymour Center-Chapel Hill, 2551 Homestead Road (preparers: 20-40 hours for tax law and computer software; all other positions require a 2-4 hour training session). New Volunteer Orientations and trainings begin late October and must be completed by mid-January.

Call Kathy Porter 919-245-4240 to register for an orientation session or to discuss options if you cannot attend a scheduled session.

Sign up for training when you register as a VITA volunteer:

- VITA Volunteer Orientation Information (register for one 2 hour session, sessions held at Seymour Center)
  - Thu, Oct 27: 10 am – 12 noon
  - Thu, Nov 10: 10 am – 12 noon
  - Tue, Nov 15: 3 – 5 pm
- New Tax Preparer:
  - Early Intro/Orientation-attend one 3 hour session offered in No. & Dec (dates pending)
  - Tax Law - Jan3 - 4
  - Software Training: Jan 5-6
- New and Current Appointment Schedulers and Intake Receptionists: One 3 hour session (dates pending)

## Bi-Lingual (Chinese/English) Volunteers Needed at the Seymour Center

The **Seymour Center** is looking for bilingual volunteers who can help Mandarin/Cantonese speaking seniors with language-related services: translation, class assistance, interpretation and etc. Any amount of help will be appreciated. If you are bi-lingual and interested in spending some time with Chinese-speaking seniors at the **Seymour Center** in Chapel Hill or the Passmore Center in Hillsborough, please call the Chinese Help-line at 919-259-0232.

您兼备双语, 敬爱老人, 愿意帮助不会英文的老人更好的融入美国社区,  
享受服务吗 若您感兴

趣, 请拨打橙郡老年中心中文热线919-259-0232.

## Orange County (OC) CARES A Dementia-Capable Community Project

**OC CARES**, which stands for Orange County Caregiver Awareness, Respite, Education and Support, is a group of new and expanded services available to people living with dementia and related conditions in Orange County, their caregivers and related service providers. The overall goal of the program is to create a more dementia-capable community in Orange County and to improve the health and quality of life for caregivers. The OC CARES program is made possible by a 3-year grant from the US Administration for Community Living and includes the following services:

**Caregiver Respite Program:** a once-weekly social program for people with dementia meets 11 am - 4 pm on Wednesdays at the Seymour Center and 11am – 4 pm on Fridays at the Passmore Center.

**In-home Consultation Services:** provides support in the home to address activity engagement, care coordination and caregiver skill building. Scheduled as needed directly with caregivers of people with dementia and related disorders.

**Memory Cafes** are an expansion of the support groups already in existence through the Department on Aging, and add a social component for both people with dementia and their care partners. Meets 2nd Mondays 1:30 - 3:30 pm at the Seymour Center and 3rd Mondays 2 - 4 pm at the Passmore Center.

**Dementia-Friendly Business Training (DFB)** occurs on a scheduled basis with businesses, services and government offices throughout the county. A collaborative effort between Acorn Home Care Services, the East Chapel Hill Rotary Club and the Department on Aging, the DFB team has already trained more than two dozen local businesses and has more on the schedule!

**The Dementia Education Collaborative** is an educational component of OC CARES and will provide basic information about how the brain changes in dementia, how dementia affects everyday life, and how to prepare for life transitions in the context of dementia. Stay tuned for dates.

In addition, OC CARES will be collaborating with community partners to provide dementia-specific training to in-home care providers.

All services offered through OC CARES are free of charge to residents of Orange County, their care partners and related services providers.

For more information:

For client referrals call: 919-968-2087 (Aging Helpline)  
OC CARES Staff office: 919-245-4253

## WELLNESS SPECIAL EVENTS

### FROM THE HEALTH EXPERT

Everyone is welcome! Call the appropriate Center to register. Check the individual classes for specific information. All the programs are FREE. For more information on these and other Wellness programs contact Latonya Brown, 919-245-4270.

Notice: To provide presentations on different topics, the Wellness Program hosts a variety of professionals. This does not mean an endorsement of providers, services, or method of treatment.

### READING FOOD LABELS

All packaged foods come with a nutrition label meant to provide you with the information necessary to know exactly what you're eating. Understanding what's in the foods you eat helps you make healthier choices. Checking food labels also makes it easy for you to compare the nutrient content of different options. A healthy diet is crucial throughout your lifetime and paying attention to nutrition labels is a good step toward improving your overall diet.

Facilitator: ?

Fee: FREE

#### Passmore Center

Tue, Sep 20 (242258-01) 1 pm

#### Seymour Center

Mon, Sep 19 (352299-01) 9:30 am

### LET'S TALK: THE BASICS OF HOSPICE

This class will provide an overview of the philosophy of Hospice and the care it provides. We will focus on how hospice staff works together with the patient, family, and care providers to help them live as fully and as comfortable as possible. Participants will learn more about the basics of Hospice care, including what Hospice is and is not; what types of services are covered; what types of care is provided - and where; who is eligible for its services - and much more. The program will also include a discussion on the differences between Hospice and Palliative care.

Facilitator: Shannon Pointer MSN, RN

Community Educator for Hospice & Palliative Care Center of Alamance-Caswell

Fee: FREE

#### Passmore Center

Wed, Sep 14 (252252-09) 11 am - 12 noon

### CAREGIVER CREATIVE CONNECTION: ART MAKING TOGETHER

This group offers an opportunity to connect with other caregivers (past

or present), offering time to relax, connect, and create. Making art as a group can decrease stress levels while engaging in a rejuvenating form of self-care. Erika, an Art Therapist, facilitates a safe space that is inclusive and validating with no criticism from self or others. Connect with others as you create. Build new friendships and strengthen existing ones. Must have 4 participants for this course to take place, maximum of 12. Registration is required a week in advance for each session. Questions: contact Erika 816- 885-0341 Instructor: Erika Hamlett, MA Fee: \$40/session (includes materials)

#### Passmore Center

Session I: Fri, Sep 2- 16 (no class Sep 23) 1 - 2 pm  
(235001-09)  
Fri, Sep 30

(note time for class) 10 - 11-am  
Session II: Fri, Oct 7, 21 28 (no class Oct 14)

(235001-10) 1 - 2 pm  
Fri, Nov 4 (note time for class) 3 - 4 pm

#### Seymour Center

Session I: Fri, Sep 2- 23 (332003-03) 10 - 11am  
Session II: Fri, Oct 7, 21 28 (332003-06) 1-2pm  
Fri, Nov 4 (note time for class)

### DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

Do you have diabetes? Would you like to learn more about how to manage it? This program will cover the basics of diabetes including: nutrition and meal planning, medications and monitoring, exercise, living with diabetes, and detection and control of complications. It meets the standards of the American Diabetes Association and will be led by OC Health Department's Registered Dietitians, Registered Nurses, and other health care professionals for a comprehensive care plan to manage your diabetes. A medical provider referral is needed to enroll in the program. For more information, please call 919-245-2381.

Fee: Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance will pay for this program. There is a sliding scale fee based on income. Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough  
Thu, Sep 8, 16; Oct 13, 20; Nov 10, 17 12:30 - 5 pm

### DIABETES ON-LINE COURSE

Do you have, or do you know, an older adult with diabetes? National Council on Aging (NCOA) is offering a FREE online diabetes workshop! *Better Choices, Better Health® - Diabetes* was developed by Stanford University and has been proven to help people with diabetes. Within the program participants will find:

- Nutrition and exercise tips
- Make informed treatment decisions

• Better communication with doctors  
Participants log into the workshop from their own computers for just two hrs a week over six weeks. They receive a FREE workbook plus online resources to help them live healthier lives.

Please spread the word about this great opportunity! [www.restartliving.org/diabetes.php](http://www.restartliving.org/diabetes.php)

### DEPRESSION SCREENINGS

A happy mind is a very important part of the healthy life. It is inevitable that in life, we do feel frustrated, down, empty and hopeless sometimes, but it's good to know if it is going to affect our daily routine and activity - and if it does, what effective approaches we can take to get better?

Provider: Orange County Department on Aging offers FREE one-on-one private emotional screenings and relevant educational presentations afterwards. We encourage you to take advantage of this FREE screening. Please call Aging Transitions 919-968-2087 to schedule an appointment.

Fee: FREE

#### Passmore Center

Wed, Nov 2 (245000-01) 9 am - 4 pm

#### Seymour Center

Wed, Oct 26 (357096) 9 am - 4 pm

### FALLS PREVENTION

National Falls Prevention Awareness Day - Fri, Sep 23

National Falls Prevention Awareness Day is observed the first day of fall to promote and increase public awareness on how to prevent and reduce falls among older adults.

Recommendations for prevention include: encouraging older adults to exercise regularly; have their medications reviewed; get their vision checked; reduce hazards in their homes that can lead to falls; and have their balance tested.

FREE Balance Screening, footwear examinations, exercise demonstrations, walker and cane fitting adjustments and consultations are available with appointment request. These screenings will be provided by UNC University Physical Therapy and ElderFit In Home Rehab. This free option is **only available on Sep 23**. Please call a center to make an appointment. Passmore Center at, 919-245-2015 or Seymour Center, 919-968-2070

Fee: FREE

#### Passmore Center

Fri, Sep 23 (242502-01) 9 am - 12 noon

#### Seymour Center

Fri, Sep 23 (357096) 9 am - 12 noon

### FALL PREVENTION AND RECOVERY CLASS

Many older adults throughout Orange County fall every year in their homes and in the community. This

class will offer an opportunity to work with an Occupational Therapist and Occupational Therapy students from UNC- CH to learn how to prevent falls in your home and in the community. Additionally, in case a fall occurs, you will learn when it is, or is not, safe to get up alone. You will learn to plan for and use appropriate and safe techniques for getting up from the floor and reaching emergency services. No registration required.

Fee: FREE

#### Seymour Center

Wed., Sep 14 9:30am - 10:30am

#### Passmore Center

Wed, Nov 9 9 - 10 am

### FLU SHOTS - ORANGE COUNTY HEALTH DEPARTMENT

Flu vaccines will be available for seniors (65+) and those over age 55 with chronic health problems at each of the Orange County Senior Centers this fall. People with standard Medicare Part B or private insurance should be able to receive the vaccine at no charge. Clients with a Medicare supplement policy or Medicare Advantage must bring their Medicare B/Medicare Advantage card and any other private health insurance card in order to ensure coverage. If your insurance does not cover the flu shot, traditional flu vaccine will be \$36 and high-dose vaccine for senior citizens is \$58. High-dose vaccine is recommended for those 65 and up as it provides better protection than standard flu vaccine. Shots will be given by appointment only. Call the **Passmore Center**, 919-245-2015, or **Seymour Center**, 919-968-2070, to schedule an appointment at the center where you wish to receive your shot.

#### Passmore Center

Wed, Oct 19 (242500) 9 am - 12 noon

#### Seymour Center

Thu, Oct 20 (352000) 9 am - 1 pm

### SMOKE CESSATION PROGRAM - FRESHSTART

Freshstart is a group based tobacco cessation support program, designed to help individuals plan a successful quit smoking attempt by providing essential information, skills for coping with cravings, and group support. The information and activities received from Freshstart will help you discover why you smoke and what motivates you to quit smoking. Freshstart incorporates the most current guidelines for tobacco cessation into four face to face group support sessions. In each session, the participants will learn concise material that will help them make informed choices about which techniques they want to use for their own quit attempt. During the second and fourth sessions of the program, each participant will receive FREE nicotine replacement therapy (NRT) of their choice. The goal for this program is to in-

crease successful completions of participants who want to quit smoking, and to stay that way. To register for the Freshstart program call 919-245-2480 or email us at [smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov).  
 Fee: FREE  
**Seymour Center**  
 Tue, Oct 4, 11, 18, 25  
 (332000-04) 6 - 7 pm

### HEARING SCREENING & EAR WAX CHECK

Do you have a hearing problem now? Have you fallen recently?" These 2 simple questions are the first step in assessing a patient's hearing status. Dr. Ellen Alvarez Frederick and team from ACCU Quest Hearing Center will provide the screenings at the senior centers. They will also explain the causes and symptoms of hearing loss.  
 Fee: FREE  
**Passmore Center**  
 Thu, Oct 6 (252505-01) 9 am – 12 noon  
**Seymour Center**  
 Fri, Oct 7 (352079) 9 am – 12 noon

### MOBILE PRESCRIPTION DRUGS DROP BOX AT PASSMORE CENTER

Orange County Department on Aging is partnering with the Hillsborough Police Department to provide a Mobile Prescription Drug Drop. You will be able to dispose of expired, unused and unwanted medications in a safe and easy way through a mobile prescription drug drop at the Center. Just drive up in front of Orange County Sportplex and hand an officer your bag  
 Fee: FREE  
**Passmore Center**  
 Thu, Oct 6 (242259-01) 10 am – 12noon

### SMOKE CESSATION PROGRAM – FRESHSTART

Freshstart is a group based tobacco cessation support program, designed to help individuals plan a successful quit smoking attempt by providing essential information, skills for coping with cravings, and group support. The information and activities received from Freshstart will help you discover why you smoke and what motivates you to quit smoking. Freshstart incorporates the most current guidelines for tobacco cessation into four face to face group support sessions. In each session, the participants will learn concise material that will help them make informed choices about which techniques they want to use for their own quit attempt. During the second and fourth sessions of the program, each participant will receive FREE nicotine replacement therapy (NRT) of their choice. The goal for this program is to increase successful completions of participants who want to quit smoking, and to stay that way. To register for the Freshstart program call 919-245-2480 or email us at [smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov).  
 Fee: FREE  
**Seymour Center**  
 Tue, Oct 4, 11, 18, 25 (332000-04)  
 6 - 7 pm

### MINDFULNESS PROGRAM "MINI COURSE"

The Mindfulness Program was developed by Jon Kabat-Zinn, who in the 1970's created a program for helping participants learn to develop skills to live life to its fullest. These techniques, which he called Mindfulness, will help you learn how to draw on your inner resources to access your natural capacity for self-care and healing. The course will introduce you to the concepts of mindfulness, allowing some of its benefits to begin to seep into your life. Benefits of practicing mindfulness techniques include learning how to: quiet and calm your mind, pay attention to your moment to moment experiences, restore and maintain a sense of personal balance, decrease symptoms associated with stress, and improve your overall physical and emotional well-being. The techniques include: mind-body awareness, breath awareness for stress management, mindfulness meditation practices - including waking and seated, mindful movement in the form of simple stretching and gentle yoga, and mindful eating. Participants should plan to attend the 4-week session, complete a daily practice of 20 - 30 minutes a day, and attend the optional and additional 4-hour "mini-retreat" held at the end. Each week, participants will receive a small manual with handouts. We recommend that you purchase the book, *Full Catastrophe Living*, by Jon Kabat-Zinn.

The instructor, Paula Huffman BS, RN is an experienced, registered yoga teacher and mindfulness educator. She teaches the 8 - week Mindfulness Based Stress Reduction and Pain Management Courses at UNC's Program on Integrative Medicine through the UNC School of Medicine. **Registration Fee is \$100 for the series. The registration deadline is Wed, Aug 24**

Registration required  
 Fee: \$100  
**Seymour Center**  
 Intro class (334026-04)  
 Wed, Sep 7 9 - 11 am  
 Regular course (334026-03)  
 Wed, Sep 14 - Oct 12 9 - 10 am

### MOBILE PRESCRIPTION DRUGS DROP BOX

Did you know the Carrboro, Chapel Hill, and Hillsborough Police Departments provide a Mobile Prescription Drug Drop box. You may dispose of expired, unused and unwanted medication in a safe and easy way through a prescription drug drop box at each of the police department main office locations. Throughout Orange County, residents have three drug disposal locations available:

Carrboro Police Department  
 Carrboro Century Center  
 100 North Greensboro St.  
 Carrboro, NC 27510

Chapel Hill

(350250)

# Senior Striders

## University Place Walking Program

Mall opens for walkers every Monday – Friday, 7:30 am

**\* 3RD TUESDAY EACH MONTH \***

### Sept 20 Coffee and Cops

A little hospitality served with a side of community policing. Safety and security are top priorities for our communities, one of the greatest ways to ensure our safety is to get to know those who provide our protection. Come meet with our local law enforcement officers and share coffee and conversation.

### Oct 18 Useful Herbs and the Aging Population

Are you interested in learning about holistic methods involving herbal treatments? Meet with Susan Martinelli, Rph to discuss the benefits, side effects, and possible interactions between prescriptions drugs and herbal treatments. This is an opportunity to meet with a licensed pharmacist and address any questions or concerns you might have.

### Nov 15 Back Pain – Better Back Care

Are you dealing with back pain? Meet with Taylor Gates, a certified exercise physiologist, to discuss ways to address back pain and improve mobility and dexterity. Let Taylor Gates introduce you to exercises to address lower back pain and help improve your quality of life.

**8:00 am – Warm-Up Exercises** - Mall Center Court  
**8:20 am – Breakfast** served in The Weathervane at Southern Season  
**8:45 am – Educational Session**

DUE TO LIMITED SPACE, REGISTRATION REQUIRED EACH MONTH  
 CALL 919-968-2070 on, or after, the 3rd Wed of the month

Program supported with funding from:  
**UNC HEALTHCARE**

Program sponsored by:  
 Chapel Hill Police Department's Cop Shop at University Mall  
 Orange County Department on Aging  
 University Place

For more information, contact:  
 Latonya Brown, Wellness Coordinator  
 919-245-4270



Chapel Hill Police Department  
828 Martin Luther King Blvd.  
Chapel Hill, NC 27514

Hillsborough Police Department  
127 North Churton St.  
Hillsborough, NC 27278

Orange County Sheriff Department  
106 Margaret Lane  
Hillsborough, NC 27278

### NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

This is a 12-week series structured to help family members understand and support their ill relative while maintaining their own well-being. For family members of close relatives with: Major Depression, Bipolar Disorder (manic depression), Schizophrenia and Schizophrenia Disorder, Panic Disorder, Obsessive Compulsive Disorder, and Borderline Personality Disorder. The class is limited to 25 people. To register, contact: Nancy Brickman at 919-818-8065 or for confidential inquiries, email: [nbrickman@nc.rr.com](mailto:nbrickman@nc.rr.com)

Fee: FREE

**Seymour Center**

Thursdays, Sept 8 – Dec 1  
5:30 – 9:30 pm

### SHINGLES AND PNEUMONIA VACCINES COMING TO YOU

Walgreens and Kroger will be bringing their Shingles and Pneumonia Vaccinations Clinics to you in September! Their pharmacy team will be at the Orange County Senior Centers to answer any questions that you may have and talk through your options for any/all vaccines. We will be conducting immunization assessments prior to the actual clinic dates, so that you will know which vaccines may need a copay under your insurance plan. (Most Medicare plans offer a \$0 dollar co-pay).

**Immunization Registration\* Date:**  
Wed, Sep 7 Seymour Center  
Wed, Sep 21 Passmore Center  
Both 9 am – 1 pm

\*Registrations must be done prior to the actual Immunization Clinic, so that we may schedule ample vaccines for the clinic day. If you are unable to attend the registration day, please contact Lisa of Walgreens at 919- 942-8738, and Ping Rogers of Kroger at 919-380-1443 for additional information so that we may schedule your vaccine appointment.

Please bring the following for your registration:

- Health Insurance Cards
- Name and Phone Number of your Primary Care Provider
- Immunization History (if possible)
- List of Medications (if possible)

### SHINGLES AND PNEUMONIA VACCINATION CLINIC DATE:

If you were unable to be attend the registration day, prior to the clinic date, there will NOT be enough vaccine for you. Please come to the clinic

**Passmore Center (242257-01)**

Wed, Sep 21 - Immunization Assessment 9 am – 1 pm

Wed, Sep 28 - Shingles and Pneumonia Clinic 9 am – 1 pm

**Seymour Center (342502)**

Wed, Sep 7 - Immunization Assessment 9 am – 1 pm

Wed, TBA - Shingles and Pneumonia Clinic 9 am – 1 pm

### QUITTING SMOKING FOR OLDER ADULTS – ON-LINE COURSE.

The National Institutes of Health (2014) is offering a new web resource to help older adults stop smoking with videos, worksheets, interactive features, strategies, quizzes, and more. It includes a link to the resource *Clear Horizons: A Quit Smoking Guide for People 50 and Older*. <http://nihse-niorhealth.gov/quitting/smoking/quit-when-youre-older>

### “NATURE ELDERS” TAKE A WALK

Please call either the Passmore Center at 919-245-2015, or the Seymour Center at 919-968-2070 to register. Limited number of spaces for transportation.

Note: The past year’s series of greenway walks attracted a group of seniors who enjoy frequent stops along the way to examine interesting plant life and the birds and butterflies, and countless other critters (pollinators) that accompany them. The group now calls itself the “Nature Elders” and though there are some who try not to miss a walk, there are always newcomers who enjoy getting “Hooked on Nature.” All nature-curious folks are encouraged to join the walks.

These walks are slow paced and generally on level ground. Sometimes the walks may leave the even surfaces of local paved greenways and take off on area nature trails to “Take a Closer Look” at Nature.

**Make Note: Recommended for all walks are sturdy walking shoes and walking poles, light-weight day pack, water, energy bar, and binoculars.**

The following is the schedule for this fall.

### MASON FARM BIOLOGICAL RESERVE

We will enjoy the peak of fall wildflowers along the old farm roadway around Big Oak Woods at the **Mason Farm Biological Reserve** of the N.C. Botanical Garden. Anticipate a tasting of ripe persimmons and perhaps another eagle sighting, a repeat of last year’s experience. Easy walking on level surfaces, ap-

prox. 1.5 miles.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Thu, Sep 22 (340000-02)

9 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

**Passmore Center** 9 am

**Seymour Center** 9:15 am

### JO PEELER TRAIL OF THE CEDAR FALLS PARK AND GREENWAY

We will explore the **Jo Peeler Trail** of the **Cedar Falls Park and Greenway** in Chapel Hill. Kathy Harris will accompany the group to describe the history of the trail and the early efforts to establish greenways in Chapel Hill. Special features of this trail are groves of giant oaks and a truly unbelievable Tulip Poplar. Bring a sack lunch; the group will enjoy the picnic facilities at the Park following the walk. Moderate, uneven surfaces, approx. 1 mile.

Minimum: 10; Maximum: 20

Walking Difficulty: Moderate

Fee: FREE

Wed, Oct 12 (340004-01)

9 am – 1:30 pm

Please arrive 15 minutes before the bus is scheduled to depart

**Passmore Center** 9 am

**Seymour Center** 9:15 am

### POET’S WALK AT HISTORIC AYR MOUNT

We will take a leisurely stroll on the **Poet’s Walk at historic Ayr Mount** in Hillsborough. We’ll observe which trees and shrubs are the last to display their fall colors and we’ll marvel at some of the giant trees along the edge of the Eno River. Bring a sack lunch to enjoy following the walk. Moderate, uneven surfaces, approx. 1 mile.

Minimum: 10; Maximum: 20

Walking Difficulty: Moderate

Fee: FREE

Wed, Nov 9 (320005-01) 9 am – 1:30

Please arrive 15 minutes before the bus is scheduled to depart

**Passmore Center** 9:15 am

**Seymour Center** 9 am

If you have any questions specific to the walk, please contact Ken Moore at 919-967-4734 or email: [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu).

### CHINESE COMMUNITY NATURE WALKS

Please call the Seymour Center at 919-968-2070 to register.

These walks are slow paced and generally on level ground. Sometimes the walks may leave the even surfaces of local paved greenways and take off on area nature trails to “Take a Closer Look” at Nature. **Make Note: Recommended for all**

**walks are sturdy walking shoes and walking poles, light-weight day pack, water, energy bar, and binoculars. These are walks specifically for the Chinese community. We will meet in Seymour at least 15 minutes ahead.** The following is the schedule for this Fall 2016.

### MASON FARM BIOLOGICAL RESERVE

We will enjoy the peak of fall wildflowers along the old farm roadway around Big Oak Woods at the **Mason Farm Biological Reserve** of the N.C. Botanical Garden. Anticipate a tasting of ripe persimmons and perhaps another eagle sighting, a repeat of last years’ experience. Easy walking on level surfaces, approx. 1.5 miles. Maximum 20. Register in front desk by Sept. 14th. Walking Difficulty: Easy

Fee: FREE

Wed, Sep 28 (340000-03)

9 am – 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

**Seymour Center** 9:15 am

### JO PEELER TRAIL OF THE CEDAR FALLS PARK AND GREENWAY

We will explore the **Jo Peeler Trail** of the **Cedar Falls Park and Greenway** in Chapel Hill. Special features of this trail are groves of giant oaks and a truly unbelievable Tulip Poplar. Bring a sack lunch; the group will enjoy the picnic facilities at the Park following the walk. Moderate, uneven surfaces, approx. 1 mile. Maximum 20. Register in front desk by Sept. 30th.

Walking Difficulty: Moderate

Fee: FREE

Fri, Oct 14 (340004-02)

9 am – 1:30 pm

Please arrive 15 minutes before the bus is scheduled to depart

**Seymour Center** 9:15 am

### POET’S WALK AT HISTORIC AYR MOUNT

We will take a leisurely stroll on the **Poet’s Walk at historic Ayr Mount** in Hillsborough. We’ll observe which trees and shrubs are the last to display their fall colors and we’ll marvel at some of the giant trees along the edge of the Eno River. Bring a sack lunch to enjoy following the walk. Moderate, uneven surfaces, approx. 1 mile. Maximum 20. Register in front desk by Wed, Nov 2. Walking Difficulty: Moderate

Fee: FREE

Wed, Nov 16 (320000-01) 9 am – 1:30 pm

Please arrive 15 minutes before the bus is scheduled to depart

**Seymour Center** 9:15 am (340005-02)

If you have any questions specific to the walk, please contact Zhenzhen Yu at 919-968-2070.

## EVIDENCED-BASED PROGRAMS

The following programs are supported in part by Health Promotion/Disease Prevention Funds from NCDHHS – Aging and Adult Services. As a consumer, you may make a voluntary contribution to this program, but are under no obligation. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.

### LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Interactive 6-week course designed to help people with chronic conditions. Includes: (1) techniques to deal with problems such as frustration, fatigue, pain and isolation; (2) appropriate exercise for maintaining and improving strength, flexibility, and endurance; (3) appropriate use of medication; (4) communicating effectively with family, friends and health professionals; (5) nutrition; and (6) how to evaluate new treatments. Each participant will receive a copy of the book, *Living a Healthy Life with Chronic Conditions*. The program is designed to enhance regular disease treatment and disease specific education. Registration Deadline is one week before start of program. Program minimum 6, maximum 12.

Facilitators: Latonya Brown, Health Educator and Pam Tillett, Social Worker

Fee: FREE

LOCATION

Date ? (000000)

Time ?

### MATTER OF BALANCE

Do you have concerns about falling? Have you been struggling with maintaining your balance? Many older adults are concerned about falling and restrict their activities. This award-winning program is designed to manage falls and increase activity levels. It is an evidenced-based health education program. While simple exercises will be used, it is not an exercise class. Registration Deadline: Thursday before the classes begin the following week. Program minimum 6, maximum 12.

Fee: FREE

Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.

### WALK WITH EASE – ARTHRITIS FOUNDATION

This is a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year. In this 6-week program, participants meet three times a week in groups of up to 15. The class begins with a health education session on an arthritis - or exercise - related topic, followed by stretch-

ing activities and a 10–35 min walk. To participate in this walking program please call the **Seymour Center** at 919-968-2070.

