

# SENIOR TIMES

News and Activities for Orange County's Older Adults



**Older American's  
Month – May 2016:  
Blaze a Trail**



## SENIOR CENTERS

Aging Transitions . . . . .	4-12
Athletics . . . . .	32-34, 39
Arts & Crafts . . . . .	24-26
Bridge & Other Games . . . . .	26-27
Carboro Senior Programming . . . . .	38-39
Dance, Music & Theatre . . . . .	34-35

Educational Opportunities . . . . .	27-29
Interest Groups . . . . .	34
Language Classes . . . . .	30
Movies . . . . .	35-36
Notes from the Director & Editor . . . . .	2
Orange County Senior Games . . . . .	39
Organizations & Club Meetings . . . . .	35
Pottery Classes . . . . .	26

Senior Times NEWS . . . . .	2-12
Seymour Technology Center . . . . .	21-24
Seniors on the Road . . . . .	36-38
Special Events . . . . .	13, 30-32
Support Groups . . . . .	20-21
Transportation . . . . .	11
Volunteer Connect 55+ (VC 55+) . . . . .	12-13
Wellness Opportunities . . . . .	14-20

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

As I write this column we are digging out from our first snow of the season. It was beautiful, but I think we are all ready for it to be gone. I would be fine if we could just jump from this to spring. We have been hard at work on many projects this winter and we have some great programs planned for the spring. In the last issue of Senior Times we announced our award of a \$900,000 Administration for Community Living grant. With this grant we will be working to expand services and supports to caregivers and persons with Alzheimer's disease. We have hired four new staff

who will be working on this initiative. You can read more about this on page 12. Also part of this grant is our Dementia Friendly Business Campaign. See page 6 for more details, and also please contact us if you know of businesses that are interested in becoming a Dementia Friendly business. We are thrilled to announce that Dr. Bill Thomas is bringing his "Age of Disruption" tour to the Friday Center on April 21. Dr. Thomas is a well-known geriatrician, author and creator of the Greenhouse Movement and the Eden Alternative. He is on a global mission to fight ageism and we are excited to begin this conversation here in our community. (See page 11 for more details). Year Four of the Master Aging Plan (MAP) is moving along. Remember you can stay up-to-date on our MAP progress by visiting our website and reviewing the quarterly MAP updates. Plans are beginning for the 2017-22 MAP. We will officially kick-off the planning process in the fall. Watch for more details in the upcoming issues of Senior Times. We once again want to thank the Carol Woods Residents Association for their charitable donation to the Orange County Department on Aging and the Master Aging Plan. Without their on-going financial support many of our goals would go unmet.

Every May we celebrate Older Americans Month. This year's national theme is "Blaze a Trail." We can certainly say that Orange County is blazing a trail and continues to be innovative in developing services and creative in its programming offered through our Senior Centers. Thanks to you and our community we will continue to make Orange County a great place to age.

I love hearing from you and seeing you at the Senior Centers. Come see me, or drop me an email.

Sincerely, **Janice Tyler**  
Director, Orange County Department on Aging,  
[jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

## FROM THE EDITOR

Each year, May is designated as National Older Americans' month. This year's theme: "Blaze a Trail", isn't new to the OC Dept. on Aging and its Senior Centers where there seems to be no end to the number of new programs that "Blaze a Trail". Some are: new community special events as part of Project EngAGE and Volunteer Connect 55+ (VC 55+); new Greenway Walks; a new Silver Sneakers program at the Seymour Center (it already exists as part of the Central Orange and SportsPlex relationship); a new Art Party; art classes including new painting classes and several new craft classes; a new composting program; as well as new classes in "Right-Sizing" your home, how to look at "Final Expenses" and "Health Care" directives. We often "Blaze a Trail" with the special themed events we host - including the upcoming Celtic themed potluck, National Potato Chip day events, an April's Fool Day event, an Earth Day event, a May Day Celebration, a Cinco de Mayo Party, Mother's Day Celebration, Memorial Day Ice Party, Red-Nose Comedy event, a Survival Themed potluck in which they will "blaze a trail" - and many other events in this issue.

I hope you will take part in something new and different this spring at the Orange County Senior Centers and "blaze your own trail".

Feel free to email, call or stop by to see me and share your experiences and ideas for other new ways you think we can continue to "Blaze a Trail".

Sincerely,  
**Myra Austin**  
Senior Times Managing Editor  
Senior Centers Administrator,  
Orange County Department on Aging  
[maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

## March is Senior Center Survey Month Help Us Help You by Completing a Survey!

Did you know that it's very important to give your feedback on our senior centers' programs, courses and classes? Feedback on our activities helps the staff develop better programs, and meets funding requirements. The surveys also show the impact our senior center programs have on participants' lives which may influence future funding.

We received several surveys in the fall, but not nearly enough for the number of programs we offer. We need more! Remember it helps the senior centers and their programs - and you!!

To get feedback on all our program areas, we will collect the Senior Center Surveys during the 1st two weeks of March for all our ongoing classes, as well as during classes with a beginning and ending date. If your instructor doesn't give you a survey, please ask for one at the front desk. Once you submit your completed "senior center survey" to the

front desk, you will be given a ticket for a drawing for a special prize. If you completed a survey in September, or since then, it's time to complete another one.

### Ideas and Suggestions: Please Complete our Annual Interest Survey

Do you have new class ideas or suggestions for Orange County Senior Centers?

We would love to hear from you! Please drop by your local Senior Center's front desk to pick up an Interest Survey, or go to [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) to complete it online. Surveys will be available in May. Please call the Central Orange Senior Center at 919-245-2015 or the Seymour Center at 919-968-2070 if you have any questions. We look forward to hearing from you.

## 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 stretching 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

Instructor: Salli Benedict, MPH, certified fitness instructor and Latonya Brown, MHSA

Fee: FREE

**Seymour Center** (322001 - 06)  
Tues, Wed and Fri, Mar 1 - Apr 15 1-2:15 pm

## Come to a Senior Center for “One Stop Shopping”

Social workers at both the Seymour Center and Central Orange Senior 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)

## County Government Month – April 2016

Orange County Expo  
University Place –  
Chapel Hill  
Friday, April 8  
10 am – 2 pm

Take Advantage of this one-stop-shop to learn about the wide range of Orange County programs and services. More than a dozen departments will set up booths and hand out information and give away items.

Stop by and meet our employees who take pride in providing you with quality customer service each day. Tour our emergency services and other vehicles that will be on display at the mall entrance.

## Orange County Veterans Memorial

On a hill above the Seymour Center is a beautiful park-like setting. It is known as “the Homestead Site.” This location was selected as the future site of the Orange County Veterans Memorial.

Orange County has proudly supplied our men and women to serve their nation during times of war or conflict. Our first call to arms was in the fall of 1775, when the Orange County Militia was established on September 9, 1775. Now, more than 240 years later, the residents and friends of Orange County will recognize and honor their service with the Orange County Veterans Memorial.

Veterans groups from throughout the county have joined with the Veterans Memorial Committee to sponsor and raise money for the memorial. Orange County has joined with them to provide the site and support. Now we need you and your support.

As a senior citizen or family member, you know the importance of recognition for service. Our seniors often reflect on the service that we have all provided to our towns, villages, county and country. We have not, however, joined together to build a significant memorial to honor our county veterans.

“My vision is to have the residents of our county design, build and fund a Veterans Memorial that we would be proud to say, ‘We did this ourselves. From our dimes to dollars grew this memorial to our veterans.’” said Lee Heavlin, Veterans Committee member and career navy man.

How can you help? The memorial committee needs funds to continue design work and to prepare for the memorial. Donating is as easy as visiting the memorial website and submitting your donation by credit card. All donations are accepted for the memorial by the Orange County Community Giving Fund and are tax deductible. Visit <http://orangecountyveteransmemorial.com/donations> to make a donation and to learn more.

You can also help by sharing the project with friends, civic groups and clubs, churches and schools as a community service fundraising project. Create the excitement that will make funding the project easier. The Veterans Committee can provide members to speak at your group. For assistance or more information, contact Lee Heavlin, committee member and Fundraising Chair, at 919-260-6571, [heavlin@gmail.com](mailto:heavlin@gmail.com).

## You'll Want to Know



**May is Older American's Month and the 2016 Theme is Blaze a Trail.** Please look through the Senior Times and discover all the different ways the Dept. on Aging “Blazes a Trail” through the programs and services it provides.

### Senior Center Surveys

In early March and May respectively, participants should take the opportunity to evaluate the Senior Centers' programs and participate in the interest survey. Forms will be also available on the website, [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging).

### 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!

### On-line Registration and Credit Card Payments Accepted

On-line registration is available for some of our programs through our website, [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging), in addition to being able to pay in person or on the phone. Payments may be made using a credit card at either of our Senior Centers' front desks or when registering on-line. You are registered once the specific program fees have been paid.

### 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.

### 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, Mar 27 and Apr 24.

## 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 Department on Aging, UNC Health Care, Carol Woods Retirement Community, the Friends of both the Central Orange Senior Center and the Seymour Center, and Carolina Meadows Retirement Community of Chapel Hill.

**In Praise of Age is produced by Jerry Passmore, former 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). You may view some of the past popular IPOA programs such as the "Aging in Community" series online at [vimeo.com/jerrypassmore](http://vimeo.com/jerrypassmore).**

**Show times are every Saturday at 7:30 pm on Time Warner Cable TV:**

**Channel 8 in Chapel Hill/ Orange County**

**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 Central Orange Senior Center or on Tuesday if Monday is a holiday.

On the first Saturday of each month, IPOA will be highlighting an inspiring life story. This series will feature in March, Dr. Stewart Fulbright talks about his life as a WWII Tuskegee Flyer; in April, Frank Barick reflects on his 30+ year career in state wildlife services; and in May, Fred Cates shares his Orange County heritage and life as Mayor of the Town of Hillsborough.

**March 5 – "Dr. Stewart Fulbright and the Legacy of the Tuskegee Flyer (Part 1)"** Former Dean of the NCCU School of Business lays out the story of his experience as an Air Force pilot during World War II, and the long reach of segregation within national service at that time. Hosted by Florence Soltys. (Original Air Date: 4/22/06)

**March 12 – "The Incredible Gift of Organ and Tissue Donation"** Guest Valerie Rabeler recounts her family's compelling story of facing an organ-donation need, as well as her mission to encourage individuals of all ages to consider organ or tissue donation. Hosted by Florence Soltys. (Original Air Date: 10/1/05)

**March 19 – "Dementia Friendly Community Initiative"** Enjoy highlights of the Nov 3, 2015 Orange County press conference describing North Carolina's first Dementia-Friendly Business Initiative. A federal grant provides support

for caregivers and persons with Alzheimer's and related dementias through the education and training of frontline business employees on how to deal with persons with this condition in a respectful matter in a community setting. Linnea Smith, wife and caregiver of the late UNC Coach Dean Smith, shares her personal story on the importance of educating the community about this disease. (Original Air Date: 3/19/16)

**March 26 – "The Fabulous Fifties"** The Prime Time Players, through song and dance, perform classics from famous singers such as Frank Sinatra, Billie Holiday and genres such as bebop, doo-wop and rockabilly. The performance was held at the Seymour Center on Nov 11, 2015. (Original Air Date: 3/26/16)

**April 2 – "Frank Barick: A Vital and Active Life"** Wake County octogenarian Frank Barick shares with host Florence Soltys aspects of his 30-year career in state wildlife services, views on conservation and his Christmas tree farming avocation. (Original Air Date: 10/15/05)

**April 9 – "An Evening in India!"** - The Seymour Center presents the music and dance of India, chanting, drumming, story telling and fire spinning. See a henna artist at work and watch a cooking demonstration. (Original Air Date: 1/12/13)

**April 16 – "Kate Barrett- Helping Older Adults Transition Through Life"** Host Jerry Passmore interviews Kate Barrett, retired Aging Transitions Administrator, who reflects on her life growing up and her legacy in helping older adults in later life. (Original Air Date: 12/25/10)

**April 23 – "Cognitive Aging: Evidence for Action: Part 1"** Lisa P. Gwyther, Director of the Duke Family Support Program, shares at the Seymour Center on March 2 the latest evidence on how the brain ages. As with other organs, the brain's aging process is universal, gradual, extremely variable, lifelong and involves much more than memory or forgetting. New encouraging evidence highlights how cognitive aging is different from Alzheimer's disease and from mild cognitive impairment. Lisa presents seven evidence-based action steps to help individuals maintain optimal cognitive health. (Original Air Date: 4/23/16)

**April 30 – "Cognitive Aging: Evidence for Action: Part 2"** Lisa P. Gwyther, Director of the Duke Family Support Program, continues her presentation sharing the latest evidence on how the brain ages, how to help individuals maintain optimal cognitive health and how to help families and communities support optimal brain health. (Original Air Date: 4/30/16)

**May 7 – "Fred S. Cates Jr.: A Hillsborough Original"** Host Jerry Passmore interviews former Mayor Cates of Hillsborough who was an "original" in the things he did for 16 years in promoting the history of the town and developing key infrastructure. (Original Air Date: 1/23/10)

**May 14 – "MayTime Merriment"** This program, with The Prime Players and Village Revue, features highlights of the musical gala held at the Seymour Center on May 30, 2008, in celebration of the Center's first anniversary opening on May 2007 and Older Americans Month. (Original Air Date: 8/9/08)

**May 21 – "Living in the Present: Love and Remarriage in Later Life"** Host Nerys Levy interviews Doctors Merel Harmel and Ernestine Friedel Harmel on their perspective and experience in remarriage in later life. (Original Air Date: 2/19/03)

**May 28 - "Looking Ahead to End-of-Life: What Can I Expect?"** Dr. Tony Galan's, Associate Professor of Medicine, Duke University reviews the significant issues that one should consider at the end-of-life and answers audience questions. This show includes excerpts from a program held at the Seymour Center on April 15, 2008, which was part of a "Making the Most of Your Choices" series sponsored by Project Compassion, Friends of the Central Orange Senior Center and the Department on Aging. (Original Air Date: 8/16/08)

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

## 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 Central Orange Senior Center 919-245-2015, or Seymour Center 919-968-2070.

<b>Central Orange SC</b>	Thur, May 26 (223003-01)	6 - 7:30 pm
<b>Seymour Center</b>	Thur, April 7 (355011-07)	1 - 3 pm
<b>Chapel Hill Library</b>		
	Fri, March 11	1 - 3 pm
	Fri, April 8	1 - 3 pm
	Fri, May 6	1 - 3 pm
<b>Orange County Public Library (Hillsborough)</b>		
	Tues, March 15	12 - 2 pm
	Mon, April 25	1 - 3 pm

### MEDICARE QUESTIONS?

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



Seymour Center, Chapel Hill, NC  
919-968-2070  
Central Orange Senior Ctr., Hillsborough, NC  
919-245-2015  
NCSHIIP: 855-408-1212 (toll free)

## 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 \$1,472 for an individual or \$1,992 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.

## Florence Gray Soltys Adult Day Health Program

Senior Care of Orange County, Inc.  
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 Central Orange Senior Center behind the Triangle SportsPlex • 105 Meadowland Dr., Hillsborough, NC 27278



### Neighborhood Connections

Creating Communities Together  
to Provide Lifelong Support at all Ages  
Orange County NC

**Monthly Programs on  
Creating Communities through  
Neighborhood Connections  
And  
EngAGING Issues  
Aging in Communities with Each Other**

**Join us to learn about  
Creating Communities  
Good for all ages!  
And Aging Issues to help you  
Age Successfully.  
Sign up for our community  
Email list for details on our  
monthly programs.**

**Free and open to the public  
For Orange County and Beyond!**  
For more information and to sign up for our email program notices  
mm27517@aol.com

## 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 Central Orange Senior Center in Hillsborough. To make an appointment at either location, call Betsy at 919-245-2890.

## BATHROOM SAFE? GRAB BAR INSTALLATION



**Tom Osborne**  
919.967.7355  
www.tomograbbars.com

## Trusted health professionals providing in-home or on-site rehabilitation for seniors in Orange, Durham, and eastern Alamance counties.



Physical therapy and occupational therapy to promote healthy aging.

### ElderFit can

- teach you how to manage a health condition
- work with you to improve independence
- motivate you during your treatment
- develop a wellness plan tailored to your needs.

A Medicare certified practice - we bill Medicare for you!

CLINICS ONSITE AT EMERALD POND,  
DURHAM CENTER FOR SENIOR LIFE,  
AND CENTRAL ORANGE SENIOR CENTER

919-614-1923  
www.elderfitpt.com



## 19th Annual Community Dinner Celebrating Orange County's Cultural Diversity Sunday April 10 at 1pm

The Community Dinner is a community building event crossing economic, racial, religious and ethnic barriers and presents culturally diverse food and entertainment from our own community.

The main meal is prepared by Mama Dip's Restaurant and is supplemented by wonderful dishes from local restaurants and community groups. This year's entertainment will include the First Baptist Church Choir, the Bouncing Bulldogs, the Paper Hand Puppet intervention—and more.

Tickets are \$3 for children aged 10 and under, and \$8 for adults. A large number of the tickets for the Dinner are distributed to people who might not otherwise be able to afford the ticket price. Community members are asked to volunteer and, if possible, help feed a family by making an online donation at [www.communitydinner.org](http://www.communitydinner.org). For more information contact Nerys Levy at [rlvely@mindspring.com](mailto:rlvely@mindspring.com)

The event, a winner of a National League of Cities Award in 2014, is sponsored by Orange County Department of Housing, Human Rights and Community Development; the Towns of Carrboro and Chapel Hill; Strowd Roses Inc; Orange County Public Libraries and the Paper Hand Puppet Intervention.

The event takes place at McDougle School Cafetorium, 900 Old Fayetteville Rd, Carrboro. For more information: [www.communitydinner.org](http://www.communitydinner.org)

Free tickets will be allocated to seniors in need by Cydnee Sims at the Seymour Center. Contact her at 919-245-4250.

## Would You Like A “Caregiver Day Out”?

Are you a family caregiver who could use a break from your caregiving responsibilities one day a week? If so, you may want to take advantage of the Orange County Department on Aging's Caregivers Day Out program. It gives caregivers a chance for some time off while their loved ones socialize and participate in meaningful activities. The program is FREE and is held on Wednesdays, from 11 am to 4 pm, at the Robert and Pearl Seymour Center in Chapel Hill and on Fridays at the Central Orange Senior Center. If you are interested in participating or would like more information, please contact the Aging Transition Helpline at 919-968-2087. You will be glad that you did!

## Early Voting for the March 15, 2016 Election

**Beginning in 2016, most voters will need to show acceptable photo id at the polls.**

**Seymour Center – 2551 Homestead Rd., Chapel Hill**  
Thursday & Friday,  
March 3 & 4, 10 a.m. - 7 p.m.  
Saturday, March 5, 9 a.m. - 1 p.m.  
Monday – Friday,  
March 7 - March 11, 10 a.m. - 7 p.m.  
Saturday, March 12, 9 a.m. - 1 p.m.

**Same Day Voter Registration**  
Same Day Voter Registration is available during the Early Voting period at all Early Voting sites. **If completing Same-Day Registration, one must vote at the Early Voting Site rather than on Election Day.**

For more information, contact: Orange County Board of Elections, 208 S. Cameron St, Hillsborough, 919-245-2350

## North Carolina Regional Lacers Spring Lace Day Saturday, April 16 • 9 am - 5 pm

**Robert and Pearl Seymour Center**

North Carolina Regional Lacers 2016 Lace Day Celebrating Jewelry in Lace. Featuring the European tradition of lace-on (bring your own project). For more information and to register contact Janice Tyler, [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov) or 919-245-4255.

## Orange County CARES Dementia Capable Community Project launched

The Orange County Department on Aging received a 3-year federal grant to improve and expand support services to caregivers of persons living with Alzheimer's Disease and other dementias. The goal of the OC CARES (**Caregiver Awareness, Respite, Education, and Support**) Project is to improve the quality of life of persons with dementia and their caregivers, to decrease social isolation and improve overall health outcomes.