Instructors: Salli Benedict, MPH, RYT and Latonya Brown, MHSA, CIRS-A  
Fee: Free

**Please contact Latonya Brown, 919-245-4270, if you are interested in having us offer this program to your senior group at your location, such as a church, community center, neighborhood clubhouse, etc.**

## ARTHRITIS FOUNDATION EXERCISE PROGRAM CLASSES

### AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

This class offers participants the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class minimum 5, maximum 25. Instructor: Sandy Wolfe.

Fee: FREE

**Passmore Center**

Mon & Wed (252001-1) 10 – 10:50 am

### INSPIRED MOVEMENT

Never exercised before? This class is great for beginners! It's designed to stretch and strengthen your entire body for maximized movement and endurance. The class is an excellent way to improve joint flexibility, muscular strength, and toning. Knowledge of beneficial movements can be applied to daily living at home. Class offers the evidence-based Arthritis Foundation Exercise Program, *Take Control with Exercise*. Class minimum 5, maximum 15.

Instructor: Kathleen (“Kacky”) Campbell Hammon.

Fee: FREE

**Seymour Center**

Mon & Wed (352008) 10 – 10:50 am or  
Tue & Thu (352008) 2:15 – 3:05 pm

## WELLNESS INTEREST GROUPS

### PASSAGE MEDITATION (SATSANG)

*“The Eight Point Program of Passage Meditation”* was developed by Ecknath Easwaran. It is non-denominational, non-sectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources and realize one's highest potential”. Visit [www.easwaran.org](http://www.easwaran.org) for more information, or contact Annette at 919-260-1995.

Fee: FREE

**Seymour Center**

2nd Sat: Sep 10; Oct 8; Nov 12  
(352047) 9 – 10:30 am

## Hillsborough

(252254)

# Senior Striders Walmart Walking Program

\* 3RD THURSDAY EACH MONTH \*

ADDITIONALLY, WALMART IS OPEN FOR WALKERS EVERY MONDAY – FRIDAY AT 8 A.M.

Sep 15

### UNC Hospital's Hillsborough Campus Visit

The UNC Hospital's Hillsborough Campus is dedicated to providing pro-active solutions for healthier living. Join us for a tour of the newly constructed exercise track and meet a representative from the Emergency Department for helpful tips for staying healthy.

Oct 20

### Coffee and Cops – Hillsborough Police Department

A little hospitality served with a side of community policing. Safety and security are top priorities for our communities, one of the greatest ways to ensure our safety is to get to know those who provide our protection. Come meet with our local law enforcement officers and share coffee and conversation.

Nov 17

### Back Pain – Better Back Care

Are you dealing with back pain? Meet with Taylor Gates, a certified exercise physiologist, to discuss ways to address back pain and improve mobility and dexterity. Let Taylor Gates introduce you to exercises to address lower back pain and help improve your quality of life.

**8:00 am** – Warm-Up Exercises – Front of Walmart

**8:30 am** – Breakfast served in Walmart's training room

**8:45 am** – Educational Session

DUE TO LIMITED SPACE, REGISTRATION: REQUIRED EACH MONTH  
CALL 919-245-2015 on, or after, the 3rd Thursday of the month

Program supported with funding from:  
Walmart and UNC Health Care

Program sponsored by:  
Orange County Department on Aging

For more information, contact:  
Latonya Brown, Wellness Coordinator  
919-245-4270



## TAKE OFF POUNDS SENSIBLY (TOPS)

A weight loss support group, TOPS, is a non-profit and non-commercial organization. We'll help you reach your goals in a warm, caring support group for adults and children (age 7 +). Join us to help you have the pounds "fall" off. Contact: Judy at 919-452-3712 for more information. Fee: First visit is free.

**Passmore Center**  
Tuesdays (257000-01)  
11 am – 12 noon  
(Weigh-in: 10:30 am in the Wellness Room)

## WELLNESS EXERCISE CLASSES

Program registrations are necessary: Program participants should bi-annually complete, or update, their registration forms which are available at the senior centers' front desks. Fees for classes may be mailed or brought to the appropriate center. Credit cards, cash or checks made payable to Orange County Department on Aging, are acceptable. **Registration is necessary for ALL classes with a fee as well as free ones.** For the **Passmore Center** in Hillsborough call 919-245-2015, and for the **Seymour Center** in Chapel Hill, call 919-968-2070.

Fee waivers/reductions are available based on assessed financial need for all fitness classes. Contact Latonya Brown, Wellness Coordinator at 919-245-4270 for more information. All participants' information is kept confidential.

Participants are encouraged to take any fitness class for the first time at no charge to determine if the class meets their needs.

### ♿ AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

This class offers participants the evidence-based Arthritis Foundation Exercise Program, "Take Control with Exercise". Class minimum 5, maximum 25.

Instructor: Sandy Wolfe.  
Fee: FREE

**Passmore Center**  
Mon & Wed (252001-1) 10 – 10:50 am

### ♿ AGELESS GRACE

This class for anti-aging consists of 21 simple tools for lifelong comfort and ease, and can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions, and spirit. All exercises are designed to be practiced in a chair and consist of natural movements. Each of the 21

tools focuses on different anti-aging techniques - joint mobility, spinal flexibility, cognitive function, systemic stimulation, balance and confidence. Class size: minimum 5, maximum 15. Instructor: Salli Benedict, Ageless Grace certified instructor, 919-929-8621 and 919-218-6660 (cell)

Fee: FREE (donations encouraged)  
**Passmore Center**  
Wednesdays (252013-01)  
11:15 am – 12 noon

### BALANCE

A 12-week balance training class, designed to improve your balance and prevent falls, includes strength training, functional movement, and progressive balance exercises, and is for seniors with balance problems. It fills quickly, so sign up early. At the conclusion of the first class, instructor will determine appropriateness for continuation in class. Class minimum 6, maximum 15.

Instructors: Charron Andrews, physical therapist; assisted by UNC student volunteers who are interested in careers working with an older population. Fee: \$90 for 24 sessions. Scholarships are available for qualifying individuals  
**Seymour Center**  
Tue & Thu, Sep 13 – Dec 6  
(352117-09) 10 – 10:50 am

### ♿ BETTER BACK CARE EXERCISE CLASS

This class is for people with low back pain. It is a 4 week class that meets in a small group setting. We will work on stretching and strengthening the back, hips, legs, and abdomen. We will do exercises on yoga mats, chairs, and/or standing. If you are unable to do a certain exercise, there is always an alternate one for you!

Instructor: Taylor Gates, MS, ACSM-CEP has a Master's of Science in Exercise and Sport Science - Exercise Physiology. Is an American College of Sports Medicine (ACSM) Certified Clinical Exercise Physiologist (CEP), and has a current American Heart Association BLS certificate.

Fee: FREE  
**Passmore Center**  
Tue & Thu, Sep 13 – Oct 6  
(252017-01) 2 – 3 pm  
**Seymour Center**  
Tue & Fri, Oct 4 – Oct 28  
(312001-02) 12 noon – 1 pm

### NEW! CIRCUIT TRAINING WITH ALICIA REID

This circuit training exercise class provides a full body workout. Participants exercise independently in a group setting under the leadership and direct contact of our qualified fitness staff Alicia Reid. The class consists of stretching and range of motion exercises, resistance training to improve muscular strength and endurance, and an aerobic workout to increase cardiovascular

endurance.  
Fee: \$50 per session  
**Seymour Center**  
Wednesdays (352046-01)  
6:15 – 7:15 pm

### NEW! EXERCISE BOOT CAMP FOR BOOMERS

Our new certified fitness instructor, Arlene Bynum Mills, will lead you through a mix of traditional calisthenics and body weight exercises using interval, resistance and strength training designed to give you a full body workout in less time boot camp style. The program incorporates safe and effective exercises, stressing proper form and technique.

Fee: \$50 per session  
**Seymour Center**  
Mondays (352041-01) 5:30 – 6:30 pm

### ♿ GENTLE JOY OF YOGA

It's never too late to enjoy the many health benefits of yoga! The practice of yoga's stretching and strengthening exercises and the breathing and relaxation techniques can help to improve your sense of well-being. Yoga is an ideal form of exercise because its movements are smooth and adaptable offering opportunities to promote good bone health as well as gain strength and flexibility to your spine and joints.

Class begins with stretching and breathing exercises designed to relieve stress and calm the mind. Class continues with a wide range of poses that enhance strength, mobility, range of motion, balance, and body awareness. The poses used are adapted to everyone at any level of health and fitness and are done either standing or seated.

Chairs and props keep everyone safe and supported. Yoga does get better with age - and age gets better with yoga!!

Joy has practiced yoga for many years and received her Yoga Teacher Certification in May 2011. She completed a Certificate of Therapeutic Yoga for Seniors from Duke

Integrative Medicine in April 2013.  
Instructor: Joy Gornto, RYT  
Fee: \$6/class  
**Passmore Center**  
Mon & Thurs (252012-09, 10, 11)  
10 – 10:50 am  
**Seymour Center**  
Tuesdays (352023-09)  
11 – 11:50 am  
Wednesdays (352023-03)  
5:15 – 6:15 pm

### ♿ INSPIRED MOVEMENT

Never exercised before? This class is great for beginners! It's designed to stretch and strengthen your entire body for maximized movement and endurance. The class is an excellent way to improve joint flexibility, muscular strength, and toning. Knowledge of

beneficial movements can be applied to daily living at home. Class offers the evidence-based Arthritis Foundation Exercise Program, Take Control with Exercise. Class minimum 5, maximum 15. Instructor: Kathleen ("Kacky") Campbell Hammon.  
Fee: FREE (donations encouraged)  
**Seymour Center**  
Mon & Wed (352008)  
10 – 10:50 am or  
Tues & Thurs (352008)  
2:15 – 3:05 pm

### MUSIC THERAPY CLASS FOR FAMILIES LIVING WITH PARKINSONS DISEASE

Call Latonya Brown for more info 919-245-4270  
Fee: FREE  
**Seymour Center**  
Tuesdays Oct 18 – Dec 20  
(352091) 5 – 7 pm

### NIA (NEUROMUSCULAR INTEGRATIVE ACTION)

NIA is the latest fusion in mind-body wellness. Joyful and exhilarating practice combines martial arts, yoga, dance and spiritual self-healing. It provides a safe, effective cardiovascular workout with total body conditioning and personal growth benefits. Class minimum 6, maximum 25.

Instructor: Marty Broda, certified NIA instructor.  
Fee: \$24/4 weeks; \$48/8 weeks; or \$72/12 weeks – Coupon books available.

**Seymour Center**  
Wednesdays (352016- 04, 05, 06)  
3:55 - 4:50 pm

### PILATES

Pilates is a form of resistance exercise that focuses on strengthening the abdomen and back or "core" muscles to improve flexibility, posture, and balance. Slow, controlled movements help increase bone density using your own body weight or light hand weights. Class minimum 6, maximum 12.

Instructor: Connie Winstead.  
Fee: \$24/4 classes; \$48/8 classes, or \$72/12 classes. Coupon books available.  
**Seymour Center**  
Mondays (352010 – 05, 06, 07)  
2 – 2:50 pm  
Thursdays (352010 -14, 15, 16)  
3:20 – 4:20 pm



**RETURN TO RECESS**

This class offers a fun, non-competitive activity class that focuses on play for adults! Here you'll find big, colorful and lightweight playground balls that you can bounce and toss as well as beachballs, balloons, hula hoops and all sorts of fun things to play with. We also play big group games and have fun relay races that are all modified to your skill and comfort level. And, no advanced skill set is required. Just a desire to have fun!!"

**Seymour Center**

Wednesdays (342002) 2:30 – 3:30 pm

**SALLI'S SENIOR WORKOUT**

When was the last time you enjoyed exercising? Join this fantastic and fun fitness class, taught to Chapel Hill seniors since 1986. The music is great, the people are great, and it's good for you, too! Your flexibility, strength, balance, posture, and coordination will all increase. The class incorporates movements from yoga, physical therapy and dance, and is done in chairs or standing. Not only will you be glad you came, but you'll leave smiling! Class minimum 4, maximum 25.

Instructor: Salli Benedict, MPH, certified fitness and yoga instructor and health educator  
919-929-8621 and 919-218-6660 (cell).  
Fee: \$3/class

**Seymour Center**

Wed & Fri (352011 – 11, 12, 13)  
9:30 – 10:30 am

**SILVER SNEAKERS EXERCISE CLASS AND FITNESS ROOM ACCESS**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Healthways SilverSneakers Fitness Program – Please contact SportsPlex with questions about programs and classes at 919-644-0339.

**Seymour Center**

Mon & Wed 12:15 – 1pm

## UNC Geriatric Specialty Clinic

**Are you concerned because -**

- You have two or more medical problems or health conditions?
- You have to take more and more medications?
- You are overwhelmed by the cost of your medicine?
- You want to remain independent and have a better quality of life?

Meeting Your Primary Care Needs *and*  
Providing you with Specialist Care in Aging  
Complex Medical Care and Balancing Medications



Call 919-957-6599 (press 1) for information or appointments. Referrals not required.  
Multi-lingual appointments available.

## Physical Therapy Clinics at Senior Centers

**Are you in need of some physical therapy?**

Has your healthcare provider prescribed it?

It's available Tuesdays and Thursdays at both the Seymour and Passmore Center.

Private Insurance and Medicare accepted.

Call 919-624-0388 for an appointment at the **Passmore Center**, Hillsborough with ElderFit In-Home Rehab Physical Therapy.

Call 919-732-6600 for an appointment at the **Seymour Center**, Chapel Hill with University Physical Therapy.

## FITNESS STUDIO- SEYMOUR CENTER Department on Aging - Wellness Program

The fitness studio in the **Seymour Center** is 624 sq ft of space nestled inside the state of the art 25,000 sq ft Center. The fitness studio, with exercise machines, helps users increase their endurance, maintain balance and build

strength. The fitness area's exercise machines were donated by UNC Health Care. **Eligibility:** Orange County Residents age 55 and older are eligible to join.

**Membership Fees Individuals**

	Individuals	Couple
Annual Rate:	\$200 (one lump sum)	\$300
Semi-Annual Rate:	\$120 (paid on joining & 6 month intervals)	\$160
Quarterly Rate:	\$65 (paid quarterly – Jan, April, July, Oct)	\$90
Monthly Rate:	\$25 (paid by the 10th of each month)	\$35

**Non-county residents may join at the following rates:**

Individual:	\$28 – month	\$250 – annual
Couple:	\$35 – month	\$375 – annual

Scholarships will be granted, case-by-case, based on the federal poverty guidelines beginning with \$11,670 for a single member household. Scholarship inquiries are confidential and should be directed to Latonya Brown, Wellness Coordinator, 919-245-4270.

**Operational Hours**

Mon, Wed, Fri: 8 am – 4:30 pm  
Tues & Thu: 8 am – 8:30 pm  
Saturdays: 9 am – 5 pm

**Personal Trainer Staff Hours**

9 - 11:30 am - Fri.  
9 - 11:30 am

*During peak times of use, machines will be limited to 30 minutes each.  
\*10 am - 12 noon Tues/ Thurs, no personal trainer on duty.*

**Personal Trainer Appointments** - All Fitness Room Members are permitted 1 FREE 30-minute Personal Trainer session, annually, in addition to the Fitness Room orientation with Nancy Alton, BS/ACE certified Personal Trainer on limited Mondays, or with Nat Shapiro on either Tue, Thu, or at other times by appointment. **All personal trainer sessions are by appointment only made at the Seymour Center's front desk, 919-968-2070**

## SENIOR CENTER SportsPlex Membership

**Department on Aging - Wellness Program** - A special Membership fee is being offered exclusively to members joining through the Senior Center. It includes Fitness and Cardio Centers, Group Exercise Classes (land and water) offered at the SportsPlex facility and Aquatics Center. The SportsPlex is a Silver Sneakers facility. (To qualify, you must be a Medicare-eligible member of a health plan that offers the Silver Sneakers Fitness program.) More than 40 Medicare health plans offer the program as a benefit to members across the nation. Individuals should check with their insurance providers for availability/eligibility. This fitness program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity.

**Fee Structure** - To optimize the SportsPlex offerings and to encourage as many participants as possible, Orange County has a special fee. However, scholarships are available on a sliding scale to people with low incomes.

**Membership Fees Individuals Couple**

Annual Rate:	\$300 (one lump sum); \$420
Paid in Full by:	Cash, Check, Credit Card, or monthly \$25 drafts for individuals and \$35 drafts for couples.

The \$50 new membership fee is waived upon completion of the physical function screen and payment of the membership fee for county residents. Non-county residents may join the SportsPlex at the following rates along with the initiation fee of \$50:

Individual:	\$35.99 – monthly; \$431.88 – annually
Couple:	\$49.99 – monthly; \$599.88 – annually
Scholarships are available. Direct requests to Latonya Brown, Wellness Coordinator, 919-245-4270.	

**Operational Hours**

Mon - Sat: 5:30 am – 10 pm • Mon - Sat: Pool closes at 9 pm • Sundays: 12 noon – 7 pm

**Personal Trainer Appointments**

Schedule an appointment directly with SportsPlex approved trainers at 919-644-0339.

**SIT TO BE FIT**

Class is designed to stretch and strengthen your entire body for maximized movement and endurance, and is excellent for improving joint flexibility, muscular strength, and toning. While seated, you gain knowledge of beneficial movements that can be applied daily at home. Learn healthy hints to keep you independent and striving toward 100 years of age! Walk-ins welcome, class minimum 4, maximum 18. Instructor: Michael Savino, CTRS, LMBT #00703 – **Seymour Center**  
 Fee: FREE (donations encouraged)  
**Seymour Center**  
 Mondays (352019) 11 – 11:50 am

**STRENGTH TRAINING – ADVANCED**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class minimum 5, maximum 30.  
 Instructor: Kevin Kirk, MS, Exercise Physiologist/Fitness Trainer.  
 Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Arrive early to secure equipment. Coupon books available.  
**Seymour Center**  
 Mon & Thu (352021- 12, 13, 14)  
 10:40 – 11:35 am  
**Passmore Center**  
 Wednesdays (252018-09, 10, 11)  
 10 – 11 am

**STRENGTH TRAINING – INTRODUCTION**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class minimum 5, maximum 30.  
 Instructor: Kevin Kirk, MS, Exercise Physiologist/Fitness Trainer.  
 Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Arrive early to secure equipment. Coupon books are available.  
**Seymour Center**  
 Mon & Thu (352000-12, 13, 14)  
 9:40 – 10:30 am

**STRENGTH TRAINING AND MOVEMENT**

Balance training, strength training, stretching, and abdominal strengthening exercises. The program's goal is to improve cardiovascular fitness, muscle strength, balance, and total well-being. Class minimum 5, maximum 30. Instructor: Stephanie Yost, BSN, RN, ESA, AFFA, ACLS certified instructor.  
 Fee: \$35/month  
**Seymour Center**  
 Tue & Thur (352006 – 14, 15, 16)  
 8:20 – 9:20 am

**STRONG AND STEADY**

Strong and Steady focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. The class incorporates exercises that are reviewed and recommended by well-studied programs of *A Matter of Balance, Fit and*

*Strong*, and the OTAGO balance program. Strong and Steady is guided by a licensed physical therapist who will modify the exercises as needed. This class is great for beginners as well as advanced exercisers! All equipment is supplied!

Class minimum 5, maximum 20.  
 Instructor: Vicki Tilley, PT, GCS (Geriatric Clinical Specialist).  
 Fee: FREE (donations encouraged)  
**Passmore Center**  
 Tue & Thur (252007-01)  
 10 – 11:15 am

**T'AI CHI – BEGINNING**

T'ai Chi, an ancient Chinese art, based on natural laws, teaches relaxation, erases tension, and boosts energy. It works for all, regardless of age. An added bonus: Tai Chi may add to your sense of emotional well-being. Class minimum 4, maximum 10.  
 Instructors: Bill Meyers  
 Fee: \$8 per session/class  
**Seymour Center**  
 Wednesdays (352002 – 07, 08, 09)  
 2:30 – 3:20 pm

**T'AI CHI – CHEN BEGINNER**

In this class you will experience the Chen Style form of T'ai Chi. This form is characterized by larger steps and bigger arm movements and is designed to open the joints and create more flexibility and stability. It enhances energetic flow, balance and coordination.  
 Instructor: Nina Maier - 919-732-2722  
 Fee: \$8/ class  
**Passmore Center**  
 Mondays (252016-09, 10, 11)  
 4:30 – 5:30 pm

**T'AI CHI – WU/HAO BEGINNER**

Ongoing class explores T'ai Chi movement through the Wu/Hao Style form. Practice of this "moving meditation" can reduce stress; improve health, increase flexibility and energetic flow, aid in the discovery of balance and harmony in the mind and body. Class minimum 4, maximum 10.  
 Instructor: Nina Maier, 919-732-2722.  
 Fee: \$8/ class  
**Passmore Center**  
 Mondays (252008-09, 10, 11)  
 6 – 6:50 pm

**T'AI CHI – YANG SHORT FORM – ADVANCED**

Tai Chi is a low impact, weight bearing aerobic and relaxing exercise that began as a martial art. If practiced regularly it enhances physical and mental health. Tai Chi's slow gentle circular movements, deep breathing and meditation improves the flow of energy (Chi) through the body. This leads to greater awareness, calmness, and an overall sense of wellness. It is also noted for improving mobility, balance and posture.

Advanced students will have the opportunity to practice sensing hands

and pushing hands exercises in a non-competitive environment. The sword form will also be taught and practiced.  
 Instructor: Frank Pruett  
 Fee: FREE

**Seymour Center**  
 Tuesdays (352005-10) 7 - 8:15 pm

**TONE, BALANCE & TIGHTEN – TBT**

This class focuses on maintaining and increasing muscular strength and joint health by exercising the whole body. Gentle exercises stretch and tone all major muscle groups, promoting flexibility and mitigating the loss of muscle often associated with aging. Exercises which promote balance are included.  
 Instructor: Becci Ritter  
 Fee: FREE (donations encouraged)  
**Seymour Center** (352025-05)  
 Wed & Fri 11 – 11:50 am  
*TBT will resume in the fall*

**WALKING – INDOORS**

Walk in the **Central Orange Gym** at 300 W Tryon St, Hillsborough  
 Fee: \$3 daily; \$15 - 6 months; \$25 annually  
**Passmore Center Gym**  
 Mon – Fri 8 – 9:30 am

**WALKING – INDOORS**

Walk in the **Passmore Center** with friends.  
 Fee: FREE  
**Passmore Center**  
 Tuesdays (25000-01) 2:30 pm

**WALKING - INDOORS**

Walk in the Northside Gym at the **Hargraves Center**  
 Fee: FREE  
**Hargraves Center**  
 Wed & Fri 9:30 am – 12:30 pm

**WALKING MEDITATION**

Do you love trees in all seasons? Do you love the forest's sounds? Do you love the soft earth under your feet? Do you enjoy walking intentionally so you don't miss anything? If you do, you will want to join friends who enjoy the same pleasures. We are aiming for a Friday - once a week? Once a month? What suits you? Call Miriam Thompson at 919-370-4114 to schedule a time and walking path.  
**Seymour Center**  
 Fridays TBA

**WALKING – OUTDOORS**

Fast-paced walking group walks on trails and through wooded areas, weather permitting. Need to be agile on your feet. Bring a friend and/or walking stick. Call to be added to the list. Group leader needed.  
**Passmore Center**  
 Tuesdays (250002-01) 10 – 11 am  
**Seymour Center**  
 Tuesdays (350000) 8:30 – 9:30 am

**YOGA**

This gentle physical form of Yoga has an emphasis on flexibility and movement, as well as breathing. Research shows that Yoga is excellent for good bone health as well. Please arrive a few minutes early to secure a place in class. Class minimum 6, maximum 12.  
 Instructor: Barbara Lang  
 Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Coupon books are available.

**Seymour Center**  
 Mon & Wed (352003 – 03, 04, 05)  
 1 – 1:50 pm

**ZUMBA! - INICIATIVA LATINA DE BIENESTAR**

Iniciativa Latina de Bienestar promueve la salud entre las Latinas y hace una comunidad por nuestras clases de Zumba y clases educacional en Español. Las clases incluyen educación sobre la nutrición, seguro medico, la hipertensión, la salud de la mujer, etc. La clase de Zumba se puede ver diferentes estilos de danza, como hip-hop, soca, samba, salsa, merengue, y mambo. Póngase lista para estar de pie por 50 minutos porque vamos a bailar y sudar! Los beneficios de ejercicio regular y una dieta sana incluyen prevención y control de diabetes, prevención y control de hipertensión, y un bienestar físico y mental- la Iniciativa esta aquí para ayudarle a conseguir estos beneficios.

Romina Boyle, monitora de Zumba titulada; Sarah van der Horst, directora- 919-260- 6899  
 Precio: GRATIS  
**Seymour Center** (354155)  
 Sábados 3:30 – 5:30 pm

**ZUMBA - LATINA WELLNESS INITIATIVE (LWI)**

Latina Wellness Initiative promotes health among Latinas and fosters a sense of community with our Zumba and health awareness classes, all in Spanish! The educational classes have been centered on themes such as nutrition, health insurance, hypertension, women's health, etc. During the Zumba class you can experience different dance styles, like hip-hop, soca, samba, salsa, merengue, and mambo. Get ready to be on your feet for 50 min because we are going to dance and sweat! The health benefits of regular physical activity and healthy eating include prevention and control of diabetes, prevention and control of high blood pressure, sense of community, and overall mental and physical well-being. LWI is here to help you get those benefits.

Romina Boyle, Zumba certified instructor; Sarah van der Horst, director- 919-260- 6899  
 Fee: FREE  
**Seymour Center** (354155)  
 Saturdays 3:30 - 5:30 pm

## SILVER SNEAKERS AND SPORTSPLEX CLASSES FOR OLDER ADULTS

**Healthway SilverSneakers Fitness Program – Please contact SportsPlex with questions about programs and classes at 919-644-0339. Classes are held next to the SportsPlex at the Passmore Center and Seymour Center.**

### SILVER SNEAKERS CLASS

Fee: FREE for Silver Sneakers members  
**Passmore Center**  
 Mondays 11 – 11:45 am  
**Seymour Center**  
 Tue & Fri 10:30 – 11:30 am

### SILVER SNEAKERS CHAIR YOGA

Fee: FREE for Silver Sneakers members  
 Instructor: Beth  
 Orange County SportsPlex  
 Tuesdays 11 – 11:45 am

### SILVER SNEAKERS CARDIO

Fee: FREE for Silver Sneakers members  
 Instructor: Alicia  
**Passmore Center**  
 Wednesdays 11 – 11:45 am

### SILVER SNEAKERS STRENGTH (252014-02)

Fee: FREE for Silver Sneakers members  
 Instructor: Kathy  
**Passmore Center**  
 Fridays 11 – 11:45 am

### PACESETTER CLASS

Fee: FREE for Silver Sneakers members  
**Passmore Center**  
 Mon & Wed 8:45 – 9:40 am

## WELLNESS – INDIVIDUAL SERVICES

### BLOOD PRESSURE MONITORING

A volunteer RN or LPN is on-site to take blood pressures. RSVP provides the volunteers. Free automated blood pressure machines are available at both Senior Centers. These machines are provided by the Orange County Wellness Program.  
 Fee: FREE

**Seymour Center**  
 Wednesdays (352505) 9:30 – 11:30 am  
**Passmore Center**  
 Thursdays (252501-1) 9:30 – 11:30 am

### CHAIR MASSAGE

Dede Banks is nationally certified in therapeutic massage, has extensive experience working with older adults, and can focus on problematic areas. Call 919-968-2070 for appointment.  
 Fee: \$10/15 minutes. Gift certificates available.

**Seymour Center**  
 1st Thu, Sep 1; Oct 6; Nov 3 (352502)  
 9:30 am – 1 pm

### ESTHETIC /NATURAL SKIN CARE SPA/WAXING

Receive a facial with Massage by Karen Weaver, Licensed Esthetician. Call a Senior Center to schedule your appointment. Please note the “no-show” policy listed on page .

Fees:  
 Express Facial \$20  
 Waxing Services  
 Eyebrows \$12  
 Lip \$8  
 Chin \$8  
 Sides \$10

**Passmore Center** (919-245-2015)  
 2nd & 4th Mon (252512) 2:30 - 4:30 pm  
**Seymour Center** (919-968-2070)  
 1st & 3rd Mon (352503) 10 am - 12 noon

### “FIT FEET” PROGRAM

A toenail trimming service by **appointment only** provided by trained RNs for **adults’ age 55+.** All **NEW clients must complete an initial health assessment and MUST BRING THEIR DOCTOR’S REFERRAL WITH THEM TO FIRST APPOINTMENT, OR SERVICE WILL BE DENIED!** For medical transportation, if necessary, call E-Z rider at 919-968-2772, within the Chapel Hill – Carrboro city limits. In the county, call OPT at 919-245-2008. For a “Fit Feet” appointment, call the Senior Center nearest you.

Fee: \$14/visit for Orange County residents. \$27/visit for non-residents.

\* **Note: “No-Show” Policy for Fit Feet Clients** is to collect \$7 for Orange County residents and \$13.50 for non-residents for a scheduled appointment if it’s not cancelled a minimum of 24 hours before the scheduled time. If proper notice has not been given and/or there is a client “no-show”, the Senior Center will bill the client for expenses. Further appointments will not be allowed until this fee has been received.

**Passmore Center**, 919- 245-2015  
 2nd & 4th Wed, Sep 14, 28 (252502)  
 9 am – 4 pm  
 2nd & 4th Wed, Oct 12, 26 (252502)  
 9 am – 4 pm  
 2nd & 4th Wed, Nov 9, 23 (252 502)  
 9 am – 4 pm

**Seymour Center**, 919- 968-2070  
 1st & 3rd Wed, Sep 7, 21 (352508)  
 9 am – 4 pm  
 1st & 3rd Wed, Oct 5, 19 (352508)  
 9am – 4pm  
 1st & 3rd Wed, Nov 2, 16 (352508)  
 9 am – 4 pm  
 2nd Wed, Sep 14;  
 Oct 12; Nov 9 (352508)  
 9 am – 1 pm

### MEDICATION MANAGEMENT

Do you have questions about your medications? Do you want to know more about Medicare Part D – Prescription Drug Coverage? Subsidies? Get answers to these and other questions about medications from a

pharmacist in your own home, **at the Seymour Center, or the Passmore Center.** Please call Yvette Hall at the UNC Center for Aging and Health at 919-843-4096.  
 Fee: FREE

### OTAGO PROGRAM THROUGH ORANGE COUNTY SENIOR CENTERS:

Muscle weakness and impaired balance are risk factors underlying many falls and fall injuries. Fall prevention strategies have included exercise programs that lower the risk of falls by improving strength and balance. The OTAGO exercise program is an evidence based program where a physical therapist works with you to develop an individually tailored, home based, strength and balance exercise routine. This program is reimbursable through insurance with approval from your physician. Ask the physical therapist about the OTAGO exercise program if you are interested!!

Call 919-624-0388 for an appointment at the **Passmore Center**, Hillsborough with **ElderFit In-Home Rehab Physical Therapy.** Call 919-732-6600 for an appointment at the **Seymour Center**, Chapel Hill with University Physical Therapy.

### PERSONAL TRAINER SERVICES

This service is available to all **Seymour Center** Fitness Room Members. Each member is permitted one annual FREE 30-minute Personal Trainer session in addition to the Fitness Room orientation with Nathaniel Sharpio. Additional private sessions are available for \$25 per 1 hr session. All personal trainer sessions are by appointment made at the **Seymour Center’s** front desk.

Fee: \$25/hour (after first 30-min free session)

**Seymour Center**  
 Call 919-968-207 for an appointment (353595)

### PHYSICAL FUNCTION SCREEN

THIS FREE ASSESSMENT IS A REQUIREMENT FOR EVERYONE BEFORE THE INITIAL USE OF THE FITNESS STUDIO; AND BI-ANNUALLY THEREAFTER, AT THE **SEYMOUR CENTER;** AND TO GET THE **PASSMORE CENTER’S** SPORTSPLEX MEMBERSHIP RATE. Participants receive recommendations for individual improvements. Do you want to know how you can improve your strength, balance and agility over time, or how your fitness levels compare with others your age? A physical therapist will give you a written report with your functioning levels. The assessment will take about 45-minutes to complete, including your personal feedback. If you have any questions about the program, contact Latonya Brown, Wellness Coordinator, 919-245-4270. This service

is provided in part by the UNC Division of Physical Therapy, Department of Allied Health in the UNC School of Medicine. Call 919-968-2070 for the **Seymour Center**, and 919-245-2015 for the **Passmore Center for an appointment** and to receive your forms.  
 Fee: FREE

**Passmore Center**  
 Fri, Sep 9, 16; Oct 14, 21; Nov 11; 18 (252503) 9 am – 4 pm  
**Seymour Center**  
 Fri, Sep 2, Oct 7, Nov 4 (352506) 9 am – 4 pm

### REFLEXOLOGY

Reflexology is the application of pressure stretch and movement to the hands and feet. It is designed to effect corresponding parts of the body. It is used primarily for relaxing tension, improved body circulation, revitalizing energy and to promote better health and well-being. From ancient texts, illustrations, and artifacts we know of early civilizations that worked on feet as a method for activating the healing powers of the body in order to promote good health. Call the **Seymour Center** at 919-968-2070 for an appointment.

Provider: Toni Shaw, Certified Reflexologist  
 Fees: \$10/15 min; \$25/30 min; \$35/45 min; and \$55/1 hr. Gift certificates are available. Please note the “no-show” fee policy.

**Passmore Center**  
 Last Mon (252513) 9 am – 2 pm

### REIKI

Would you like to increase your energy and circulation? Relieve stress and pain, or improve sleep? Reiki can help with all of these - and more. It adjusts according to the needs of the recipient while supporting the body’s natural healing abilities and balancing body energy. Dr Oz says Reiki is one of his favorite alternative medicine remedies, and that he and his family have been using it for years. What should you expect? During a Reiki session the recipient lies comfortably and fully clothed on a massage table while listening to soothing music. This creates a relaxed state while allowing the body to use its natural healing abilities. Call Lorraine Lewis at 919-967-2215, a Reiki practitioner for 25 years or e-mail: [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net). Call the **Seymour Center** at 919- 968-2070 to make an appointment.  
 Fees: \$55/1 hr; \$65/1.5 hrs

**Seymour Center**  
 2nd and 4th Wed (352564)  
 12 noon – 5 pm

### THERAPEUTIC MASSAGE

Dede Banks is a licensed Massage and Bodywork Therapist #2009. She has extensive experience working with older adults. Focus on problematic areas, or get a total body massage. Call 919-968-2070 for appointment. Fees:

\$50/50 minutes; \$55/1 hour; \$65/ 1.5 hours. Gift certificates are available. Please note the "no-show" fee policy.

**Seymour Center**  
Thursdays (352512) 9 am - 2 pm

### THERAPEUTIC MASSAGE

Michael A Savino, CTRS (Certified Therapeutic Recreation Specialist), is a licensed Massage and Therapeutic Bodywork Therapist #00703. Swedish, Shiatsu, and Reiki technique massage. Call 919- 967-1043 for information, or to schedule a Sat appointment. Call 919-968-2070 for a week day appointment.

Fees: \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**  
Mondays Q(352515)  
9 am - 2 pm  
Tue & Thu evenings (352521)  
Appointments only

### THERAPEUTIC MASSAGE

Toni Shaw is a licensed Massage and Therapeutic Bodywork Therapist #10458, has extensive experience working with older adults. She can focus on problematic areas, or give a total body massage. It's your choice! Call 919-245-2015 for an appointment.

Fees: \$10/15 minutes; \$25/30 minutes; \$35/45 minutes; and \$55/1 hour. Gift certificates are available. Please note the "no-show" fee policy.

**Passmore Center**  
Mondays (252509) 9 am - 2 pm

### TRAGER - GENTLE BODY THERAPY

Lorraine Lewis, certified Trager Practitioner, provides one-on-one sessions based on work done by Dr Milton Trager. You will experience greater ease, comfort, joy, mobility (it helps to "oil" the joints), balance and peaceful relaxation in your mind/body/spirit. Call 919-968-2070 for an appointment.

Fees: \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**  
2nd & 4th Wed (352514)  
Appointments only

Note: "No-Show" Policy for Esthetic, Therapeutic Massage and Trager Clients is to collect \$20 for a scheduled appointment if it's not cancelled a minimum of 24 hours before the scheduled time. If proper notice has not been given and/or there is a client "no-show", the Senior Center will bill the client for expenses. Further appointments will not be allowed until this fee has been received.

## SUPPORT GROUPS

All support groups are free.

### ALCOHOLICS ANONYMOUS (AA) GROUP

The meeting of Alcoholics Anonymous (AA) is intended to help seniors explore their drinking difficulties in an understanding environment that relies on AA's proven 12-step approach. Particular attention will be given to the early phases of recovery. This is an open meeting of Alcoholics Anonymous that non-alcoholic people may attend.

**Seymour Center** (357070)  
Wednesdays 3 pm

### CAREGIVERS' SUPPORT GROUPS

Meet with other caregivers to share experiences, learn new skills, and to get answers to questions about dementia and other long-term disabilities. Group is open, friendly and informal. Reservations are not required but supervised activities can be available for loved ones during group time with a reservation 24 hours in advance. For reservations, call 919-968-2087. For more information about the group and caregiving in general, call Pam Tillett at 919-245-4278.

**Passmore Center** (255005-1)  
1st Tue, Sep 6; Oct 4; Nov 1 4 - 5:30 pm  
**Seymour Center** (352755)  
2nd & 4th Fri, Sep 9, 23; Oct 8, 22; Nov 12 10:30 am - 12 noon

### HEARING LOSS ASSOCIATION OF CHAPEL HILL

Call Ruth Miller, 919-622-8467.

### LOW VISION SUPPORT GROUP

For more info contact Carol Tickle at 919-643-2620.

**Seymour Center** (352777)  
1st Tue, Sep 6; Oct 4; Nov 1 10 am

### MEMORY CAFES

A new social outlet for people with dementia and their care partners. Come for fun activities and light refreshments.

**Seymour Center**  
2nd Mon, Sep 12; Oct 10; Nov 14  
1:30 - 3:30 pm  
**Passmore Center**  
3rd Mon, Sep 19; Oct 17; Nov 21  
2 - 4 pm

### MULTIPLE SCLEROSIS (MS) SUPPORT GROUP

Join other individuals living with Multiple Sclerosis (MS) to share experiences and concerns, give and receive emotional support, learn more about MS and strategies for living and coping with this disease. For further information, call: Barbara 919-968-1530, Nancy 919-956-5849, or Alex 919-572-6336.

**Seymour Center** (352752)  
Last Tue, Sep 27; Oct 25; Nov 29  
6:30 - 8 pm

### NAMI ORANGE COUNTY SUPPORT GROUP

This group is sponsored by NAMI (National Alliance on Mental Illness) Orange County. It is a structured, interactive support group open to family members and friends of children and adults with a mental illness. For more information, contact Kay Maltbie at 919-402-1630. Information about NAMI Orange County is available at [www.NAMIOrange.org](http://www.NAMIOrange.org)

**Seymour Center** (357009)  
4th Tue, Sep 27; Oct 25; Nov 22  
7 - 8:30 pm

### PARKINSON'S DISEASE CAREGIVERS OPEN DISCUSSION GROUP

Join family and friends who care for people with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information, contact: Jessica L. Shurer, MSW, LCSW Center Coordinator & Clinical Social Worker, National Parkinson's Foundation Center of Excellence Movement Disorders Center, UNC-CH Department of Neurology 919-843-1657, or visit the website: [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

**Seymour Center** (352851)  
1st Tue, Sep 6; Oct 4; Nov 1  
12:30 - 1:30 pm

### PARKINSON'S DISEASE PATIENT OPEN DISCUSSION GROUP

Join other people who have been diagnosed with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information, contact: Jessica L. Shurer, MSW, LCSW Center Coordinator & Clinical Social Worker, National Parkinson's Foundation Center of Excellence Movement Disorders Center, UNC-CH Department of Neurology 919-843-1657, or visit the website: [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com) For questions, contact the support group leader, Jessica Shurer, at 919-843-1657 or [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu).

**Seymour Center** (352879)  
1st Tue, Sep 6; Oct 4; Nov 1  
1:30 - 3 pm

### UNC HOSPICE - SPOUSE LOSS SUPPORT GROUP

For those experiencing the loss of their spouse.

To register for this group please call or email Gail Smith, 919-218-7995, [Cynthia.Smith@unchealth.unc.edu](mailto:Cynthia.Smith@unchealth.unc.edu)

**Seymour Center**  
Fri, Sep 9 - Oct 28 1-2:30 pm  
(No group on Oct 14)

### PARKINSON'S DISEASE SUPPORT AND EDUCATION GROUP

Open to both the person with Parkinson's and/or the caregiver. Includes an educational presentation and/or topic discussion. Care partners will meet separately to discuss topics they choose, while the people with PD meet in a different room to share concerns, tips, etc. People with PD and their caregivers meet together for informal coffee on second Wednesdays at 11:15 a.m. at Weaver St Market, Hillsborough.

**Passmore Center** (255004-1)  
4th Wed, Sep 28; Oct 26; Nov 23  
11:15 am - 1 pm

### PULMONARY HYPERTENSION (PH)

PH Association Requests: Patients, family members, friends, and anyone who would like to learn more about this disease are welcome to come and participate in this quarterly meeting. For information, call Mitzi Twine, 919-419-9091.

**Seymour Center** (352833)  
Sat, Oct 22 11:30 am - 1:30 pm

### STROKE SUPPORT GROUP

Contact Kelly O'Brien at 919-966-2029  
UNC Wellness Center @ Meadowmont  
2nd Wed, Sep 14; Oct 12; Nov 9 1 pm

### TRIANGLE APHASIA PROJECT, UNLIMITED

Maura English Silverman, MS, CCC/SLP, Founder and Senior Advisor. Visit the web site at [www.asphasiaproject.org](http://www.asphasiaproject.org) for more information.

UNC CRC Building  
Thursdays 1:30 - 2:30 pm

## SEYMOUR TECH CENTER PERSONAL TECHNOLOGY CLASSES

Fall 2016 Session  
Enroll

At  
- The Seymour Center -  
Phone: 919-968-2070

If you have questions or need assistance with class choices, please call Mike Gilliom - 919-636-0993

To check our class schedule & course descriptions, or sign up for our upcoming class announcements, Go to our web site: [www.seymourtechcenter.org](http://www.seymourtechcenter.org).

### GENERAL INFORMATION

Prerequisites: For PC classes, you must own an IBM-compatible Personal Computer with Windows Vista,

7, 8 or 10 operating system. If you have little or no experience, your first course should be **Computer Fundamentals**. Many of the classes we teach run on Windows PCs as well as MacBooks. You may bring your MacBook to class and use it for any of the following classes: Facebook, Ancestry, Pinterest, Picasa Essentials, and Google Photos.

**Supplies:** Students will need to purchase, and bring to class, a USB flash drive with a Gigabyte of free space. Go to an office supply or big box store and buy their cheapest flash drive.

**Curriculum:** Courses range from basics to more advanced topics and are tailored to seniors age 50 and over.

**Class Schedule:** Seminars are 1 session and are always free. Other classes vary from 1 to 8 sessions and have a fee. See the table that follows.

**Instruction:** Many classes allow a maximum of 9 students, and each student is provided with a computer and a comprehensive student guide. Experienced teachers and coaches, one for every 3 students, provide generous individual attention. **You should plan to practice on a computer at home,** about 1 hour for each hour in class.

**Classes for the Vision Impaired:** The Seymour Technology Center is pleased to announce that it will be offering a course tailored to individuals with vision impairments that range from moderate to severe. Our course will teach students to use an iPhone, iPad or iPod Touch. These devices have audio capabilities making them usable via speech and hearing (for example, the sending and receiving of email).

If you, or anyone whom you know, is interested, please contact Jim Schultz at 919-606-4121 or dad.schultz@gmail.com for further information.

## FALL 2016 CLASSES

**Computer Fundamentals using Windows 10** gives the beginner or person with limited experience the basic concepts, skills and tools such as terminology, using the mouse proficiently, and mastery of the keyboard. You also receive a general grounding in word processing, file organization, and an introduction to the Internet, web browsing and e-mail. Our PCs use Windows 10, but the skills taught in this class apply to earlier versions of Windows as well. Class fee: \$25.

**Computer Security & Backup: Protect Yourself** - We spend much of our day on the Internet. In this free seminar you will learn some of the basic ways to protect yourself in this fast-paced online world. Of course, in spite of our best ef-

forts, things can go wrong. You need have good computer security software and a backup method in place for your computer files. We will teach you how to install & use Microsoft Security Essentials or Windows Defender and give you some easy-to-do computer backup alternatives. **FREE Seminar - Please enroll to save your seat.**

**Everything Google** - Google offers us lots of free, web-based apps along with the free space for storing the files we create or upload. In this class, we will examine several of Google's free programs, including Search, Maps, Drive (Documents, Spreadsheets, Presentations), Calendar, YouTube, Groups & Calendar. You will learn how these programs are used to collaborate on projects and to share your creativity with family and friends. **Class fee: \$15.**

**Exploring Windows 10** - In this 6-session class, students will experience the new features of Windows 10, including how to personalize their device, understand basic navigation of Windows 10, use the desktop, and how to download apps from the Windows Store. If you are a **Windows 8** user, the Start menu is back and Windows Store apps now run on the desktop. Students will be introduced to two new Windows 10 features - **Cortana** a personal assistant with the ability to understand spoken commands and **Edge** a new web browser (Internet Explorer is still available). **Class fee: \$25.**

**File Management** - This class will help you become more self-sufficient in managing the information you choose to save on your Personal Computer - whether you are using **Windows Vista, 7, 8 or Windows 10**. It guides you through practice exercises that use features of the operating system designed to create and organize "folders" that hold the information you produce or obtain from other sources. This will help you get started reorganizing your personal files and folders so that they are easier to locate and access. The skills practiced in this class are applicable to every task you perform on your computer. **Class fee: \$15.**

**Introduction to Ancestry.Com** - We will cover the fundamentals of beginning to create your family genealogy using Ancestry.Com. We will go through some actual examples, such as using the US Census, birth, marriage, and death records to tie them to your own family history. Class fee: \$15.

**Introduction to Android Smartphones & Tablets** - This 6-session class will show you how to use your Android Smartphone or Tablet. Except for phone calls, these devices work the same way. We'll show you how to use the Home screen and Settings. Phone

users will learn to make and answer calls and manage your contacts. Then we'll explore texting and email. We'll search the web, play with YouTube, set up calendars, tasks & alarms. We'll use the camera for photos and videos. And, we'll show you how to find free & fee apps - including games - to personalize your Phone or Tablet. **Class fee: \$25.**

**Introduction to Facebook** - Facebook is used and enjoyed by people of all ages. Facebook provides easy ways to exchange communications with friends and family. You will learn how to view and post your own photos, video, and messages. You will learn about posting on friends' "Timeline," "Commenting" on friends' pictures, and real-time Chat. Personal security recommendations are also covered. If you do not have a current account, please tell the desk and plan to arrive 15 minutes early for the class. **Class fee: \$15.**

**Introduction to the iPad and iPhone** - These devices are amazing all-in-one tools for email, text, photos, music & videos. They are also a camera, e-book reader, Internet browser, and gaming device. You will learn about setting up email, about Siri, iTunes, and the App Store. You can even totally replace other general-use computers with the iPad. You can add a real keyboard; in fact, your iPad/iPhone will work with nearly any Bluetooth keyboard. **Please bring your iPad or iPhone to class. Class fee: \$15.**

**Introduction to Word Processing** - This 3-session class will introduce the student to the basics of word processing. We will work with a basic word processing program called Wordpad and the more-sophisticated word processing program - Word 2013. You will learn how to use the ribbon. We will cover the creation of your first document. You'll learn to move around in your document, using formatting marks, moving text by using Cut and Paste, and changing line spacing and alignment. **Prerequisite: If you have little or no experience, your first course should be Computer Fundamentals. Class fee \$15.**

**Introduction to Your Mac & OS X** - This 3-session class is for current Mac owners who would like to learn more about using their Mac, and prospective Mac owners who want to know more before buying their first Mac. We will introduce you to the variety of Macs available today and then look at many of the Mac's basic features. We will examine the elements of the desktop, dock, and menu bar; the Finder and OS X folder structure; system preferences (settings for, hardware, internet, printer); setting up user accounts; setting up and syncing iCloud; and give you an overview of the key software on your Mac. **Please note:** Our classroom is set up only with

PCs. Our instructor will be demonstrating using a Mac laptop and classroom projector. **Bring your own Mac laptop and follow along** or simply watch the demonstrations. **Class fee: \$15.**

**iPhone, iPad, and iPod Touch for the Vision Impaired** - The iPad, iPod Touch, and iPhone, especially with iOS 8.1, are equipped with robust speech output features for the blind, called VoiceOver and Speak Screen, as well as a speech-enabled personal digital assistant, called Siri. You can accomplish tasks with far less physical interaction than that required by computers and many high-tech adaptive products. When you combine all of the built-in apps with those that are being created by third party developers every day (most of which range from free to under \$20.00), people with severe vision loss can now use their iPad, iPod Touch or iPhone to search the Internet, send email, take notes and access online services; to identify currency and products in packages; and to carry a single solution that functions as a clock, flashlight, GPS device, portable book reader, calculator, calendar, reminder, radio, and more. **Class fee: \$25.**

**Open Computer Lab** - One of our instructors or coaches will be present to help you learn more about personal technology. Bring your questions and your hardware - or just use one of our PCs. Make sure you have your passwords for any apps you want help with - like Skype or Facebook. And, of course, bring power cords and anything else that could be useful. **Class fee: \$15.**

**Photo Gallery for Windows** - This 2-session class will teach you how to edit photos, correcting items like shadows, "Fusing" two or more group photos so that everyone is smiling or looking at the camera. Photo Gallery runs on Windows 7 thru 10. **Class fee: \$15.**

**Picasa Essentials + Google Photos: Organizing, Editing & Sharing Photos** - You will learn to the basics of **Picasa**, the free desktop photo editor for PCs and Macs. You will learn to organize and edit photos. You will create slideshows, collages and Picasa movies. In class, you will download your photos from your camera to a computer. Picasa's editing features let you take out red eyes, improve color and contrast, crop for printing and add special effects and text. You will learn how to order prints online. Then you will learn about Google Photos, the unlimited free cloud storage photo app from Google. You will learn to upload photos from your desktop to **Google Photos**, and how to save your smart phone and tablet photos to Google Photos automatically. **Prerequisites:** Students should have a digital camera and have a working knowledge of Windows.

**FALL COURSE SCHEDULE \***

COURSE	SEPT	OCT	NOV	DEC
Computer Fundamentals using Windows 10 (C - 8 sessions)	✓			
Introduction to Android Smartphones & Tablets (C - 6 sessions)	✓			
Windows 10 Workshop (C - 1)	✓			
Photo Gallery for Windows (C - 2 sessions)	✓			
Exploring Windows 10 (C - 6)	✓			
Introduction to Facebook (C - 2 sessions)	✓			
Computer Security & Backup Seminar (S - 1 session)	✓			
Introduction to Your Mac & OS X (C - 3 sessions)		✓		
Everything Google (C - 1 session)		✓		
Picasa Essentials + Google Photos (C - 4 sessions)		✓		
Introduction to the iPad & iPhone (C - 3 sessions)		✓		
Windows 10 Workshop (C - 1)		✓		
Introduction to Ancestry.Com (C - 2 sessions)		✓		
Open Computer Lab (C - 1)		✓		
Introduction to Word Processing (C - 3 sessions)			✓	
Skype (C - 1 session)			✓	
Pinterest.Com (C - 1 session)			✓	
File Management (C - 2 sessions)			✓	
iPhone, iPad & iPod Touch for the Vision Impaired (C - 5 sessions)				✓

\* Courses meet for 2 hours twice a week for 4 weeks, except as noted. Available ✓ (W) = Workshop

**September**

Computer Fundamentals using Windows 10 (359000-09)	Tue & Thu (Sep 6 to 29)	9-11 am
Introduction to Android Smartphones & Tablets (359040-06)	Fri (Sep 9 to Oct 14)	1-3 pm
Windows 10 Workshop (359052-05)	Mon (Sep 12)	9 am -12 noon
Photo Gallery for Windows ((359034-06)	Mon & Wed (Sep 12 & 14)	1-3 pm
Exploring Windows 10 (359054-07)	Tue & Thur (Sep 13 to Sep 29)	1-3 pm
Introduction to Facebook (359008-05)	Mon & Wed (Sep 19 & 21)	1-3 pm
Computer Security & Backup (359035-10)	Fri (Sep 23)	9-11 am

**October**

Introduction to Your Mac & OS X (359030-06)	Tue (Oct 4, 11 & 18)	1-3 pm
Everything Google (359006-09)	Fri (Oct 7)	9-11 am
Picasa Essentials + Google Photos (359055-08)	Mon & Wed (Oct 10 to 19)	9-11 am
Introduction to the iPad & iPhone (359050-13)	Mon, Wed & Fri (Oct 17, 19 & 21)	1-3 pm
Windows 10 Workshop (359052-15)	Tue (Oct 25)	9 am-12 noon
Introduction to Ancestry.Com (359031-05)	Mon & Wed (Oct 24 & 26)	1-3 pm
Open Computer Lab (359038-03)	Mon (Oct 31)	1-4 pm

**November**

Introduction to Word Processing (359033-07)	Tue, Thu, Tue (Nov 1, 3 & 8)	1-3 pm
Skype (359004-01)	Fri (Nov 4)	9-11 am
Pinterest.Com (359036-06)	Mon (Nov 14)	1-3 pm
File Management (359001-08)	Tue & Thu (Nov 15 & 17)	9-11 am

**December**

iPhone, iPad & iPod Touch for the Vision Impaired (359050-12)	Mon, Wed, Fri (Dec 5 to 14)	1-3 pm
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**REGISTRATION FEES****Class fees:**

**4 to 8 session - \$25;**  
**1 to 3 sessions - \$15;**  
**Seminars - FREE.**

**Payment - Credit card or check payable to "OCDOA" (Orange County Dept. on Aging). Payment is due at time of registration. Pay at Seymour Center front desk.**

*Without the continuing support of the Orange County Department on Aging and the Seymour Center, this program would not be possible.*

**Please bring** a flash drive with at least a Gigabyte of space for the first session. Later you will bring your camera with its battery charged and the cable that connects your camera to a computer to class. **Class fee: \$25.**

**Pinterest.Com** - Pinterest is a pinboard-style photo sharing website that allows users to create and manage theme-based image collections such as events interests, hobbies, and more. Users can browse other pinboards for inspiration, "re-pin" images to their own pinboards, or "like" photos. Pinterest is a tool for collecting and organizing things you love. **Class fee: \$15.**

**Skype** - Skype is a very popular way to stay in touch with your loved ones! Skype is a free program that lets you make voice or video calls over the Internet using your computer's web camera and microphone. Calls between computers running Skype are free, and calls to both traditional land-line telephones and mobile phones can be made for a fee. Skype also supports instant messaging, file transfer, and videoconferencing. Skype has many millions of registered users.