Beginning mid-February, the OCDOA will offer a combination of four new services to all caregivers caring for persons with moderate to severe dementia living in Orange County. These free services include:

1. In-home, personalized consultations with the Caregiver Support Team. The Support Team will help caregivers identify methods to maintain positive behaviors and engagement in meaningful and enjoyable activities in the home setting.
2. Psycho-educational caregiver support groups which focus on caregiver quality of life
3. Opportunities to socialize with other caregivers in safe and supportive environments for persons with dementia, such as monthly restaurant and entertainment outings, and
4. A Social Program for persons with dementia held once a week from 11am-4pm at each senior center to support enjoyable activity engagement. Caregivers are welcome to attend or take the time off.

To enroll in any of these new caregiver support services, please call the Aging Transitions Helpline at 919-968-2087.



OC CARES new Project Team (L to R): Marie Dagger, Occupational Therapist; Kim Lamon-Loperfido, Social Worker; Anshu Gupta, Data Manager; and Carol Wise, Social Worker



## Do you need help paying for Medicare?

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

**CENTRAL ORANGE SENIOR CENTER: 919.245.2015**  
**SEYMOUR CENTER: 919.968.2070**

## Cognitive Aging (How the Brain Ages): Evidence for Action

**Lisa Gwyther** is a nationally known social worker with 35 years of experience working with individuals with memory disorders and their families as director of the Duke Family Support Program and education director of the Bryan Alzheimer's Disease Research Center. Lisa is an associate professor in the Duke Department of Psychiatry and Behavioral Sciences and she currently co-chairs the NC Institute of Medicine Alzheimer's State Plan Task Force. She is co-author of a 2009 book, The Alzheimer's Action Plan. She received her Master's degree in Social Work from Case Western Reserve University in Cleveland, OH.

Lisa served on a National Academy of Medicine, Institute of Medicine panel releasing a 2015 public health report on Cognitive Aging. We have known for some time that the brain ages just as all other organs, and now we know the process is universal, gradual, extremely variable, and lifelong and involves much more than memory or forgetting. New encouraging evidence highlights how cognitive aging is different from Alzheimer's disease and from mild cognitive impairment. Lisa will present seven evidence-based action steps to help individuals maintain optimal cognitive health and to help families and communities support optimal brain health. Finally, **Lisa will offer some practical preventive steps to reduce the negative consequences of cognitive aging on independent function.**

Presenter: Lisa P. Gwyther, MSW, LCSW, from Duke Family Support Program, Duke Center for Aging - Bryan Alzheimer's Disease Center at Duke

Fee: FREE  
**Registration required:** Please call Seymour Center – 919- 968-2070  
**Seymour Center** (323026-02)  
 Wed, Mar 2 4 - 5 pm

## Aging in Community: Planning for Our Future No Car - No Problem!

The streets in our neighborhoods are designed almost exclusively around the car. How can we prepare ourselves for "someday" when driving is no longer possible? Whether we walk, bike, or take the bus, we need our streets to accommodate a variety of ways to navigate safely from here to there. We have lots to do in Orange County to make our streets safe and accessible for everyone - to make our streets "Complete Streets".

**Julia Katz** is a master's student in UNC's joint program of city and regional planning and public health. She will help us consider Complete Streets in terms of equity, economic development, health and safety. We will be inspired by a new vision for transportation in Orange County and how we can make Complete Streets a reality.

Fee: FREE  
**Seymour Center** (357140-02)  
 Thurs, Mar 3 7 - 8:30 pm

## Looking to Share Your Home? Looking for Housemates?

The Seymour Center and the Central Orange Senior 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!

## One- Stop – Shop Clinic for Community Living at The Seymour Center and Central Orange Senior 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 Central Orange Senior 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 do I make an appointment?** Please call **919-245-2015** to make an appointment for the **Central Orange Senior 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*

## Chapel Hill's Senior Real Estate Specialist



### Tony Hall

& ASSOCIATES

RESIDENTIAL REAL ESTATE

919/933-8500 • 800/382-0673

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

Email: [tonyhall@tonyhallasociates.com](mailto:tonyhall@tonyhallasociates.com)

[www.tonyhallassociates.com](http://www.tonyhallassociates.com)







## HILLSBOROUGH PHARMACY

"KEEPING OUR COMMUNITY HEALTHY"

- 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](http://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 Central Orange Senior Centers serve lunch Monday - Friday 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 Senior Center, and tickets are distributed as people sign in beginning at 11 am.

### CENTRAL ORANGE SENIOR CENTER THURSDAY 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.

#### Central Orange SC

(257030-01) 12 noon  
Thurs: Mar 10, 24; Apr 14, 28;  
May 12, 26

### LUNCH AT THE SEYMOUR CENTER Wednesdays' Buzz

A new program replacing *What's Happening at Seymour* to keep you in the know. 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  
Mar 2, 16; Apr 6, 20; May 4, 18

### 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!

#### Central Orange (253004)

1st Mon: Mar 7; Apr 4; May 2 12 noon

#### Seymour Center (353072)

1st Mon: Mar 7; Apr 4; May 2 12 noon

## Spanish Social Club

Please join us on Thursdays from 9 -11:30 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, 30 min of exercise, a time to socialize and relax, and even an opportunity to learn a new skill (eg how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact Ana Lima at 919-245-4279 for additional information.

Acompáñenos 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 a Ana Lima al 919-245-4279.

Fee: FREE

**Seymour Center** (357151-01)

Thurs, Mar 3 - May 26

9 - 11:30 am

# 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



## Help People Suffering from Dementia Reconnect with the Music that Brings Them Joy!

Music can awaken deep emotions, even in people with advanced dementia. This is why there is *Music in my Mind*. The Orange County Department on Aging is working to bring the gift of personalized music to individuals who need it most - through partnerships with care facilities, home care companies, and private caregivers. Through receiving iPods with personalized music playlists, elders with dementia in Orange County may experience reduced depression and anxiety, renewed cognitive functioning, and the ability to once again interact meaningfully with others.

Become a part of this effort by learning how to develop a personalized music playlist and sharing it with a person with dementia who lives at home or in a long-term care facility - or by making a financial donation toward an iPod or an iTunes gift card.

*Music in my Mind*, through the Orange County Department on Aging, is currently assisting several care facilities in the county to create personalized music programs for their residents. It is also in the process of creating an iPod loan program and training on how to develop personalized playlists for in-home caregivers of loved ones with dementia. Now is a wonderful time to become part of this project.

For questions or more information about how to get involved, contact the Aging Transitions Helpline at 919-968-2087. Your participation can make a difference in people's lives!

## 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: [agingtransitions@orangecountyinc.gov](mailto:agingtransitions@orangecountyinc.gov)**

**Mary Fraser, DSW,**  
Aging Transitions Administrator  
**Keisha Andrews, MSW,** Social Worker  
**Lisa Berley, MSW,** Transportation Specialist  
**Anshu Gupta, MBA,** Administrative Assistant  
**Ryan Lavalley, MA, OTR/L,**  
Occupational Therapist  
**Ana Lima, MSW,** Bi-lingual Social Worker  
**Beverly Shuford, BS,**  
Information and Benefits Specialist  
**Pam Tillett, MSW,** Social Worker  
**Mary-Ann Weston, 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**



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

*Bringing you in for the care you need, while  
keeping you safe in the home you love.*

Serving seniors in Orange, Chatham,  
Alamance, Caswell, and Lee counties.

Toll-Free: 877-714-2100 TTY: 800-735-2962

[www.PiedmontHealthSeniorCare.org](http://www.PiedmontHealthSeniorCare.org)

## 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 Central Orange Senior 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.



## 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 Triangle Community Foundation 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.ocnccgiving.org](http://www.ocnccgiving.org)

Note: The Friends of Central Orange Senior 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.



University Mall  
Chapel Hill, NC



*keeping up with the evolution of time*

FINE TIMEPIECE RESTORATION

919.942.2253

# Friends of the Senior Centers

## LAZY, HAZY, CRAZY DAYS OF SUMMER CARNIVAL

**Saturday, July 30**

Step right up folks and don't be shy! This event has a little "razzle dazzle" for both young and old alike. With the assistance of a few of our very own local "Homegrown Celebrities," a sprinkling of committed volunteers and our friends at Paperhand Puppet Intervention, the carnival promises to provide a fun-filled afternoon of mirth and merriment. Celebrity Dunking Booth, Fortune Tellers, Illusionists, Performance Clowns, Family Friendly Puppets, Intergenerational Games and Activities, Side Shows, Carnival Foods and much more....

Summer date, location and more details forthcoming in the next Senior Times. So, invite your neighbors, children, and grandchildren, and come join us!

To benefit BOTH Central Orange and The Seymour Centers.

If you would like to help us "roll out" those Lazy, Hazy, Crazy Days of Summer call the Carnival Hotline 919-275-2809 or email us at [SummerCarnival2016@gmail.com](mailto:SummerCarnival2016@gmail.com)

## FRIENDS OF CENTRAL ORANGE SENIOR CENTER

### MONTHLY MEETINGS

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

### FRIENDS OF THE CENTRAL ORANGE SENIOR CENTER ANNUAL MEETING

This meeting is open to current and potential members. If you are interested in becoming a Senior Center Friend and learning more about the upcoming programming and future plans, please join us.

#### Central Orange SC

Fri, May 13 (223002-01)

10:30 am

### LAS VEGAS NIGHT – BIGGER AND BETTER THAN EVER!

Food, gaming, prizes, music and dancing are included with your ticket price - all adding up to a fantastic night of fun! You will be given \$10,000 in gaming money to play the many Las Vegas style games (Black Jack, Roulette, etc.) and an opportunity to bid on prizes with your winnings. Once the gaming begins we will also offer music and dancing in the Great Hall for those who like to dance the Cupid Shuffle, Electric Slide or a variety of other line dances. This is a fundraiser for the Central Orange Senior Center and is sponsored by The Friends of Central Orange. Contact the senior center for additional information and ticket sales. Don't wait to purchase your tickets as this event has sold out the past few years. Doors open at 5:30 pm. Fee: \$20 in advance \$25 at the door

#### Central Orange SC

Sat, Apr 16 (213002-1)

6 pm

Thurs, Aug 11 – Sun, Aug 14

### RENFRO VALLEY, KY TRIP

See details of this trip in the Seniors on the Road section on page 36.

Sun, Oct 31 – Sat, Nov 12

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

See the details of this trip in the Seniors on the Road section on page 37.

### YELLOWSTONE NATIONAL PARK - 2017

Plans are being made for a trip to Yellowstone National Park in the summer of 2017. Additional details in the next Senior Times.

### LEGACY WALL

In the Central Orange SC 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 Central Orange to benefit the Central Orange Senior Center.

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

### FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

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

### FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTERS ANNUAL MEETING

This meeting is open to current and potential board members, as well as those interested in the organization and want to help the Seymour Center. If you are interested in becoming a Seymour Center Friend board member and/or want to learn more about the upcoming programming and future plans, please join us.

#### Seymour Center

Fri, May 20 (323012-04)

2 pm

### 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 totaling \$100 or more (which may be multiple donations to total \$100) along with name of the person being remembered is received, the person's name will be engraved on a plaque and added to the wall. It's a lovely tribute, and the wall is admired by many people. For more information, contact the facility manager, Robin Bailin. Donations,

and the person's name as it should be on 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 tow pick up of your vehicle. When your vehicle 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 small 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/>

### BE A BOARD MEMBER

The Friends board currently has openings for members. Join the board and be part of providing some of the "extras" that make the center so special. For more information, call Katherine Leith, President, at 919-929-9808. You can make a difference!

Wed, Sept. 21 – Tues, Oct 4

### SPAIN & PORTUGAL – 14-DAY SPECIAL LAND TOUR

**Slide Presentation: 2 pm, Thurs, Feb 25 - Seymour Center**

Picture yourself strolling the quaint, narrow, winding streets in sunny Spain and Portugal -enjoying Spanish delicacies and Portuguese wines, soaking up local customs and culture in outside cafes. Guided tours ensure you visit the most celebrated sites (10 UNESCO sites on this tour!!) yet ample free time to explore famous art museums, shop, or relax in colorful surroundings. Unique itinerary transports you over mountains, plateaus, and alternating rugged cliffs with sandy beaches and coves along two coasts (Atlantic and Mediterranean) plus central Spain from Madrid to the southern tip in Granada. Moderate physical activity blends longer days with shorter days and more leisure time. For more information, see Seniors on the Road, page 37.

**June 2017 – Plan Ahead!**

### RESORTS OF THE CANADIAN ROCKIES PLUS VANCOUVER

See details in Seniors on the Road, page 37.

**Friends of the Seymour Center Website:**  
[www.friendsseymourcenter.org](http://www.friendsseymourcenter.org)

## Transportation Information

### Bus Travel Training

Learn how to plan a trip using public transportation. Find out what is available for door-to-door transportation and get help with an application.

#### Central Orange SC

1st Wed, Mar 2; Apr 6; May 4 11 am – 12 noon

#### Seymour Center

1st Tues, Mar 1; Apr 5; May 3 (327033-01,02,03) 2 – 3 pm

### Pedestrian Safety Class

See page 28 (Educational Opportunities)

#### Central Orange SC

Wed, May 11 (233030-81) 10:30 – 11:30 am

#### Seymour Center

Tues, Apr 12 (323047-01) 10 – 11 am

### Two Local Day Trips Using Public Buses

Destinations: RDU Airport and Southern Village

See page 36 (Seniors on the Road)

### Transportation Information Display Tables at Senior Centers – Monthly

Pickup bus schedules, applications for various door to door services, get help planning a bus trip. Learn what is new.

#### Central Orange SC

1st Wed, Mar 2; Apr 6; May 4 9:30 – 11 am

#### Seymour Center

1st Tues, Mar 2; Apr 5; May 3 9:30 – 11 am

### Volunteer Driver Orientations for Community Transportation Program

Want to volunteer your time to make a big difference to a person who is stuck at home? Join the growing Community Transportation Program and drive an older adult to an appointment or errand. This program fills in the gaps of the public transit system. Reimbursement for mileage is available. As a first step, sign up for one of the monthly driver orientations. Call Lisa Berley for details 919-717-1853.

Fee: FREE

#### Central Orange SC

Thurs, Mar 24 (227003-01) 11 am – 12 noon

#### Seymour Center

Fri, Apr 29; May 27 (327000-01, 02) 2 – 3 pm

Contact Lisa Berley, Transportation Specialist, by email:

[lberley@orangecountync.gov](mailto:lberley@orangecountync.gov) or phone: 919-717-1853

Don't be shy. You can call just to say hello!

## Aging in Community: Planning for Our Future WHAT WILL YOU DO WHEN YOU NEED CARE?

We expect to age, but rarely do we expect to need long term care. In fact, half of us say we'd rather die than go to a nursing home - yet 70% of us will need this type of care at some point in our lives. How can we improve our options for long term care beyond the nursing home?

During this event, we will feature a documentary that portrays new models of long term care for people with dementia in the Netherlands, Thailand, and Canada. After the "show", we will compare and contrast these models with what is currently available in the US.

Fee: FREE

#### Seymour Center

Thurs, May 19

(357140-03)

7 – 8:30 pm

## Public Bus Local Day Trips

(Contact Either Senior Center to Register)

Wed, Apr 20 (316011-02)

### Public Bus Trip to Southern Village

Our destination is just 2 miles south of downtown Chapel Hill but it feels like another world. Surrounding the Village Green are shops, restaurants, the Lumina movie theater, a church, and Weaver Street Market with lunch items and outdoor seating. In the summer there are concerts and outdoor movies and a farmers market. Southern Village is well connected to Chapel Hill by public bus. We will start the trip at the Seymour Center and walk down the hill to MLK Blvd to take the NS bus stop. This trip requires some walking.

Cost: bus is free; bring money for lunch

#### Central Orange SC

10 am – 3:30 pm

#### Seymour Center

10:45 – 3:30 pm

Thurs, May 19 (316011-03)

### Public Bus Trip to RDU International Airport

Ever wonder if you can get to the airport by bus? Sign up for this trip and see how it is done.

If time is not an issue, this is probably the least expensive way to get there. A member of the Guest Services staff will meet with us, answer questions and show us some hidden public spaces.

Cost: Bus fare: \$2 round trip 65 yrs. + (bring Medicare card or photo id)/ \$4.50 if under 65 yrs. (Bring exact amount) lunch is extra

#### Central Orange SC

10:15 am – 3:30 pm

#### Seymour Center

10:45 am – 3 pm

## What if Nearly Everything We Think We Know About Aging is Wrong?

We invite you to join in the global fight against ageism as **Dr. Bill Thomas**, world-renowned geriatrician, author, creator of the Greenhouse Movement and the Eden Alternative - and co-founder of [ChangingAging.org](http://ChangingAging.org) brings the **Age of Disruption Tour** to the Research Triangle on **Thurs, April 21**.

Please join Bill Thomas, along with musicians **Nate Silas Richardson** and international recording artist **Samite** as we disrupt our culture's views about aging and dementia. At two different events, we will work to equip our next generation of elders with the skills and enthusiasm for this important work.

- **Disrupt Dementia:** A 90-minute community workshop focused on disrupting stereotypes regarding dementia. The event will premiere a new documentary by the director of the award-winning film, *Alive Inside*, followed by live music and participant engagement. **Thurs, April 21 (2:30 - 4:30 pm) at the Friday Center**

- **Aging: Life's Most Dangerous Game:** Blending myth and science, live music and storytelling. This 90 minute event of "non fiction theatre" features a highly entertaining and highly disruptive exploration of aging. **Thurs, April 21 (7 - 8:30 pm) at the Friday Center**

Afternoon workshop tickets are \$15, evening performance tickets are \$25. CEU credits will be available for professionals for an additional fee. All ticket, venue, CEU credit and other information is at [drbillthomas.org](http://drbillthomas.org)

**Orange County residents may get a discounted ticket for Aging: Life's Most Dangerous Game, by registering first at the Charles House website: <http://www.charleshouse.org>**

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!

## Free Spirit Freedom “Freedom Through Business and Agriculture”

Free Spirit Freedom will host a 2-day spring event on “Freedom through Business and Agriculture,” featuring a photography exhibition and a storytelling program at the Central Orange Senior Center. The exhibition opening reception will be on Sat, Apr 30 from 3 – 5 pm. On Sun, May 1, from 3 – 5 pm, the program will feature elders from the community who will share memories and stories of life in yesteryear. Audience members will have the opportunity to ask questions and participate in the dialogue.

In decades past, during the days of segregation, people of color owned and operated their own businesses, both in town and in the rural areas. Some families acquired acres of farmland and produced food crops, raised cattle and grew tobacco. Others established printing shops, barber and beauty salons, and stores offering groceries and ice cream. In so doing, they supported their families and contributed to Orange County’s economic development.

Vestiges of those days still exist, and we want to document that era through images and narratives. Despite the challenges, individuals advanced and businesses thrived. Today, in a society of integration, minority-owned and operated businesses continue to be a part of the economic vitality of Orange County’s community, carrying forth the traditions and entrepreneurial spirit of their foremothers and forefathers.

**Free Spirit Freedom** is a cultural arts initiative within the Hillsborough Arts Council, a 501(c)3 non-profit organization. For further information, please contact co-founders: Renee Price at [reneeprice2012@gmail.com](mailto:reneeprice2012@gmail.com) or 919-593-1904; or Thomas Watson at [thomaswatson30@yahoo.com](mailto:thomaswatson30@yahoo.com) or 919-451-1844. Visit our website at [www.freespiritfreedom.org](http://www.freespiritfreedom.org).

This event is free and open to the public. The exhibition will be on display at the Central Orange Senior Center in Hillsborough throughout the month of June.

Fee: FREE

**Central Orange SC** (253002-03)

Sat, Apr 30

3 – 5 pm

Sun, May 1

3 – 5 pm



## Dementia Friendly Business Community

This community initiative is led by the OCDOA, the East Chapel Hill Rotary, and Acorn Senior Services, in partnership with local businesses, to learn how to better support people with dementia and their care-partners. Local businesses participate by having their employees attend a 90 minute training to help them better understand 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!