In this class we will start by helping you connect your own computer or tablet to the internet. Then we will explore Skype's key features. If you bring your own laptop or tablet to class, **you must have Skype already installed with a Skype account name and password already checked out.**

To install Skype and set up your Skype account:

**On computers:** Go to [www.skype.com](http://www.skype.com), click the Download button, and follow the instructions.

**iPads & Android smartphones & tablets:** Go to the app store for your device, download Skype, and start it up.

If you don't have a Skype account, you will be asked to create one as part of the setup. You will also be asked if you want to use your existing Microsoft account for Skype. Once you have created your Skype account you can sign into Skype on any device. In class, you are welcome to use your own Skype account - or one of ours - with one of our class PCs. **Class fee: \$15.**

**Windows 10 Workshop** - This 3-hour class is for students familiar with Windows 7 or 8.1. We will be using our classroom desktop PCs, and handouts with practice exercises are provided. Students with Windows 10 tablets or phones can practice these exercises at home. **Class fee: \$15.** We will cover:

- Completing the free upgrade from Windows 7 or 8.1 - for those who have been waiting
- Personalizing and using the new Start screen
- Using Windows 10 Settings: Updates, Security and Privacy
- Managing your PC using the File Explorer

- Creating a Microsoft account and browsing in the Windows Store
- Exploring the new Windows features Edge and Cortana

## ART CLASSES

**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.

### ACRYLIC PAINTING CLASS – BEGINNERS

Join artist Dan Eubanks and learn to paint with acrylics. Dan has a degree in Fine Art and also in Visual Communication from NC Central Univ. You will learn about color application and blending as well as working with the back, middle, and foreground of your painting. You don't need to be able to draw to learn how to paint and create beautiful artwork. Contact the front desk at 919-245-2015 for a list of supplies.

Fee: \$40 per session

#### Passmore Center

Session I: Tue, Sep 13 – Oct 4  
(254008-10) 2 – 3:30 pm  
Session II: Tue, Oct 11 – Nov 1  
(254008-11) 2 – 3:30 pm  
Session III: Tue, Nov 8 – 29  
(254008-12) 2 – 3:30 pm

### ARTISTS TOGETHER: OPEN ART STUDIO

Open Art Studio is a unique opportunity for artists to drop in for extra time to work on specific projects, to encourage mastery of skills and to have social interaction with other artists. The studio is open to artists of all media types. Newcomers are welcome. You will need to bring your own supplies. No formal instruction.

#### Passmore Center

Fridays (254009-01) 10 am – 1 pm  
**Seymour Center**  
Most Wed, Thu and Fri afternoons  
(357061) 1 - 5 pm

### ART WITHOUT EXPECTATIONS:

Interested in making art, but feel restricted by expectations of how art "should" look? This class explores care-free ways of tapping into creativity, guided by Erika Hamlett, a local art therapist. Participants will be using a wide range of materials to explore different ways to create with no self-judgment or criticism. All of the art techniques are success-oriented so there is no right or wrong! Life is about the journey and so is creating art. A minimum of 6 people must be registered at least 3 days before first course for class to happen. Questions, please call or email Erika: 816- 885-0341, or [erikahamlett@creativesparknc.com](mailto:erikahamlett@creativesparknc.com)  
Instructor: Erika Hamlett, MA  
Fee: \$30 per session  
(4 classes per session)

### Passmore Center

Session I: Wed, Sep 7 - 28  
(244034-09) 10 - 11:30 am  
Session II: Wed, Oct 5 - 26  
(244034-10) 10 - 11:30 am  
Session III: Wed, Nov 2 - 23  
(244034-11) 10 - 11:30 am

#### Seymour Center

### BASIC DRAWING

In this basic drawing class you will be introduced to line, form, shading, perspective, composition and the use of various drawing materials. Bring a 9x12 medium weight surface white drawing pad, HB 2 drawing pencil and kneaded eraser to the first session. Additional materials needed are: a ruler, compass, stick charcoal, exacto knife, tracing paper, scissors, masking fluid and a white eraser.

Instructor: Joan Cecil

Fee: \$40

#### Passmore Center

Session I: Mon, Sep 12 – Oct 3  
(254021-09) 6 – 8 pm  
Session II: Mon, Oct 10 – 31  
(254021-10) 6 – 8 pm  
Session III: Mon, Nov 7 - 28  
(254021-11) 6 – 8 pm

### CAREGIVER CREATIVE CONNECTION: ART MAKING TOGETHER

This group offers an opportunity to connect with other caregivers (past or present), offering time to relax, connect, and create. Making art as a group can decrease stress levels while engaging in a rejuvenating form of self-care. Erika, an Art Therapist, facilitates a safe space that is inclusive and validating with no criticism from self or others. Connect with others as you create. Build new friendships and strengthen existing ones. Must have 4 participants for this course to take place, maximum of 12. Registration is required a week in advance for each session. Questions: contact Erika 816- 885-0341

Instructor: Erika Hamlett, MA

Fee: \$40/session (includes materials)

#### Passmore Center

Session I: Fri, Sep 2, 9, 16  
(no class Sep 23)  
(235001-09) 1 – 2 pm  
Fri, Sep 30 (note time for class)  
10 - 11 am  
Session II: Fri, Oct 7, 21, 28  
(no class Oct 14) (235001-10) 1 – 2 pm  
Fri, Nov 4 (note time for class) 3 – 4 pm  
**Seymour Center**  
Session I: Fri, Sep 2, 9, 16, 23  
(332003-03) 10 – 11 am  
Session II: Fri, Oct 7, 21, 28  
(332003-06) 1 - 2 pm  
Fri, Nov 4  
(note time for class) 10 - 11 am

### CHINESE BRUSH PAINTING

Chinese brush painting is a traditional art form that shows the beauty of both the simplicity and complication of nature using ink and color. Students will learn to paint various subjects such as flowers, birds, vegetables, fruits, landscapes

and animals. The instructor will help each student according to their level and needs. Both beginners and experienced artists are welcome.

Required materials: A pad of newsprint and a roll of rice paper, a small bottle of black ink or ink stone and dry ink stick, a set of Chinese brush painting color or water colors, a small dish to hold the ink and a plastic container to hold water and small and medium sized brushes. The instructor has good quality brushes, rice paper, ink stone and dry ink from China that students may purchase, if desired. Instructor: Jinxiu Alice Zhao studied Chinese Brush Painting for 20 years in Hubei Province, China.

Fee: \$112 per 8 week session, \$84 per 6 week session

#### Seymour Center

Session I: Tue, Sep 6 – Nov 1  
(8 weeks)  
(354007-11) 2 - 4 pm  
Session II: Tue, Nov 15 – Dec 20  
(6 weeks)  
(354007-12)

### CHINESE CALLIGRAPHY CLASS

Chinese calligraphy is an Oriental art. What makes it an art? It is very much like painting. It uses Chinese characters to communicate the spiritual world of the artist. Just as one thousand persons will have as many faces, one thousand persons will have as many differences in handwriting. With a history of four to five thousand years, the art of calligraphy is rich and profound in content and has attracted the attention of artists all over the world. Please join us to learn and have fun!

Instructor: Mr Xuan & Lihong Luo

Fee: FREE

#### Seymour Center

Thursdays (354065-01) 9:45 - 10:45 am

### CREATING "MINI MASTERPIECES" WORKSHOP

Painting small can have a huge impact on our sense of well-being. Art not only stimulates your creativity, it serves to soothe the minds that are under constant duress from the day to day stresses. Inspired by works of O'Keefe, Monet, Kandinsky. Rothko and others we will paint a small canvas to reflect, meditate, express and exercise our creative spirit.

Instructor: Sally Pillsbury

Fee: \$15 (includes materials)

#### Seymour Center

Sat, Oct 8 ( ) 1:30- 3 pm

### DRAWING

Develop skills to draw the natural world realistically in 3 dimensions with correct proportions, values, light effects, perspective and more. Beginners and more advanced students welcome. Instructor: Rebecca Margolese-Malin, painter of the Robert and Pearl Seymour portrait in the **Seymour Center** lobby. See more work at [www.RMargolese-Malin.com](http://www.RMargolese-Malin.com). Email instructor for

materials list at [rmargolese@earthlink.net](mailto:rmargolese@earthlink.net) (some items provided by instructor).

Fee: \$80 for 4 weeks

#### Seymour Center

Session I: Tue, Sep 13 – Oct 4  
(354053-01) 10 am -12 noon  
Session II: Tue, Oct 11- Nov 1  
(354053-02) 10 am - 12 noon  
Session III: Tue, Nov 8-29  
(354053-03) 10 am - 12 noon  
NEW – evening classes  
Session I: Tue, Sep 13 - Oct 4  
(354053-10) 7 – 9 pm  
Session II: Tue: Oct 11- Nov 1  
(354053-11) 7 – 9 pm  
Session III: Tue: Nov 8 -29  
(354053-12) 7 – 9 pm

### DRIVEN TO "ABSTRACTION".

Abstract art is a wonderful way to express your creative nature. Whether choosing to "modify" a *real object* or *landscape* or to throw caution to the wind in a purely *expressive, non-objective* work, one can enjoy the freedom created by this art form. We will discuss the use of "visual language" shape, form, value, color, line, space and texture to create a composition, movement and mood. There is a psychological component created by the elements revealing a pleasing or provocative visual. So, let's create for mental stimulation, meditation, or simply to enjoy the process.

Instructor: Sally Pillsbury

Fee: \$25

#### Seymour Center

Wed, Nov 2, 9, & 16  
10 - 11:30 am

### EXPLORING ACRYLICS & MIXED MEDIA

The class will focus on learning techniques that will facilitate expression and style as an artist. Fundamentals of art & design - with a focus on the elements & composition will be integrated into the instruction. I suggest bringing personal inspiration - be it a poem, photographs, passages from your favorite book or journals, work of artists you admire -anything that stimulates your imagination. Some class members will have a well-defined notion of what they wish to create while others will develop their vision as the class progresses. A list of supplies will be available before the first class.

Instructor: Sally Pillsbury

Fee: FREE

#### Seymour Center

Wed, Oct 5 – 26 (4 weeks)  
(344060-01) 6 – 7:30 pm

### "GEORGIA ON MY MIND" WORKSHOP

Inspired by the art and vision of Georgia O'Keefe we will create works that reflect her sensuality and love of nature.

Instructor: Sally Pillsbury

Fee: \$15 including materials

#### Seymour Center

Sat, Oct 8 (344061-01)  
10 am – 12 noon

**OIL PAINTING**

Class is a general introduction to art history, including styles/schools of classical, realism, impressionism, expressionism, modern and contemporary. Students will discuss how to stretch a canvas. Class will begin with still life sketching followed by learning to paint still lifes, landscapes and portraits.

Instructor: David Sovero, local artist, teacher, and musician

Fee: \$60 per session (5 weeks)

**Passmore Center**

Session I: Mon, Sep 12 – Oct 10  
(254014-09) 3 – 5 pm

Session II: Mon, Oct 17 – Nov 14  
(254014-10) 3 – 5 pm

**Seymour Center**

Session I: Mon Sep 12 – Oct 10  
(354002-08) 10 am – 12 noon

Session II: Mon Oct 17 – Nov 14  
(354002-09) 10 am – 12 noon

**PASTEL PAINTING**

Join Kim Werfel and learn about the beauty and versatility of painting with in Soft Pastels. Beginners will work from their own photos with assistance. More advanced students also work on their independent projects with guidance tailored to their skill level. Kim has a BFA and MS in Art Education, and has taught in public and private schools as well as workshops at CCCC. She's a member of the Pastel Society of NC, Pastel Society of America, The Fine Art League of Cary and The Chatham County Artist's Guild. See her website at [www.kimwerfel.com](http://www.kimwerfel.com).

Fee: \$75 (5 weeks)

**Seymour Center**

Session I: Mon, Sep 12- Oct 10  
(353051-01) 1 – 3 pm

Session II: Mon, Oct 17 – Nov 14  
(353051-02) 1 - 3 pm

**PASTEL (NEW EVENING PROGRAM)**

Paint the natural world with pure color. We will cover application, color values and temperature, compositional elements and more. Start with simple subjects and move on to more advanced compositions set up in the class room. Instruction is individualized to focus on each student's level and needs. Please call or email the instructor for supply list and with any questions. Instructor: Rebecca Margolese-Malin. Examples of work: Seymour double portrait in the Seymour Center lobby and at [www.RMArgolese-Malin.com](http://www.RMArgolese-Malin.com).

Fee: \$80

**Seymour Center**

Session I: Thu, Sep 15 - Oct 6  
(354083-01) 7 - 9 pm

Session II: Thu, Oct 13 - Nov 3  
(354083-02) 7 - 9 pm

Session III: Thu, Nov 10 – Dec 8  
(no class Nov 24)  
(354083-01) 7 - 9 pm

**WATERCOLOR - ADVANCED**

Since this is an advanced level class, the instructor determines admission to class. Contact the center for additional information. Limited to 10 students

Instructor: Luna Lee Ray

**Passmore Center**

Fee: \$30 (3 weeks)

Session I: Thu, Sep 8 – Oct 6  
(254010-09) 1:30 – 3:30 pm

Session II: Thu, Oct 20 – Nov 17  
(254010-10) 1:30 – 3:30 pm

**WATERCOLOR PAINTING - BEGINNING**

New! This course introduces the student to watercolor painting. Basic brush strokes, background washes and techniques will be taught. The use of a sponge and brushes for spattering to create a textural effect will be taught and used. Students will supply all tools and materials. Tools and material list will be given at first class along with a demonstration of their uses.

Instructor: Joan Cecil

Fee: \$40

**Passmore Center**

Session I: Thu, Sep 1 - 22  
(254022-09) 9 – 11 am

Session II: Thu, Sep 29 – Oct 20  
(254022-10) 9 - 11 am

Session III: Thu, Oct 27 – Nov 17  
(254022-11) 9 - 11 am

Session I: Thu, Sep 1 - 22  
(254039-09) 5:30 – 7:30 pm

Session II: Thu, Sep 29 – Oct 20  
(254039-10) 5:30 – 7:30 pm

Session III: Thu, Oct 27 – Nov 17  
(254039-11) 5:30 – 7:30 pm

**WATERCOLOR PAINTING - BEGINNING**

New! This course introduces the student to watercolor painting. Basic brush strokes, background washes and techniques will be taught. The use of a sponge and brushes for spattering to create a textural effect will be taught and used. Students will supply all tools and materials. Tools and material list will be given at first class along with a demonstration of their uses.

Instructor: Joan Cecil

Fee: \$40

Session I: Thu, Sep 1 - 22  
(254039-09) 5:30 – 7:30 pm

Session II: Thu, Sep 29 – Oct 20  
(254039-10) 5:30 – 7:30 pm

Session III: Thu, Oct 27 – Nov 17  
(254039-11) 5:30 – 7:30 pm

**WATERCOLOR PAINTING**

*Festive Pears* combines many exciting techniques to create a beautiful painting of pears emerging from colorful graphic designs. It is basically a watercolor painting but the instructor will provide gesso to achieve metallic gold accents. You can select different color schemes as you please.

Instructor: Carol Fynn

Fee: \$60

**Seymour Center**

Wed, Nov 16 – Dec 7 (354010-01)  
9 am – 12 noon

**ZENTANGLE®, INTRODUCTION**

Zentangle® is a method of creating beautiful images from structured patterns. It is a fascinating new art form that is fun and relaxing, increases focus and creativity, and provides an increased sense of personal well-being. Anyone can create a Zentangle. Even if you have never drawn a line, you can pick up a pen and make a beautiful piece the very first time. People who are sure they are not "creative, artistic, or talented" are always delighted and surprised to see what they can create. Cathy Dills Boytos, a Certified Zentangle Teacher will teach the basic techniques and guide you through this meditative process. During the workshop, participants learn the philosophy behind the Zentangle® method, take the first steps in creating art and learn four structured patterns called "tangles" to complete a Zentangle "tile." Beginner shading techniques are practiced to make the Zentangle tile come alive or "pop". You will leave with a beautiful piece of art. Come and join a Zentangle® experience that will enlighten you and introduce the artist that is already inside of you! Remember how much fun it was to draw when you were young - way before anyone told you that you couldn't? Zentangle® makes it possible to reconnect with your own personal creative spirit. Supplies: Black Micron 01 pen, blending stump, and erasure. The Zentangle® art form and method was created by Rick Roberts and Maria Thomas and is copyrighted. Zentangle® is a registered trademark of Zentangle, Inc. Learn more at [www.zentangle.com](http://www.zentangle.com). Supplies will be available for purchase before the class

**Seymour Center**

Thu, Sep 22 (324008-01) 1 – 3:30 pm

**ZENTANGLE® IN THE RENAISSANCE STYLE (PRE-REQUISITE: INTRODUCTION TO ZENTANGLE®)**

Artists developed a drawing technique called Chiaroscuro that emerged in the fine art world during the Renaissance. These types of drawings were done on subtly colored or toned paper. This technique opened up opportunity to exemplify the juxtaposition of light and

dark. These Zentangle® Renaissance tiles lend themselves wonderfully to the Zentangle® method. Supplies needed: Bring your starter kit from "Introduction to Zentangle® class). You will also need to purchase: Brown Micron 01 pen, white charcoal pencil and tan tiles. This workshop will introduce how the Zentangle Method and Renaissance drawing techniques come together. Working on Zentangle Tan Tiles, you'll use brown, black and white pencils to create shadows and highlights. You'll become comfortable with the techniques that will give your work that recognizable Renaissance look and feel! . Instructor: Cathy Dills Boytos, a Certified Zentangle Teacher. Supplies will be available for purchase before the class. Fee: \$35

**Seymour Center**

Thu, Oct 13 (324008-02) 1 - 3:30 pm

**ZENTANGLE® AND THE WONDERFUL WORLD OF COLOR, INCLUDING ZEN GEMS™**

Learn how to add touches of color to your Zentangle® tile and brilliance and inspiration! You will learn magical ways to add beautiful hues to Zentangle® art using water colors and colored pencils. In this class you will also learn how to create those dazzling "Zen-Gems." Using colored pencils and markers, we will create glowing gems that can be incorporated in your Zentangle patterns. Zen Gems are the latest fun technique in the Zentangle world. Imagine your Zentangle inspired art sprinkled with lovely gems and stones! Instructor: Cathy Dills Boytos, a Certified Zentangle Teacher

Supplies needed: watercolor paper, Black Micron 01 pen, White Signo Uniball White Gelly Pen and colored pencils.

Fee: \$35

**Seymour Center**

Thu, Nov 10 (324008-03)

1 – 3:30 pm

**CRAFT CLASSES**

**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

**NEW! BAMBOO ROTICA: A JEWELRY LADDER/CADDY**

This is a unique craft that is very easy to construct. Come out and design a tabletop/vanity-size ladder/caddy. Geoff will show you step by step how to put together each piece until you have a finished product. Even if you are not a jewelry lover, you can still join the fun, as this can be used as a houseplant trellis as well. Register by Fri, Sep 23.



Instructor: Geoffrey Hoffman  
 Fee: \$30  
**Seymour Center**  
 Fri, Sep 30 (334048-02)  
 10 am – 12 noon

### BASIC BASKETRY

During the upcoming sessions the three basic baskets; egg, rectangular, and round will be taught. The egg and rectangular baskets will be made during the four weeks of class. Some work will have to be done outside of class. Demonstrations, handouts, and individual attention will be given during the class. Contact the front desk at 919-245-2015 for material list.

Instructor: Joan Cecil  
 Fee: \$45  
**Passmore Center**  
 Session I: Fri, Sep 9 - 30 (254023-09) 2 – 5 pm  
 Session II: Fri, Oct 7 - 28 (254023-10) 2 – 5 pm  
 Session III: Fri, Nov 4 – Dec 2 (254023-11) 2 – 5 pm

### BASIC QUILLING

This class offers basic instruction for the art of paper filigree, also known as Quilling. Decorate cards and personal items with designs made by gluing strips of paper together to form shapes, such as flowers.

Instructor: Ceresa Clarke  
 Fee: \$10 plus \$5 material fee  
**Seymour Center**  
 Thu, Sep 29 (344026-01) 6 - 9 pm

### BASKETRY

Join Susan and Sarah, mother and daughter team and owners of Heartsong Baskets, for an exciting class in basketry making. No experience is necessary. You can expect to make a fun and colorful functional basket. Men are encouraged to come and have a great time as well. All materials are provided. Make sure you wear old clothing. It will be a unique experience. Please feel free to bring snacks. This will be a 4 hour class with breaks in between. Space is limited. Must have 4 participants for class to take place and no more than 8. Register early or no later than Sat, Oct 29.

Instructors: Susan Laswell and Sarah Corcoran  
 Fee: \$25 (materials included)  
**Seymour Center**  
 Sat, Nov 5 (324033-03) 1 - 5:30 pm

### BOBBIN LACE MAKING

Newcomers are always welcome. Some instruction is available, as are supply resources. Contact: Janice Tyler at 919-245-4255, or [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)  
**Seymour Center**  
 1st & 3rd Mon (356004) 11 am – 1 pm

### 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, Sept 19.

Instructor: Regina Dozier  
 Fee: \$20  
**Seymour Center**  
 Sat, Sep 24 (324036-01) 2 – 4 pm

### BUSY BEADERS OF PASSMORE CENTER - JEWELRY MAKING

Spend time with friends beading! Join us at any level from beginning to intermediate. You can bring your own beads, necklaces you want to re-string, or purchase supplies at the class. Exciting new beads and gemstone quality beads will be available at great prices. Work on your choice of necklaces, bracelets, earrings, or a matching set. Make something for yourself or gifts for others!

Instructor: Kayla Zaragoza  
 Fee: FREE (plus supplies purchased from instructor, or on your own)  
**Passmore Center**  
 Fridays (244005) 3 – 5 pm

### CREATIVE CRAFTERS

Creative Crafters offers a variety of jewelry making and specific projects that encourage creative and unique craft projects. The 5th Tuesday\* will be a special project at the **Seymour Center** only.

Instructor: Helen Frederick  
 Fee: FREE (plus supplies)  
**Passmore Center**  
 Thursdays (254034) 9 am – 12 noon  
**Seymour Center**  
 Jewelry Making  
 Tuesdays (354018) 10:30 am – 3:30 pm

### NEW! DIY CRAFT ELEGANT ORNAMENTS

Let's create something elegant for your tree, plant or doorway using hot glue crystals and pearls. Learn it today and create your own in time for the holiday season as these make great gifts. Materials will be provided. Limited to 8 participants. Registration required by Sep 8 for **Passmore Center** and by Nov 12 for **Seymour Center**

Instructor: Corina Riley  
 Fee: FREE  
**Passmore Center**  
 Thu, Oct 27 (244032-01) 1:30 - 3:30 pm  
**Seymour Center**  
 Wed, Nov 30 (344049-01) 2 - 3 pm

### NEW! DIY DECO RIBBON WREATHS

Yes! You can do it! Come decorate a fall wreath for your home using ribbon. Ribbon, wreath and accents will be provided. Limited to 8 participants. Registration required by Sept 10 for **Passmore Center** and by Nov 5 for **Seymour Center**.  
 Instructor: Corina Riley  
 Fee: FREE Class + \$10 materials fee

payable at class  
 Passmore  
 Thu, Sep 29 (244031-01) 1:30 - 3:30 pm  
 Seymour  
 Wed, Nov 23 (344042-01) 2 - 3 pm

### DIY – ELEGANT DRY ERASE BOARDS

Tired of missing that appointment? Need a gentle reminder for those chores that you never get around to starting? Come join Jerri Gale as she teaches you to make an elegant and decorative dry erase board for your home. This will look like a treasured art piece when finished. Use this unique board for a menu list for a dinner party, to keep a shopping list, create holiday messages for loved ones, or just use it as a friendly sign to welcome visitors to your home. This event is limited to 8 participants, so please register by Wed, Oct 26.

Instructor: Jerri Gale  
 Fee: FREE  
**Seymour Center**  
 Tue, Nov 15 (334014-02)  
 10 am – 12 noon

**FABRIC MANDALA COLLAGE:** We will be creating meaningful collages with fabric, in the form of the mandala (circle). No sewing or "art" experience necessary. Basic embroidery techniques will be demonstrated as well as no-sew options for creating your fabric collage. A large assortment of fabrics (varying in pattern, color, and texture) will be supplied, as well as buttons, beads, and other embellishments. You are welcome to bring meaningful pieces of cloth or fabric that you've been holding onto for years and didn't know what to do with it! For questions please call Erika at 816- 885-0341 or email [erikahamlett@creativesparknc.com](mailto:erikahamlett@creativesparknc.com). A minimum of 5 people must be registered two weeks prior to the beginning of the session for the course to take place. Make sure to register!

Instructor: Erika Hamlett, MA  
 Fee: \$60 (3 weeks/2 hours per class) with a one-time materials fee of \$15 made payable to Erika Hamlett at the first class.

**Passmore Center**  
 Session I: Mon, Sep 12 - Oct 3 (no class Sep 19) 10 am -12 noon  
 Session II: Mon, Oct 10-31 (no class Oct 24) (no class Sep 19) 10 am -12 noon  
 Session III: Mon, Nov 7 – 21 (244035-11) 10 am -12 noon  
**Seymour Center**  
 Session I: Mon, Sep 12 – Oct 3 (no class Sep 19) 2 – 4 pm  
 Session II: Mon, Oct 10 - 31 (no class Oct 24) 2- 4 pm  
 Session III: Mon, Nov 7- 21 (314029-06) 2- 4 pm

### FLEA MARKET DECOR WORKSHOP

Bring your found objects, junk, fabric, etc and we will create artful and functional creations. The class will focus on sharing design ideas, recycling and using our memorabilia in creative ways. Need 6 participants for class to take place, and no more than 12. Register by Sat, Sep 3

Instructor: Sally Pillsbury  
 Fee: \$10  
**Seymour Center**  
 Sat, Sep 10 (334032-01)  
 10 am – 12 noon

### FUSED GLASS JEWELRY & OTHER ARTWORK

Many things can be made with fused glass. You can make jewelry such as earrings, pendants, bracelets or belt buckles. You can also make plates and bowls in various shapes and sizes. Share your work with friends and family. Here is your chance to do all of the above while experimenting with fused glass. The instructor will guide you through the step by step process during a 4-week class during which you can make several unique pieces. Once you have taken this class, you will want to take it again and again. We also melt wine bottles into interesting serving plates and bowls.