Ten local community partners have completed the Dementia Friendly Business training program to date. Look for our logo at the following community businesses: **Carrboro Family Pharmacy, The Animal Hospital of Carrboro, Maitland Law Firm in Chapel Hill, Chapel Hill YMCA, the Law Office of Colin K. Austin** in Hillsborough, **Fidelity Bank** in Chapel Hill, and all four Orange county **Walgreens** locations. Look for the sticker and share your feedback with 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.

## 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.

## VC 55+ Volunteer Opportunities

Volunteer Connect 55+ (VC55+) is actively seeking new volunteers for the following programs. Each one is designed to decrease social isolation and allow older adults to age successfully in their homes. Please contact Judy Mathias at [jmathias@orangecountync.gov](mailto:jmathias@orangecountync.gov) or 919- 245-4243 to learn more!

### The Volunteer Drivers Program

The Volunteer Drivers Program is a concrete way to help someone, and to make a big difference. Volunteers provide safe transportation for older adults who cannot access public transportation. Some common destinations are medical appointments, grocery stores, barber/beauty shops and the bank. Each driver chooses a schedule when he/she is available to drive. Drivers receive training, support, and gas mileage reimbursement. After successfully completing the required training, drivers are notified at the beginning of each week of the needed routes. At the end of each day, drivers report back to the Transportation Specialist to confirm that the trips occurred successfully. The report includes a recording of time and mileage. Volunteers are especially needed in areas north of Chapel Hill. Note: Volunteers must be willing to undergo background checks for this position.

### Friend-to-Friend Team

As a Friend-to-Friend Team member, you’ll build a friendly relationship with an older adult or 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 one or two hours a week with your new friend, exploring your common interests and making a huge difference in her or his life. Note: Volunteers must be willing to undergo a background check.

### Handy Helpers Team

Handy Helpers provide high-quality, free and timely repairs of minor maintenance issues for people who are not able to complete repairs on their own. Volunteers will perform small maintenance jobs (less than three hours) at the homes of older adults aging in place. Examples include: changing a light bulb, fixing a broken screen, unclogging plumbing, moving an object, hanging things on walls, diagnosing problems, replacing locks and installing smoke detectors. Note: Volunteers must be willing to undergo a background check.

### Community Visitation Team

Through regular visitation, Volunteers work to improve the quality of life for isolated Orange County seniors by nurturing the development of resources to decrease the more extreme risks of isolation. In pairs, Volunteer Drivers/Visitors are trained with a retired County Deputy (including three day-long ride-alongs) and choose to visit people on a particular route 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 to 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, refer them to relevant services, and provide companionship. Available referrals and services are covered in the training. Please note, at this time there is no monetary mileage compensation. Volunteers must be willing to undergo a background check.

## Special Events

### Death With Dignity Panel Discussion

Death with Dignity or Physician Assisted Suicide?  
Where Should NC be Headed?

Please join us for a lively and thoughtful panel discussion around what it means to “die with dignity,” and the possibility of legalizing Physician Assisted Suicide in North Carolina. Panelists will include a member of the North Carolina General Assembly, religious leaders, and others.

Please Register by Thurs, Mar 10 at [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging), or at the Seymour Center front desk, 919-968-2070.

Fee: FREE

**Seymour Center, Theater**

Thurs, Mar 17

(357007-32)

4 - 7 pm

### Community-Based Volunteer Recruitment Fair

Over refreshments, drop in to learn about Volunteer Connect 55+’s community-based volunteer opportunities to combat social isolation and improve quality of life for Orange County older adults. Meet representatives from our community-based volunteer teams to find your ideal volunteer match, including the following programs: Friend to Friend, Volunteer Drivers, Handy Helpers, SALT (Seniors & Law Enforcement Together), Community Visitors, Falls Prevention, End of Life Options, Senior Transportation, Senior Hunger, Neighborhood Connections, Faith-Based Outreach, and Caregiver Support. No Registration Necessary. For questions, call Yvette Missri, VC55+ Manager, at 919-245-4241.

Fee: FREE

**Seymour Center, Great Hall**

Wed, Apr 13

(357007-03)

4 – 6 pm

### Spiritual Conversations at the End-of-Life

What does it mean to have a spiritual conversation? For that matter, what does “spiritual” even mean? Research shows that spirituality and faith are issues that often come up at life transitions and at the end-of-life, and that many want to have these kinds of conversations - but aren’t sure how to. Appropriate for members of any religious tradition, this seminar will give participants practical entrances to conversations about life and death, and practice having conversations about what matters most. Led by the Rev Stuart Harrell, BCC, Associate Director, Clinical Pastoral Education, The Department of Pastoral Care, UNC Hospitals Hillsborough Campus.

Please Register by Fri, April 1 at [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging), or at the Central Orange Senior Center, 919-245-2015 or Seymour Center, 919-968-2070, front desk.

Fee: FREE

**Central Orange SC Great Hall**

Thurs, Apr 7

**Seymour Center, Theater**

Thurs, Apr 28

(233024-01)

4 - 6 pm

(357138-16)

4 - 6 pm

## Check Out the VC 55+ Volunteer Handbook!

The Volunteer Connect 55 + (VC55+) Volunteer Handbook is designed to help you find your best volunteer experience. Learn all about our volunteer program, our mission and guiding principles, how to become a volunteer, and about all of our available volunteer opportunities.

Pick up your copy at one of the Senior Centers, or check it out on our website at [www.orangecountync.gov/departments/aging/volunteer.php](http://www.orangecountync.gov/departments/aging/volunteer.php)

To become a VC55+ volunteer, contact Judy Mathias, Volunteer Coordinator at 919-245-4243 or [jmathias@orangecountync.gov](mailto:jmathias@orangecountync.gov)

## Free Tax Help Until April 15

[http://www.orangecountync.gov/departments/aging/tax\\_assistance.php](http://www.orangecountync.gov/departments/aging/tax_assistance.php)

The tax season for the **FREE** Volunteer Income Tax Assistance (VITA) program serving Orange and Chatham counties will end April 15, the last day to file state and federal income taxes. This FREE service is for clients with low to moderate income, regardless of age or county residency, as long as eligibility guidelines are met.

The IRS-sponsored VITA program is available Monday through Saturday on different days in Chapel Hill, Hillsborough, Pittsboro and Siler City. All clients — appointments and walk-ins—should find out if they are eligible and what they need to bring to their tax site. To do this, check the above website or call the number below. You can make your appointment online or by phone. Allow two hours for each appointment.

IRS-certified volunteers are trained to prepare and e-file FREE federal and state tax returns for eligible clients. Each return is reviewed for accuracy and to determine that the return is complete with all applicable deductions and credits, such as the Earned Income Tax Credit (EITC).

Non-English-speaking clients must bring an interpreter with them.

**No appointment? No guarantee of service without an appointment.** Walk-in clients should arrive at the beginning of a shift and no later than 2 hours before closing for the possibility of being served. Walk-in Service is Provided if time permits and if it is offered at a particular site (call to verify sites).

### Appointment Contact Numbers

Orange County Sites (English): 919-245-4242

Orange County Sites (Spanish): 919-245-2010

Chapel Hill Public Library (English):

Appointments-Call Compass Center: 919-968-4610

Please do not call the library.

Chatham County (English): Call (not online) 919-542-4512

Orange County has provided VITA assistance for more than 30 years with support from IRS and local sponsors.

## The Volunteer Connect 55+ (VC 55+) Program

**Mission:** Volunteer Connect 55+ (VC 55+) seeks to foster meaningful volunteer experiences for Orange County older adults, based on each participant’s talents and passions. The VC55+ peer-to-peer engagement model encourages enduring and authentic connections between older community members. Our primary goal, encompassed by the central mission of Orange County Department on Aging, is to enhance the purpose and richness in the daily experience of older adults, both as providers and recipients of volunteer service benefits.

### Achieving the Mission

Maintain a variety of both peer-led and department-directed programs to furnish volunteers with a diverse array of flexible and structured volunteer opportunities.

Facilitate access to high-quality volunteer programs through senior center locations and throughout the Orange County community.

Encourage volunteer leadership and creativity, and provide ongoing support and appreciation to all volunteers.

### Our Three Guiding Principles

**Autonomy:** Volunteers have genuine ownership over projects with the freedom to contribute ideas and recommend modifications.

**Mastery:** Volunteers work toward self-actualization by cultivating and expanding new and existing skill-sets through individualized volunteer work.

**Purpose:** Volunteers can identify how their volunteer experience enriches their lives and provides a sense of meaning.

## 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 Lantonya 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.

### CONSULT A REGISTERED DIETITIAN

Whether you want to lose weight, lower your cholesterol or simply eat better, consult the experts! Registered dietitians can help you by providing sound, easy-to-follow personalized nutrition advice; and put you on the right path to losing weight, eating well and reducing your risk of chronic disease. Come meet a Registered Dietitian during lunch at the Senior Centers.

#### Central Orange SC

Thurs, May 5 (252252-04) 11:15 am  
Seymour Center

Mon, May 2 (352352 - 02) 11:15 am

### DIABETIC SHOE FITTINGS

Are you suffering from pain in your legs or feet - or do you have Diabetes? If so, join us for a FREE assessment in May. We will measure and assess your feet to determine the correct shoe size and type for you.

**\* Bring your insurance card with you** to the event and we'll be able to tell you if you're eligible for billing through **Medicare's Therapeutic Shoe Program!** Caregivers and/or family members welcome.

Services provided by Lisa Platania, 919- 942-8738 from Walgreens, 1106 Environ Way, Chapel Hill

#### Central Orange SC

Wed, May 18 (252252-05)  
10 - 11:45 am

#### Seymour Center

Wed, May 4 (352352 - 03)  
10 - 11:45 am

### ASSISTING A USER OF A WHEELCHAIR OR WALKER

Many of us have friends or family members who use walkers, wheelchairs or other mobility devices. How can we best assist them when they are moving from sitting to standing, or are attempting to mobilize themselves in difficult situations where they could use some help? This session will cover how to safely as-

sist someone moving from sitting to standing in various situations, as well as assisting someone who is using a wheelchair. Getting in and out of an automobile will be included, weather permitting.

Instructor: Jenny Womack and graduate students from UNC Division of Occupational Science and Occupational Therapy

Fee: FREE

Central Orange SC (252252-03)  
Fri, Mar 17 10:30 - 11:30 am

Seymour Center (322002-01)  
Wed, Mar 23 1 - 2 pm

### COGNITIVE AGING: EVIDENCE FOR ACTION

Lisa Gwyther is a social worker with 35 years of experience working with individuals with memory disorders and their families as director of the Duke Family Support Program and education director of the Bryan Alzheimer's Disease Research Center. Lisa is an associate professor in the Duke Department of Psychiatry and Behavioral Sciences and she currently co-chairs the NC Institute of Medicine Alzheimer's State Plan Task Force. She is co-author of a 2009 book, The Alzheimer's Action Plan. She received her Master's degree in Social Work from Case Western Reserve University in Cleveland, OH.

Lisa served on a National Academy of Medicine, Institute of Medicine panel releasing a 2015 public health report on Cognitive Aging. We have known for some time that the brain ages just as all other organs, and now we know the process is universal, gradual, extremely variable, lifelong and involves much more than memory or forgetting. New encouraging evidence highlights how cognitive aging is different from Alzheimer's disease and from mild cognitive impairment. Lisa will present seven evidence-based action steps to help individuals maintain optimal cognitive health and to help families and communities support optimal brain health. Finally, Lisa will offer some practical preventive steps to reduce the negative consequences of cognitive aging on independent function.

Presenter: Lisa P. Gwyther, MSW, LCSW, from Duke Family Support Program, Duke Center for Aging - Bryan Alzheimer's Disease Center at Duke - and is nationally known for her expertise!

Fee: FREE

Registration required: Please call Seymour Center - 919- 968-2070

Seymour Center (323026-02)  
Wed, Mar 2 4 - 5 pm

### COOKING MATTERS

UNC Hospital's Hillsborough Campus is excited to announce their partnership with Inter-Faith Food Shuttle to host a class called "Cooking Matters". It's designed to help low-income

adults make healthy, affordable choices at the supermarket. The curriculum offers hands on teaching techniques for the preparation of nutritious meals. The class is held once per week and the first class, **Cooking Matters for Adults**, will begin on **Wed, March 2 - April 6 from 5 to 7 pm at the Hillsborough Campus**. There is no charge to attend class and all materials are provided free of charge. Participants are accepted on first come first served basis. Space is limited!

For more information or to express interest in being a participant, please contact Monica Oliver at 984-215-2003 or email [monica.oliver@unchealth.unc.edu](mailto:monica.oliver@unchealth.unc.edu)

### 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**  
Thurs, Mar 10, 17; Apr 14, 21;  
May 12, 19 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)

### FORGIVENESS AND COMPASSION MEDITATION AND MOVEMENT

This class will help improve your physical, mental, emotional and spiritual healing. It is an experiential class using meditation and movement with the focus of forgiving and having compassion and kindness for yourself and others. We tend to hang on to old hurts and issues and never let go. Let's free ourselves up and give healing to ourselves.

Fee: \$12 two sessions, \$7 for one  
Leader: Martha Hadden MS, RN, CS and Certified Instructor in SFQ, and Certified Psychiatric Clinical Nurse.

#### Seymour Center

Fri, Apr 22 (322003 -01)  
10 - 11:30 am

Fri, May 13 (322003-02)  
10 - 11:30 am

### HEALTHY LIVING SERIES: YOUR PASSPORT TO GOOD HEALTH

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

Tues, Mar 8 Avoid Being Scammed  
Tues, Apr 12 Laughter is the Best Medicine

Tues, May 10 Safety at Home  
Tues, Jun 14 Healthy Snacks  
Tues, Jul 12 Hydration

Fee: FREE

#### Seymour Center

2nd Tues, Mar 8; Apr 12; May 10  
(314107) 2 - 3 pm



### GREENWAY WALKS WITH KEN MOORE

In honor of the Older Americans Month theme the Senior Centers are going to "BLAZE A TRAIL" on greenways.

Please call either the Central Orange

**SC at 919-245-2015, or the Seymour Center at 919-968-2070 to register**

### Merritt's Pasture Greenway

Enjoy early spring along one of Chapel Hill's many greenways. This excursion will meander through the brushy wildflowers and grasses beneath a power line, then follow along the edge of Morgan Creek and arrive at the base of Merritt's pasture that contains large managed areas of milkweed for migrating butterflies. Time will permit walking up to examine the milkweed areas close-up. Resident and migrating birds and big trees are additional features.

**Leader:** Ken Moore retired Assistant Director of NC Botanical Garden and current VP of the Friends of the Seymour Center.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Thurs, Mar 24 (320000-01)

9 am - 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

**Central Orange SC** 9 am  
**Seymour Center** 9:15 am

### Orange County Speedway (Historic Occoneechee Speedway)

Enjoy walking around on the restored historic Orange County Speedway. There are opportunities to explore some of the adjacent woodland trails along the Eno River to inspect some of the early spring wildflowers. In addition, participants will enjoy observing some of the original features of the old speedway which volunteers have recovered from years of aggressive vines.

**Leader:** Ken Moore retired Assistant Director of NC Botanical Garden and current VP of the Friends of the Seymour Center.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Thurs, Apr 14 (320001-01)

9 am - 12 noon

Please arrive 15 minutes before the bus is scheduled to depart

**Central Orange SC** 9:15 am  
**Seymour Center** 9 am

### Occoneechee Mountain Laurel Garden and Lunch

The Occoneechee Mountain State Natural Area contains a beautiful display of Mountain Laurel that is as beautiful as any display found many hours travel west in the Carolina mountains. Walking through this "natural garden" of native laurel, more frequently found in western NC, is an annual spectacle that should not be missed. **Please bring your lunch to enjoy with group.**

**Leader:** Ken Moore retired Assistant Director of NC Botanical Garden and current VP of the Friends of the Seymour Center.

Minimum: 10; Maximum: 20

Walking Difficulty: Easy

Fee: FREE

Tues, May 10 (320002-01)

9 am - 12 noon

**Central Orange SC** 9:15 am

**Seymour Center** 9 am

Please arrive 15 minutes before the bus is scheduled to depart.

### GLUCOSE AND CHOLESTEROL SCREENING

High blood glucose is a risk factor that can increase your chance of developing, or suffering complications from, diabetes. A glucose screening can help identify high blood sugar, which can help you prevent or delay the effects of diabetes. Screenings will be provided by trained professionals from UNC Cardiology. Fasting before the test helps achieve more accurate results, but is not a requirement. Call the Central Orange Center, 919-245-2015, to make an appointment. Program size - minimum 12, maximum 72.

Please call the front desk to schedule an appointment 919-968-2070

Provided by UNC Cardiology

Fee: FREE

**Seymour Center**

Date: May

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

Hillsborough Police Department  
127 North Churton St.  
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

Fee: FREE

**Chapel Hill Public Library**

# Chapel Hill (350250) Senior Striders University Mall Walking Program

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

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

**March 15**

**UNC Outpatient Oncology Dietitian  
Jennifer Spring, RD, CSO, LDN**

Good nutrition is important before, during, and after cancer treatment. The Outpatient Oncology Nutrition Program provides individual nutrition counseling from Jennifer Spring, RD, LDN. She will help you understand many of the common challenges related to treatment for and recovery from cancer.

**April 19**

**Diabetes and You  
Walgreens**

You can live an active, independent and vital life by carefully managing your diabetes. Managing the disease can become more difficult as people enter their 60s, 70s, and 80s. Come hear what the experts have to say about the challenges of aging and what you can do to overcome them.

**May 17**

**George Linney - Fleet Feet**

**Why Do Your Feet Hurt While Walking?**

All walkers are not the same and your shoes may only be appropriate for one fitness activity. These days there are a mind-numbing variety of shoes for every possible activity. Do walkers need different shoes for strolling vs. race-walking vs. hiking? Does it really matter? Come hear how Fleet Feet ensures that runners and walkers of all abilities (and ages) are fit with the proper footwear and technical apparel to meet their individual needs.

**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 Mall



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

## ORAL HEALTH EDUCATION SESSION

Second Year dental hygiene students from the UNC- School of dentistry will provide an educational session on the importance of maintaining good oral health. The changing oral health status of older adults has focused attention on the need to broaden oral health promotion and prevention activities. Good oral health can minimize oral disease and tooth loss. Please come and learn more about oral health care including topics on dry mouth, and the effects it can have on your teeth, the importance of denture care, whitening your teeth, and more. In addition toothbrushes will be given to those who attend the event. Everyone is welcome! Please contact Seymour Center at 919-968-2070 or Central Orange Senior Center at 919-245-2015 to register.

Fee: FREE

### Seymour Center

Wed, Apr 13 (352351-01)  
10 - 10:45 am

### Central Orange SC

Wed, April 13 (222250-01)  
10 - 10:45 am

## 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

Tues, Apr 5, 12, 19, 26 (332000-04)  
12 noon - 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 fea-

tures, 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-tingwhenyoureolder>

## 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 Tillet, Social Worker

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.**

## 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.

Facilitators: Myra Austin

and Becci Ritter

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 stretching 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

Instructor: Salli Benedict, MPH, certified fitness instructor and Latonya Brown, MHSA

Fee: FREE

**Seymour Center** (322001 - 06)  
Tues, Wed and Fri, Mar 1 - Apr 15  
1 - 2:15 pm

**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

### Central Orange SC

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  
Tues & Thurs (352008) 2:15 - 3:05 pm

## 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 Central Orange Senior 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.

♻️ - Indicates class is wheel chair accessible.

## ♻️ 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

### Central Orange SC

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)

### Central Orange SC

Wednesdays (252013-01)  
11:15 am - 12 noon

## **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 abdomens. 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

### **Seymour Center**

Tues & Fri, Mar 2 - Mar 29 (312001-01)  
12 noon - 1 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

### **Central Orange SC**

Mon & Thurs (252012-03, 04, 05)  
10 - 10:50 am

### **Seymour Center**

Tuesdays (352023-09)  
11 - 11:50 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 (donations encouraged)

### **Seymour Center**

Mon & Wed (352008) 10 - 10:50 am  
or

Tues & Thurs (352008) 2:15 - 3:05 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- 13, 14, 15)  
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 - 23, 24, 25)

2 - 2 :50 pm

Thursdays (352010 -29, 30, 31)

3:20 - 4:20 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 - 08, 09, 10)

9:30 - 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.**

**March 17**

## **UNC Hospital's Hillsborough Campus**

### **Monica Oliver, MBA - Hillsborough Hospital Administration**

The UNC Hospital Hillsborough Campus provides integrated, convenient and patient-centered care for our patients in Hillsborough and surrounding area. Come learn more about all the programs that are available for you and your family.