Instructor: Bruce Gillooly  
 Fee: \$10 per class + \$10 material fee payable to instructor .  
**Passmore Center**  
 Wednesdays (244006-09, 10, 11) 5:30 – 7 pm  
 or Thursdays (254020-09, 10, 11) 4 – 5:30 pm

### GEMSTONE TREE OF LIFE PICTURE

Create your own Tree of Life Picture using genuine mini gemstones such as peridot, amethyst, rose quartz, tiger eye, red jasper, and carnelian white agate on a 5x7 canvas with a painted background and your tree to decorate plus gemstones of your choice.

Fee: \$10 includes all supplies.  
 Instructor: Helen Fredrick  
**Passmore Center**  
 Mon, Oct 24 (244029-01) 1 - 3 pm  
**Seymour Center**  
 Fri, Sep 23 (344040-01) 1 - 3 pm

### GIFT WRAP CHALLENGE – EVERYTHING RECYCLED

Have you ever wished you could wrap pretty, frugal, and original packages for the holidays without shelling out a bunch of money? Are you interested in helping the environment and keeping items out of the landfill? Then this is the class for you! We will be using newspaper, magazines, brown paper bags, needles, milk jugs and much more. Bring your curiosity and imagination with you and let's create! Class is limited to 10 people.

Instructor: Lucy Lenkewicz  
 Fee: Free  
**Passmore Center**  
 Mon, Nov 14 (211001-01) 1 - 3 pm

**HOLIDAY CARDS**

Everyone likes to receive handmade cards. In this one day workshop you can learn to make them yourself, using a variety of techniques. Bring a cutting mat, cutter and scissors, if you have them. Must have 10 for this class. Register by Thu, Oct 27.  
Instructor: Ceresa Clarke  
Fee \$10 plus \$5 materials fee  
**Seymour Center**  
Thu, Nov 3 (344057-01) 6 - 8 pm

**JAPANESE EMBROIDERY**

Come and learn this specialized art form! Traditional Japanese Embroidery is 1,600 yrs old and only came to the US in 1985. Learning this special art can take up to 10 yrs to complete. The embroidery is done with silk filaments from a cocoon and metal threads on silk fabric. Some pieces have super-imposed embroidery (embroidery over embroidery). Motifs are usually flowers, birds, and sometimes human figures. Instructor: Pam Reading, certified instructor by Kurenai Kai in Atlanta, GA. Contact her at 919- 815-2249 or preading@gmail.com for info. on the materials you'll need.  
Fee: \$75, plus materials fee per session.  
**Seymour Center**  
Aug 20 & 21 (353050-13) 9 am - 4 pm  
Nov 5 & 6 (353050-14) 9 am - 4 pm

**KAI MEI KNITTERS**

Come and join our growing knitting community. All levels of ability are welcome. Experienced knitters help beginners with basic knit and purl stitches. Beginning kits are available. Although some materials will be available, you are welcome to bring your own yarn and needles. Please call Maret Garard at 919-619-1142 or Beth Buttitta at 919-542-2194.  
Fee: FREE

**Seymour Center**  
1st & 3rd Thu, Sep 1, 15; Oct 6, 20;  
Nov 3, 17  
(324067) 1:30 - 3 pm

**LEATHERWORKS - BEGINNING**

As a beginner, you will create your own leather key chain and/or coasters. Once you complete this class, you will be able to join our advanced leatherworks one to make your own belt, wallet, or handbag. Limited to 8 students.  
Instructor: Sam Truax  
Fee: FREE (plus supplies)

**Passmore Center**  
Wednesdays (234000-01) 9 - 11 am

**PAPERCUTTING WORKSHOP: A FORM OF ART EMERGES FROM CUT PAPER**

Wikipedia describes it best! **Papercutting** is the art of cutting paper designs. The art has evolved uniquely all over the world to adapt to different cultural styles. Jianzhi is a traditional style of papercutting in China and has been practiced in China since at least the

6th century AD. Jianzhi has a number of distinct uses in Chinese culture, almost all of which are for health, prosperity or decorative purposes. Red is the most commonly used color. Come learn how to cut intricate patterns in paper and turn it into art. This interesting technique involves using scissors or paper cutting knives. Once you get into it, you will pleasantly surprise yourself with an ornate masterpiece. Class is limited to 15 participants. Must have 10 registered for this class to take place. Materials provided by instructor. Register by Wed, Sep 28.  
Instructor: Jinxiu Alice Zhao  
Fee: \$20

**Seymour Center**  
Wed, Oct 5 (314024-08) 12:30 - 2:30 pm

**PASSMORE CENTER CARVERS (WOODCARVING)**

Woodcarving class will teach the basic skills of safety, sharpening, wood grain, stop cuts and center lines. Use our tools through your first project, a boot. If you like carving we'll assist you in selecting the tools and wood you will need to buy for the type of carving that interest you. It costs you only \$1 for the boot cutout. You may select your own project or join a group one. We are currently making comfort birds, small stylized birds we give to senior center regulars as they face sickness or stress in their lives. Men and women as well as all skill levels are invited to attend one or both classes. If you are experienced, share your knowledge with us; if you have no carving experience, we'll teach you.

Fee: FREE (plus supplies)  
Instructor: Steve Zamerski  
**Passmore Center**  
Wednesdays (254033-01) 1 - 4 pm or  
Wednesdays (254033-02) 6 - 7:30 pm

**PASSMORE CENTER CARVERS - INTARSIA WOODCARVING**

The woodcarving class is extending its time and introducing a new art, Intarsia - making mosaics using various woods. You will learn to select woods by color, grain direction and texture. The principal tool used in Intarsia is a scroll saw. You will develop your skills using it during your first project, cutting your name from wood.  
Instructor: Dean Pricer  
Fee: FREE (plus supplies)

**Passmore Center**  
Wednesdays (254033-01) 1 - 4 pm

**PASSMORE CENTER QUILTERS**

Work on your own, or group, project. No experience necessary. If you've never quilted, others will help you get started. Most of the quilts created by the group are donated to homeless female veterans, or to UNC Children's Hospital.  
Fee: FREE

**Passmore Center**  
Tuesdays (257011-1) 10 am - 2 pm

**PUMPKIN BEDAZZLING**

Please join Jerri Gale for a unique way to embellish your pumpkin and transform it into something special! This is not your typical pumpkin carving class. Through the clever use of duct tape, we will create spooky pumpkins that will bewitch all of your friends!! Please register before Fri, Sep 30. The class will be limited to 10 participants.  
Instructor: Jerri Gale  
Fee: FREE

**Seymour Center**  
Fri, Oct 14 (344010-04) 1 - 3 pm

**QUILTING WITH THE GALS!**

Looking to quilt with a fun group of ladies? Work on your own, or group project. Most of the group quilts are donated to charity. Donations of 100% cotton fabric and/or batting accepted. Questions? Call Mary Brady at 813-957-2205 or Hein Chu 919-357-5471  
Fee: FREE

**Seymour Center**  
Mondays (354024) 10 am - 12 noon

**ROSE LIGHT STRING**

Convert a battery-operated mini-light string into a beautiful colorful decorative light set that can be used anywhere; anytime. You will be using sheer ribbon in all colors and forming a rose around each bulb.  
Fee: \$8 (includes all supplies) - Payable to instructor the day of class

Instructor: Helen Fredrick  
**Passmore Center**  
Mon, Nov 21 (244030-01) 1 - 3 pm  
**Seymour Center**  
Fri, Nov 11 (344041-01) 1 - 3 pm

**NEW! WEAVING IN CIRCLE:**

Join the group, using old t-shirts, fabrics, and yarn to create beautiful circular weavings. No experience is necessary! We will use circular looms to create our beautiful weavings that can be used as mats, table decorations, or even wall pieces. It's up to you! For questions please call Erika at 816- 885-0341 or email [erikahamlett@creativesparknc.com](mailto:erikahamlett@creativesparknc.com). Minimum of 5 people needed to make this course happen. Register by Mon, Sep 12 for both Centers.

Instructor: Erika Hamlett, MA  
Fee: \$10  
**Passmore Center:**  
Session I: Mon, Sep 19  
(244033-09) 9:30 am - 12 noon  
Session II: Mon, Oct 24  
(244033-10) 9:30 am - 12 noon

**Seymour Center:**  
Session I: Mon, Sep 19  
(344058-01) 1 - 3:30 pm  
Session II: Mon, Oct. 24  
(344058-02) 1 - 3:30 pm

**POTTERY CLASSES**

**Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.)** by calling the **Passmore Center** in Hillsborough at 919-245-2015.

**POTTERY - AFTERNOON**

Each class begins with a 40 min demonstration. It includes: surface decorating techniques: texturing surfaces and all aspects of wheel throwing. For those not interested in the wheel, making form slabs or clay sculptures is an option. Open studio time is included in the class fee.  
Instructor: Russell Knop (Sep class) and Pip Merrick (Oct and Nov class)  
Fee: \$65

**Passmore Center**  
Session I: Mon, Sep 12 - Oct 3  
(254018-09) 12:30 - 2:30 pm  
Session II: Mon, Oct 10 - 31  
(254018-10) 12:30 - 2:30 pm  
Session III: Mon, Nov 7 - 28  
(254018-11) 12:30 - 2:30 pm

**Open Pottery (for current pottery students only)**

**Passmore Center**  
Mondays 10 am - 12:30 pm

**BRIDGE AND OTHER GAMES****BRIDGE CLASSES****BEGINNING BRIDGE: STANDARD AMERICAN BIDDING IN THE 21ST CENTURY**

Standard American Bidding presents the bridge novice with solid knowledge of basic bridge. It looks at bidding, defense and the play of the hand. It also provides players a chance to review and improve bridge techniques in the most modern Standard American bidding system. Each lesson develops in a logical and progressive fashion with lots of hands on practice. This card game is challenging and this class is fun! One need not have a partner. Student text is *Bidding in the 21st Century*, available through Amazon or Baron Barclay. Contact [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com) with further questions.  
Fee: \$125 (9 weeks).

**Seymour Center**  
Tue, Sep 6 - Nov 1 (354012-05)  
9:30 am - 12 noon

**BRIDGE GAMES****BRIDGE LAB**

A drop-in Duplicate Bridge game designed for fun and practice. Open discussion is encouraged during and after each hand. This is a great opportunity to enhance your bridge skills in a

friendly atmosphere. A basic knowledge of Duplicate Bridge is desirable. No partner is needed.

Fee: FREE

**Seymour Center**  
Wed & Fri (351017) 9:30 am – 12 noon

### CONTRACT BRIDGE

Newcomers are always welcome.

**Passmore Center**  
Mon & Wed (257004) 1 – 4 pm

### DUPLICATE BRIDGE

Newcomers are invited to play bridge every Wed afternoon. Welcoming atmosphere and friendly people. You do not need to be an ACBL member to play. Come see for yourself, tell a friend, and play the Fascinating Game of Bridge. A great way to earn Master Points, sharpen your skills and have fun at the same time. **Partners are not needed.**

Director: Linda Harris, Certified ACBL Director and Club Manager, [lharris166@nc.rr.com](mailto:lharris166@nc.rr.com) or call 919-414-6716 if you have questions.

Supported by The Learning Spot Bridge Club, and Jeff Boak, [jeff.boak@gmail.com](mailto:jeff.boak@gmail.com). Fee: \$8

**Seymour Center**  
Wednesdays (351015) 1 pm

### MONDAY MORNING BRIDGE

Start your week with a fun and stimulating game of bridge where you can socialize and challenge yourself in the company of friendly and competitive people. Need help with bidding? Just ask. This is where you can apply the lessons, discover the modern bidding methods, make new friends, and literally feel your brain working! Here's a place to workshop with a new partner, to learn and practice new conventions or strategies - to practice, practice, practice.

If you need a partner contact Valerie Roberts at [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com) at least a week ahead of time so she can help you find one.

Director: Valerie Roberts, Certified Bridge Teacher and Director.

Fee: \$7

**Seymour Center**  
Mondays (351002) 9:15 am – 12 noon

### SARAH WEST SOCIAL CONTRACT PROGRESSIVE BRIDGE

This is a friendly game of bridge. New players are always welcome.

Fee: FREE

**Seymour Center**  
Wed & Fri (351012) 1 – 5 pm

### SOCIAL BRIDGE

Enjoy an afternoon of social bridge. Newcomers are always welcome.

Fee: FREE

**Seymour Center**  
Mondays (351003) 1 – 4 pm

## OTHER GAMES

### CANASTA

Leader: June Weatherley, 919-918-3542  
**Seymour Center**  
Mon and Thu (351013) 12:45 – 4 pm

### DOMINOES

Join us for a morning of dominoes and other games.

**Passmore Center**  
Mon – Fri (251000)  
10 am -12 noon or 1– 4 pm

**Seymour Center**  
Mon – Fri (351021) 10 am – 3:30 pm

### GAME DAY

Bring a friend and play table games or cards. We are currently looking for spades players.

**Seymour Center**  
Wednesdays (351009) 1 – 3 pm

### GAMES

Come alone or bring a friend, and enjoy a variety of games.

**Passmore Center**  
Mon – Fri (251001) 9 – 11 am

### HAND AND FOOT CANASTA

No need for a partner, or to make reservations. Just drop and we will show you how to play this fun game! Contact Betty Schell at 919-265-3043 if you have any questions.

**Seymour Center**  
Mon & Thurs (351026) 12:45 – 4 pm

### HAND AND FOOT CARD GAME

This card game is a form of canasta. If you like to play, come join this ongoing group.

**Passmore Center**  
Mon - Fri (251017) 1 – 4 pm

### MAH JONG

This ancient Chinese game is challenging and fun.

**Passmore Center**  
Tuesdays and Fridays (257005)  
1 – 4 pm

Newcomers welcome, lessons are taught with advance notice by calling the center, 919-245-2015.

**Seymour Center**  
Mondays (351001) 12:30 – 5 pm

Join the fun at our new evening Mah Jong group and play the American version of this exciting game. Several members of the group have their own beautiful and unique Mah Jong sets, one has old Bakelite tiles in an alligator case and another has black tiles with Plexiglas racks! For more information contact Deb at [deb.levin52@gmail.com](mailto:deb.levin52@gmail.com).

Thursdays (351001-01) 7 - 9 pm

Call the **Seymour Center** or Rebecca Hauser at 919-942-5703 (evenings) to sign up to play on Monday afternoons.

### ROOK

If you need to brush up, or if you've never played before, come by and the group will teach you how to play.

**Passmore Center**  
Fridays (257007) 9:30 – 11:30 am

### RUMMIKUB

Join us for a new twist on rummy. If you don't know how to play, we'll teach you. Contact the center at 919-245-2015 for more information.

**Passmore Center**  
Mon – Fri (257008) 9 – 11:30 am

### SCRABBLE CLUB

The group is open and friendly. Just show up and enjoy an afternoon of playing scrabble and meeting new friends.

**Seymour Center**  
Tuesdays (351005) 1 – 5 pm

### SCRABBLE TALK

Drop in and join this group for a relaxing game of scrabble while catching up on current events.

**Passmore Center**  
Thursdays (253016) 10:30 am – 12 noon

### VARIOUS CARD GAMES

Bid Whist, Spades – What's your game? Come join a table, or start one.

**Seymour Center**  
Tue – Fri (351010) 2 – 5 pm

## LANGUAGE CLASSES

**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 unless otherwise noted.

### ENGLISH AS A SECOND LANGUAGE - BEGINNER

Class helps adult non-fluent English speaking people improve their written and spoken English. It will help participants become more self-sufficient, informed and active in the community. Students must register and be tested with the Orange County Literacy Council and attend classes twice a week. Contact 919-914-6153 or [www.orangeliteracy.org](http://www.orangeliteracy.org) for more information.

Fee: FREE

**Seymour Center**  
Wed & Fri (354067) 9:30 – 11:30 am

### ENGLISH AS A SECOND LANGUAGE - CONVERSATION LAB

Class helps adult non-fluent English-speaking people improve their comprehension of written and spoken English. It will help participants become more self-sufficient, informed and comfortable in the community. Contact Orange County Literacy Council at 919-636-4457, or [www.orangeliteracy.org](http://www.orangeliteracy.org) for more information.

[orangeliteracy.org](http://orangeliteracy.org) for more information.

Fee: FREE

**Seymour Center**  
Tuesdays (354066) 9 am – 12 noon

### INTERMEDIATE/ADVANCED SPANISH CHAT GROUP.

Enjoy speaking Spanish and making new friends. Everyone is welcome to attend. The meeting is conducted entirely in Spanish and, to take part, one should have a good working knowledge of the Spanish Language. Many in our group are native Spanish speakers, while others can get along well in spoken Spanish. To learn more about our group and its activities, check our web site on Meetup.com. We are the Chapel Hill Spanish Language Meetup group.

Facilitator: Edwin Nirdlinger

Fee: FREE

**Seymour Center**  
Fridays (357151-01) 12 noon – 2 pm

### MANDARIN CONVERSATION CLUB

Come out and learn the basics of Mandarin and Chinese culture in a fun class setting. No prior knowledge is needed - just a willingness to grasp the language so that you can communicate with your fellow Mandarin- participants. Class materials and instructions will be provided.

Instructor: Mr Wang

Fee: FREE

**Seymour Center**  
Tuesdays (354041-03) 10 - 11 am

### SPANISH (LEVEL I) - BEGINNERS

An introduction to Spanish, for those with no previous experience in the language

Fee: \$120 (8 weeks)

Fee: \$90 (6 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Fri, Sep 9 - Oct 28

(8 weeks)

(354013-01) 10:15-11:15 am

Session II: Fri, Nov 4 - Dec 16

(6 weeks) (no class Nov 25) (354013-02)

### SPANISH (LEVEL II) - BEGINNERS

This class is for people who have had at least one previous one in Spanish.

Fee: \$120 (8 weeks)

Fee: \$105 (7 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Sep 12 - Oct 31

(8 weeks)

(354013-11) 12 noon-1pm

Session II: Mon, Nov 7 - Dec 19

(7 weeks) (354013-12)

### SPANISH (LEVEL III) - BEGINNERS

Generally, this class is for those who have had several previous classes. Class contains reading, intermediate-level grammar, and beginning conversation.

Fee: \$120 (8 weeks)

Fee: \$105 (7 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Sep 12- Oct 31  
(8 weeks)  
(354014-01) 10:30 – 11:30 am  
Session II: Mon, Nov 7- Dec 19  
(7 weeks)  
(354014-02)

### SPANISH (LEVEL IV) – EARLY INTERMEDIATE

This class is for students who have taken intermediate classes at the Senior Center or elsewhere. Class includes reading, conversation, and advanced grammar, and is conducted in Spanish.

Fee: \$120 (8 weeks)

Fee: \$105 (7 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Sep 12 – Oct 31  
(8weeks)  
(354015-01) 9– 10:30 am  
Session II: Mon, Nov 7- Dec 19  
(7 weeks) (354015- 02)

### SPANISH (LEVEL V) – INTERMEDIATE TO ADVANCED

This class is conducted entirely in Spanish and includes conversation, reading, and a thorough review of grammar.

Instructor: Staff of CHICLE (Chapel Hill Institute for Cultural and Language Education)

Fee: \$ 120 (8 weeks)

Fee: \$90 (7 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Fri, Sep 9 - Oct 28  
(8 weeks) (354016-01) 9 – 10 am  
Session II: Fri, Nov 4 – Dec 16  
(6weeks) (354016-02)  
(no class Nov 25)

## 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**

Tue, 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 toward. 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 a week prior.

Facilitator: Emily Gordon

Fee: **FREE**

**Seymour Center**

3rd 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, Roboticist

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

### Seymour Center

Tue, Oct 18 – Nov 22 (334004-63)

2 – 3:30 pm

### 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

### Seymour Center

Wed, Sep 14 (354068-10)

12 noon – 1:30 pm

### 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 Cen-**

### ter.

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

### Passmore Center

Wed, Nov 2 (224014-01)

12 noon – 1:30 pm

### Seymour Center

Wed, Oct 12 (354068-11)

12 noon – 1:30 pm

### SPECIAL EVENTS

**Classes must be registered for in advance (classes may be cancelled if minimum numbers are not reached)** by calling the **Passmore Center** in Hillsborough at 919-245-2015, or the **Seymour Center** in Chapel Hill at 919-968-2070.

### AFTERNOON TEA

You are invited to join us for an afternoon of music as you enjoy a cup of tea and a scone or two. We welcome the music of a string quartet as you relax and enjoy the company of others for a delightful afternoon together. Reservations required by Oct 13. \*This event is co-sponsored with Cambridge Hills Assisted Living.

### Passmore Center

Thu, Oct 20 (213026-01) 2 – 3 pm

### ART OF MIMING PERFORMANCE AND WORKSHOPS PERFORMANCE

*Mime Explains String Theory!* Is a performance for adults by Sheila Kerrigan. It starts before birth and ends after death, exploring the cycle of life from a mime's point of view. As the mime goes through thirteen stages of woman, during middle age she has an epiphany in which she understands the meaning of life. She struggles to communicate it to the audience, and eventually, she hopes, she gets it across to them.

The miming performance will provide a springboard for the three following workshops.

### WORKSHOPS

**First:** A story circle about Epiphanies We've Experienced. The story circle process is simple: each person gets a few minutes to tell their story while everyone else listens without interruption. At the end, we have questions, responses, affirmations and discussion. **Next:** There's a writing session when we write our epiphany stories. Last, an open mic performance for the community of our epiphany stories. In the Epiphany of St. Paul, "...he drew nigh unto Damascus: and suddenly there shone round about him a light out of heaven: and he fell upon the earth and heard a voice saying unto him, Saul, Saul, why persecutest thou me?..." (Acts 9.3) That is the moment that caused him to stop persecuting followers of Jesus and to start preaching the Gospel of Jesus.

Kerrigan says: "We don't all get a light shining down from heaven, but

many of us experience a moment of realization, when something hidden is revealed, something we didn't understand becomes clear." Sheila Kerrigan, a mime from Chapel Hill, has performed, directed, and taught workshops for all ages in twenty states, with TOUCH Mime Theater, Jelly Educational Theater, and as a solo mime. Author of *The Performer's Guide to the Collaborative Process*, she works with groups to create original performances. She taught *Community-Based Performance: Where Art and Activism Intersect* at Duke, and *Creating Original Performance* at Bennington College. Her work builds a bridge between the brilliance that theater brings to life and the brilliant life that people bring to theater. **Register by Mon, Sep 19 for Seymour Center and Thu, Sep 15 for Passmore Center.**

Instructor: Sheila Kerrigan

**Performance: FREE**

Fee: \$25 (for 3 workshops)

### Passmore Center

Thu, Sep 15 – Mime Performance

(253007-09) 6 – 7 pm

Mon, Sep 19 – Story Circle

(243047-01) 1:30 – 3:30 pm

Tue, Sep 20 – Writing Sessions

(243047-01) 1:30 – 3:30 pm

Wed, Sep 21 – Open Mic Session

(243048-01) 1:30 – 3:30 pm

### Seymour Center

Mon, Sep 26 – Mime Performance

(343038-01) 7 – 8 pm

Wed, Sep 28 – Story Circle

(343038-02) 7 – 9 pm

Mon, Oct 3 – Writing Sessions

(343038-03) 7 – 9 pm

Wed, Oct 5 – Open Mic Session

(343038-04) 7 – 9 pm

### ART SHOW – PASSMORE CENTER

If you are interested in exhibiting, please contact Terry Colville at 919-245-2016 or tcolville@orangecountync.gov

### MARIA DE BRUYN – FEATURED ARTIST

#### BEAUTY IN BIRDS, BLOOMS, BEES AND BUTTERFLIES

Maria de Bruyn, a retired medical anthropologist, now devotes time to photographing different aspects of nature. Her preference is wildlife photography (mammals, birds, insects, etc.) but she also enjoys photographing plant life and cultural manifestations. Her work has appeared in solo exhibitions at Duke University's Lilly Library, the NC Botanical Garden's De Berry Gallery, the United Church of Chapel Hill and the **Seymour Center**. Her photos have also been included in various group shows, most recently, "The Art of Native Plants" at the Blowing Rock Art and History Museum and "The Art of the Bike" at the Carrboro NC Library. In "Beauty in Birds, Blooms, Bees and Butterflies", Ms de Bruyn hopes to share her love of nature with you, bringing back a

bit of spring and summer during the early autumn months. An open reception will be held on Mon, Sep 12 to give you an opportunity to meet the artists. Please register prior to Wed, Sep 7.

**Passmore Center**  
Mon, Sep 12 (253002-05) 3 pm

### JOYCE MASON – FEATURED ARTIST

**MIXED MEDIUM ART EXHIBIT**  
A native of Orange County, Joyce Mason returned to North Carolina in 2002. She began painting as a young child and feels she was born with the ability to paint. Her mixed medium art includes watercolor, pencil, and oil painting. Join us for an afternoon reception on Mon, Nov 14. Please make reservation by Nov 7.

**Passmore Center**  
Mon, Nov 14 (253002-06) 3 pm

### ART SHOWS - SEYMOUR CENTER

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

### MINGLE WITH THE ARTIST!

You will be greeted with a bio of the artist(s), list of artwork in the show and a beverage and refreshments for the occasion. The artist(s) will be available to share inspirational stories and receive questions surrounding the show. The first half hour the artist will be on the first floor and the last half hour the artist will be on the second floor (If there is more than one artist, you will find artists on both levels during the entire reception).

### ALICE ZHAO AND STUDENTS FEATURES CHINESE BRUSH PAINTING

This unique show will be on display from Mon, Oct 3 until Thurs, Nov 17. Chinese brush painting is a traditional art form that shows the beauty of both simplicity and complication of the nature, with ink and color. Alice and her students will share various pieces of their work for your viewing including flowers, birds, landscape and more. Art Opening Hostesses will be: Ann Wilkerson, Fung Little, Ceresa Clarke **with live music by Judy Jakes.**

**Seymour Center**  
Mon, Oct 3 (353003-08) 3 – 4 pm

### LIVING LONG LIVES EXHIBIT WITH CHRIS ADAMCZYK

Living Long Lives is a personal photography project undertaken by Chris Adamczyk to meet people who are living long lives and to explore how they stay engaged and nurture their passion and vibrancy. The photographs in this exhibition will introduce you to the people

Chris met on her journey and show you why they became role models for her as she grows into her own long life. It is her hope that these images will convey a sense of vitality and reality that is often unnoticed because it is overshadowed by our current stereotypes and biases about aging and the elderly. Exhibit will be on display from Mon, Dec 5 until Thurs, Jan. 19. Art Opening Hostesses will be: Irene Ferguson, Margaret Mays, and Ceresa Clark **with live music by Margarita Thompson.**

**Seymour Center**  
Mon, Dec 5 (353003-09) 3 – 4 pm

### AUTUMN EVENING IN PARIS SENIOR PROM

Relive or experience your very first prom! Join us on Friday, October 7th for an elegant evening straight out of Paris, France! We will be partnering with **UNC's Graduate and Professional Student Federation** to host a romantic night filled with dancing, music, and fun! No date required and dance partners will be available for this memorable affair. Ladies, don your best dress! Men, put on your nice suit! Let's go to Paris for an unforgettable experience under the Parisian sky. Expect a sit down dinner, music and dance. Event limited to 100 participants.

Register by Fri, Sep 30  
Fee: FREE  
**Seymour Center**  
Fri, Oct 7 (313016-02) 6 - 9 pm

### BACK TO BUENOS AIRES WITH JOHN AND PAT HARTWELL

Globe trotters, John and Pat Hartwell have traveled most of world and will be on hand to share highlights of their travels while visiting South America. Travel to Argentina and Chile as they share excerpts, background information, and pictures from their new book, *Back to Buenos Aires*. Copies will be available for purchase. Light refreshments will be served. Register today.

**Seymour Center**  
Thu, Oct 13 (323046-02) 2 – 3 pm

### BACKYARD BOCCIE AND BURGERS PARTY!

Summer is about to roll out, but before it goes, let's enjoy our backyard with bocce games on our new bocce court and burgers off the grill. Pull out your sunhats or visors one more time as we get this party started on the patio and enjoy games of bocce with your fellow friends. This festive occasion would not be complete without upbeat music. Enjoy the sounds DJ Avon and get in a step or two. Several reasons to not stay home: one, bocce fun; two, hot burgers and three, meet new friends. What a way to wrap up the summer season. The center will provide burgers, sides and drinks. We ask each of you to bring your favorite dessert for 6

to 8 people. Register by Fri, Sept 16 and indicate your dessert at that time. Limited to 75 participants.

Fee: FREE  
**Seymour Center**  
Tue, Sep 20 (343039-01) 6 – 8 pm

### BINGO

**BINGO!** Join our caller Joseph Degraffenridt to see if the ball rolls in your favor. Bring a snack to share. Co-sponsored with Brookdale Chapel Hill

Fee: FREE  
**Seymour Center**  
Wed, Sep 14, 28; Oct 26; Nov 9  
(353041-12,13,14) 10:30 - 11:30 am

### BIRTHDAY CELEBRATION

Join us for our monthly birthday celebration as we recognize individuals born in the months of Sep, Oct, or Nov. Please call the center to register.

**Passmore Center**  
Mon, Sep 12; Oct 3; Nov 7  
(253004-09, 10, 11) 12 noon  
(Will celebrate Mon, Sep 12 due to Sep 5 holiday)

**Seymour Center**  
Mon, Sep 12; Oct 3; Nov 7  
(353072- 07, 08, 09) 12 noon  
(will celebrate Mon, Sep 12 due to Sep 5 holiday)

### CALL TO VENDORS

If you are an artist or crafter and are looking for a venue to display and sell your work, please call Terry at 919-245-2016 for information on the Holiday Craft Show at The **Passmore Center**. It will be held Sat, Nov 5. Applications are available and all tables are sold on a first come basis.

### CANADIAN ROCKIES PRESENTATION & SOCIAL

From Vancouver and Victoria - to Banff and Lake Louise. Slide show and details about upcoming Wed, Jul 26 – Wed, Aug 2, 2017 tour.

Fee: FREE  
**Seymour Center**  
Learn more: Thu, Nov 17 2 pm

### CARING MELODIES CONCERT

Do you love listening to music, from Beethoven's Sonatas to Rachmaninoff's Etudes? Then come to see the Caring Melodies concert! It will feature talented young musicians from all over the triangle playing live music on a variety of instruments, such as piano, violin, voice, and much more! From baroque all the way to modern music, it will all be here! Our volunteer organization's mission is to spread the joy of music throughout the senior citizen community, so all are welcome to join us! Register by Sat, Sep 17.

Fee: FREE  
**Seymour Center**  
Sat, Sep 24 (343016-06) 3 pm

### CHOCOLATE, TEA, AND RELAXATION

Start your weekend out right as you learn different techniques to help you relax. Our first technique will be to enjoy tea and chocolate as we take a moment to get to know each other. This will be followed by a discussion of relaxation techniques that will include deep breathing and meditation. The various aspects of our lives that lead to joy, fun, and laughter will be addressed in an open forum. Registration is required prior to Fri, Oct 2. Space is limited to 12 people.

Instructor: Deb Gayliard  
Fee: \$10 (Payable to the instructor the day of the class)

**Passmore Center**  
Mon, Oct 10 (243039-01) 1:30 - 3:30 pm

### CHRISTMAS ON A SHOESTRING

Does the idea of an impending holiday bring about joy or stress? Money saving ideas will be discussed in an open forum. Construction of holiday decorations and gifts will be demonstrated, and then created by participants, in a hands-on workshop. Let us try to revive ideas of peace and fun in the upcoming holiday season. Registration is required prior to Fri, Oct 2. Space is limited to 12 people.

Instructor: Deb Gayliard (Payable to the instructor the day of the class)  
Fee: \$10

**Passmore Center**  
Mon, Nov 7 (243040-01) 1:30 - 3:30 pm

### COFFEE WITH CORINA – NEWCOMERS WELCOME

This is your chance to ask all those questions about what the Senior Center can do for you. Join Corina, Programmer with the senior center as she gives an overview of our programs and services. We are a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. There will be time for coffee, conversation and a tour of our building. Call the senior center to register at least one week in advance.

Fee: FREE  
**Passmore Center**  
Thu, Sep 1 (253008-09) 10 am  
Thu, Oct 6 (253008-10) 10 am  
Thu, Nov 3 (253008-11) 10 am

### CONNECTIONS CONCIERGE

This program is designed with everyone in mind! Not sure how to navigate the multiple programs at the Center. Need a little memory jogger on upcoming events and programs? Look no further! Every 1st and 3rd Monday of the month, you will have an opportunity to explore all the happenings and possibilities at the Seymour Center. No longer will you find yourself wondering how you missed an interesting program or realize you didn't sign up by the deadline date. Our concierge will

be located in the lobby when you come into the Center. One on one time will be spent mapping out a wide range of activities you can get involved in. This program is being offered by the **Seymour Center Program Advisory Committee.**

### Seymour Center

1st & 3rd Mon: Sep 19; Oct 3, 17;  
Nov 7, 21  
(353012) 10 am – 12 noon  
(Holiday: Sep 5)

### COMPOSTING 101

Have you ever wanted to start composting or just wondered what it is all about? Join Muriel Williman from Orange County Solid Waste as she talks about indoor composting using worms and the principles of outdoor composting. Please register by Wed, Oct 19.

### Passmore Center

Wed, Oct 26 (244038-01) 1:30 – 3 pm

### COOKING AND DINNER WITH DAVID SOVERO – THE ART OF COOKING

You have seen David's artwork in the senior centers, but did you know he is just as talented in the kitchen? David, who trained at the Ferrington House Restaurant and is now a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week you bring two ingredients (fruit, vegetable, or other item) from your pantry and David will teach you how to create a meal with the combination provided. The choice of beef, chicken, or seafood, will be provided. If you are a vegetarian, just let us know when you register. This is a hands-on class with everyone participating in the preparation of the meal. During the class David will explain different methods of preparing meat with additional variations on the meal being prepared. This is a unique cooking class and is a fun, as well as, a delicious experience. Everyone MUST register for each class one week in advance. Class size is limited.

\*Co-sponsored with OLLI at Duke.

Fee: \$9 per class plus two ingredients

### Passmore Center

Mon, Sep 12 - 26 (233016-09) 5:30 – 8 pm  
Mon, Oct 3 - 31 (233016-10) 5:30 – 8 pm  
Mon, Nov 7 - 28 (233016-11) 5:30 – 8 pm

### FARMERS' MARKETS AT THE SENIOR CENTERS

Yes, the Farmers' Market is at both centers. It's a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Center. No longer do you have to stand in a long grocery line when you have your local friendly farmers right outside the Center's door. Come shop and get extra fresh food and outstanding quality.

### Passmore Center

Tuesdays (253013) 9 am – 12 noon

### Seymour Center

Thursdays (353060) 9 am - 12 noon

### FIND BALANCE AT YOUR CENTER FEATURES BOOMING NIGHTS AT SEYMOUR SERIES

September is National Senior Center Month. This year's National Institute of Senior Centers theme is **Find Balance at Your Center!** Let us help you find your balance through this great line-up of our newly created Booming Nights at Seymour Series. You will find balance socially as you connect with new friends, mentally as you relax your mind and body from life experiences, and emotionally as you express yourself through meaningful, yet engaging outlets. Light refreshments provided during the social break. Space limited to 12 participants. Classes will be held on the last Mon of the month. Encourage a friend or two to join you. Register for each session two weeks prior to class date as classes are sure to fill up fast.

Fee: \$15 per class (includes most or all materials - see each class description for directives)

### Seymour Center

#### MON, SEP 26 PLANT NIGHT WITH PRISCILLA BOOMER 6 - 9 PM

It's the new happening social gathering. Discover a fun way to build a tabletop terrarium garden in a glass planter! You will absolutely fall in love with your hand-held garden. All materials for class will be provided. However, you are welcome to bring figurines or small mementos to personalize your creation.

(344059-01)

#### MON, OCT 24 PAINT NIGHT WITH ROBIN GREENBERG 6 - 9 PM

Think you can't paint a picture on a canvas! Think again! Enjoy step-by-step instructions with a fun and enthusiastic local artist. This one-of-a-kind experience will inspire you to be as creative, imaginative and unique as you like. Watch out Van Gogh! New artists are on the rise.

(344059-02)

#### MON, NOV 28 PICTERRAGRAPHS NIGHT WITH GEOFF HUFFMAN 6 - 9 PM

Photographs come alive through a simple layering of photos which gives a 3-D effect. This technique will highlight your special occasions when it's all said and done for you to display. Bring 5 color photos and 1 black and white of the same photo, preferably on glossy photo paper to be cut and arranged. All photos must be 8X10". Materials except picture copies will be provided by instructor.

(344059-03)

### FUN BINGO WITH CARDS

Join this group for a morning of fun as they put a new twist on an old game.

### Passmore Center

Fri, Oct 7 (257024-01) 10:30 – 11:30 am

### GEM, MINERAL AND FOSSIL SHOW AND SALE, OCT. 1, 2016

Announcing a Gem, Mineral and Fossil Show and Sale sponsored by the Central NC Mineral Club. There will be a wide variety of unique gems and minerals for purchase! Demonstrations of mineral cutting and polishing! Activities for kids! Also, enjoy **The Parlour** ice cream truck which will be available for you to buy ice cream on your way in or on your way out the show from 12 noon until 2 pm. For more information, visit our web site:

[www.CentralNCMineralClub.org](http://www.CentralNCMineralClub.org)

Fee: FREE

### Seymour Center

Sat, Oct 1 (358001-08) 10 am – 4 pm

### GETTING TO KNOW YOU

We see and speak to each other almost every day and yet what do we know about one another. In honor of Senior Center Month we will meet and spend some time getting to know one another. We will begin by creating our own special name tag to be worn throughout the week. General questions will be asked; however, if you are not comfortable sharing, just come and learn more about others attending the center. Registration is required prior to Fri, Sep 9.

Leader: Deb Gayliard

Fee: FREE

### Passmore Center

Tue, Sep 13 (233021-05) 1 – 2 pm

### HOLIDAY CRAFT SHOW

Get a jump on all your holiday shopping. Find that unique gift for that "hard to buy for" person on your list, or just shop for yourself. Over 50 vendors attended the craft show last year with many different items. Enjoy music and other entertainment as you browse the many vendors and find that special something you've been seeking. If you are a crafter and would like to have a booth, please contact Terry at 919-245-2016 for additional information.

### Passmore Center

Sat, Nov 5 (213022-02) 9 am – 2 pm

### HOLIDAY GIFT IDEAS FROM YOUR KITCHEN

Holidays are coming; schedules are getting busier, and the holiday gift list needs filling. Well, nothing says lovin' like something you made yourself. If you are looking for shortcuts, come and join Lucy and learn to make her 5 minute fudge. We will be making Candy Cane Fudge, Maple Walnut Fudge and Toasted Coconut White Chocolate Fudge. You will walk away with a sample of each and the recipes so you can create your own gift giving baskets at home. Registration is required in advance and class is limited to 10 people.

Instructor: Lucy Lenkewicz

Fee: \$10 (payable to the instructor the day of class)

### Passmore Center

Mon, Oct 17 (243046-01) 1:30 – 3:30 pm

### HOLIDAY LUNCHEON

Celebrate another holiday luncheon with the Alston and Boldin Family while we enjoy traditional dishes and entertainment. Limited to 60 participants.

Fee: FREE

### Hargraves Center

Thu, Dec 8 (310050-06) 11 am – 2 pm

### ICE CREAM ON WHEELS - PRE-LABOR DAY KICK OFF!

Back by popular demand! Everyone enjoyed the ice cream on wheels last year and what better way to usher in Labor Day than with a cool refreshing treat. Listen for that certain sound that will take you back in time and you will instantly know that ice cream is coming! Our musical cart will offer a variety of ice cream from which to choose. Mark your calendars!

Fee: FREE

### Seymour Center

Thu, Sep 1 (333043-02) 2 – 3 pm

### JERRY M PASSMORE CENTER DEDICATION

Have you noticed that the center has a new name? Central Orange Senior Center is now the Jerry M **Passmore Center**. It will be dedicated in honor of Jerry Passmore on Wed, Sep 28. Jerry Passmore served as the Orange County Department on Aging's Director for 30 years and is responsible for building a progressive program serving older adults in Orange County. You are invited to attend the dedication and to speak to Jerry. Registration required by Wed, Sep 21. This program is cosponsored with The Friends of the Jerry M **Passmore Center**. Refreshments will be served.

Fee: FREE

### Passmore Center

Thu, Sep 29 (213027-01) 10:30 am

### NEW! JEWELRY SHOW

Seymour is launching a new program to give individual jewelry designers a chance to showcase their works of art throughout the year. Come celebrate with **Mary Lo** as showcases hand-made seed bead techniques as well as other styles of jewelry making. Reception accompanies show. Show will be on display until Thu, Oct. 6. Hostesses will be: Fung Little and Ceresa Clarke with **live music by Horace Sher**.

Fee: FREE

### Seymour Center

Mon, Sep 12 (343040-01) 3 – 4 pm

### "LET ME ENTERTAIN YOU"

### DINNER AND SHOW FEATURING LOCAL AUTHOR AND NEWSPAPER COLUMNIST, REGINA GALE

Personal readings and book signing from her book, *Sometimes He Buys Me Grapes*, a memoir about relationships and what happens when you are in them. It reveals a very candid, raw expression of a seasoned woman's life. There are no secrets left imagined as the emotions expressed remind one that our

relationships with each other is more important than anything else. You will laugh, you might cry, and you will probably think this book is about you and those you love. I have news for you, it is. Register by Fri, Oct 28.

Dinner and Show limited to 75 participants.

Fee: FREE

#### Seymour Center

Fri, Nov 4 (343044-01) 6 – 8 pm

#### LIFE STORY VIDEOS

Do you have a life experience or story you'd like to share with family and friends? Did you get lost in a foreign country or on a hike, live through a war, have a family legend that you'd like to pass to your grandchildren? Do you have cherished objects which illustrate family history or an exciting trip? Do you have photos that show what happened? Darryl and Mary Freedman will help you convert these stories to 5-10 minute videos to upload to YouTube or make into a DVD. Class will be limited to 10 students. Register by Mon, Oct 10.

Project Leaders: Darryl and Mary Freedman

Fee: FREE

#### Seymour Center

Mon, Oct 17 (343045-01)  
10 am – 12 noon

#### MIME STUDENT PERFORMANCE

Come and enjoy a performance presented by a variety of individuals sharing their Mime skills. Light refreshments will be served. Reservations are required by Fri, Sep 16.

#### Passmore Center

Wed, Sep 21 (243048-02)  
1:30 – 3:30 pm

#### OCTOBER FALL FESTIVAL

Enjoy a morning of shuffleboard, carnival games and prizes at the **Hargraves Center**. Lunch will be provided. Space is limited, call 919-968-2070 to make your reservation by Sat, Sep 24. This event is co-sponsored with Chapel Hill Parks and Recreation.

Fee: FREE

#### Hargraves Center

Thu, Oct 6 (340007-05) 10 am – 1 pm

#### POKENO PARTY

If you enjoy the thrill of Poker and the strategy of winning, come on out and let's play a few rounds - win a round and choose a gift. **Bring a small gift to add to the winner's table.**

Snacks and drinks provided  
Registration required by Sat, Sep 3 for **Passmore Center**; and by Sat, Sep 24 for **Seymour Center**

Leader: Corina Riley

Fee: FREE

#### Passmore Center

Thu, Sep 22 (243045-01) 1:30 - 3 pm

Seymour

Wed, Oct 12 (333039-03) 2 – 4 pm

#### POT LUCK DINNER AND PERFORMANCE

Mime Explains String Theory! Is a performance for adults by Sheila Kerrigan. It starts before birth and ends after death, exploring the cycle of life from a mime's point of view. As the mime goes through thirteen stages of women - during middle age she has an epiphany in which she understands the meaning of life. She struggles to communicate it to the audience, and eventually, she hopes, she gets it across to them. The dinner theme is summer salad and the center will provide a mixed lettuce salad and toppings. Suggestions to bring include: pasta salad, Jell-O, layered salads, and more. Contact the center to register and let us know what you plan to bring prior to Thu, Sep 8. **\*Registration required.**

Fee: FREE

#### Passmore Center

Thu, Sep 15 (253007-09) 5:30 pm

#### THANKSGIVING CELEBRATION

Join us for another fabulous holiday celebration in the **Passmore Center's** Great Hall. We will welcome back **David and Friends** so be sure to put on your dancing shoes! If you are able, bring a donation of canned food for the local food pantry. Transportation is available from the Seymour Center (bus will depart at 9:30 am). Registration is required by Fri, Nov 4.

Fee: FREE

#### Passmore Center

Fri, Nov 18 (243001-01) 10:30 am

#### THIS LIFE WE GET TO LIVE POETRY READING, AND BOOK SIGNING WITH DOUG BRAKE

Our lives are a gift - not a right - but a privilege. We are all connected in one way or another. In the life we get to live, it's what we do for others that matters and how we relate to each other - which can make this world a better place. Come and be entertained, encouraged, inspired and uplifted by Doug's profound writings from his book, *This Life We Get to Live*. Refreshments will be provided.

Fee: FREE

#### Seymour Center

Mon, Sep 26 (343051-01) 10:30 am

#### VETERANS' AFFAIR - WALL OF HONOR RECOGNITION CEREMONY AND VETERAN'S DAY CONCERT

Join us as we celebrate the new honorees for the Wall of Honor. The wall is our way of expressing our gratitude to those who served our country and it enables other participants and visitors who frequent the Center to appreciate and learn more about their peers. In addition, we will take time to salute all persons who served our country through music and song by **The Bailie Braslers**. Stop by our center before Fri, Nov 4 to view the current honorees

on the wall. They are as follows: Terry Carver, Edward Carver Jr., Fletcher N Daniels Jr., Rudy Tempsta, Regina Merritt, Michael Balzarano, James Jones, Robert Clarke, and Jim Campbell. On Mon, Nov 7, we will recognize eight new honorees. They are as follows: Alfred R. Nickerson, Elaine Nickerson Clark, Richard Simpson, Robert Gilmore, Ray Carpenter, Douglas Brake and Alexander Castro. Reception to follow after the program and concert.

Contacts: Cydnee Sims, 919-245-4250 and Betsy Corbett, 919-245-2890

Fee: FREE

#### Seymour Center

Mon, Nov 7 (353003-04)  
10:30 - 11:30 am

#### VETERANS' APPRECIATION BREAKFAST

Join us as we celebrate the contributions made each day by our veterans. Lt Col (Ret) Danny W Hassell will be the key note speaker. He served as the Deputy Director of the Facilities Sector for the Gulf Region Division, Baghdad, Iraq from Jun 2006 to Mar 2007. In his highest-ranking military role, he also served as the Facilities Sector Acting Lead (an O-6 billet) in Jan 2007. If you are a veteran, we would like to honor and recognize you for your service to our country. Please call the center at 919-245-2015 to register. Registration is required by Wed, Nov 2. \*cosponsored with Orange County DSS and Amedisys Home Health and Hospice and the Friends of The **Passmore Center**.

Fee: FREE

#### Passmore Center

Fri, Nov 11 (243000-01) 8:30 am

#### VETERANS' BENEFITS CLINIC

Do you have questions about Veterans Federal and State benefits? Need help filing or developing a Claim? Come out and join Betsy Corbett, Orange County Veterans Service Officer, to discuss topics and explore resources and services that may be relevant to you. There will be time for questions and answers. For additional information contact Betsy Corbett at 919-245-2890. To register call the Passmore Center at 919-245-2015. To register call Seymour Center at 919-968-2070

Fee: FREE

#### Passmore Center

Mon, Oct 10 (257001-01)

10:30 - 11:30 am

#### Seymour Center

Mon, Oct 31 (347006-02)

10:30 - 11:30 am

#### WEDNESDAYS' BUZZ

This will keep you in the know. Look for the special table in the lobby every 1st and 3rd Wed. Come find out what the entire Buzz is about! Be the first to be in the know!

Fee: FREE

#### Seymour Center

Wed, Sep 7, 21; Oct 5, 19; Nov 2, 16 (353053) 10:30 am

#### YELLOWSTONE NATIONAL PARK TRIP PRESENTATION

Have you ever wanted to visit Yellowstone National Park and see the majestic beauty of the surrounding area? This is one of the most beautiful parks in America and you have the opportunity to learn more about the upcoming trip scheduled Mon, Jun 19 – Sun, Jul 2, 2017. Join Brian Dorman, with AAA as he shares information about the trip's itinerary and to find out it's one you'd like to take. If you attend, there's no obligation as this is only an informational meeting. This trip is sponsored by the Friends of The Passmore Center. Please RSVP by Fri, Sep 9 by calling 919-245-2015.

Fee: FREE

#### Passmore Center

Wed, Sep 14 3 pm

## ATHLETIC ACTIVITIES & LESSONS

All of the following activities are FREE, unless otherwise noted.

### ACTIVITIES

#### BADMINTON

Enjoy a friendly game during our open play weekly sessions. Beginners are welcome. Racquets are available. Partner not needed.

#### Seymour Center

Tuesdays (351022) 4:30 – 6:45 pm

Saturdays (351022) 9:15 - 11:45 am

#### BASKETBALL – SHOOT AROUND

Community Center

Tuesdays & Thursdays 8 - 10:30 am

#### Northside Gym

Mondays 9 - 10 am

#### Seymour Center

Wed & Fri (351016) 8 – 9:30 am

Thu (357022) 5:30 – 7pm

#### BILLIARDS

Bring a friend and enjoy shooting a round of pool - every day and almost any time.

#### Passmore Center

#### Seymour Center

#### BOCCE BALL

Time to put some miles on our improved bocce ball court! Equipment available. Weather permitting.

#### Seymour Center

Mondays (351020) 10 am

Wednesdays (351020) 10 am & 1:30 pm

**CORNHOLE**

This activity can also be known as bean bag toss, corn toss, baggo or bags, is a lawn game in which players take turns throwing "corn kernel" bags at a raised platform with a hole in the far end. Bring a friend and let's toss some bags.

**Seymour Center**

Tuesdays (351006) 10 am

**PICKLE BALL**

A combination of badminton and tennis this sport is once again gaining popularity around the county. It is played with a whiffle ball on an indoor court. Equipment will be provided. Please contact the front desk to register.

**Passmore Center**

Mondays (251016-01) 5 - 8 pm

Wednesdays\*\* & Fridays\* (251016-03)  
2 - 4 pm

Fridays\* (251016-02) 9 - 11 am

\*No Friday Pickle Ball: Oct 28; Nov 4 (pm),  
Nov 11, Nov 18

\*\*No Wed Pickle Ball: Sep 21, Sep 28;  
Nov 9

**PICKLE BALL PLAY**

Chapel Hill Community Center offers Pickle Ball!!! If you have any questions or want to know more about this activity, contact Bernard Leach at 919- 968-2734.

**Community Center gym**

Mon, Wed, Fri (Mar - May only)

10 am - 2 pm

Sat (Mar - May only) 1:30 am - 4 pm

Sun (Mar - May only) 6:45 - 9:45 pm

**Hargraves Community Center**

Thu, Aug 20 - Jun 9 only

9:30 am - 12:30 pm

**SHUFFLEBOARD**

Whether it is for practice or fun, shuffleboard is a great way to exercise. Come to learn, or to show someone how to play the game. Feel free to bring a lunch and socialize afterwards.

Northside Gym

Wednesdays 10 am - 12 noon

**TABLE TENNIS**

You may bring your own paddles and balls, or use the equipment available at the Center. All skill levels are welcome.

Contact: Sherry Graham, 919-636-2264,  
or Alan Tom, 919-933-8972, or  
[alantom@mindspring.com](mailto:alantom@mindspring.com)

**Seymour Center**

Tue & Thu (351008) 2 - 4 pm

1st Fri (351008-06) 1:30 - 4:30 pm

Saturdays (351018) 12 noon - 2:45 pm

**TABLE TENNIS AT PASSMORE CENTER**

All levels are welcome to join during this open play. You may bring your own paddles and balls, or use the equipment available at the Center.

**Passmore Center**

Fridays (except Oct 7)  
(251008-1) 9:30 am - 12 noon

**WALKING - INDOORS**

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough

Fee: \$25 annually

**Central Recreation Center Gym**

Mon - Fri 8 - 10 am

**WALKING - INDOORS**

Walk in the Passmore Center with friends.

Fee: FREE

**Passmore Center**

Tuesdays (25000-01) 2:30 pm

**WALKING - INDOORS**

Walk in the Northside Gym/Hargraves Center at 216 N Roberson St, Chapel Hill

Fee: FREE

**Hargraves Center**

Wed & Fri 9:30 am - 12:30 pm

**WII - OPEN PLAY**

Instructor: Interested in leading? If so, contact Corina Riley at 919-245-4252

**Passmore Center**

Thursdays (251010) 12 noon

**WII GAMES: STAY ACTIVE AND FIT**

Let's get ready to rumble! Come join your friends for a morning of interactive Wii games. No experience necessary. Fun and easy to catch on, you will enjoy every minute. Activity leader will give hands on instructions and tips to make the games even more interesting.

Contact Corina Riley at 919-245-4252

**Seymour Center**

Tuesdays (351069) 1:30 - 2:30 pm

**LESSONS****BADMINTON LESSONS**

Lessons are for beginners or those who would like to brush up on their game.

Instructor: CD Poon

([cdpoon@gmail.com](mailto:cdpoon@gmail.com))

Fee: FREE

**Seymour Center (351022)**

Email Instructor, or call the front desk at 919-968-2070 for an appointment.

**BILLIARDS LESSONS**

This one-on-one instruction is for beginners, or those who would like to brush up on their game.

Instructor: Bob Roberts

Fee: FREE

**Seymour Center (351011)**

Call front desk for an appointment at 919-968-2070.

**TABLE TENNIS INSTRUCTION**

Here's a great opportunity to sharpen your table tennis skills through private lessons. Beginners will learn proper grip, scoring, legal serve, forehand and backhand strokes. Intermediates will learn new serves, new shots and make game more reliable while learning strategies and having fun. Lessons will be offered in half hour sessions, and will be either one on one, or in a two person group. It's suggested that people should take at least six lessons to benefit from course.

For more information, contact Bob Ross at 919- 210-4532. Call front desk for an appointment at 919- 968-2070.

Instructor: Bob Ross

Fee: 1 person - \$12 per session

2 person group - \$8 per session, per person

**Seymour Center (351014)**

Mondays and Wednesdays

1 - 2 pm, and 2 - 3 pm

**DANCE, MUSIC & THEATER**

**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.

**DANCE****ARGENTINE TANGO DANCE**

Learn this vibrant and playful dance which is based on improvisational movement. Although tango is a "leader" and "follower" style of dance, no partner is necessary. Come and embrace harmony and connect with upbeat music that is sure to be fun and exciting. For more information, contact Katherine Polk at 919- 967-4967.