**April 21**

## **Diabetes and You Walgreens**

You can live an active, independent and vital life by carefully managing your diabetes. Managing the disease can become more difficult as people enter their 60s, 70s, and 80s. Come hear what the experts have to say about the challenges of aging and what you can do to overcome them.

**May 19**

## **George Linney - Fleet Feet**

### **Why Do Your Feet Hurt While Walking?**

All walkers are not the same and your shoes may only be appropriate for one fitness activity. These days there are a mind-numbing variety of shoes for every possible activity. Do walkers need different shoes for strolling vs. race-walking vs. hiking? Does it really matter? Come hear how Fleet Feet ensures that runners and walkers of all abilities (and ages) are fit with the proper footwear and technical apparel to meet their individual needs.

**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

### ♿ **SILVER SNEAKERS EXERCISE CLASS AND FITNESS ROOM ACCESS - NEW!**

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 Silver-Sneakers 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**

Tues & Fri 10:30-11:30 am

### ♿ **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 & Thurs (352021- 12, 13, 14) 10:40 - 11:35 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 & Thurs (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**  
Tues & Thurs (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)

#### **Central Orange SC**

Tues & Thurs (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

#### **Central Orange SC**

Mondays (252016-03, 04, 05) 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

#### **Central Orange SC**

Mondays (252008-03, 04, 05) 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 Pruet

Fee: FREE

#### **Seymour Center**

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

### **TAI CHI & FREE PRACTICE SESSION - FOR BEGINNERS**

This class is for seniors who would love to enhance their strength and balance. All seniors are encouraged to participate, and no prior knowledge is needed. We will start by teaching the 24-style. The instructors will donate all fees collected to the **Seymour Center** to support its daily operations. Participants are also welcomed to the free practices in the mornings as well. Instructor: Zhuofeng Tang

Interpreter: Chuhua Fan (Mandarin & English)

Fee: \$3 per session

#### **Seymour Center Fitness Studio**

(2nd floor)

Fridays, March - May (352004-04) 2 - 3 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

No classes March 23 - March 30. Classes resume April 1

No classes after May 13

### **WALKING - INDOORS**

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough

Fee: \$3 daily; \$15 - 6 months; \$25 annually

Central Recreation Center Gym  
Mon - Fri 8 - 9:30 am

### **WALKING - INDOORS**

Walk in the Central Orange Senior Center with friends.

Fee: FREE

#### **Central Orange SC**

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.

#### **Central Orange SC**

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 - 12, 13, 14) 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 in-

cluyen 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 Central Orange Senior Center.**

**SILVER SNEAKERS CLASS**

Fee: FREE for Silver Sneakers members.  
 Instructor: Alicia  
**Central Orange SC**  
 Mondays 11 - 11:45 am  
**Seymour Center**  
 Tues & Fri 10:30 - 11:30 am

**SILVER SNEAKERS CHAIR YOGA\*\***

Fee: FREE for SportsPlex members.  
 Instructor: Beth  
**Orange County SportsPlex**  
 Tuesdays 11 - 11:45 am

**SILVER SNEAKERS CARDIO**

Fee: FREE for SportsPlex members.  
 Instructor: Alicia  
**Central Orange SC**  
 Wednesdays 11 - 11:45 am

**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 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.

Scholarships will be granted, case-by-case, based on the federal poverty guidelines beginning with \$10,400 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 & Thurs: 8 am – 8:30 pm  
 Saturdays: 9 am – 5 pm

**Personal Trainer Staff Hours**

TBA  
 TBA  
 TBA

*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. All personal trainer sessions are by appointment only, made at the Seymour Center's front desk.

**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 Central Orange Senior Centers.

Private Insurance and Medicare accepted.

Call 919-624-0388 for an appointment at the Central Orange Senior 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.

**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 SilverSneakers facility. (To qualify, you must be a Medicare-eligible member of a health plan that offers the SilverSneakers 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. **Eligibility:** Orange County Residents age 55 and older are eligible to join.

**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 \$49 new membership fee is waived upon completion of the physical function screen and payment of the membership fee. Non-county residents, may join the SportsPlex at the following rates:

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.

**SILVER SNEAKERS STRENGTH (252014-02)**

Fee: FREE for SportsPlex members.

Instructor: Kathy

**Central Orange SC**

Fridays 11 - 11:45 am

**PACESETTER CLASS**

Fee: FREE for SportsPlex members.

**Central Orange SC**

Mon &amp; Wed 8:45 - 9:40 am

**\*\*Classes held at the OC SportsPlex****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

**Central Orange SC**

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 Thurs, Mar 3; Apr 7; May 5 (352502) 9:30 am - 1 pm

**"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.

**Central Orange SC**, 919- 245-2015

2nd &amp; 4th Wed, Mar 9, 23 (252502)

9 am - 4 pm

2nd &amp; 4th Wed, Apr 13, 27 (252502)

9 am - 4 pm

2nd &amp; 4th Wed, May 11, 25 (252 502)

9 am - 4 pm

**Seymour Center**, 919- 968-2070

1st &amp; 3rd Wed, Mar 2, 16 (352508)

9 am - 4 pm

1st &amp; 3rd Wed, Apr 6, 20 (352508)

9am - 4pm

1st &amp; 3rd Wed, May 4, 18 (352508)

9 am - 4 pm

2nd Wed, Mar 9; Apr 13; May 11 (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 Central Orange Senior 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 Central Orange Senior 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 Nancy Alton BS /ACE Certified Personal Trainer and Senior Specialist. Nancy also specializes in one on one balance training. Additional private sessions are available for \$25 per 1hr 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**

Mondays - dates vary/month (353595)

Call for times

**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 CENTRAL ORANGE SENIOR 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 Central Orange SC **for an appointment** and to receive your forms.

Fee: FREE

**Central Orange SC**

Fri, Mar 11, 18; Apr 8, 15; May 13, 20 (252503)

9 am - 4 pm

**Seymour Center**

Fri, Mar 4; Apr 1; May 6 (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

Fee: 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.

**Central Orange SC**

Last Mondays (252513)

9 am - 2 pm

**Seymour Center**

Fridays (352541)

1 - 3 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 (352515)

9 am - 2 pm

Tues &amp; Thurs 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.

**Central Orange SC**

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 Wednesdays (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.

## 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: Mar 12; Apr 9; May 14 (352047)  
9 - 10:30 am

**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.

**Central Orange SC**

Tuesdays (257000-1) 11 am - 12 noon  
(Weigh-in: 10:30 am in the Wellness Room)

## SUPPORT GROUPS

**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.

**Central Orange SC** (255005-1)

1st Tues, Mar 1; Apr 5; May 3 4 - 5:30 pm

**Seymour Center** (352755)

2nd & 4th Fri, Mar 11, 25; Apr 8, 22; May 13, 27  
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 Tues, Mar 1; Apr 5; May 3 10 am

**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 Tues, Mar 29; Apr 26; May 31  
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)

**Central Orange SC** (255012-01)

3rd Mon, Mar 21; Apr 18; May 16  
1 - 2:30 pm

**Seymour Center** (357009)

4th Tues, Mar 22; Apr 26; May 24  
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 Tues, Mar 1; Apr 5; May 3  
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**

1st Tues, Mar 1; Apr 5; May 3  
1:30 - 3 pm

**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.

**Central Orange SC** (255004-1)

4th Wed, Mar 23; Apr 27; May 25  
11:15 am - 12:30 pm

**Seymour Center** (352879)

1st Tues, Mar 1; Apr 5; May 3  
1:30 - 3 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, Apr 30 11:30 am - 1:30 pm

**STROKE SUPPORT GROUP**

Contact Kelly O'Brien at 919-966-2029  
**UNC Wellness Center @ Meadowmont**  
2nd Wed, Mar 9; Apr 13; May 11 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

**Spring 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, and Picasa Essentials.

**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.

**Schedule:** Full courses run 12-16 hours, with 2 two-hour classes a week for 3-4 weeks. Workshops vary from 1 to 3 sessions. Seminars are 1 session and are always free. See the table that follows.

**Instruction:** Many classes allow a maximum of 9 students, each 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 of-

fering 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 Tim Miles at 919-969-3032 (x228), or [ocdisabilityawareness@gmail.com](mailto:ocdisabilityawareness@gmail.com) for further information.

## SPRING 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 efforts, things can go wrong. You need to 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 Microsoft Defender and give you some easy-to-do computer backup alternatives. **FREE Seminar - Please enroll to save your seat.**

**Everything Google -** Google offers lots of free, web-based apps along with the free space for storing the files we create or upload. In this workshop, 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

## SPRING COURSE SCHEDULE \*

COURSE	FEB	MAR	APR	MAY
Podcasting 101 Workshop		✓		
Intro to Android Smartphones & Tablets (C-5 sessions)	✓			
Introduction to Windows 10 (S - 1 session)	✓			
Open Computer Lab (S - 1 session)	✓	✓		
File Management (W - 2 sessions)	✓			
Computer Security & Backup Seminar (S - 1 session)	✓			
Skype (W - 1 session)		✓		
Everything Google (W - 1 session)		✓		
Introduction to Word Processing (W - 3 sessions)		✓		
Picasa Essentials (C - 8 sessions)		✓		
iPhone, iPad & iPod Touch-Vision Impaired (C - 5 sessions)		✓		
Introduction to iPad & iPhone (W - 2 sessions)		✓		
Windows 10 (W -1 session)		✓		
Photo Gallery for Windows (W - 2 sessions)			✓	
Introduction to Ancestry.Com (W - 2 sessions)			✓	
Pinterest.Com (W - 1 session)			✓	
Introduction to Your Mac & OS X (W - 3 sessions)				✓

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

### February

Introduction to Android Smartphones & Tablets (359040-05)	Fri (Feb 5 to Mar 4)	1-3 pm
Introduction to Windows 10 (359052-10)	Fri (Feb 12)	9-11 am
Open Computer Lab (359038-01)	Mon (Feb 22)	9-Noon
File Management (359001-07)	Tues & Thurs (Feb 23 & 25)	9-11 am
Computer Security & Backup (359035-09)	Fri (Feb 26)	9-11 am

### March

Skype (359004-06)	Fri (Mar 4)	9-11 am
Everything Google (359006-08)	Mon (Mar 7)	9-11 am
Windows 10 (359052-02)	Mon (Mar 7)	1-4 pm
Introduction to Word Processing (359033-06)	Tues, Thurs & Tues (Mar 8, 10 & 15)	1-3 pm
Podcasting 101 Workshop (359041-01)	Wed (Mar 9)	1-3 pm
Picasa Essentials: Org., Edit & Share Photos (359055-07)	Mon & Wed (Mar 14 to Apr 6)	9-11 am
iPhone, iPad & iPod Touch for the Blind (359050-08)	Mon, Wed & Fri (Mar 14 to 23)	1-3 pm
Introduction to iPad & iPhone (359050-11)	Mon, Wed & Fri (Mar 28 to Apr 1)	1-3 pm
Open Computer Lab (359038-02)	Tues (Mar 29)	1-4 pm

### April

Photo Gallery for Windows (359034-05)	Mon & Wed (Apr 11 & 13)	1-3 pm
Introduction to Ancestry.Com (359031-04)	Tues & Thurs (Apr 12 & 14)	1-3 pm
Pinterest.Com (359036-04)	Fri (Apr 15)	1-3 pm

### May

Introduction to Your Mac & OS X (359030-05)	Tues (May 3, 10 & 17)	1-3 pm
---	-----------------------	--------

## REGISTRATION FEES

**Class fees: 10 to 16 hour Courses - \$25; 2 to 6 hour Workshops - \$15; 2 to 3 hour 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.*

and Edge a new web browser (Internet Explorer is still available).

**Class fee \$25.**

**File Management** - This workshop 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 workshop 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 and Tablets** - This 5-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 and alarms. We'll use the camera for photos and videos. And, we'll show you how to find free and 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' "Time-line", "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 Windows 10 Seminar** - Windows 10 is a free and easy upgrade for most XP, Vista, Windows 7 and Windows 8 users. You will soon find Windows 10 very familiar but more-productive than your current Windows. Come to this free seminar and watch our instructors show you what's new, what's better, and what's very familiar. We will answer all your questions - such as how long does the upgrade process take and what are the most radical changes? We'll demonstrate lots of cool, new features - like Cortana, your personal assistant, and Edge, the new Microsoft browser. **FREE Seminar - Please enroll to save your seat.**

**Introduction to Word Processing** - This 3-session workshop 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 workshop 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), 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. **FREE Seminar - Please enroll to save your seat.**

**Photo Gallery for Windows** - This 2-session workshop 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: Organizing, Editing & Sharing Photos using Picasa 3** - You will learn to install Picasa, the free PC program from Google, and organize, edit and share your digital photos. In class, you will download your photos from your camera to a computer. You will learn how to get all your photos organized into folders. 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 create slide shows and collages. You will create your own web albums, order prints online and share your photos with your friends. **Prerequisites:** Students must have a digital camera and have a working knowledge of Windows. **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** 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.**

**Podcasting 101 Workshop** - Podcasts are usually audio recordings posted to a web site and often enhanced with photos or videos. This workshop brings podcasting essentials to the Seymour Tech Center. Inspired by Ben Wikler's local presentation on his commercial podcast, <http://TheGoodFight.fm>, we have several types of recorders and other technology to introduce to you and allow you to record your story and create your own podcasts in pairs or small groups. More details on prior versions of this workshop may be found here: [bit.ly/nct4g-pod101](http://bit.ly/nct4g-pod101) or here: [trello.com/c/Wx4QF552](http://trello.com/c/Wx4QF552). No fee, please sign up to hold a space for you! If you have a digital recorder with a computer interface, you are welcome to bring it to the workshop! **Class fee is FREE.**

**Prepare Your Taxes Using TurboTax Software** is a two-session course that teaches you to use the current tax year version of the popular TurboTax software program to prepare and file your federal and North Carolina state income tax returns. Using a practice problem, you will focus on how to enter your income and deductions, how to check for errors, how to finalize the return, and how to use the electronic filing features of TurboTax. You will also learn how to import tax data from such financial software programs as Quick- and from brokerage firms and other financial institutions. **Prerequisites:** Students should have completed Computer Fundamentals or equivalent, be familiar with using a mouse, and have some confidence using a computer. **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 landline 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 workshop 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:

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

**smartphones:** install the app from the app store. 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**

**New! Windows 10 Workshop:** This 3-hour workshop 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 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 like 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 Central Orange Senior 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

#### Central Orange SC

Session I: Tues, Mar 1 - 22

(254008-03) 2 - 3:30 pm

Session II: Tues, Mar 29 - Apr 19

(254008-04) 2 - 3:30 pm

Session III: Tues, Apr 26 - May 17

(254008-05) 2 - 3:30 pm

### ART PARTY!

Artist Louise Omoto Kessel offers this

creative intergenerational workshop with Grandparents and Grandchildren in mind! Bring your grandchild to the art studio and enter an environment for creativity and shared exploration! This workshop is for children 2 - 8 years old. There will be several activities to choose from and you and your special child will be able to spend as much time as you like on each one. Examples of activities might be: finger painting, making parachutes or marble mazes, Eric Carle inspired collages, printmaking, play dough creations, sock puppets and so much more! A wonderful shared experience for you and a special child— all materials provided, and Louise will clean up the big mess! Louise Omoto Kessel is a professional storyteller and artist who is also the program director at Clapping Hands Farm in Pittsboro, NC. To learn more, visit her website at [ClappingHandsFarm.com](http://ClappingHandsFarm.com). Space is limited to 8 adults and 8 children. 4 pair minimum. 8 pair maximum. Workshops include materials. Register early by calling 919-968-2070 to enroll in this class today!

Instructor: Louise Omoto Kessel

Fee: \$25 per pair (adult and child together) per Saturday or \$50 per pair for both Saturdays

#### Seymour Center

Sat, Mar 12 (323052-01)

10am-12 noon

Sat, Apr 9 (323052-02)

10am- 12 noon

### 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.

#### Central Orange SC

Fridays (254009-01) 10 am - 1 pm

#### Seymour Center

Most Wednesday and Thursday afternoons (357061) 1 - 5 pm

### 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

#### Central Orange SC

Session I: Mon, Mar 7 - 28

(254021-03)

6 - 8 pm

Session II: Mon, Apr 4 - 25

(254021-04)

6 - 8 pm

Session III: Mon, May 2 - 23

(254021-05)

6 - 8 pm

### 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

#### Seymour Center

Session I: Tues, Mar 8 - Apr 26

(8 weeks) (354007-03) 2 - 4 pm

Session II: Tues, May 10 - Jun 28

(8 weeks) (354007-04)

### 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)

9:15 - 10:45 am

### CREATIVE CONNECTION: ART MAKING IN COMMUNITY

No judgment, no expectations, and no experience needed. Form new relationships and strengthen existing ones in this community-minded art making experience. Participants will have the opportunity to work collaboratively to make art and express themselves in new ways. Experience the process of art making as meaningful and exciting. Maximum: 15 participants

Instructor: Erika Hamlet, Art Therapist

Fee: \$8 per session (includes materials)

#### Seymour Center

Wednesdays (354076)

3 - 4 pm

### 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)

#### Central Orange SC

Session I: Mon or Wed, Mar 7 - Apr 6

(254014-03) 3 - 5 pm

Session II: Mon or Wed, Apr 11 - May 11

(254014-04) 3 - 5 pm

Session III: Mon or Wed, May 16 - Jun 15

(254014-05) 3 - 5 pm

#### Seymour Center

Session I: Mon or Fri, Mar 7 - Apr 8

(354002-12) 10 am - 12 noon

Session II: Mon or Fri, Apr 11 - May 13

(354002-13) 10 am - 12 noon

Session III: Mon or Fri, May 16 - Jun 17

(354002-01) 10 am - 12 noon

### NEW! PAINTING FROM THE INSIDE - OUT

Using techniques employed in art therapy and meditation we will paint intuitively. Tapping into memories and the subconscious we will construct scrolls, create collage and mixed media paintings that echo our lives, express feelings and communicate meaning. In this 6 week class we embrace all styles, all media, exploring poetry, archetypes, diaries and personal photographs to document our journey to personal enlightenment and free expression. Register by Thurs, Mar 10.

Instructor: Sally Pillsbury

Fee: \$75 per 6 week session + \$25 materials fee payable to instructor

#### Seymour Center

Thurs, Mar 17 - Apr 21 (324027-01)

1 - 2:30 pm

### PASTEL PAINTING

Join Kim Werfel and learn about painting in Soft Pastels. Beginners will work with Kim in doing a project together from a photo. Kim will assist more advanced students in working on their own independent projects. Kim has a BFA and MS in Art Education, and has taught in public and private schools as well as workshops. She's a member of the Pastel Society of NC and is on the Chatham County Studio Tour. See her website at [www.kimwerfel.com](http://www.kimwerfel.com). Minimum: 4 students

Fee: \$75 (5 weeks)

#### Seymour Center

Session I: Mon, Feb 29 - Mar 28

(353051-06) 1 - 3 pm

Session II: Mon, Apr 4 - May 2

(353051-07) 1 - 3 pm

### NEW! PROCESS PAINTING

In this class, participants will be guided and encouraged by Erika to create a

"process painting." Process painting is a technique that allows a painting that continues to change, similar to stream of consciousness in painting form. This style of painting encourages self-exploration and trusting one's choices and artistic preferences without self-judgment. Initially instructions will help each person lay a base that will be layered, built up, and we will document the paintings week by week to see the changes. You'll be amazed at the changes in your painting! Bring paints of your choice for canvases: acrylic and/or tempera (oil is not suggested).

A stretched square canvas will be provided (square canvas encourages you to change the orientation of the painting).