Facilitator: Bill Caspary

Fee: FREE

**Seymour Center**

4th & 5th Thu, Sep 22, 29; Oct 27

(353007- 03) 7 - 8:30 pm

(no dance on Nov 24 due to holiday)

**BALLROOM DANCE LESSONS**

Ballroom Dance lessons with Bruce Gillooly, who has over 60 years of dance experience.

Each month you will explore a different ballroom dance; the group decides which dance will be explored for the month. Ballroom dances includes: Waltz, Foxtrot, East and West Coast Swing, Salsa, Tango, Samba, Merengue, Zydeco, Shag, and Lindy Hop. Please register and purchase your ticket at the front desk before class. No partner required but is recommended.

Instructor: Bruce Gillooly

Fee: \$5

**Passmore Center**

Thursdays (254032) 7 - 8 pm

**CHINESE DANCE FOR OLDER ADULTS**

The class is free and open to the public. Chinese Dance is famous for its varieties. There are 56 officially recognized ethnic groups in China, and each one has its own folk dances. This class will tailor different Chinese dancing movements to meet older adults' needs. With relative slow speed, people can enjoy the gracefulness of Chinese dance. Accompanied with Chinese music and songs, performers entertain themselves while dancing. For more information,

please contact Hui Di at [hui.di@jmp.com](mailto:hui.di@jmp.com).

Instructor: Hui Di

Fee: FREE

**Seymour Center**

Fridays (354045-08) 9 - 10 am

**CLOGGING LESSONS**

Think you'd like to try a new dance - like clogging? Here's a chance to learn a unique style of dance or to brush up if it's been a while since you clogged. Join Apple Chill Cloggers this fall for a fun and exciting class. You will be taught basic clogging steps as well as a simple routine. Lessons will be offered four consecutive Mon nights! Best of all, lessons are free! What a deal! Space is limited to 10 participants. Register one week prior to each class.

Instructor: Deborah Powell

Fee: FREE

**Seymour Center**

Mon, Oct 31 - Nov 21

(323048-01) 7 - 8 pm

**LINE DANCE FOR NEW BEGINNERS**

If you have never line danced before, this is the class for you. During this class, you will learn some of the basic line steps and a few simple dances. This class will prepare you for the beginner class held every Monday. Sign up is required one week before the start of a session.

Instructor: Sharon Smith

Fee: FREE

**Passmore Center**

Session I: Mon, Sep 12 - Oct 3

(254001-09) 1:30 - 2 pm

Session II: Mon, Oct 10 - 31

(254001-10) 1:30 - 2 pm

**LINE DANCING**

Line Dancing is great exercise. Best of all, no partner is needed. Join this growing class and learn the best line dancing around.

Instructor: Bruce Gillooly

Fee: \$3 per class. Purchase tickets at the front desk.

**Seymour Center**

Mondays (354019-19) 3:15 - 4:45 pm

**LINE DANCING**

This class is for both new and experienced line dancers. You will improve your memory and get the benefits of exercising while having fun. Please call before your first visit to the Wed evening class. \*There's a new beginner's class on Mondays.

Fee: FREE

Instructor: Becky Walker

**Passmore Center**

Mondays (Beginners class)

(254006-2) 2 - 3 pm

Mondays (254006-2) 3 - 4:30 pm

Tuesdays (254006-1) 1 - 2:30 pm

**LINE DANCING**

First 30 min of the class is for beginners, and all levels are together from 10 – 11 am.

Instructor: Esther Booker

Fee: FREE

**Passmore Center**

Thursdays (254006-3) 9:30 – 11 am

**NEW! NIGHTCLUB TWO STEP DANCING**

The Nightclub Two Step is a great alternative for dancers who want to go beyond a simple slow dance with their partner. It's a great dance to learn how to dance to slow music. It is often danced to pop, smooth jazz, and R&B music. The Nightclub Two Step is a popular style with wedding couples because of its romantic, slow, and relaxed characteristics. The Nightclub Two Step is also popular with country music fans as well as a common dance at West Coast Swing dance events because the music shares the same emphasis on the second beat as West Coast Swing Music, only at a slower tempo.

Instructor: Wesley Boz

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center****Foundations I Beginner/Advanced Beginner**

Tue, Sep 13 – Oct 4

(354038-13) 7:30 - 8:30 pm

**Foundations II Advanced Beginner/Intermediate**

Tue, Oct 11 - Nov 1

(354038-14) 7:30 - 8:30 pm

**Foundations I Beginner/Advanced Beginner**

Tue, Nov 8 – 29

(354038-15) 7:30 - 8:30 pm

**TAP DANCING**

Learn to tap dance with an experienced and friendly teacher. You will learn basic and historical steps, as well as how to tap to all kinds of music. Tap dancing is a great way to have fun while exercising without stressing your body.

Instructor: Katie Moorehead

Fee: \$52 for the first four lessons

**Seymour Center**

Thu, Sep 1- 22 (354032-05)

Beginners 11 am – 12 noon

Intermediate/Advanced 10 am - 11 am

Thu, Sep 29- Oct 20 (354032-06)

Beginners 11 am -12 noon

Intermediate/Advanced 10 am - 11 am

Thu, Oct 27- Nov 17 (354032-07)

Beginners 11 am -12 noon

Intermediate/Advanced 10 am – 11 am

**TAP DANCING**

Did you tap dance as a child? Even if you've never danced, have you always had a desire to learn? Now is your chance to learn the fine art of tap dancing for free.

Instructor: Bruce Gillooly, has been dancing for 50 years.

Fee: FREE

**Passmore Center**

Tuesdays - Beginners

(254007-1) 9 – 10 am

Tuesdays - Intermediate

(254007-2) 10 – 11 am

**NEW! URBAN SOUL LINE DANCING**

Ever been to a party, reunion or wedding reception where people were line dancing and having a good time? Want to learn those dances as well? Here is your chance. Dance routines will include the cupid shuffle, the wobble, sanctified slide, cha-cha and much more. Come with your dancing shoes, dance requests and have a great time to popular and upbeat R&B music. Class will meet on the last Thu of the month. Must have 10 participants for class to take place and participants must register a week in advance of each class. Mark your calendar and don't miss out!

Instructor: Debbie Ramsey

Fee: \$5 per class

**Seymour Center**

Thu, Sep 22 ; Oct 27; Nov 17

1 - 2 pm

(Nov class will be held on the 3rd Thu due to holiday)

**WALTZ SOCIAL/ PRACTICE**

For those who love to waltz and for those learning. On 1st and 3rd Thu there will be waltzing; 2nd Thu there will be mostly waltzing as well other dances, such as Swing, Scandinavian, Tango, etc. All ages welcome. For more information, contact Katherine Polk at 919- 967-4967.

Fee: FREE

**Seymour Center**

1st, 2nd & 3rd Thu, Sept 1, 8, 15;

Oct 6, 13, 20; Nov 3, 10, 17

(353006) 7– 8:30 pm

**WEST COAST SWING**

Requisite - Some basic west coast swing experience necessary, no partner necessary. Learn to dance to Blues, R&B, Top 40 Swing music.

This is a slow, sexy style swing dance that's very popular across the country. Join award winning instructor Wesley Boz for this 4 week series. Space is limited.

Instructor: Wesley Boz

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center****Foundations I Beginner/Advanced Beginner**

Tue, Sep 13 – Oct 4

(354038-10) 6:30 – 7:30pm

**Foundations II Advanced Beginner/Intermediate**

Tue, Oct 11- Nov 1

(354038-11) 6:30 – 7:30pm

**Foundations I Beginner/Advanced Beginner**

Tue, Nov 8 – 29

(354038-12) 6:30 – 7:30pm

**MUSIC****CHORUS AT PASSMORE CENTER**

If you are interested in participating in a singing group please contact Terry at 919-245-2016.

**HONG YAN CHINESE CHOIR**

Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet regularly on Mon and Fri to enjoy popular songs.

You are welcome to sit in and sing along! Come to share their joy and happiness! Language is not a barrier.

Fee: FREE

**Seymour Center**

Mon and Fri (354051-01)12:45 – 1:30 pm

**KARAOKE SING-A-LONG**

Join Haryo and friends for a variety of songs and fun.

Fee: FREE

**Passmore Center**

Wednesdays (257003-01) 10 – 11 am

**BACK BY POPULAR DEMAND!****OPERA AT THE SEYMOUR CENTER**

Your local opera group presents a classic opera usually on the 3rd Sat of the month. Details about the schedule and upcoming performances are available at [www.meetup.com/Chapel-Hill-Opera/](http://www.meetup.com/Chapel-Hill-Opera/). Come and join other opera lovers in a wonderful afternoon of romantic and dramatic drama with some of the best singers and orchestras in the world. *After Cyrano de Bergerac* in Aug, we will be showing *Die Fledermaus* by Johann Strauss, his most famous and most often performed opera. This opera combines melody, beauty, comedy and love – what more can you ask?!

Opera Coordinator: Evelyn Daniel,

[Daniel@ils.unc.edu](mailto:Daniel@ils.unc.edu)

Fee: \$3 per family

**Seymour Center**

Sat, Aug 20 - *Cyrano de Bergerac*,

Jonas Kaufman

1 - 5 pm (353031-02)

Sat, Sep 17 – *Die Fledermaus* by

Johann Strauss

1 - 5 pm (353031-03)

Sat, Oct 15 – *I Puritani* by *Bellini*

1-5 pm (353031-04)

Sat, Nov 19 – *Tosca* by *Puccini*

1- 5 pm (353031-05)

Sat, Dec 17 – *The Magic Flute* by

Mozart

1-5 pm (353031-06)

**THE RETROS**

The Retros is a close harmony performance group that sings oldies from the 50's and 60's. They are seeking to expand, if interested call Lisa Berley at 919-717-1853 for more information.

**Seymour Center**

Mondays

1 – 2 pm

**SONG SWAP**

Bring your favorite songs and/or your acoustic instruments, and let's make some music! Folk, blues, old time, bluegrass, or original songs - whatever suits your mood or your style, all are welcome.

Leader Ralph Besser

**Seymour Center**

1st Tue, Sep 6; Oct 4; Nov 1

(353017) 7 – 8:30 pm

**THEATRE****PRIME TIME PLAYERS FALL PERFORMANCE – THE SIXTIES**

Prime Time fall production is ramping up! Remember the 60's??? Neither do we as we were having too much fun! Well it's time to dust off those bell bottoms, wash that tie dyed hippy dress and pull out your shag dancing shoes. The Prime Time players are bringin' them back! Get ready to 'get down' with those groovy songs of protest and Free Love! Motown, Aretha Franklin, Peter Paul and Mary, Dylan, The Supremes, Otis Redding, Rolling Stones, Grateful Dead. Did I mention the Beatles? Hits on Broadway like Oliver, *Mame*, *Camelot*? How about Carolina Girl? **Auditions for singers and musicians will be held on Mon, Sep 12 at 3 pm at the Seymour Center.** The performances will be on Wed, Nov 9 at the Passmore Center as well as Thu, Nov 10 and Fri, Nov 12 at the Seymour Center, starting at 2 pm. Be there, or be square!

Fee: Donations will be accepted

**Passmore Center**

Wed, Nov 9 (223019-01) 2 pm

**Seymour Center**

Thu, Nov 10 (323001-01) 2 pm

Sat, Nov 12 (323001-01) 2 pm

**MOVIES****TUESDAY CINEMAS AT THE SEYMOUR CENTER**

The movies, with popcorn, start at 1 pm on Tuesdays. Come earlier if you'd like to have lunch with us. Lunch tickets are distributed on a first come first served basis beginning at 11 am. Movie descriptions are available at the Center.

Sep 6

*Bella*

Sep 13

*Is Anybody There?*

Sep 20

*Flight Plan*

Sep 27

*Gold Diggers*

Oct 4

*Big Country*

Oct 11

*Secondhand Lions*

Oct 18

*State Fair*

Oct 25	<i>Where the Red Fern Grows</i>
Nov 1	<i>Monster-in-Law</i>
Nov 8	<i>Woman of the Year</i>
Nov 15	<i>How to Marry a Millionaire</i>
Nov 22	<i>A Beautiful Mind</i>
Nov 29	<i>Little Big Man</i>

Free popcorn is available.

Fee: FREE

**Seymour Center**  
Tuesdays 1 pm

DVDs: We are collecting DVDs at both the **Passmore Center** and the **Seymour Center**. Please bring in one or two of your favorite DVDs to show as part of our Tuesday Cinema series and Friday Flicks. We will choose our movie selections for the upcoming year based on your favorites. Please let us know if you are willing to donate them to our DVD library, or if you would prefer to loan them to us for a few months.

### FLICKS AT PASSMORE CENTER

Join us for our movie series showing currently released movies. Popcorn will be provided by the center. If you like, you are welcome to bring your favorite lawn chair or chair in a bag. Come earlier and join us for lunch prior to the film. If you have never enjoyed lunch with us before, you will need to complete the appropriate form one week before the movie. The form will cover you for all future programs and events. Lunch tickets are disturbed on a first come first serve basis beginning at 11 am. Contact the front desk at 919-245-2015 for selection and to register.

Registration required at least one week in advance.

**Passmore Center** 1:15pm  
Thu, Sep 8 *Little Boy* (253015-09)

Thu, Oct 6 *My Big Fat Greek Wedding 2* (253015-10)

Thu, Nov 3 *Jungle Book* (2016 non-animated) (253015-11)

## INTEREST GROUPS

### CHESS

Do you play chess? If not, are you interested in learning how to play? Please call the front desk and add your name to an interest list.

**Passmore Center**

### CHESS MEET-UP GROUP

If you enjoy playing chess and would like to get a group started at the **Seymour Center**, please contact Keith Connors at 919-225-1055 for more information.

**Seymour Center**

### CHORUS AT PASSMORE CENTER

If you are interested in participating in a singing group please contact Terry at 919-245-2016.

### GARDEN CLUB - PASSMORE CENTER

– If you are interested in being part of the garden club please contact Terry at 919-245-2016. Members plan to meet on Wed mornings to do basic garden maintenance. Feel free to stop by during that time and ask any questions, or pull a weed or two!

**Passmore Center**  
Wed (257014-01) 10 am

### GARDEN CLUB – SEYMOUR CENTER

Meet the volunteers who love to garden. These volunteers welcome more folks who garden or want to learn to garden. They design and maintain, plant, weed, water and deadhead all those glorious flowers, ferns and woody plants that greet visitors to the front entrance of the Seymour Center. And the entire garden is a "Pollinator Garden." Contact Ken Moore at 919-967-5734 or [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu) for more information.

**Seymour Center** (357002)  
1st Mon: Sep 12 (2nd Mon due to holiday);  
Oct 3; Nov 7 1:30 pm

Planning meeting and gardening  
Thursdays - Weekly planting and workday  
9:30 – 11:30 am

Individuals are welcome to do garden tending at other times to suit their schedules.

### INSPIRATIONAL TOPICS FOR PRACTICAL LIVING

Join us for this discussion series to uplift and encourage you throughout the week. If you have questions about the topics or materials, call 919-245-2015.

Leaders: Walter Faribault & Madeline Riley

**Passmore Center**  
Tue (254000-01) 10 – 11 am

### ISSUES OF FAITH

This time is for those who enjoy gathering together for scriptures, songs and uplifting words of encouragement. Join Annie Cotton as she leads these inspirational discussions.

Leader: Annie Cotton and Nancy Rogers  
**Seymour Center**  
Wed (357010) 10:30 – 11:30 am

### MANDARIN MAH JONG: LEARN TO PLAY LIKE A PRO!

An ancient Chinese game which you will find challenging and fun, and good for memory exercise too. Similar to Poker, but more similar to rummy, the goal is to reach the highest combination of tiles which are called sets. Players will learn what sets are and how to best arrange them. Once the tiles can be identified and other game directions are learned, you will feel like a pro when it is all said and done. Come out and let the games begin!

Fee: FREE

Leader: Alice Sury  
**Seymour Center**  
Thu, Sep 1 – Nov 17 (324024)  
10 am - 12 noon  
(will not meet on Nov 24 due to holiday)

### SUDOKU

Keep your brain sharp with this game that is sure to offer a challenge. If you have never tried Sudoku, or would like to learn tips to advance from the basic puzzle to the "evil" one, come join us. Sudoku game sheets provided; however you are welcome to bring some to share. Coach: Beverly Sanders

Fee: FREE  
**Seymour Center**  
Thu (357037) 10:30 am – 12 noon  
(will not meet on Nov 24 due to holiday)

### TAR HEEL DEPRESSION GLASS CLUB

The Tar Heel Depression Glass Club was formed in the spring of 1984. The group shares a common interest in collecting and preserving the glassware of the American Depression era. Past programs have included talks on Heisey, Fostoria, and Cambridge; Jewel Tea, Mayfair, Fiesta, Hall teapots, Cloverleaf, and Fire-King jade-ite. Other times, however, the program will be about something related to the interest of a club member that is not specifically related to collectible glass or dinnerware. Some examples of these programs have been talks on cast iron, children's toys from the 1940s and 1950s, glass paperweights, Guardian cookware, and antique purses. Among the activities enjoyed by members are monthly meetings, social outings and trips to glass manufacturing areas of the country (WV, OH, and PA). This is an open group and new members are always welcome. For additional information contact the center or [ncglassclub@hotmail.com](mailto:ncglassclub@hotmail.com)

**Passmore Center**  
1st Mon: Sep 12 (2nd Mon due to holiday);  
Oct 3; Nov 7 (237001-01) 5:30 – 8 pm

### WRITERS' GROUP

This group is open to writers of Fiction, Non-Fiction, and Poetry. All are welcome to present their writings for evaluation and helpful hints from the other members. Our membership has been in operation for over 20 years and we have had many publications during that time! We want to enlarge our membership with dedicated writers who wish to share their writing abilities. Please contact Thalia Becak at 919-928-9879 or Carol Buckles at 919-240-4123 if you are interested in joining or have questions.

**Seymour Center**  
1st and 3rd Tue: Sep 6, 20; Oct 4, 18;  
Nov 1, 15  
(357003) 2 - 4 pm

## ORGANIZATIONS & CLUB MEETINGS

### CENTRAL NC MINERAL CLUB

Meetings are on the first Tues of every month. Guests are always welcome. Web site is [www.CentralNCMineralClub.org](http://www.CentralNCMineralClub.org) and has monthly updates on the first Tues meetings, etc.

Contact: Joseph Mack ([josephmack@austintek.com](mailto:josephmack@austintek.com))  
**Seymour Center**  
Tue, Sep 6; Oct 4; Nov 1  
(358001) 7 pm

### CHADER: CHAPEL HILL AND DURHAM ELDERCARE RESOURCES GROUP

Organization meets every other month and represents various agencies serving older adults. Meetings have a guest speaker and time for networking. People in the community are invited to attend.

Contact: [www.chadernc.com](http://www.chadernc.com)

**Seymour Center**  
Thu, Oct 2; Dec 15  
(357050) 8:30 – 10 am

### CHAPEL HILL CAMERA CLUB

Contact: Scott Van Manen, President, at 919-904-3308

**Seymour Center**  
Tues, Sep 13, 20, 27; Oct 11, 18, 25;  
Nov 8, 15, 22  
(358002) 6:30 - 9 pm

### CHAPEL HILL CAMERA CLUB - DIGITAL IMAGING GROUP

Contact: Scott Van Manen, President, at 919-904-3308

**Seymour Center**  
Tue, Sep 6; Oct 4; Nov 1  
(358000) 6:30 – 9 pm

### CHARLIE'S SOCIAL CLUB

Come and join Charlie Tsui's social club! Charlie has a lot of stories to share with you! You will meet new friends, practice English and Chinese and of course, you will have a lot of fun!

Instructor: Charlie Tsui  
Fee: FREE  
**Seymour Center**  
Tue (354050) 10 – 11 am

### GOLDEN AGE HAPPY CIRCLE CLUB

Contact: Lula Alston at 919- 967-5706  
**Seymour Center**  
Tue, Sep 13; Oct 11; Nov 18  
(358004) 10:30 am

### JOLLY 79ERS

Contact: Geraldine Fennell at 919-732-1503

**Passmore Center**  
Mon, Sep 12; Oct 3; Nov 7  
(258001-01) 10 am

**MANDARIN CONVERSATIONAL CLUB**

Come to learn the basics of Mandarin and Chinese culture in a fun class setting. No prior knowledge is needed – just a willingness to grasp the language so that you can communicate with your fellow Mandarin-speaking participants. Class materials and instructions will be provided.

Instructor: Mr Wong

Fee: FREE

**Seymour Center**

Tue (354041)

10 – 11 am

**NC CENTRAL UNIVERSITY ALUMNI ASSOCIATION**

All NCCU Alumni are invited to join this organization. Keep informed about ongoing community projects, scholarships for students, and other updates for Alumni. Meetings are held the third Monday of each month.

Contact: Dorothy Bumphus at 919-943-9300

**Passmore Center**

Mon, Sep 19; Oct 17; Nov 21  
(258005-01)

5 pm

**RETIRED FEDERAL EMPLOYEES (NARFE) ASSOCIATION**

All active and retired federal employees and their spouses are invited to a discussion of issues regarding their welfare. For more info contact: Walter Mack, President, at 919-797-2246

**Seymour Center** (358006) 10 am  
Fri, Sep 23; Nov 4

**SPANISH SOCIAL CLUB**

This offers a time to socialize with other seniors in Spanish, exercise, and learn something new. A typical gathering might involve an engaging discussion around a health related issue, 30 min of exercise, a time to socialize and relax, and even an opportunity to learn a new skill (such as how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact 919-245-4279 for additional information.

Acompañenos los jueves de 9-11:30 am para una variedad de actividades ofrecidas en español. El Club Social le ofrece la oportunidad de socializar con adultos mayores, de hacer ejercicio y de aprender algo nuevo. Un día típico incluye una discusión sobre un tema de la salud, media hora de ejercicio, y tiempo para socializar, relajarse y aprender algo nuevo. Podemos tratar de ofrecerle, si lo solicita, transporte y cuidado de niños. Para mayor información en español puede contactar 919-245-4279.

Fee: FREE

**Seymour Center**

Thu

(357151-01)

9 - 11:30 am

Thu

7 - 8:30 pm

Fri

12 noon - 2 pm

**STATE EMPLOYEE ASSOCIATION**

State Employees are invited to join this organization. Keep informed about State benefits and other changes that may take place. Meetings are held the 4th Tue of each month.

Contact: Hazel Lunsford at 919-732-4410  
**Passmore Center**  
Tue, Sep 27; Oct 25; Nov 22  
(257010-01) 9 – 11 am

**TRIANGLE WEAVERS ORGANIZATION**

Newcomers are always welcome. For more information, contact: Janett Greenberg at 919-960-6902

**Seymour Center**

Thu, Sep 22, Oct 27, no meeting in Nov  
(357004) 6:45 - 8:45 pm

**SENIORS ON THE ROAD****LOCAL DAY TRIPS**

Meals on the trips will be on your own, unless otherwise stated.

**TRIP REGISTRATION - PLEASE READ CAREFULLY**

**Registration for the following trips will be taken on, or after, Fri, Aug 26.** To register, call the Passmore Center at 919-245-2015. **You may register yourself, and ONE other person, with addresses and phone numbers. Payment must be received within one week, or you will forfeit your spot and be moved to the waiting list.** Please make checks payable to: Orange County Dept on Aging and mail to: Passmore Center, PO Box 8181, Hillsborough, NC 27278, or to the Seymour Center, 2551 Homestead Rd, Chapel Hill, NC 27516. Please inquire regarding accessibility for assistive walking devices. Remember, trips fill quickly! Transportation refunds will be made only if you call the center and cancel your reservation three (3) working days before the trip. If the minimum number of people doesn't register for a trip, by one week prior to the trip's departure, it will be cancelled and refunds will be issued for the full amount.

**Please arrive 15 minutes before the bus is scheduled to depart so it can be loaded and ready to leave on schedule.**

**Trips leave from the Passmore Center, 103 Meadowland Dr, Hillsborough, and from the Seymour Center, 2551 Homestead Rd, Chapel Hill. Return trip times are approximate.**

Tue, Sep 20 (236005-01)

**BARN DINNER THEATRE, GREENSBORO**

The Kids Left. The Dog Died. Now What? This entertaining musical comedy is about those facing a host of mid-life crises and takes a humorous and heartfelt look at the day-to-day concerns of the over-fifty "empty-nester" crowd - including everything from retirement to AARP, dating to divorce, plastic surgery, and grand parenting.

Cost: \$56 (ticket and transportation)  
**Passmore Center** 11 am – 5:30 pm  
**Seymour Center** 11:30 am – 5 pm

Fri, Sep 30 (246000-01)

**CHIHULY VENETIANS AT THE CAPTAIN WHITE HOUSE, GRAHAM**

Come and see the rare private collection of Dale Chihuly's blown-glass at the Captain James and Emma Holt White House in Graham. Exhibited are 47 vessels, 12 drawings, and a chandelier in the Venetian style from the George R Stroemple Collection. There will be a 15 minute video when entering explaining the process. After the video, it is a self-guided tour of the fragile pieces throughout the house. We will make a stop in downtown Mebane for lunch and shopping on your own before coming back to the centers. This trip will require a good amount of walking.

Fee: \$15 (transportation) Donations accepted at entrance

**Passmore Center** 9 am – 4 pm  
**Seymour Center** 9:30 am – 3:30 pm

Fri, Oct 7 (246001-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

The Fri Favorite Series starts back with the Dvorak Symphony No 5. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)  
**Passmore Center** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Tue, Oct 18 (246002-01)

**NC STATE FAIR**

Enjoy the sights and sounds of the NC State Fair. Cost of the trip is \$15 for transportation, payable in advance and \$9 at the gate if you are under age 65. Admission is free for those age 65 and older. You must have your ID with you to qualify.

Fee: \$15 (transportation) plus \$9 fair admission if under age 65  
**Passmore Center** 8:30 am – 4 pm  
**Seymour Center** 9 am – 3:30 pm

Fri, Nov 11 (246003-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

The Symphony will present a Bach Double Violin Concerto. We will enjoy Piano Concerto No. 1 and Sym-

phony No. 5. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)  
**Passmore Center** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Tue, Nov 15 (246004-01)

**SOUTHERN SUPREME FRUITCAKE FACTORY**

Come see, sample, and purchase the holiday goodies made in this delightful homegrown business located in the heart of Chatham County. We will take a behind the scenes tour and have plenty of time for shopping. We will stop for an early lunch at Bestfood Cafeteria in Siler City on the way to the factory.

Fee: \$15 (transportation)  
**Passmore Center** 10:30 am – 4:30 pm  
**Seymour Center** 11 am – 4 pm

Fri, Dec 2 (2460005-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

The Fri Favorite are the Messiah choruses with the North Carolina Master Choral. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)  
**Passmore Center** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Fri, Dec 9 (246006-01)

**SHOPPING AT TRIANGLE TOWN CENTER**

Pick up those last minute holiday gifts as we travel to one of our favorite shopping malls. There are 80 plus stores to find that special something. You can enjoy lunch at one of the many restaurants or the food court and enjoy the holiday decorations.

Fee: \$15 (transportation)  
**Passmore Center** 9 am – 4:30 pm  
**Seymour Center** 9:30 am – 4 pm

Thu, Dec 15 (246007-01)

**TBA****PUBLIC BUS LOCAL DAY TRIPS****Trip Registration**

Registration for the following trips will be taken on, or after, Fri, Aug 26. To register, call the Passmore Center at 919-245-2015.

Fri, Sep 23 (246008-01)

**PUBLIC BUS TRIP TO NC BOTANICAL GARDENS**

Did you know that one of the 8 stops on the EZ Rider Shuttle is the NC Botanical Gardens? September is a glorious month for a visit. We will have a guided tour and then relax with our bag lunches on the shady porch of the

visitor center.

Fee \$4 for tour, collected on trip day. Bring a bag lunch and good walking shoes.

**Passmore Center** 10 am – 3:30 pm  
**Seymour Center** 10:45 am - 2:30 pm

Fri, Oct 14 and Oct 28

(246009-01, 24689-02))

### **PUBLIC BUS TRIPS TO THE NEW HILLSBOROUGH UNC HOSPITAL**

The hospital in Hillsborough is something to be proud of. This beautiful, state of the art facility has 68 beds as well as a variety of specialty outpatient clinics and an emergency room. Our group will tour parts of the hospital and meet in the conference room with a member of the administration. Prior to the hospital visit, we will have lunch in down town Hillsborough at Radius Pizza. Those who start out at the Passmore Center can choose to skip lunch and join the group starting at 1 pm. **Note:** there is a moderate hill from the bus stop to the door of the hospital. This trip is offered twice. Please specify which date you wish to register for.

Fee: FREE. Bring money for lunch

**Seymour Center** 10:20 am – 3:40 pm

**Passmore Center** 11:20 am – 3 pm if having lunch

(1– 3 pm if not having lunch)

Fri, Nov 4 (246010-01)

### **PUBLIC BUS TRIP TO RALEIGH (BACK BY POPULAR DEMAND!)**

Find out how easy it is to get to Raleigh by the express bus. This is a commuter bus that runs in the morning and again in the late afternoon. What will we do in Raleigh for the day? Visit the wonderful Natural Science and History Museums, eat out and enjoy other sites as time allows.

Cost: \$2.50 (65 yrs +) or \$6 (under 65 yrs.) – exact change required. Bring proof of age.

Call Lisa Berley (919-717-1853) for bus and car directions to the Park and Ride Lot.

**Leave from Eubanks Rd**

**Park and Ride** 8:30 am

**Return to Eubanks Rd**

**Park and Ride** 4:30 pm

## **SATURDAY GETAWAYS**

If you have questions or concerns and want to register for a tour, call the main number of the Seymour Center at 919-968-2070 or Corina Riley, Tour Leader, at 919-245-4251. Our refund policy is: To receive a refund on the Saturday Getaways, cancellations must be made 7 days before the trip leaves.

Sat, Oct 1 (340003-01)

### **BRUSHY MOUNTAIN APPLE FESTIVAL**

The annual Brushy Mountain Apple Festival is one of the largest one-day arts & crafts festivals in the Southeast. The streets of downtown North Wilkesboro, NC, are filled with over 425 arts &

crafts, 100 food concessions, 4 different music stages consisting of bluegrass, country, folk, gospel & Appalachian heritage. Cloggers, folk dancers, rope skippers & square dancers provide additional entertainment venues. Appalachian heritage crafts are highlighted such as woodcarving, chair making, soap making, pottery throwing & quilting. Let us not forget the apples! Local apple growers set up throughout the festival selling their apples, apple cider, and dried apples. Bring your walking shoes as we leisurely stroll downtown Wilkesboro. **Checks should be made payable to ODOA. We must have 25 participants for this trip to take place.**

Leader: Corina Riley

Cost: \$ 50

**Passmore Center** 8:30 am - 9:30 pm

**Seymour Center** 8 am - 9 pm

Sat, Nov 12 (346009-03)

### **DUPLIN WINERY TOUR & 31ST**

**CHRISTMAS SHOW!** Back by participants' request, we are heading to Rose Hill, NC! Celebrate the season with the Down Home Country's presentation of the sights and sounds of Christmas. Touted as one of the best Christmas Shows on the east coast, this is a must-see family friendly show. An evening of music and laughter will make this night a most memorable one. The cost of tour includes transportation, winery tour & wine tasting, dinner and show. **Gratuities not included.** Recommended gratuity for driver is \$3 - \$5 per person. **Checks should be made payable to ODOA and received before, Sat, Sept 24. Must have 25 participants for this tour to take place.**

Cost: \$ 120 per person

Leader: Corina Riley

**Passmore Center** 12:30 - 11:30 pm

**Seymour Center** 12 noon – 11 pm

## **MORE TRIPS**

Mon, Dec 5 – Tues, Dec 6

### **MYRTLE BEACH SHOPPING AND CHRISTMAS SHOW SPECTACULAR**

Mon, Dec 5:

Depart Monday morning by bus en route to Myrtle Beach, SC. Enjoy lunch on your own and shopping in the early afternoon at Tanger Outlet. Check into the hotel, then dine on your own at one of the many restaurants at Bare Foot Landing, before attending the 7:30 p.m. Alabama Theater's *The South's Grandest Christmas Show*.

Tues, Dec 6:

Have breakfast at the hotel before checkout, then enjoy at 1 p.m. "The Carolina Opry's Christmas Special", before returning home to Orange County at 8:30 pm

Cost: (Includes transportation, hotel, shows, baggage handling, and breakfast)

• \$170 per person for triple occupancy

• \$199 per person for double occupancy

• \$230 for single occupancy

Make checks payable to: Friends of the Jerry M. Passmore Center PO Box 8181 Hillsborough, NC 27278. **Limited Space, so book early.** Indicate on check your roommate if double occupancy and contact telephone number. **Trip offered by Friends of the Passmore Center.** For further information, call the Passmore Center at 919-245-2015 and ask for a Friends' board member.

**Passmore Center** Depart: 7 am

**Seymour Center** Depart: 7:30 am

Mon, Jun 19 – Sun, Jul 2, 2017

### **YELLOWSTONE NATIONAL PARK**

Enjoy the splendor and beauty of Yellowstone National Park along with many other stops along the way. This itinerary has something for everyone all from the comfort of a coach bus with oversized windows.

**Day 1:** Depart Hillsborough and travel through beautiful mountain country to Louisville, KY. Enjoy dinner at the Huber's Family Restaurant in Starlite, ID.

**Day 2:** Have Breakfast before our ride to Davenport, IA which is located beside the Mighty Mississippi Rv.

**Day 3:** After breakfast we depart for Sioux Falls, SD.

**Day 4:** Highlights include Corn Palace in Mitchell, the SD Badlands, with colorful hills and canyons, plus the world famous Wall Drug. We head to Deadwood, S D for a two night stay.

**Day 5:** We visit Crazy Horse monument and Mt Rushmore. We also visit Bear Country, USA where you can see the many animals as we ride through on our motor coach followed by a visit to Saloon #10 where Wild Bill Hickok was killed or visit Mont Moriah where Wild Bill and Calamity Jane are buried.

**Day 6:** On our way to Cody, WY passing through some of the most beautiful country you will ever see as we head into the Bighorn Mountains. In Cody, we will visit the Buffalo Bill Center.

**Day 7:** We depart for Yellowstone National Park passing through Shoshone National Park and Sylvan Pass. We enter Yellowstone and proceed to the Grand Canyon of Yellowstone where our home for the next two nights will be at a Yellowstone National Park Lodge.

**Day 8:** We will see the Fountain Paint Pots, Gibbon Falls, and Mammoth Hot Springs.

**Day 9:** Depart for Jackson Hole with beautiful views of the Grand Teton Mountains. Jackson Hole is a quaint little western town and we will have plenty of time to shop and look around. That evening we will go to the Bar J Chuck wagon & Western Music show.

**Day 10:** Depart the hotel and head to Cheyenne, WY passing through the Rocky and Medicine Bow Mountain Ranges.

**Day 11:** We follow the Platte Rv and head to the Platte River Rd Archway Monument. The eight-story high Arch-

way Monument structure houses two levels of history of the Great Platte Rv from OR Trail days.

**Day 12:** We tour the Arch, "gateway to the West". The 630 ft Gateway Arch is the nation's tallest and most elegant memorial.

**Day 13:** This evening, we will go to The Nashville Nightlife Theater, to attend "The Best of Country music Show," voted Nashville's #1 Dinner and Show.

**Day 14:** After breakfast we will start our return trip to NC. We travel through the Smokies and Blue Ridge Mountains as we return.

Price includes: Deluxe motor coach transportation; Tour manager; (13) night's lodging; (13) breakfasts; Huber's Family Restaurant; ticket to Bear Country, USA, Arch St Louis, Buffalo Bill's Center; The Corn Palace, Badlands, Mt Rushmore, Yellowstone National Park, The Great Platte River Road Archway monument; Bar J Chuck wagon Supper & Western Show; Nashville Nightlife dinner and show; and baggage handling.

**Cost: Single: \$3660 per person; Double: \$2520 per person; Triple: \$2220 per person; Quad: \$2060 per person**

**\*Special notice:** A \$100 deposit per person is required to reserve your seat. Balance is due 60 days prior to departure. Cancellation within 60 days of departure will result in payment forfeiture. Make checks payable to: Friends of the Jerry M Passmore Center PO Box 8181, Hillsborough, NC 27278.

**Passmore Center**

Mon, Jun 19 Depart 6 am

Sun, Jul 2 Return 9:30 pm

Wed, July 26 – Wed, Aug 2, 2017

### **CANADIAN ROCKIES - VICTORIA TO BANFF**

**8 Days All Inclusive**

World- famous sites and spectacular scenery. PLUS a classic and memorable overnight rail excursion into the awe-inspiring Canadian Rockies.

Fly into Vancouver (no long, exhausting cross country road travel). Arrive refreshed and roaring to go. There is ample time to experience Vancouver's glittering skyline and views of the Pacific Ocean before a **Welcome Dinner** that first evening. Ferry through the scenic Gulf Islands to **Vancouver Island**. Stroll through 55 acres of the colorful and famous **Butchart Gardens**, with its fountains and meandering paths. Embark on a sightseeing tour of **Victoria**, British Columbia's beautiful capital, featuring the **Inner Harbor**, the imposing **Parliament Building**, the heritage area with the Empress Hotel, and free time to enjoy this turn-of-the-century Victorian city. Next day enjoy a **Vancouver City Tour**, including **Stanley Park** with its painted totem poles, North America's largest **Chinatown**, and cobblestoned

**Gastown** with its restaurants and shops. After dinner in Vancouver, board the gleaming and refurbished train, **The Canadian**, for a memorable 1 1/2 day and overnight rail excursion into the breathtaking Canadian Rockies. Explore the train before settling into your comfortable berth in the Sleeper Plus train car for the evening. Breakfast and dinner are included plus exclusive access to the Park Car with its lounges and 360 degree panoramic views. The Canadian winds along the North Thompson River, passing towering peaks and glacial valleys in a vast wilderness. Marvel at the incredible views of Mt. Robson, the highest peak in the Canadian Rockies. Cross the Continental Divide, arriving in **Jasper** for a 2 night stay. Discover **Jasper National Park**, whose incredible scenery is comprised of carefully protected ecosystems, and is a photographer's paradise. Visit **Maligne Canyon**, a Jasper landmark. Watch for wildlife as you drive to see sparkling **Maligne Lake**, the largest natural lake in the Rockies. The rest of the day is yours to explore and enjoy Jasper. Travel south the next day along the **Icelandic Parkway**, linking Jasper to Lake Louise, one of North America's most spectacular drives. You may see elk, deer, bighorn sheep or bear as the road winds between snow-covered peaks and hanging glaciers. Stop to see the raw power of the **Athabasca Falls**. Ride in a specially-designed **Ice Explorer** on the 1000-foot thick **Athabasca Glacier** part of the Columbia Icefield, one of the largest ice masses outside of the Arctic Circle. Later, scale **Bow Pass** and see turquoise blue **Peyto Lake**. Travel into Banff National Park and enjoy a brief **Banff Area Tour** including Mt. Rundle, Bow Falls, Tunnel Mountain & the Hoodoos. Arrive in quaint Banff for a two-night stay. View two of the crown jewels of the Canadian Rockies the following day: **Moraine Lake** and the **Valley of the Ten Peaks** before visiting **Chateau Lake Louise**, located within a UNESCO World Heritage Site. Capture marvelous views and photos of **Lake Louise** and **Victoria Glacier**. Go through Kicking Horse Pass into Yoho National Park to see the **Natural Bridge**, the remarkable **Spiral Tunnels** and cross the Continental Divide before returning to Banff to enjoy a **Farewell Dinner** with your fellow travelers. Fly home from Calgary. Trip rated "2" out of "4" for level of activity. Average pace with seniors in mind.

**8 day all inclusive;** (2 nights in Vancouver, 1 via rail, 2 in Jasper, 2 in Banff) 12 meals, airfare, taxes, Sleeper Plus Class on train, land tour, daily sightseeing, professional tour director, deluxe motorcoach, baggage handling, hotel transfers, transportation to and from airport. \$3899 each, double occupancy. \$500 deposit required with

reservation. If you make your final payment with a check, you will receive a \$100 discount, bringing cost of trip down to \$3799.

**Trip presentation and social: 2 pm, Thu, Nov 17 (2 pm) Seymour Center**  
**Trip offered by Friends of the Seymour Center.**  
**Contact Linda Mews, 919 967-4728, Lmews2@gmail.com.**

## CARRBORO RECREATION AND PARKS DEPARTMENT

Call 919-918-7364 for senior program information.

### DAY TRIPS

Walk In Registration Only. Carrboro Recreation and Parks trips are known for their fine company, back road ambuling, and interest-piquing destinations. Take advantage of a one-day outing and leave the driving to someone else! Transportation by van, departing from Carrboro Town Hall and return times are approximate. Please inquire regarding wheelchair accessibility. In order to receive a refund you must cancel 2 weeks prior to the trip.

### TEMPLE THEATRE - ANYTHING GOES (MUSICAL)

Anything Goes is a splashy, upbeat musical with music and lyrics by Cole Porter. The story concerns madcap antics aboard an ocean liner bound from New York to London. Billy Crocker is a stowaway in love with heiress Hope Harcourt, who is engaged to Lord Evelyn Oakleigh. Nightclub singer, Reno Sweeney, and Public Enemy #13, Moonface Martin, aid Billy in his quest to win Hope. The tap dance filled musical introduced such songs as Anything Goes, You're the Top, and I Get a Kick Out of You. Lunch will be at Mrs Lacy's Teahouse, please bring money.

Fee: \$28

Fri, Sep 2 10:30 am - 5 pm

### JORDAN LAKE AUTUMN TOUR AND VIRLIE'S GRILL

Relax and enjoy one of Jordan Lake Tours most popular adventures! Enjoy a scenic pontoon boat tour of beautiful Jordan Lake and enjoy the fall leaves. Included are sodas and an assortment of snacks. Very beautiful trip - bring a camera! After our boat ride we will go to Virlie's Grill in Pittsboro for lunch before heading back to Carrboro. Bring money for lunch.

Fee: \$34

Tue, Oct 11 10 am - 3:15 pm

### NORTH CAROLINA ZOO

Get ready for wonder and discovery as we go to the amazing North Carolina Zoo. Bring your curiosity and wear comfortable shoes to explore more than 500 acres, which will allow you to see everything from polar bears to giraffes. Bring a lunch with you, or buy one at zoo restaurant.

Fee: \$19

Wed, Nov 9 8:45 am - 4:30 pm

### GOLDEN TRAIL SERIES

Walk In Registration Only. This walking group gets you out and about on local trails. The company of others, the gains from a little physical endeavor and the joys of being in a natural environment are possible rewards. Transportation from Carrboro Town Hall is offered or individuals can meet or follow us to the trail head. Binoculars are always encouraged. Water is always a must bring! As with any exercise, your physician's recommendation for your participation is encouraged. Please feel free to call Dana Hughes at 919-918-7372 to find out more specific trail difficulty information. Pre-Registration required for all trips.

### IRON ORE BELT ACCESS TO HAW RIVER STATE PARK

Let's visit one of the newer state parks, Haw River State Park, which is north of Greensboro. We will be walking the Great Blue Heron Trail which loops around a wetland through forest and meadows and past rust colored rock that gives the access point its name. The hike will be 3.2 miles.

Fee: \$4

Tue, Sep 27 8:30 am - 1 pm

### HISTORIC YATES MILL

Come explore the trails at the Historic Yates Mill Pond in Raleigh. We will be walking all three trails - Millpond, High Ridge and Creekside. In addition, there will be time to explore the park's visitor center. We will not be taking a tour of the mill this trip.

Fee: \$4

Fri, Oct 21 8:30 am - 12:30 pm

### RIVERWALK HILLSBOROUGH

Hillsborough Riverwalk trail snakes along the Eno River from Gold Park to the Occoneechee Speedway. It connects historic places, diverse cultural histories and natural heritage along the Eno. The 1.8 mile section of the Mountains-to-Sea Trail opened in the fall 2014. Be sure to bring your water bottle. You will have the opportunity to eat at Weaver Street Market once we finish hiking!

Fee: \$4

Tue, Nov 15 9 am - 1:30 pm

### BINGO

Take a break from your busy schedule and join friends at the Century Center for an afternoon of bingo. You will have

the opportunity to play ten games. Enjoy a snack, try your luck and win prizes! Call 919- 918-7364 to register.

Fee: FREE

Century Center  
 Wed, Sep 14 2 - 3:30 pm  
 Fri, Oct 14  
 Mon, Nov 14

### GAME DAY'S AT COVENANT PLACE

We have heard the saying 'use it or lose it', well here is your opportunity to exercise your body and mind. Carrboro Recreation and Parks and Covenant Place have teamed up to bring you several chances to exercise inside with the Nintendo 'Wii', card games and board games. No experience is needed so come and learn something new or play one of your old time favorite games.

Fee: FREE

### Covenant Place

Thu, Sep 15; Oct 20; Nov 17 1 - 2 pm

### CREATIVE CANVAS, WHERE EVERYONE'S AN ARTIST

Make it sparkle! Everyone is an artist so let your imagination and creative juices flow as we enjoy an evening outside with friends painting our own 8X10 canvas. Carrboro Recreation and Parks Department will supply the canvas, paint, brushes and refreshments to make this a fun and exciting night! So supplies can be purchased you must register Nov 20. Need a minimum of 5 people and our maximum is 20.

Fee: \$5

### Covenant Place

Tue, Dec 13 3:30 - 5:30 pm

### HOLIDAY TEA

The ambiance of Carrboro's Century Hall is perfect for this rather elegant afternoon among friends. There will be wonderful entertainment and light hors d'oeuvres. Registration Required. Call 919-918-7364.

Fee: FREE

### Century Center

Fri, Dec 2 2 - 3:30 pm

### TEAM TRIVIA

Co-sponsored by Covenant Place and Carolina Spring Apartments Bring your thinking caps and useless trivial knowledge to compete against other teams in fun and challenging rounds of trivia. Categories will include: current events, movies, music, sports, history and more. Snacks will be provided. Prizes will be awarded to the winning team of each round. Team size range is from 2 -8 people.

Fee: FREE

### Carolina Spring Apartments

Thur, Nov 10 3 - 5 pm

**ORANGE COUNTY BOARD OF ELECTIONS**  
 Post Office Box 220 \* 208 S. Cameron St.  
 Hillsborough, North Carolina 27278  
 Telephone: 919-245-2350 \* Fax 919-644-3318



## Early Voting Sites for the November 8, 2016 General Election

**Most voters will need to show acceptable photo id at the polls.**

**VOTER REGISTRATION DEADLINE IS FRIDAY, OCTOBER 14 – Form must be received by the Board of Elections by 5:00 p.m. or postmarked by 5:00 p.m.**

### BOARD OF ELECTIONS OFFICE- 208 S. CAMERON ST., HILLSBOROUGH

Thursday – Friday, Oct. 27 & 28	Hours: 9:00 a.m. – 5:30 p.m.
Saturday – Oct. 29	Hours: 7:30 a.m. – 5:30 p.m.
Monday – Tuesday, Oct. 31 & Nov. 1	Hours: 9:00 a.m. – 5:30 p.m.
Wednesday – Thursday, Nov. 2 & 3	Hours: 9:00 a.m. – 7:30 p.m.
Friday – Nov. 4	Hours: 8:30 a.m. – 7:00 p.m.
Saturday – Nov. 5	Hours: 7:30 a.m. – 1:00 p.m.

### CARRBORO TOWN HALL – 301 W. MAIN ST, CARRBORO

### CHAPEL OF THE CROSS – 304 E. FRANKLIN ST, CHAPEL HILL

### EFLAND RURITAN CLUB BUILDING – 3009 US HWY 70 WEST, EFLAND

### NEW HOPE COMMUNITY CENTER – 4014 WHITFIELD RD, CHAPEL HILL

### SEYMOUR SENIOR CENTER – 2551 HOMESTEAD RD, CHAPEL HILL

### UNIVERSITY PLACE SHOPPING CENTER – 201 S. ESTES DR, CHAPEL HILL

(\*University Place is a NEW SITE\* - outside mall entrance, Southern Season end of shopping center and across from K&W)

Thursday – Friday, Oct. 27 & 28	Hours: 11:00 a.m. – 7:30 p.m.
Saturday – Oct. 29	Hours: 7:30 a.m. – 5:30 p.m.
Monday – Oct. 31	Hours: 11:00 a.m. – 5:30 p.m.
Tuesday – Thursday, Nov. 1 – 3	Hours: 11:00 a.m. – 7:30 p.m.
Friday – Nov. 4	Hours: 8:30 a.m. – 7:00 p.m.
Saturday – Nov. 5	Hours: 7:30 a.m. – 1:00 p.m.

Orange County also offers absentee voting by mail to all Orange County registered voters who wish to vote by mail rather than in person at a one-stop early voting site or on Election Day. Absentee ballot requests may be submitted using the required Absentee Ballot Request Form, either in person (at the above address) or by mail (at the Post Office Box listed above). For questions concerning absentee voting, please call 919-245-2350 or visit our website at: [www.orangecountync.gov/elect](http://www.orangecountync.gov/elect).

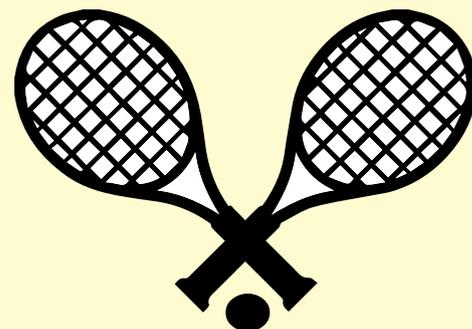
# ORANGE COUNTY SENIOR GAMES

Over 150 artists and athletes qualified for the NC Senior Games State Finals after award winning performances in the Orange County Senior Games, which were held from Apr 2 – 27.



All Orange County athletes, whether you plan to compete in the NCSG State Finals or not, are invited to the Celebration of the Games featuring our Orange County Senior Games Cheerleaders in the cheerleaders showcase. Join us in the Parade of Athletes, and the ceremonial lighting of the torch, **Thu Sep 29** at the NC Senior Games State Finals – Celebration in the McKimmon Center, Raleigh. For more information, call Dana Hughes, Local Games Coordinator, 919-918-7372. This program is sanctioned by NC Senior Games, Inc. and is sponsored statewide by the NC Division of Aging and Adult Services. For more information on State Finals, visit [www.ncseniorgames.org](http://www.ncseniorgames.org)

Senior Games is a national year-round health promotion program for adults ages 50 + in Orange County. Events are held locally with winners going to compete at the state level. Those winners go on to compete nationally. Activities include clinics, tournaments, social activities, and SilverArts (a juried art show). The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors.



## GIVING BACK – FIND A PLACE TO VOLUNTEER

Orange County Department on Aging / Volunteer Connect 55+ (VC55+) is designed to enrich the lives of people 55+ in Orange County by connecting them to meaningful volunteer experiences in the community. Learn about volunteer programs being launched by the Dept. on Aging to address the needs of older adults in Orange County. [www.orangecountync.gov/aging/volunteerconnect55.asp](http://www.orangecountync.gov/aging/volunteerconnect55.asp)

**Kathy Porter**, Year-round VITA Coordinator

**Yvette Missri**, Manager

**Judy Mathias**, Volunteer Coordinator

**Fran Dionne**, Data Manager

Call 919-245-4241 or email: [ymissri@orangecountync.gov](mailto:ymissri@orangecountync.gov)

With local support from the Towns of Carrboro and Chapel Hill.

## Are You Experiencing an Aging Transition?

Orange County Department on Aging/ Aging Transitions Division is designed to provide information, consultations, assessments and services to older adults and their families as they face changing health needs, relocations, and other age-related issues.

email:

[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

**Mary Fraser, DSW**, Aging Transitions Administrator

**Keisha Andrews, MSW**, Social Worker

**Lisa Berley, MSW**, Transportation Specialist

**Marie Dagger, MA, OTR/L**, Occupational Therapist

**Anshu Gupta, MBA**, Administrative Assistant

**Kim Lamon-Loperfido, MSW/MPH**, Social Worker

**Ryan Lavalley, MA, OTR/L**, Occupational Therapist

**Beverly Shuford, BS**, Information and Benefits Specialist

**Pam Tillett, MSW**, Social Worker

**Carol Wise, MSW**, Group Respite Coordinator

**Jenny Womack, MA, OTR/L**, Occupational Therapist

**Zhenzhen Yu, MSW**, Bilingual Social Worker

Call: 919-968-2087 and  
Talk to a Professional  
9 am – 4 pm, Mon - Fri



## PASSMORE CENTER

103 Meadowlands Drive, Hillsborough, NC 27278 • 919-245-2015

Mailing Address: PO Box 8181, Hillsborough, NC 27278

Mon - Thurs, 8 am – 8 pm • Fridays, 8 am - 5 pm

Managed by Orange County Department on Aging with support from Friends of the Passmore Center

**Deborah Lemmerman**, Front Desk Manager, 919-245-2015

**Dawn Smith**, Facility Manager, 919-245-2021

**Corina Riley**, Program Asst. Manager, 919-245-2014

**Terry Colville**, Center Operations Manager, 919-245-201, Email: [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator, 919-245-4256, Email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-245-4270, Email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator, 919-245-2020, Email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging, 919-245-4255, Email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

TO REGISTER FOR CLASSES AT THE **PASSMORE CENTER**, CALL: 919-245-2015.



## SEYMOUR CENTER

2551 Homestead Road, Chapel Hill, NC 27516 • 919-968-2070

Mon, Wed, Fri 8 am – 5 pm • Tues and Thurs 8 am – 9 pm • Saturdays 9 am – 5:30 pm

Managed by the Orange County Department on Aging, with support from Chapel Hill Parks & Recreation Department, and Friends of the Robert and Pearl Seymour Center

**Jerri Gale**, Front Desk Manager, 919-968-2070

**Robin Bailin**, Facility Manager, 919-245-4252

**Corina Riley**, Program Asst. Manager, 919-245-4251

**Cyndee Sims**, Center Operations Manager, 919-245-4250, Email: [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator, 919-245-4256, Email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-245-4270, Email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator, 919-245-2020, Email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging, 919-245-4255, Email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

TO REGISTER FOR CLASSES AT THE **SEYMOUR CENTER**, CALL: 919-968-2070.

**OC Web site:** [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)

On-line registration is available for many of our programs at the above website. Program fees may be paid by using a credit card.

Both Centers will be closed Mon, Sep 5; as well as Thu and Fri, Nov 24 – 25 for the holidays