Instructor: Erika Hamlett, Art Therapist  
Fee: \$70 + one time material fee of \$15 payable to Erika Hamlett

**Seymour Center**  
Tues, Mar 1 - 22 (324025-01)  
3 - 4:30 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

**Central Orange SC**  
Fee: \$50 (5 weeks)

Session I: Thurs, Mar 3 - 31  
(254010-03) 1:30 - 3:30 pm  
Session II: Thurs, Apr 14 - May 12  
(254010-04) 1:30 - 3:30 pm

### WATERCOLOR ART CLASSES

Whether you are a beginner or an accomplished artist, you will learn how, and complete, a beautiful, ready-to-frame painting on your own. Two sessions will be offered this period. In the first session, French Village, you will learn the principles of composition that will enable you to create your own original painting. In the second session, Onions and Mushrooms, you will learn to paint a beautiful painting, while learning to master control of watercolor paints. If you want the instructor to provide all of your materials, the \$35 fee should be paid directly to her.

Instructor: Carol Fynn  
Fee: \$60 for 4 week class, plus optional \$35 materials fee.

**Seymour Center**  
Wed, Feb 24 - Mar 16 (354010-10)  
9 am - 12 noon

### 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

### Central Orange SC

Session I: Thurs, Mar 3 - 24  
(254022-03) 9 - 11 am  
Session II: Thurs, Mar 31 - Apr 21  
(254022-04) 9 - 11 am  
Session III: Thurs, Apr 28 - May 19  
(254022-05) 9 - 11 am

Or

Session I: Thurs, Mar 17 - Apr 7  
(254039-03) 5:30 - 7:30 pm  
Session II: Thurs, Apr 14 - May 5  
(254039-04) 5:30 - 7:30 pm  
Session III: Thurs, May 12 - Jun 2  
(254039-05) 5:30 - 7:30 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 **Central Orange Senior Center** in Hillsborough at 919-245-2015.

### 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

**Central Orange SC**  
Session I: Fri, Mar 4 - Apr 1 2 - 5 pm  
(No class Mar 25) (254023-03)  
Session II: Fri, Apr 8 - May 6 2 - 5 pm  
(No class Apr 15) (254023-04)  
Session III: Fri, May 13 - Jun 3 2 - 5 pm  
(254023-05)

### 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 out and have a great time as well. All materials are provided. Make sure you wear old clothin. 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 Thurs. Mar 10.

Instructors: Susan Laswell and Sarah Corcoran

Fee: \$25 (materials included in fee)

**Seymour Center**  
Sat, Apr 2 (324033-01) 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 [ityler@orangecountync.gov](mailto:ityler@orangecountync.gov)

### Seymour Center

1st & 3rd Mon (356004) 11 am - 1 pm

### BUSY BEADERS OF CENTRAL ORANGE - 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)

### Central Orange SC

Fridays (244005) 3 - 5 pm

### CARDS OF COMPASSION: COMMUNITY CONNECTION

Come drop in and make a card with care and pass along some joy and compassion to fellow community members. This time the **Seymour Center** is connecting via cards of compassion with the Church World Service in Durham. They welcome refugees and immigrants from around the world into lives of freedom, hope, and opportunity in the Triangle by connecting them with community resources and social services.

Please, take a few minutes to share some love in the form of a hand-made card that will be given to one of the individuals or families that CWS helps. The moments you take to make a card will provide a timeless gift from the heart that will bring a boost to the recipient!

Instructor: Erika Hamlett, Art Therapist

Fee: FREE

### Seymour Center

Sat, Mar 12 (313047-02) 9 am - 12 noon

### CENTRAL ORANGE CARVERS (WOOD-CARVING)

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

### Central Orange SC

Wednesdays (254033-01) 1 - 4 pm or  
Wednesdays (254033-02) 6 - 7:30 pm

### CENTRAL ORANGE CARVERS - INTARSIA WOODCARVING

The woodcarving class is extending its time and introducing a new art, Intarsia. Intarsia is 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)

### Central Orange SC

Wednesdays (254033-01) 1 - 4 pm

### CENTRAL ORANGE 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

### Central Orange SC

Tuesdays (257011-1) 10 am - 2 pm

### COLORFUL COASTERS

Slide into summer with some fun, colorful coasters. These are sure to brighten up any table. With only using paper and modge podge, they are fun and easy to make! Limited to 12 participants so don't miss out. Register by Mon, Apr 25.

Instructor: Allie Tate

Fee: FREE

### Seymour Center

Mon, May 2 (324030-01) 1 - 3 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)

### Central Orange SC

Thursdays (254034) 9 am - 12 noon

### Seymour Center

Jewelry Making  
Tuesdays (354018) 10:30 am - 3:30 pm

### DIY (DO IT YOURSELF) LET'S MAKE GENTLE BODY SCRUB

Please join us as we make a gentle, organic body scrub to use for you or give as a gift. This scrub smells wonderful while leaving your skin soft, smooth, and blemish free. You will need to bring a small decorative jar with a lid (pint or half-pint) to put your finished product in. This event is limited to 8 participants, so please register by Fri, Apr 29.

Instructor: Jerri Gale

Fee: FREE

### Seymour Center

Wed, May 11 (324022-01) 10- 11 am

**FABRIC MANDALA COLLAGE**

Back by popular demand! Come join in on this dynamic combination of art making processes including fibers, beading, decorating, collage, and painting. Mandala is a word for using a basic circle to create art. We will be using the mandala in a mindful way to focus on the present moment and to be fully engaged in the art making. Vibrant and varied patterned cloths, embroidery thread, needles, beads, and buttons will be provided. You are welcome to bring any scraps of cloth you've been trying to get rid of or find a meaningful way of working it into your piece. Basic and intermediate hand sewing techniques will be offered, but sewing will not be required as there are other methods of fabric collage (will be demonstrated in class). Please register by Mon, Mar 28. Instructor: Erika Hamlett, Art Therapist Fee: \$65 (4 weeks) + one time material fee of \$15 payable to Erika Hamlett at first class

**Seymour Center**

Mon, Apr 4 -25 (314029-02) 1 - 3 pm

**FUSED GLASS JEWELRY & OTHER ARTWORK**

Many things can be made with fused glass. You can make jewelry such as ear rings, 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 in 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: Listed below per session, + \$40 material fee payable to instructor at the first class of each session.

Fee: \$40 (4 weeks) + materials

**Central Orange SC**

Session I: Thurs, Mar 10 - 31  
(254020-03) 4 - 5:30 pm

Session II: Thurs, Apr 7 - 28  
(254020-04) 4 - 5:30 pm

Session III: Thurs, May 5 - 26  
(254020-05) 4 - 5:30 pm

Or

Session I: Wed, Mar 9 - 30  
(244006-03) 5:30 - 7 pm

Session II: Wed, Apr 6 - 27  
(244006-04) 5:30 - 7 pm

Session III: Wed, May 4 - 25  
(244006-05) 5:30 - 7 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](mailto:preading@gmail.com) for information on the materials you'll need.

Fee: \$75, plus materials fee per session.

**Seymour Center**

Sat & Sun, Apr 9 & 10; Jun 11 & 12  
(353050-15) 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.

Fee: FREE

**Seymour Center**

1st & 3rd Thurs, Mar 3, 17; Apr 7, 21;  
May 5, 19 (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)

**Central Orange SC**

Wednesdays (234000-01) 9 - 11 am

**MOSAIC MADNESS**

Create design and pattern using materials such as ceramic tile, colored glass, and found objects. Mosaic is an ancient art technique that has been used throughout time on flat surfaces such as floors and on 3-dimensional objects. Participants will have the choice of 2 or 3 dimensional. If you want to work on a 3D object or have an object in mind, please bring it in (things such as vases, platters, picture frames, mirrors - use your imagination!) The class will cover the basics of how-to-mosaic. A handout will be provided so don't worry about taking notes! We will discuss and problem-solve around different surfaces, techniques, adhesives, and grout options! Some ceramics pieces, glass, and found objects, adhesive/caulk, and grout will be provided. Please register by Wed, Mar 2 for all 3.

Instructor: Erika Hamlett, MA

Fee: \$65 + \$20 one time material fee payable to Erika Hamlett at the first class

4 sessions (two Friday/Saturday combo) 2 hours/session

**Seymour Center**

Fri, Sat: Apr 1 - 9 (314026-01)

**ORIGAMI WITH KIRA**

Origami, or, "the art of paper folding", is a flexible and expressive craft that anyone can learn. Origami can be used to make several decorations, gifts, or useful and everyday items. Everyone is welcome, so come learn to make pretty and unique crafts! Classes will range from basic to advance. Materials will be provided. Please register by Fri, Mar 18.

Instructor: Kira Taylor

Fee: FREE

**Seymour Center**

Sat, Mar 5; Apr 2; May 7 (324035-01)  
10 - 11:30 am

**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 Nancy Cable at 919-968-4228.

Fee: FREE

**Seymour Center**

Mondays (354024) 10 am - 12 noon

**WIND CHIMES**

March winds and spring air, plus a beautiful sound of wind chimes in the air. Come create your own with colorful beads. Class is limited

Instructor: Helen Frederick

FEE: \$5 (payable to the instructor)

**Central Orange SC**

Fri, Apr 8 (244017-01) 1 - 3 pm

**Seymour Center**

Fri, Mar 18 (324023-01) 1 - 3 pm

**POTTERY CLASSES**

**Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.)** by calling the **Central Orange Senior 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: Pip Merrick

Fee: \$65

**Central Orange SC**

Session I: Mon, Mar 14 - Apr 11

(No class Mar 28)

(254018-03) 12:30 - 2:30 pm

Session II: Mon, Apr 18 - May 9

(254018-04) 12:30 - 2:30 pm

**OPEN POTTERY (for current pottery students only)**

Mondays 10 am - 12:30 pm

**Central Orange SC****BRIDGE AND OTHER GAMES****BRIDGE CLASSES****BEGINNING BRIDGE: DEFENSE IN THE 21ST CENTURY**

**Defense** focuses on the role of the defenders during the play of the hand, although students also review bidding and declarer play. This class presents solid knowledge of basic defense to the new bridge player. It also provides former players a chance to review and improve defensive techniques in the most modern Standard American bidding system. Each lesson develops in a logical and progressive fashion with lots of hands on practice. Defenders communicate with their cards in a logical and purposeful fashion. One need not have a partner for the class, but class size is limited.

Student text is *Defense in the 21st Century* which is available through Amazon or Baron Barclay. Further questions may be directed to [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com). To register please call 919-968-2070

Instructor: Valerie Roberts, Certified Bridge Teacher and Director.

**Seymour Center**

Fee: \$125 (9 weeks)

Tues, Mar 15 - May 10 (354070-03)

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.

**Central Orange SC**

Mon & Wed (257004) 1 - 4 pm

**DUPLICATE BRIDGE - Note New Day!**

Friday Afternoon Duplicate Bridge game director, Linda Harris, offers this new Duplicate Bridge game. Newcomers up to 199ers are invited to play bridge every Friday afternoon. Friendly 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 or call 919-414-6716 if you have questions.

Supported by The Learning Spot Bridge Club, and Jeff Boak, 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 with a group that has been playing for more than 20 years. 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  
Saturdays (Bring your lunch)  
10 am - 1:45 pm

## OTHER GAMES

### CANASTA

Leader: June Weatherley, 919-918-3542

**Seymour Center**  
Thursdays (351013) 1 - 4 pm

### DOMINOES

Join us for a morning of dominoes and other games.

**Central Orange SC**  
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.

**Central Orange SC**  
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.

**Central Orange SC**  
Mon - Fri (251017) 1 - 4 pm

### MAH JONG

This ancient Chinese game is challenging and fun.

**Central Orange SC**  
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  
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.

**Central Orange SC**  
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.

**Central Orange SC**  
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.

**Central Orange SC**  
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**  
Tues - Fri (351010) 2 - 5 pm

## EDUCATIONAL OPPORTUNITIES

**Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.)** by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Central Orange Senior Center** in Hillsborough at 919-245-2015.

### AARP SMART DRIVER COURSE

The AARP Smart Driver Safety course is the nation's largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive today's roads safely so they can stay independent for many years to come. 97% of those who take it change at least one driving behavior. And the best part - there are no tests! Just useful information to stay safe on the road.

This course is designed to help you: Update driving skills and your knowledge of the rules and hazards of the road; Learn about normal age-related physical changes and how to adjust your driving to compensate; Reduce your chances for traffic violations, accidents and chances for injuries; and Get an insurance discount. Auto insurance companies in most states provide a multi-year discount to AARP graduates! Restrictions may apply per state.

Highlights of the course: The AARP Smart Driver Safety course is packed with useful information you can use immediately, including: How to maintain a proper following distance; the safest way to change lanes and make turns at intersections; the effects of medications on driving; and reducing driver distractions such as eating, smoking and cell phone use. **Please bring a bag lunch and tea will be provided.** Register for this course by Mon, Mar 7, by calling 919-245-2015 for Central Orange SC and Thurs, Mar 31, by calling 919-968-2070 for Seymour Center.

Fee: \$15 for AARP members, \$20 for non-members

Instructor: Ava Bailey  
**Central Orange SC**  
Mon, Mar 14 (214002-01) 9:30 am - 2:30 pm

**Seymour Center**  
Thurs, Apr 7 (324005-04) 9:30 am - 2:30 pm

### AGING IN COMMUNITY: PLANNING FOR OUR FUTURE

See page 7 for details  
**Seymour Center**  
Thurs, Mar 3 7-8:30 pm

### AGING IN COMMUNITY

See page 11 for details  
**Seymour Center**  
Thurs, May 19 7-8:30 pm

### 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 monthly 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,

让大家能够更轻松更舒适的生活在美国!

Facilitator: Zhenzhen Yu

Fee: FREE

**Seymour Center**  
Thurs, Mar 17; Apr 21; May 19 (357152-01) 10 - 11 am

### COGNITIVE AGING (HOW THE BRAIN WORKS)

See page 7 for details

**Seymour Center**  
Wed, Mar 2 4-5 pm

### COMPOSTING: NOT JUST ANY OLD WORM!

Demonstration and discussion of Vermicomposting using Eisenia Foetida, alias red wigglers, manure worms, tiger worms, English red worm, stripped worm, dung worm, stink worm, fish worm, brandling worm, apple pomace worm, etc. Explore a novel way to deal with carbon based garbage which bypasses garbage disposals (bad for the water system), garbage trucks (costly service) and landfills (filling up fast). Meet some of the most elemental of the world's creatures that are suitable as fishing companions, maintenance free pets, living garbage disposal systems, and producers of the highest quality organic fertilizer. Learn about their simple needs and advantages.

Presenter: Ruth Baker, Master Gardener  
Fee: FREE

**Seymour Center**  
Mon, Apr 4 (313048-01) 2 -3 pm

### GETTING YOUR DUCKS IN A ROW - RIGHTSIZING, FINAL EXPENSES, AND HEALTH DIRECTIVES

Join senior Move Management, NurseCare of North Carolina, and American Senior Benefits and learn about the different options available to you. Changes in life are inevitable, but they don't have to be stressful. Downsizing and decluttering can be overwhelming and sometimes you may not even know where to begin. Learn strategies to begin the pro-

cess from specialist Jeannie Alwood, with Senior Move management. She will speak about "Rightsizing" and how to get your mind around living in a smaller space.

**Speaker: Jennie Alwood, Move Management**

Navigating the aging process can be overwhelming, confusing and challenging for retirees and their families. When was the last time you looked at your life insurance papers? Making sure you have the proper Final Expense insurance and the right coverage will be discussed, along with Medicare Supplements, and risk-free Fixed Index Annuities as a way to secure your future as you age.

**Speaker: Jodi Biewen, American Senior Benefits**

When is it time for Home Health care? Learn about the various options for care assistance, including med management, assistance with daily living, companion care as well as, Living Wills and End of Life Directives will be discussed.

**Speaker: Ari Medoff, Nursecare of North Carolina**

**Last day to register is one week prior to each session. All speakers will be at each session.**

**Central Orange SC**

Mon, Mar 14 (223025-01) 10 - 11 am  
Thurs, Apr 14 (223025-02) 6:30 - 7:30 pm

**HEALTHY LIVING SERIES: YOUR PASSPORT TO GOOD HEALTH**

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

Mar 8 Avoid Being Scammed  
Apr 12 Laughter is the Best Medicine  
May 10 Safety at Home  
Jun 14 Healthy Snacks  
Jul 12 Hydration  
Fee: FREE

**Seymour Center**

2nd Tues, Mar 8; Apr 12; May 10; Jun 14; Jul 12 (314107) 2 - 3 pm

**INTRODUCTION TO HOSPICE VOLUNTEER PROGRAM**

This is a one-hour offering for anyone who is interested! The facilitator will give an introduction on the volunteer program with Hospice & Palliative Care Center of Alamance-Caswell (serves Orange County, too). It will include an introduction and information on the volunteer training that will be held at a later date. Please register by Fri, Apr 29.

Facilitators: Alice Ray & Zhenzhen Yu  
Fee: FREE

**Seymour Center**

Wed, Mar 23 (324029-01) 10 - 11 am (Mandarin-speakers only)  
(324029-02) 1 - 2 pm (English-speakers)

**JOB OUTREACH FOR SENIORS PRESENTATION WITH ARC OF THE TRIANGLE**

Do you have a few hours a week to spend supporting people in the community?

Want to get paid to do it? Then come to an employment session with The Arc of the Triangle! The Arc of the Triangle partners with people with intellectual and developmental disabilities and their families to help them achieve their life goals. They are hiring for a variety of part-time positions in the Chapel Hill/Orange County areas. There are various start times, various shift lengths and various days of the week needed. We pay from \$9 - 11/hour based on experience. Must have a car with valid license and auto insurance. Come to our presentation to learn more. Please register by Fri, Apr 2.

Presenters: Eileen Patrick and Karen Warner

Fee: FREE

**Seymour Center**

Fri, May 6 (323333-01) 1 - 2:30 pm

**LAUGH WITH LIZA**

If you enjoyed Emily's Laughology last fall, you will definitely enjoy Liza's continuation this spring! 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. Suggested donation for the class is \$5, but don't let that stop you from attending—laughter really is the best medicine and we want to make sure all have access to its unique powers! Please register by Wed, Mar 9. Instructor: Liza Engstrom, MPH

Fee: \$5 (donation box will be available)

**Seymour Center**

Wed, Mar 16; Apr 13; May 19  
(324032-01) 2 - 2:45 pm

**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. Facilitators: Shannon Pointer & Zhenzhen Yu

Fee: FREE

**Seymour Center**

Wed, Mar 9 (324028-01) 10 - 11 am (Mandarin-speakers only)  
(324028-02) 1 - 2 pm (English-speakers)

**MOVING MADE EASY**

Moving can be life changing at any age, but it doesn't have to be difficult or hectic. Many people do not understand the difference between hiring a senior move management company or a local moving company. A standard moving company moves furniture and belongings. A senior move manager moves you and everything about you, past and present. Home to Home is a completely 'a la carte' moving company with many optional services. Our specialty is customer service and attention to the smallest detail in a move.

Take time now to get educated on all the options that we make available to you. Home to Home is certified, licensed, bonded and fully insured. There will be neat giveaways, so don't miss out!

Register by Thurs, Mar 31.  
Presenter: Jos Jansen, IMBA, CSMM  
Fee: FREE

**Seymour Center**

Thurs, Apr 7 (323043-01) 2 - 3 pm

**PEDESTRIAN SAFETY**

How much do you know about crossing streets safely? How can you be more visible to car drivers? We need to be smart pedestrians to stay alive. Come to this class for a refresher on "proper foot wear"; using your senses to be alert to approaching drivers; and what clothing to wear to stand out while walking. There will be prizes for participation in this class. Register by Tues, Apr. 5th for Seymour by calling 919-968-2070.

Instructor: Lisa Berley, Transportation Specialist  
Fee: FREE

**Central Orange SC**

Wed, May 11 (233030-81)

10:30 - 11:30 am

**Seymour Center**

Tues, Apr 12 (323047-01)  
10 - 11 am

**TED TALKS AT SEYMOUR**

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a nonprofit, nonpartisan foundation. Its agenda is to make great ideas accessible and spark conversation. Topics are created and made available for use by TED. Join us as we dive into TED Talks at Seymour including a 15 minute video/talk and follow up discussions led by Emily Gordon. Please register for each session. Facilitator: Emily Gordon  
Fee: FREE

**Seymour Center**

3rd Mon, Mar 21; Apr 18; May 16 (353020) 2 - 3 pm

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

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

**Mon, Apr 18 - Nature. Beauty. Gratitude. Louie Schwartzberg, Filmmaker**

Nature's beauty can be fleeting — but not through Louie Schwartzberg's lens. His stunning time-lapse photography, accompanied by powerful words from Benedictine monk Brother David Steindl-Rast, serves as a meditation on being grateful for every day.

**Mon, May 16 - How Young Blood Might Help Reverse Aging - Yes, Really, Tony Wyss-Coray, Brain Scientist**

Tony Wyss-Coray studies the impact of aging on the human body and brain. In this eye-opening talk, he shares new research from his Stanford lab and other teams which show that a solution for some of the less great aspects of old age might actually lie within us all.

**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

**Central Orange SC**

2nd & 4th Thurs (257002-1)  
3 - 5:30 pm

## THE CLASS OF 1861: CUSTER, AMES, AND THEIR CLASSMATES AFTER WEST POINT

Come spend an afternoon of discussion and dessert with author, Ralph Kirshner, as he provides a richly illustrated forum that enables the West Point class of 1861 to write its own autobiography. Through letters, journals and published accounts, George Armstrong Custer, Adelbert Ames, and their classmates tell in their own words about their Civil War battles and varied careers after the war. The Class of 1861, features 83 photographs, includes a foreword by George Plimpton about a connection between his great-grandfather, Adlebert Ames, Reconstruction governor of Mississippi and the last surviving Civil War general, and President John F Kennedy. *Military History of the West*, quotes, "For anyone interested in late-nineteenth-century history or in the effect war has on men's lives, The Class of 1861 should not be missed." Kirshner is also a contributor to the *Dictionary of American Biography* and the *American National Biography*, has worked as a librarian in Maine, New York and Wyoming and currently lives in Chapel Hill. Copies of books will be available for purchase. Registration is required. Please register before or by Thurs, Apr 21.

Presenter: Ralph Kirshner  
Fee: FREE

**Seymour Center**  
Thurs, Apr 28 (314104) 2 - 3:30 pm

## THE "UP-SIDE" OF "DOWN-SIZING" MAKING ROOM FOR YOUR LIFE

If you are like many of us, you accumulate clutter or hold onto things that you no longer need or can use. This workshop can help you evaluate and assess the future use of your belongings. We will explore steps to collect, sort, de-clutter and finally, sell or dispose of unwanted items. This process should generally be done over time, especially if you are considering a major lifestyle change or an upcoming move. Let the challenge become an opportunity to create a new environment that is simplified and more spacious, including your most treasured items, while leaving room for the future!!! Please register by Sat, Mar 12.

Instructor: Sally Pillsbury  
Fee: \$10

**Seymour Center**  
Sat, Mar 19 (314106) 10 - 11:30 am

## WHAT IF EVERYTHING WE THINK WE KNOW ABOUT AGING IS WRONG?

See page 11 for details

**Friday Center** Thurs, Apr 21

## FINANCIAL PLANNING

### FOCUS ON FIXED INCOME

Explore the features of fixed-income investments and how quality bonds can serve as the foundation of a well-balanced portfolio. In this seminar you'll

learn the basics of bonds, the advantages of laddering and how fixed income may make sense as part of your investment strategy. Registration required for Central Orange by Wed, May 4, and **Seymour Center** by Wed, May 18.

Led by Jane Clark, Financial Advisor with Edward Jones  
Fee: FREE

**Central Orange SC**  
Wed, May 11 (224018-01)  
12 noon - 1 pm

**Seymour Center**  
Wed, May 25 (324031-01)  
12 noon - 1 pm

### REVERSE MORTGAGE PRESENTATION

Come and Learn about reverse mortgage and win some great DOOR PRIZES at the presentation. You might ask, what is a reverse mortgage? It is a way for borrowers age 62 or older to unlock the equity in their home by turning it into Tax-Free cash without having to make any monthly mortgage payments. Register by Fri, Mar 4 by calling 919-968-2070 for Seymour.

What are the ways to use a Reverse Mortgage??

- 1) Delay Social Security benefits and receive maximum amount later
- 2) Protect your retirement investment from downturns in the market
- 3) Grow your retirement with "Growing Line of Credit."

Presenters: Kelley Harris & Tiger Du with Prime Financing  
Fee: FREE

**Central Orange SC**  
Tues, Apr 5 (224019-01)  
11 am - 12 noon

**Seymour Center**  
Mon, Mar 7 (313066-01)  
10 - 11 am (in Chinese - Mandarin)  
11 am - 12 noon in English

### RETIREMENT FOR BOOMERS AND RETIREES

It's never too late or too early to learn about growing your money. Join us for this series led by Jane Clark, Financial Advisor with Edward Jones. Maximum: 15 participants

**Note: Tues sessions will be held at the Seymour Center from 2- 3:30 pm. Call 919-968-2070 to register for sessions at the Seymour Center by Tues, Feb 23. Thurs sessions will be held at the Central Orange SC from 2 -3:30 pm. Call 919-245-2015 to register for sessions at Central Orange Senior Center by Apr 14.**

**Central Orange SC**  
Thurs, Apr 21 Foundations of Investing

Thurs, Apr 28 Focus on Fixed Income  
Thurs, May 5 Stocks: The Nuts and Bolts

Thurs, May 12 An Investor's Tour of Mutual Funds

Thurs, May 19 What Happens After the Paychecks Stop?

Thurs, May 26 Preparing Your Estate Plan

### Seymour Center

Tues, Mar 1 Foundations of Investing  
Tues, Mar 8 Focus on Fixed Income  
Tues, Mar 15 Stocks: The Nuts and Bolts

Tues, Mar 22 An Investor's Tour of Mutual Funds

Tues, Apr 5 What Happens After the Paychecks Stop?

Tues, Apr 12 Preparing Your Estate Plan

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

**Central Orange SC**  
Thurs, Apr 21 - May 26 (254003-)  
2 - 3:30 pm

**Seymour Center**  
Tues, Mar 1 - Apr 12 (334004-06)  
2 - 3:30 pm

### STANDING GUARD: PROTECT WHAT YOU'VE WORKED FOR

You've worked hard to provide for your family. Whether you're approaching retirement of have recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. This presentation discusses proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. Must register by Wed, Mar 30 for Central Orange SC, and Wed, Apr 13 for Seymour Center.

Led by Jane Clark, Financial Advisor with Edward Jones  
Fee: FREE

**Central Orange SC**  
Wed, Apr 6 (224013-01) 12 noon - 1 pm

**Seymour Center**  
Wed, Apr 20 (324016-02) 12 noon - 1 pm

### TIME MATTERS: A WOMAN'S OUTLOOK ON RETIREMENT

This program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care. Must register by Wed, Mar 2 for Central Orange SC, and Wed, Mar 16 for Seymour Center.

Led by Jane Clark, Financial Advisor with Edward Jones  
Fee: FREE

**Central Orange SC**  
Wed, Mar 9 (224015-01)  
12 noon - 1:30 pm

**Seymour Center**  
Wed, Mar 23 (324018-02)  
12 noon - 1:30 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.

Fee: FREE

**Seymour Center**  
Tuesdays (354066) 9 am - 12 noon

### 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 Asian 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

This class generally includes students with little or no experience in Spanish. We continue where we left off in the previous session, and regularly review the beginning lessons, too.

Fee: \$120 (8 weeks) - New fee!

Fee: \$105 (7 weeks) - New fee!

Book Fee payable to Instructor: \$15

**Seymour Center**  
Mondays 12 noon - 1 pm  
Session I: Mar 7 - Apr 25 (8 weeks) (354013-05)

Session II: May 2 - Jun 20 (7 weeks) (354013- 06)  
(no class May 30)

**SPANISH (LEVEL II) -  
ADVANCED BEGINNERS**

This Class is for people who have had at least one previous class in Spanish. Fee: \$120 (8 weeks) - New fee!

Fee: \$105 (7 weeks) - New fee!  
Book Fee payable to Instructor: \$15  
**Seymour Center**

Mondays 10:30 - 11:30 am  
Session I: Mar 7- Apr 25 (8 weeks)  
(354013-07)  
Session II: May 2 - Jun 20 (7 weeks)  
(354013-08)  
(no class May 30)

**SPANISH (LEVEL III) -  
EARLY INTERMEDIATE**

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) - *New fee!*  
Fee: \$105 (7 weeks) - *New fee!*  
Book Fee payable to Instructor: \$15  
**Seymour Center**

Mondays 9:30 - 10:30 am  
Session I: Mar 7 - Apr 25 (8 weeks)  
(354014-04)  
Session II: May 2 - Jun 20 (7 weeks)  
(354014-05)  
(no class May 30)

**SPANISH (LEVEL IV) -  
HIGH 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) - *New fee!*  
Fee: \$105 (7 weeks) - *New fee!*  
Book Fee payable to Instructor: \$15  
**Seymour Center**

Fridays 9 - 10 am  
Session I: Mar 4 - Apr 29  
(no class Mar 25) (8weeks)  
(354015-04)  
Session II: May 6- Jun 17 (7 weeks)  
(354015-05)

**SPANISH (LEVEL V) - 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) - *New fee!*  
Fee: \$105 (7 weeks) - *New fee!*  
Book Fee payable to Instructor: \$15  
**Seymour Center**

Fridays 10:15 - 11:15 am  
Session I: Mar 4 - Apr 29  
(no class Mar 25) (8 weeks)  
(354016-04)  
Session II: May 6 - Jun 17 (7 weeks)  
(354013-05)

**SPECIAL EVENTS**

**Classes must be registered for in advance (classes may be cancelled if minimum numbers are not reached) by calling the Central Orange Senior Center in Hillsborough at 919-245-2015, or the Seymour Center in Chapel Hill at 919-968-2070.**

**A CELTIC EVENT AND  
SPECIAL DINNER**

You are in for an exciting evening as we celebrate St. Patrick's Day with the Inis Cairde dancers. This national award winning dance troupe will immerse you in the sights and sounds of Ireland. The center will provide corned beef, cabbage, and potatoes and you bring additional sides to share. Call the center to make reservations and let us know what side dish you plan to bring before Thurs, Mar 10.

**Central Orange SC**  
Thurs, Mar 17 (253007-03) 5:30 pm

**A VETERAN'S AFFAIR: WALL OF  
HONOR NEW RECIPIENTS AND RE-  
CEPTION**

If you have not seen our Wall of Honor honoring veteran participants of the Seymour Center and Central Orange Senior Center, stop by and check it out! The wall is not only a way of expressing our gratitude to those who served our country, but it also enables other participants and visitors who frequent the Center to appreciate and learn more about their peers. Our current honorees on the wall are: **James Atwater, Jr., Charlie Tsui, James Jones, Carlyle "Buck" Simmons, Jesse Torres, Perry Reaves, Mark Sumner and Marshall Morris.** On Mon, May 9 we will recognize eight new honorees. They are: **Terry Carver, Edward Carver, Jr., Fletcher N. Daniels, Jr., Rudy Tempsta, Regina Marritt, Michael Balzano, James Jones, Robert Clarke, and Jim Campbell.** There will be a small reception and time of reflections.

Contacts: Cydnee Sims, 919-245-4250 and Betsy Corbett 919-245-2890  
Fee: FREE

**Seymour Center**  
Mon, May 9 (353003-03)  
10:30 - 11:30 am

**AN ICE CREAM PARTY AND MUSIC  
MEMORIAL DAY CELEBRATION**

Join us on the front patio for live music as we celebrate Memorial Day with ice cream and music provided by Georgene Wagner. If you are interested in performing a song please contact the front desk prior to Fri, May 20. Everyone must register for this event by Tues, May 24.

**Central Orange SC**  
Fri, May 27 (223012-01) 12:30 pm

**APRIL FOOL'S DAY MAGIC SHOW**

This is no April Fool's joke so be sure to join Lee Werley for a morning filled with slight of hand and mind over matter magic. You may be part of the show, learn a trick or two, or just sit back and wonder "how did he do that?" Please call the center to register before Tues, Mar 29.

**Central Orange SC**  
Fri, Apr 1 (223004-01) 11 - 11:45 am

**ART PARTY!**

Artist Louise Omoto Kessel offers this creative intergenerational workshop with Grandparents and Grandchildren in mind! Bring your grandchild to the art studio and enter an environment for creativity and shared exploration! This workshop is for children 2 - 8 years old. There will be several activities to choose from and you and your special child will be able to spend as much time as you like on each one. Examples of activities might be: finger painting, making parachutes or marble mazes, Eric Carle inspired collages, printmaking, play dough creations, sock puppets and so much more! A wonderful shared experience for you and a special child— all materials provided, and Louise will clean up the big mess! Louise Omoto Kessel is a professional storyteller and artist who is also the program director at Clapping Hands Farm in Pittsboro, NC. To learn more, visit her website at [ClappingHandsFarm.com](http://ClappingHandsFarm.com). Space is limited to 8 adults and 8 children. 4 pair minimum. 8 pair maximum. Workshops include materials. Register early by calling 919-968-2070 to enroll in this class today!

Instructor: Louise Omoto Kessel  
Fee: \$25 per pair (adult and child together) per Saturday or \$50 per pair for both Saturdays

**Seymour Center**  
Sat, Mar 12 (323052-01)  
10am-12 noon  
Sat, Apr 9 (323052-02)  
10am- 12 noon

**ART SHOW - CENTRAL ORANGE  
SENIOR CENTER**

If you are interested in exhibiting, please contact Terry Colville at 919-245-2016 or [tcoville@orangecountync.gov](mailto:tcoville@orangecountync.gov)

**FREE SPIRIT FREEDOM - "FREE-  
DOM THROUGH BUSINESS AND  
AGRICULTURE"**

Free Spirit Freedom will host a 2-day spring event on "Freedom Through Business and Agriculture," featuring a photography exhibition and a storytelling program at the Central Orange Senior Center. The exhibition opening reception will be on Sat, Apr 30, and Sun, May 1. The program will have elders from the community who will share memories and stories of life in yesteryear,

and audience members will have the opportunity to ask questions and participate in the dialogue.

See page 12 for details.  
**Central Orange SC** (253002-03)  
Sat, Apr 30 3 - 5 pm  
Sun, May 1 3 - 5 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).

**QUILTING WITH THE GALS: EN-  
CORE EXHIBIT**

Seymour Quilters Exhibit will be on display from Mon, Feb 29 until Thurs, Apr 7. This will be their second show which will feature, yet again, a beautiful collection of myriad quilts. These ladies meet every Monday from 10 am until 12 noon. If interested, make sure you speak with them at the opening or contact Nancy Cable at 919-968-4228. They would love for you to join them. Many of the quilts these ladies make are donated to charity, which is even more reason to come out and support their talent! Art Opening Hostesses will be: Joan Walshaw, Nettie Wilson, Irene Ferguson **with live music by Horace Sher.**

**Seymour Center**  
Mon, Feb 29 (313103) 3 - 4 pm

**ORANGE COUNTY SILVER ARTS  
EXHIBIT**

SilverArts Exhibit will be on display Mon, Apr 11 - Thurs, May 19. SilverArts is a celebration of creative expression and a major component of the traditional athletic competition of NC's Senior Games. SilverArts unites the athlete and artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments. There will be an opening reception on Mon, Apr 11. Hostesses will be the Senior Games Committee **with musical performance by Jimmy Smith and John Sparks.**

**Seymour Center**  
Mon, Apr 11 (323036-02)  
5:30 - 6:30 pm

**BINGO**

Back by popular demand - BINGO! Spring is in the air! 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, Apr 27; May 25 (353041-01)  
10:30 - 11:30 am

**BIRTHDAY CELEBRATION**

Join us for our monthly birthday celebration as we recognize individuals born in the months of Mar, Apr, or May. Please call the center to register.

**Central Orange SC**

Mon, Mar 7; Apr 4; May 2 (253004-03, 04, 05) 12 noon

**Seymour Center**

Mon, Mar 7; Apr 4; May 2 (353072- 01, 02, 03) 12 noon

**BOOK SIGNING - DAISY'S HOPE FOR HER JOURNEY**

Growing up during the Great Depression author Joan Fields Long shares her story of a young widow with four children who inherited a 300 acre farm in NC. Join us as Joan shares her story.

**Seymour Center**

Wed, Apr 6 (357001-04) 2 - 3 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. Please call COSC (919-245-2015) to register before Tues, Mar 15. For Seymour, please register by Thurs, May 12, by calling 919-968-2070.

**Central Orange SC**

Tues, Mar 22 (213013-01) 2:45 - 3:45 pm

**Seymour Center**

Thurs, May 19 (323046-01) 2 - 3 pm

**CELEBRATION OF WOMANHOOD - MOTHER'S DAY TEA**

In celebration and honor of Mothers, you are cordially invited to a morning Tea. To make it interesting and fun, we would love for you to wear your favorite spring hat and gloves. If you don't have a hat or gloves - no worries - just join the festivities for casual motherhood conversations and wonderful treats. Last day to register for the program is Fri, Apr 22.

**Central Orange SC**

Mon, May 9 (223016-01) 10:30 - 11:30 am

**CINCO DE MAYO PARTY (SEE SPANISH A WEEK AT A TIME)**

Sample a traditional Mexican dish, Mexican Hot Chocolate, and learn the Mexican Hat Dance. We will share a few simple greetings and key words, and will recognize those who took our challenge

to learn a sentence a week. Everyone must register prior to Fri, Apr 22.

**Central Orange SC**

Thurs, May 5 (223029-01) 10:30 am

**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

**Central Orange SC**

Thurs, Mar 3 (253008-03) 10 am

Thurs, Apr 7 (253008-04) 10 am

Thurs, May 5 (253008-05) 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 your local senior 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: Mar 7, 21; Apr 4, 18; May 2, 16 (353012) 10 am - 12 noon

**COMMUNITY DINNER**

Come one! Come all!  
See page 6 for details  
Sun, Apr 10 7 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 Fearrington 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 and 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

**Central Orange SC**

Mon, Mar 7 - 18 (233016-03) 5:30 - 8 pm

Mon, Apr 4 - 25 (233016-04) 5:30 - 8 pm

Mon, May 2 - 23 (233016-05) 5:30 - 8 pm

Thurs, Mar 3 - 31 (353019-03) 2:30 - 5:30 pm

Thurs, Apr 7 - 28 (353019-04) 2:30 - 5:30 pm

Thurs, May 5 - 26 (353019-05) 2:30 - 5:30 pm

Fee: \$9 per class plus two ingredients

**Seymour Center**

Thurs, Mar 3 - 31 (353019-03) 2:30 - 5:30 pm

Thurs, Apr 7 - 28 (353019-04) 2:30 - 5:30 pm

Thurs, May 5 - 26 (353019-05) 2:30 - 5:30 pm

Fee: \$9 per class plus two ingredients

**FARMERS' MARKETS AT THE SENIOR CENTERS**

Yes, the Farmers' Market is here. 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.

**Central Orange SC**

Mondays (253013) 9 am - 12 noon

**Seymour Center**

Thursdays (353060) 9 am - 12 noon

**EARTH DAY - THE TRUTH ABOUT RECYCLING: WHAT HAPPENS BEYOND THE BIN**

Orange County achieved a 64% waste reduction rate in 2015, the highest in NC to date. This photo-filled power point presentation will provide details on the economics, processes and technologies driving Orange County's nationally recognized recycling program. Muriel Williman has been providing education services for the Solid Waste Department for 15 years and can answer any questions about local solid waste management, recycling and waste diversion. Registration required by Fri, Apr 15.

**Central Orange SC**

Fri, Apr 22 (223024-01) 10:30 - 11:30 am

**FRIENDS OF CENTRAL ORANGE AND SEYMOUR CENTERS ANNUAL MEETINGS**

These meetings are open to current and potential members. If you are interested in becoming a Senior Center Friend and learning more about the upcoming programming and future plans, please join us.

**Central Orange SC**

Fri, May 13 (223002-01) 10:30 am

**Seymour Center**

Fri, May 20 (323012-04) 2 pm

**FUN BINGO WITH CARDS**

Join this group for a morning of fun as they put a new twist on an old game.

**Central Orange SC**

Fri, Apr 1 (257024-01) 10:30 - 11:30 am

**LACE DAY CELEBRATING JEWELRY IN LACE**

Featuring the European tradition of Lace-In (bring your project).

**Seymour Center**

Sat, Apr 16 9 am - 5 pm

**LAS VEGAS NIGHT - BIGGER AND BETTER THAN EVER!**

Food, gaming, prizes, music and dancing are included with your ticket price all adding up to a fantastic night of fun! You will be given \$10,000 in gaming money to play the many Las Vegas style games (Black Jack, Roulette, etc) and an opportunity to bid on prizes with your winnings. Once the gaming begins, we will also offer music and dancing in the Great Hall for those who like to dance the *Cupid Shuffle*, *Electric Slide* or a variety of other line dances. This is a fundraiser for the Central Orange Senior Center and is sponsored by The Friends of Central Orange Senior Center. Contact the senior center for additional information and ticket sales. Don't wait to purchase your tickets as this event has sold out the past few years. Doors open at 5:30 pm. Fee: \$20 in advance (\$25 at the door)

**Central Orange SC**

Sat, Apr 16 (213002-1) 6 pm

**MAY DAY CELEBRATION**

Let's leap around the May pole once again with laughter and fun. This year's May Day Celebration will offer a morning of bingo, games, prizes, lunch, wrapping the May pole and musical entertainment. Co-sponsored with Chapel Hill Parks and Recreation. Transportation will **leave the Seymour Center at 10 am and will return at 1 pm. Please register by Fri, Apr 22.**

Fee: FREE

**Hargraves Center**

Fri, May 6 (320333-04) 10 am - 1 pm

**MOTHER'S DAY PRETTY IN PINK CELEBRATION**

Calling all mothers!!! It's your time to shine, give yourselves a pat on the back for motherhood and be made to feel special. This call is also for women who may not have children of their own, but served in this role to many. This affair will be like no other. Your spotlight opportunity will be very creative and fun as your story is shared in a festive high energy setting. It's going to be a spectacular event! We ask that all mothers and ladies wear any shade of pink. Sign up! Sign up! You be glad you were a part of the show. **Men don't stay home. We need you to come and help us celebrate these beautiful mothers.** Come enjoy the live music and refreshments. Please register by Thurs, Apr 28.

Fee: FREE

**Seymour Center**

Thurs, May 5 (323049-01) 3 - 4:30 pm

**NATIONAL POTATO CHIP DAY**

Come win a bag of America's favorite snack and sample a few of the many new flavors as we celebrate potato chip day through games. Register required by Fri, Feb 26.

Fee: FREE

**Central Orange SC**

Fri, Mar 11 (223027-01)

10:30 - 11:30 am

**Seymour Center**

Mon, Mar 14 (323029-01)

2 - 3 pm

**NATIONAL SCRABBLE DAY**

Let's celebrate the popular board game on the birthday of its inventor, Alfred Mosher Butts. Scrabble is a word game in which two to four players score points by forming words from individually lettered tiles on a game board marked with a 15x15 grid. Bring a friend or two and join in a game. Light refreshments and prizes for the winner. Registration required by Thurs, Apr 7.

Fee: FREE

**Central Orange SC**

Thurs, Apr 14 (223028-01)

10:30 - 11:30 am

**Seymour Center**

Wed, Apr 13 (333026-02)

1 - 4 pm

**NEWCOMERS' COFFEE**

This is your chance to ask questions about what the Senior Center can do for you. Join the Senior Center staff as they give 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 the building. Call the senior center to register.

Fee: FREE

**Seymour Center**

Thurs, Mar 10 (353023-13) 10 am

Thurs, Apr 14 (353023-14) 10 am

Thurs, May 12 (353023-15) 10 am

**RED NOSE COMEDY AT SEYMOUR**

Let's team up with Walgreens as they invite America to laugh for a good cause. This intergenerational partnership will help lift children out of poverty by wearing a red nose for the day. There will be great entertainment and more! Tree Hungers Improv, Rozzie Roz, Orange County Jammers, just to name a few, will make you laugh for all the right reasons. The team from Walgreens will be joining us for this fun filled event and giving everyone a chance to win lots of giveaways. Help celebrate the big picture and bring positive awareness. Please register by Thurs, May 19.

Fee: FREE

**Seymour Center**

Thurs, May 26 (323051-01) 3 - 5 pm

**SPANISH - A WEEK AT A TIME**

Take the COSC Challenge and learn how to speak a few basic sentences a week at a time. Beginning Mon, Mar 21 we will have the first sentence ready for you to pick up at the front desk and practice all week on your own. Who knows, you may want to keep the challenge going throughout the year! We will have a special celebration on Cinco de Mayo (May 5 at 10:30 am) where we will recognize those of you who took the challenge. Espero verte ahi.

**Central Orange SC**

Begins Mon, Mar 21

**STORM PREPAREDNESS**

Do you know what to do during a thunderstorm or when a tornado is sighted? What should you do when you see high water? Join us for a presentation from Orange County Emergency Services (EMS) on tips for safety during storm season.

Fee: FREE

**Central Orange SC**

Fri, Mar 4 (223018-01)

10:30 - 11:30 am

**STORYTELLING PERFORMANCE:****BLAZE A TRAIL WITH OLD FRIENDS**

May celebrates Older Americans Month. This year, join well-known Storyteller, Louise Omoto Kessel, as we Blaze a Trail capturing several vignettes of entertaining stories. Through Louise's storytelling you will meet several "Old Friends" — all with different backgrounds and journeys. You may even recognize some of them - discovering and sharing their gifts throughout the community, feeling lonely, learning how to be positive in spite of it all, connecting with children, battling arthritis, realizing their amazing lives - and more. As you listen, you may find a favorite story. A reception will follow the performance. Please register by Tues, Apr 26.

Performer: Louise Omoto Kessel, Professional Storyteller

Fee: FREE

**Seymour Center**

Tues, May 3 (323050-01) 2 - 3:30 pm

**SURVIVOR COMPETITION AND SPECIAL DINNER****BLAZE A TRAIL - THEME FOR OLDER AMERICANS MONTH**

Are you a trail blazer? Sure you are and we want to empower you to "Blaze a Trail" as we hold our first COSC's version of the hit TV show, Survivor. Will you be the last one to survive the competition? Join us in celebration of Older Americans Month as we hold friendly competition and challenge each other to blaze our own trail. Who knows, you may be the last person standing! If competing is not your thing, that's alright, we still need you to cheer on those competing until we have the last person or team standing.

Come and enjoy the fun as we discover who will take home the prize. The center will provide the "super survivor" meal and you bring desserts to share. Call the center to make reservations before May 12.

**Central Orange SC**

Thurs, May 19 (253007-05) 5:30 pm

**TNT RETURNS - SALAD DRESSINGS**

Toni and Terry are back in the kitchen and ready to show you how to enhance a spring salad with a variety of fresh salad dressings. You will have an opportunity to taste a variety of fresh dressings and learn how to make your own to top your favorite salad. Registration is required by Tues, May 3.

**Central Orange SC**

Tues, May 17 (230011-01) 2:45 pm

**TRIVIA PARTY**

Come out and test your knowledge with trivia questions. Not sure you'll know the answers? We'll play in teams, chosen once you get there, so you will have help. Questions will come from all kinds of categories. Show what you know, enjoy some refreshments and learn something new!

Game Facilitator: Allie Tate

Fee: FREE

**Seymour Center**

Tues, Mar 29 (323045-01) 1 - 2 pm

**WEDNESDAYS' BUZZ**

This will keep you in the know. Look for this 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!

**Seymour Center (353053)**

Mar 2,16; Apr 6,20; May 4,18 10:30 am

**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

Thurs (357022) 5:30 - 7 pm

**BILLIARDS**

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

**Central Orange SC**

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.

**Central Orange SC**

Mondays (251016-01)Q 5 - 8 pm

Wednesdays & Fridays (251016-03) 2 - 4 pm

Fridays (251016-02) 9 - 11 am

**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**

Thurs, Aug 20 - June 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 [alan.tom@mindspring.com](mailto:alan.tom@mindspring.com)

**Seymour Center**

Tues & Thurs (351008) 2 - 4 pm  
1st Fridays (351008-06) 1:30 - 4:30 pm  
Saturdays (351018) 12 noon - 2:45 pm

**TABLE TENNIS AT CENTRAL ORANGE**

All levels are welcome to join during this open play. If you have never played, the members will teach you. You may bring your own paddles and balls, or use the equipment available at the Center.

**Central Orange SC**

Tuesdays (251008-1) 1:30 - 5 pm

**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 Central Orange Senior Center with friends.

Fee: FREE

**Central Orange SC**

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

**Central Orange SC**

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.

Leaders: Virginia Davis & Joseph DeGraffenreid

**Seymour Center**

Tuesdays (351069) 10:30 - 11:30 am

**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 in advance (Classes may be cancelled if minimum numbers are not reached.)**

by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Central Orange Senior Center** in Hillsborough at 919-245-2015.

### 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 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 Thurs, Mar 24, 31; Apr 28;

May 26 (353007- 02) 7 - 8:30 pm

**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

**Central Orange SC**

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

**EAST COAST SWING BEGINNER/INTERMEDIATE**

Open to all, no partner necessary. Learn to Swing dance to high energy Big Band, 50-60's Rock n' Roll music. It's great exercise, lots of fun and terrific way to meet new people. Join award winning instructor Wesley Boz for this 6 week series. Space is limited.

Instructor: Wesley Boz

Fee: \$60 for 6 lessons (Pay for the full session - \$10 per class) Drop-Ins: \$15 \*for drop-ins after the second week, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center**

Tues, Mar 29 - May 3 (354037-12)

6:30 - 7:30 pm

Tues, May 10 - Jun 14 (354037-13)

6:30 - 7:30 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. \*We have added a new beginner's class on Mondays.

Fee: FREE

**Central Orange SC**

Instructor: Becky Walker

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

**Central Orange SC**

Thursdays (254006-3) 9:30 - 11 am

**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**

Thurs, Mar 3- 24 (354032-09)

Beginners 12 noon - 1 pm

Intermediate/Advanced 11 am - 12 noon

Thurs, Apr 7- 28 (354032-10)

Beginners 12 noon -1 pm

Intermediate/Advanced 11 am - 12 noon

Thurs, May 5 - 26 (354032-11)

Beginners 12 noon -1 pm

Intermediate/Advanced 11 am - 12 noon

**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

**Central Orange SC**

Tuesdays - Beginners (254007-1)

9 - 10 am

Tuesdays - Intermediate (254007-2)

10 - 11 am

**WALTZ SOCIAL/ PRACTICE**

For those who love to waltz - and for those learning. Live musicians provide the music. All ages welcome.

Donation Suggested: \$5 at the door

**Seymour Center**

1st, 2nd & 3rd Thurs, Mar 3, 10, 17;

Apr 7, 14, 21; May 5, 12, 19 (353006)

7- 8:30 pm

**WEST COAST SWING ADVANCED BEGINNER/INTERMEDIATE**

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 6 week series. Space is limited.

**Instructor: Wesley Boz**

Fee: \$60 for 6 lessons (Pay for the full session - \$10 per class) Drop-Ins: \$15 \*for drop-ins after the second week, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center**

Tues, Mar 29 - May 3 (354038-08)  
7:30 - 8:30 pm

Tues, May 10 - Jun 14 (354038-09)  
7:30 - 8:30 pm

**MUSIC****BACK PORCH FALL JAM - A PICKIN' AND GRINNIN' SESSION**

A Bluegrass/Country Jam where everyone brings their instrument and joins in the jam. Channel your good-old boy/girl and join us for some real home country music. If you do not play an instrument, you can bring your voice for this great musical experience. Join Marie for an uplifting jammin' time!

Instructor: Marie Vanderbeck

Fee: FREE

**Seymour Center**

Wed, Apr 13- May 18 (334037-03)  
3:15 - 4:15 pm

**CHORUS AT CENTRAL ORANGE**

If you are interested in participating in a singing group please contact Terry at 919-245-2016.

**FINDING YOUR VOICE**

Each class starts with vocal exercises. It's important that vocalists use every muscle to achieve the sound they want. We'll do full body stretches, facial gestures, tongue exercises, lip trills, tongue trills, head and neck stretches, etc. We will learn how to "place the sound forward" to get the fullest sound using concentration of diaphragm and other anatomy.

In addition, there will be tongue twist-ers, catchy songs and harmonic exercises. Then comes the good stuff - the song. The instructor will teach two or three songs the first day. Each following day there will be a review of what was learned, and then proceed to learn new songs. The rate depends on the desire of the group. Participants will be encouraged to provide input into what they'd like to learn - and have fun as well as learn. Here are some of the types of songs that will be covered:

- Folk
- Country
- Blues

- Appalachian
- A Cappella
- Gospel

Since harmony lends breadth to songs, that will be a major focus. The instructor will teach using her skills, as well as inviting input from the students. While each class is built upon the previous, a student may join at any time and still gain the benefits of the Joy of Singing!

**Must have 5 participants for class to take place, with a maximum of 10 per class. Register by Wed. Apr. 6**

Instructor: Marie Vanderbeck

Fee: \$45 per 6 week session (\$10 for drop in)

**Seymour Center**

Wed, Apr 13- May 18 (354063-03)  
2 - 3 pm

**HONG YAN CHINESE CHOIR**

Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet regularly on Mondays and Fridays 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**

Mondays and Fridays (354051-02)  
12:45 - 1:45 pm  
(choir will not meet on Mon, May 30th due to holiday)

**KARAOKE SING-A-LONG**

Join Haryo and friends for a variety of songs and fun.

Fee: FREE

**Central Orange SC**

Wednesdays (257003-01) 10 - 11 am

**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 Tues, Mar 1; Apr 5; May 3 (353017) 7 - 8:30 pm

**THEATRE****PRIME TIME PLAYERS AUDITIONS**

Auditions for the Prime Time Players production of Drive will be held in the Seymour Center auditorium on Mon, Mar 7 from 3 to 5 pm. This readers theater piece combines true accounts from local seniors about their experiences with cars and driving. The piece is being compiled by director

John Paul Middlesworth. The show will combine funny stories, nostalgic memories, and dramatic moments of the struggle to keep driving as one gets older. Actors will read from the script during the audition (and during the performance). Rehearsals will be on Monday afternoons.

A small number of singers is also needed to pepper the presentation with classic songs that feature cars. If you wish to present a song, come prepared to sing a one of your choice (although not necessarily a car-song). Call or email John Paul Middlesworth if you have questions: 919-929-4493; [middlesworth@att.net](mailto:middlesworth@att.net)

**PRIME TIME PLAYERS SPRING PERFORMANCE - DRIVE**

The Prime Time Players perform Drive. This original readers theater piece takes stories from local seniors about the experiences they've had with cars, and combines them with live performances of famous "car songs." Compiled by director John Paul Middlesworth, the show presents nostalgic memories, funny stories, and dramatic moments of the struggle to keep driving as one gets older.

**Central Orange SC**

Thurs, Apr 21 (223019-02) 2 pm

**Seymour Center**

Wed, Apr 20 (323001-01) 2 pm

Sat, Apr 23 (323001-02) 2 pm

**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.

**Central Orange SC****CHESS MEET-UP GROUP**

If you enjoy playing chess and would like to get a group started at the Seymour Center, please contact Keith Conners at 919-624-5470 for more information.

**Seymour Center****CHORUS AT CENTRAL ORANGE**

If you are interested in participating in a singing group please contact Terry at 919-245-2016.

**GARDEN CLUB - Central Orange SC**

- If you are interested in being part of the garden club please contact Terry at 919-245-2016. Members plan to meet on Wednesday mornings to do basic garden maintenance. Feel free to stop by during that time and ask any questions, or pull a weed or two!

**Central Orange SC**

Wednesdays (257014-01) 10 am

**GARDEN GROUP - Seymour Center**  
Meet the people who "love to garden." Check the Garden Bulletin Board near the front desk or the Garden Post (in the flower bed) for monthly education programs, project help, and wish list. Call Cydnee Sims at 919-245-4250 for more information.

**Seymour Center (357002)**

1st Mon - meet to plan and garden:  
Mar 7; Apr 4; May 2 1:30 pm  
Planting/Work days in the Garden:  
2nd and 4th Mondays 8:30 am - 11 am  
Bring gloves, tools, and a hat on planting/workdays.

**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

**Central Orange SC**

Tuesdays (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**

Wednesdays (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**

Thurs, Mar 3 - May 26 (324024)  
10 am - 12 noon

**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**

Thursdays (357037)  
10:30 am - 12 noon

## 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 (West Virginia, Ohio, and Pennsylvania). 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)

### Central Orange SC

1st Mon: Mar 7; Apr 4; May 2  
(237001-01) 5:30 - 8 pm

## WRITERS' GROUP (FORMERLY WRITERS' DISCUSSION GROUP)

This group is reorganizing and will be 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 & 3rd Tues: Mar 1, 15; Apr 5, 19; May 3, 17 (357003) 2 - 4 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.

Mar 1 *On Moonlight Bay*  
Mar 8 *My Best Friend's Wedding*  
Mar 15 *How To Make an American Quilt*

Mar 22 *Women of the Year*  
Mar 29 *Four Weddings and a Funeral*

Apr 5 *Radio*  
Apr 12 *Secretariat*  
Apr 19 *Walk the Line*  
Apr 26 *Lincoln*

May 3 *Note: No movie today. Please come to the special Storytelling Event at 2 pm*

May 10 *MacArthur*  
May 17 *The Bridge on the River Kwai*  
May 24 *Master and Commander: The Far Side of the World*  
May 31 *Fried Green Tomatoes*

Free popcorn is available.  
Fee: FREE

### Seymour Center

Tuesdays 1 pm

**DVDs:** We are collecting DVDs at the Central Orange SC and 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.

### FRIDAY FLICKS AT CENTRAL ORANGE

Join us for our Friday movie series showing currently released movies **beginning at 1:15 pm**. 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.

### Central Orange SC

Fri, Mar 11 *Jurassic World* (253015-03)  
Apr 8 *Pan* (253015-04)  
May 13 *Bridge of Spies* (253015-05)

## 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**  
Tues, Mar 1; Apr 5; May 3 (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**

Thurs, Apr 21 (357050) 8:30 - 10 am

### CHAPEL HILL CAMERA CLUB

Contact: Scott Van Manen, President, at 919-904-3308

### Seymour Center

Tues, Mar 8, 15, 22; Apr 12, 19, 26;  
May 10, 17, 24 (358002) 6:30 - 9 pm

### CHAPEL HILL CAMERA CLUB - DIGITAL IMAGING GROUP

Contact: Scott Van Manen, President, at 919-904-3308

### Seymour Center

Tues, Mar 1; Apr 5; May 3 (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

Tuesdays (354050) 10 - 11 am

### GOLDEN AGE HAPPY CIRCLE CLUB

Contact: Lula Alston at 919-967-5706

### Seymour Center

Tues, Mar 8; Apr 12; May 10 (358004)  
10:30 am

### JOLLY 79ERS

Contact: Geraldine Fennell at 919-732-1503

### Central Orange SC

Mon, Mar 7; Apr 4; May 2 (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

Tuesdays (354041-03) 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

### Central Orange SC

Mon, Mar 21; Apr 18; May 16  
(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

Fri, Apr 22 (358006) 10 am

## 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 (eg how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact Ana Lima at 919-245-4279 for additional information.

Acompáñenos 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 a Ana Lima al 919-245-4279.

Fee: FREE

### Seymour Center

Thurs, Mar 3 - May 26 (357151-01) 9 - 11:30 am

## STATE EMPLOYEE ASSOCIATION OF NC (SEANC)

All retired 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 Tues of each month.

Contact: Hazel Lunsford at 919-732-4410

### Central Orange SC

Tues, Mar 22; Apr 26; May 24  
(257010-01) 9 - 11 am

## TRIANGLE WEAVERS ORGANIZATION

Newcomers are always welcome. For more information, contact: Janett Greenberg at 919-960-6902

### Seymour Center

Thurs, Mar 24; Apr 28; May 26  
(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, Feb 26. To register, call the Central Orange Senior 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: Central Orange Senior 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 Central Orange Senior Center, 103 Meadowland Dr, Hillsborough, and from the Seymour Center, 2551 Homestead Rd, Chapel Hill. Return trip times are approximate.

Fri, Mar 4 (216004-01)  
**North Carolina Symphony, Raleigh**  
 Artistic Director William Henry Curry, with the NC Symphony, brings two of his own works: *Autumn and Eulogy for a Dream*. Movements I, II, and IV of Tchaikovsky's *Symphony No 5* will be performed during the second half of this Friday Favorites performance. We will arrive in time for the pre-concert lecture at 11 am and have lunch at a local restaurant following the concert. Fee: \$33 for ticket and transportation  
**Central Orange SC** 9:30 am - 4:30 pm  
**Seymour Center** 10 am - 4 pm

Tues, Mar 15 (226000-01)  
**Carolina Premium Outlets in Smithfield**

There are more than 80 stores to shop with lots of bargains. This is an outside mall so be sure to check the weather

and wear good walking shoes. Lunch will be on your own.

Fee: \$15  
**Central Orange SC** 8:30 am - 5 pm  
**Seymour Center** 9 am - 4:30 pm

Thurs, Apr 7 (216005-01)  
**Always a Bridesmaid, Temple Theatre in Sanford**

"Just how far are you willing to go to keep a promise to a friend?" In this hilarious comedic romp you will meet four friends who are determined to keep the promise they made on the night of their Senior Prom. You will laugh as you meet Libby Ruth, the hopeful romantic with the perfect marriage; headstrong Deedra's "rock-solid" who's union hangs by a thread when she discovers her husband not only has a wandering eye, but the hands to match; Monette, flashy, high-spirited and self-involved, who continues to test her friends' love and patience with all-too-frequent trips down the aisle. We don't want to leave out the salt-of-the-earth, tree-hugging Charlie who discovers the hard way that marital bliss is not the end of her rainbow and panics in outrageous style when the opportunity presents itself. We will enjoy an early lunch prior to the show.

Cost: \$36 (Lunch not included)  
**Central Orange SC** 10:30 am - 6 pm  
**Seymour Center** 11 am - 5:30 pm

Wed, Apr 13 (226001-01)  
**Durham Bulls Game**

Join us for an afternoon of baseball as the Bulls play the Gwinnette Braves. We have great seats behind home plate. Lunch will be at the stadium so you can grab a hot dog, peanuts and popcorn while enjoying the game. Game starts at 11:05 am. Seats go fast! Return time may vary if the game goes into additional innings. Fee: \$15 (includes ticket and transportation)

**Central Orange SC** 9:30 am - 3 pm  
**Seymour Center** 10 am - 2:30 pm

Fri, Apr 22 (226002-01)  
**Southern Women's Show - Raleigh**

This Women's Show focuses on fashion, food, fitness, home décor - and much more. You can purchase your ticket in advance at Walgreens for \$8 or \$12 on the day of show.

Fee: \$15 (ticket & lunch not included)  
**Central Orange SC** 9 am - 4:30 pm  
**Seymour Center** 9:30 - 4 pm

Fri, May 6 (226003-01)  
**North Carolina Symphony, Raleigh**

Angelo Xiang Yu, violin, Grant Llewellyn, conductor, and North Carolina Symphony will present Suppé: *Overture to Light Cavalry*, Saint-Saëns: *Violin Concerto No 3*, and Bizet: *Symphony No 1*. We will arrive in time for the pre-concert lecture at 11 am and have lunch at a local restaura-

rant following the concert.

Fee: \$32 for ticket and transportation  
**Central Orange SC** 9:30 am - 4:30 pm  
**Seymour Center** 10 am - 4 pm

Thurs, May 12 (226004-01)  
**Durham Bulls Game**

The Bulls battle it out against the Buffalo Bison. Join us for an afternoon of baseball. We have great seats behind home plate. Lunch will be at the stadium so you can grab a hot dog, peanuts and popcorn while enjoying the game. Seats go fast! Return time may vary if the game goes into additional innings.

Fee: \$15 (includes ticket and transportation)  
**Central Orange SC** 9:30 am - 3 pm  
**Seymour Center** 10 am - 2:30 pm

Wed, Jun 1 (226005-01)  
**Durham Bulls Game**

The Bulls battle it out against the Scranton/Wilkes-Barre RailRiders. Join us for an afternoon of baseball. We have great seats behind home plate. Lunch will be at the stadium so you can grab a hot dog, peanuts and popcorn while enjoying the game. Game starts at 1 pm. Seats go fast! Return time may vary if the game goes into additional innings.

Fee: \$15 (includes ticket and transportation)  
**Central Orange SC** 11 am - 5 pm  
**Seymour Center** 11:30 am - 4:30 pm

## PUBLIC BUS LOCAL DAY TRIPS

(Contact either Senior Center to register)

Wed, Apr 20 (316011-02)  
**Public Bus Trip to Southern Village**

Our destination is just 2 miles south of downtown Chapel Hill, but it feels like another world. Surrounding the Village Green are shops, restaurants, the Lumina movie theater, a church, and Weaver Street Market with lunch items and outdoor seating. In the summer there are concerts and outdoor movies and a farmers market. Southern Village is well connected to Chapel Hill by public bus. At the start of the trip we will gather at the Seymour Center and walk down the hill to MLK Blvd to take the NS bus stop. This trip requires some walking.

Cost: bus is free; bring money for lunch  
**Central Orange SC** 10 am - 3:30 pm  
**Seymour Center** 10:45 - 3:30 pm

Thurs, May 19 (316011-03)  
**Public Bus Trip to RDU International Airport**

Ever wonder if you can get to the airport by bus? Sign up for this trip and see how it is done. If time is not an issue, this is probably the least expensive way to get there. A member of the

Guest Services staff will meet with us, answer questions and show us some hidden public spaces.

Cost: Bus fare: \$2 round trip 65 yrs + (bring Medicare card or photo ID)/\$4.50 if under 65 yrs. (bring exact amount) lunch is extra  
**Central Orange SC** 10:15 am - 3:30 pm  
**Seymour Center** 10:45 am - 3 pm

## SATURDAY GETAWAYS

If you want to register for a tour, call the main number of the Seymour Center at 919-968-2070. Our refund policy is as follows: To receive a refund on the Saturday Getaways, cancellations must be made 7 days before the trip leaves.

Sat, May 21 (326014-01)

### Flat Rock Playhouse

Travel with us to Hendersonville, NC, home of the State Theatre. We will start our day with an enjoyable lunch at the Café on the Veranda and a little shopping. Afterwards, we will head over to the Flat Rock Playhouse for a dynamic show! Inspired by the true story, *Million Dollar Quartet*, which dramatizes the impromptu jam session featuring Elvis Presley, Jerry Lee Lewis, Carl Perkins and Johnny Cash and includes the hit songs *Blue Suede Shoes*, *Folsom Prison Blues*, *Great Balls of Fire*, *Hound Dog*, *Whole Lotta Shakin' Goin' On* and many more. This will be a musical journey to remember! Lunch is included in the cost of tour. **Driver gratuity is not included.** The recommended gratuity for driver is \$3 - \$5 per person per day. **Checks should be made payable to OC-DOA. We must have 25 participants for this trip to take place.**

Tour Cost: \$100

**Central Orange SC** 7 am - 9 pm  
**Seymour Center** 6:30 am - 9:30 pm

## MORE TRIPS

Thurs, Aug 11 - Sun, Aug 14

**Renfro Valley, KY**  
**Country & Gospel Music at its Best!**

Day 1: Arrive in Renfro Valley, KY and after checking into our hotel we will browse gift shops prior to dinner. After dinner we will attend the Renfro Valley Oldies Show.

Day 2: We will have breakfast at the hotel then head to the Kentucky Music Hall of Fame. This Hall of Fame honors Kentucky performers, songwriters, and other professionals that have made significant contributions to the music industry in Kentucky and around the world. This afternoon enjoy the Bitter Sweet Cabins Tour where you will see the four cabin styles found on the Kentucky frontier. This evening enjoy the "Tribute to the Legends" show. This show pays tribute to some of the

biggest and brightest in the entertainment industry from all genres of music.

Day 3: This afternoon we will attend the Mountain Gospel Jubilee. You will be uplifted as entertainers perform the best of gospel music's favorites. After dinner we will attend the Renfro Valley Barn Dance Show. Enjoy a traditional country music show with fiddles, banjos, cloggers and comedy.

Price includes: Deluxe motor coach transportation; Tour Manager; (3) night's lodging; (3) continental breakfasts; (4) show at Renfro Valley Entertainment; Kentucky Hall of Fame; Bitter Sweet Cabins tours; and baggage handling.

Cost: \$475 person double occupancy or \$625 for single occupancy. A deposit is in the amount of \$25 is due to hold your spot and the balance is due before May 5. Check payable to Friends of the Central Orange Senior Center, PO Box 8181, Hillsborough, NC 27278. For further information, call Center at 919.245.2015 and ask for Friends board member.

**Central Orange SC** Depart: 7 am  
**Seymour Center** Depart: 7:30 am

Wed. Sept. 21 - Tues. Oct 4  
**SPAIN & PORTUGAL - 14-DAY**

**SPECIAL LAND TOUR**

**Slide Presentation: 2 pm, Thurs, Feb 25 - Seymour Center**

Picture yourself strolling the quaint, narrow, winding streets in sunny Spain and Portugal -enjoying Spanish delicacies and Portuguese wines, soaking up local customs and culture in outside cafes. Guided tours ensure you visit the most celebrated sites (10 UNESCO sites on this tour!!) yet ample free time to explore famous art museums, shop, or relax in colorful surroundings. Unique itinerary transports you over mountains, plateaus, and alternating rugged cliffs with sandy beaches and coves along two coasts (Atlantic and Mediterranean) plus central Spain from Madrid to the southern tip in Granada. Moderate physical activity blends longer days with shorter days and more leisure time.

Start your Portuguese adventure with a 3-night stay in **LISBON**. Guided tour of Moorish Alfama Quarter, Jeronimo's monastery, tower of Belem, and more included. Evening dinner complete with local cuisine, wine, folkloric dances and Fado music. Next day begins on Portugal's "silver coast" in the pilgrimage town of **FATIMA**; On to the quaint town **NAZARE** and the medieval walled town of **OBIDOS**. Enjoy the farming villages, cork and olive tree plantations as you cross the border and head to **MADRID**, with its historic center, the Puerta del Sol, and the Plaza Mayor, where events have been held since the 17th century. The Royal Palace reveals lavish halls, rooms, armory, and impressive courtyard. Travel to **TOLEDO**, a UNESCO

site and capital of medieval Spain until 1560. Comprehensive guided tour highlights the magnificent Gothic cathedral, 13th century synagogue, church of Santo Tome with El Greco's masterpiece, *Burial of Count Orgaz*. In **CORDOBA**, walk through the Mezzquita, an architectural Moorish marvel (from 8th century mosque to present day Christian church). In **SEVILLE**, considered Spain's cultural capital, view Columbus' tomb and walk through Santa Cruz Quarter with its bright flowers and winding streets. This evening, enjoy an exciting flamenco show. Then, on to **GRANADA** to tour the world-famous Alhambra, the immense hilltop palace. Travel through Spain's amazing landscape to the Mediterranean town of **VALENCIA**, surrounded by citrus groves. Stroll through its bustling central market, one of Europe's largest. A walking tour of historic Valencia with its imposing towers and cathedral, a demonstration of famous handmade Lladro porcelain, a visit to a fisherman's home, boat ride on the canals surrounding rice field plantations, followed by an authentic "paella" lunch. Two nights in **BARCELONA**, a coastal city on the Mediterranean. Explore the famous Las Ramblas, dotted with colorful bird and flower stalls. An in-depth guided tour of this vibrant and lively city showcases UNESCO world heritage sites.

14-day all inclusive airfare, hotels, 19 meals, land tours, baggage handling, air taxes and fees, tour guide, transportation to and from airport: \$4,499 for a double (\$5,299 for a single). Book by April 1 and receive \$100 discount per person. Deposit: \$250. Trip offered by Friends of Seymour Center. Contact: Linda Mews, 919 967- 4728, [Lmews2@gmail.com](mailto:Lmews2@gmail.com).  
**Come to the 2 pm, Thurs, Feb 25 presentation at the Seymour Center for a slide show & more details.**  
**Contact: Linda Mews: 919 967-4728, [Lmews2@gmail.com](mailto:Lmews2@gmail.com).**

Sun, Oct 31 - Sat, Nov 12

**Special 12-Night Southern Caribbean Cruise from Baltimore, MD**

Round-Trip to Baltimore and Cruise, as Low as \$1,175 per person. Take an exciting, 12-night, exotic Southern Caribbean cruise aboard Royal Caribbean's Grandeur of the Seas, escorted by Jerry Passmore and other Friends of the Central Orange Senior Center members.  
**Discover the charm of these exotic islands in the southern Caribbean.**

You will be transported by motor coach to Baltimore, then sail to beautiful **Charlotte Amalie, St Thomas**, part of the US Virgin Islands to soak up the sun at Magens Bay, one of National Geographic's top-ten list beaches, or sail over to the Virgin Island National Park (on St John's) and enjoy the extra duty free shopping allowance downtown.

Continue cruising south to **St John's, Antigua**, which boasts 365 white-sand beaches, world-class sailing and lush nature. Culture buffs can explore the colorful capital of St John's or visit the former British imperial naval base of Nelson's Dockyard on the south coast. Next, cruise to **Bridgetown, Barbados** to enjoy beach activities or discover the fascinating Harrison's Cave via electric tram, to marvel at cascades and stalactite formations developed over thousands of years.

Travel further south to **Castries, St Lucia**, for a day of sightseeing. From the twin peaks of the Pitons Mountains to rainforests and palm-fringed beaches, St Lucia astounds with dramatic unspoiled scenery. The capital of Castries is your gateway to outdoor fun, relaxation and exploring the unique culture. Enjoy and relax onboard the three-day cruise back to Baltimore, with a stop at the island of **St Maarten**, and discover by tour the unique history of the twonation island of Dutch (Philipsburg) and French (Marigot) cultures or enjoy shopping and food or the white sand of Orient Beach.

**The Grandeur of the Seas provides you with many exciting, onboard experiences including:** dining options, a wide variety of entertainment and Broadway-style shows, a friendly *Casino Royale* with slots and table games, a relaxing *Vitality Spa*, pool and fitness center.

**The trip cost includes round-trip charter bus service to Baltimore, baggage handling, and the cruise.** (Gratuities/shore excursions are not included.)  
**Your total cost in a double occupancy room is:**

- Inside Cabin: \$1,175 per person
- Ocean view Cabin: \$1,475 per person
- Balcony Cabin (limited number): \$2,250 per person

Other details:

- The bus leaves Central Orange Senior Center on Mon, Oct 31 at 6 am, and leaves the Seymour Center at 6:30 am.
- We will return home around 5 pm on Thurs, Nov 12.
- A VALID PASSPORT IS REQUIRED, and must be in your possession when boarding the charter bus.
- A pre-trip party will be scheduled in Sept at the Central Orange Senior Center to get acquainted and go over cruise information.

**Book now because space is limited!** To hold your room at these prices, a **\$450 non-refundable deposit per person**. Prices will likely increase after that date. **Your final payment is due Fri, July 1.** Trip offered by Friends of Central Orange.

**To hold your registration, submit your completed Registration Form and a check deposit made payable**

**to: The Friends of The Senior Center for Central Orange, PO Box 8181, Hillsborough, NC 27278. To pay by credit card call 919-423-1555. For questions, call 919- 245-2015.**

June 2017

**RESORTS OF THE CANADIAN ROCKIES PLUS VANCOUVER**

Beautiful, world-famous resorts and spectacular scenery. Fly into **VANCOUVER**, a beautiful city on the Pacific, for a sightseeing tour of the vibrant waterfront area, North America's largest Chinatown, Gastown, and Stanley Park. Board a ferry to Vancouver Island, to visit a little town nestled between the mountains and the ocean. Arrive in **VICTORIA**, the "City of Gardens" for a two-night stay in the breathtaking **The Fairmont Empress Hotel**. After breakfast at Butchart Gardens, stroll through 55-acres of colorful gardens before you embark on a sightseeing tour of Victoria. Next morning, board a ferry for a cruise through the Gulf islands. Back on the mainland, travel to **KELOWNA** in the rich and fertile Okanagan Valley for a visit to a family-owned goat cheese farm. Later, enjoy a wine-tasting tour and dinner while taking in the beautiful ambience. Travel along the upper Columbia River through Yoho National Park. Continue to **LAKE LOUISE**, showcasing incredible views of its emerald waters and the imposing Victoria Glacier. Two nights at the incomparable **The Fairmont Chateau Lake Louise**. Experience breakfast at the spectacular Lake Louise Gondola before zipping to the top of Whitehorn Mountain for panoramic views of the surrounding mountain ranges. Grizzly bears call this area home!! Set out on a journey along the unforgettable Icefields Parkway; behold lovely waterfalls, rushing rivers, glacial peaks and snow-capped mountains. Ride across the **COLUMBIA ICEFIELD**, a glacial mass over 1,000 feet thick. Leaving Lake Louise, you journey to **BANFF**. Embark upon a scenic drive to view Moraine Lake and the incredible valley of the Ten Peaks. Explore this "Land of the Sleeping Giants" with its Hoodoos and powerful Bow Falls. Your home for two nights is the magnificent **The Fairmont Banff Springs**, known as the "Castle in the Rockies." The next day is yours for independent exploration - shop in delightful downtown Banff, visit museums, or just take in the natural beauty of the area. Toast the end of a wonderful trip at a farewell dinner in Banff.

This 10 day trip is rated '2' out of '5' for level of activity. Average pace with seniors in mind. Cost and details in the next Senior Times.

Trip offered by Friends of the Seymour Center. Contact Linda Mews, 919-967-4728, [Lmews2@gmail.com](mailto:Lmews2@gmail.com).

# CARRBORO RECREATION AND PARKS DEPARTMENT

The following programs are sponsored by the Carrboro Recreation and Parks Department. For more information and to register, call 919-918-7364. Events are FREE unless otherwise stated.

## 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.

## RALEIGH LITTLE THEATRE - MISS NELSON IS MISSING (MUSICAL)

A musical about learning to behave. Miss Nelson is too nice and can't control her classroom. She disappears and is replaced by the evil Miss Swamp, who is a strict disciplinarian. Desperate, the children try to get her back - but will they ever find her?  
Fee: \$24  
Sunday, Mar 13 12 noon - 4 pm

## JORDAN LAKE SPRING BOAT TOUR AND LUNCH AT VIRLIE'S GRILL

Relax and enjoy one of Jordan Lake Tours most popular adventures! Enjoy a scenic pontoon boat tour of beautiful Jordan Lake. Included are sodas and an assortment of snacks. Very beautiful trip - bring a camera! No restroom on the boat. After this morning boat ride we will stop for lunch at Virlie's Grill in Pittsboro before heading home. Bring money for lunch.  
Fee: \$34  
Tue, Apr 12 9 am - 2:30 pm

## OLD SALEM

Learn about the Moravians who founded Salem in the 1750's as we take a self-guided tour of Old Salem and enjoy the sights, smells and taste of a true Moravian. Our tour will include a scheduled time to visit the MESDA. Lunch will be on your own at one of the restaurants or shops on site. Extensive walking on uneven surfaces, please wear proper shoes. Register by Wed, Apr 27  
Fee: \$29  
Wed, May 11 8:45 am - 4:30 pm

## GOLDEN TRAIL SERIES

**Walk In Registration Only.** This walking group gets you out and about on local trails. Transportation from a central point is offered or individuals can meet or follow us to the trail head. Binoculars are always encouraged. Water is always a must bring! Please feel free to call Dana Hughes at 919-918-7372 to find out more specific trail difficulty information so that you can make a good choice. **Pre-Registration required for all trips.**

## ENO RIVER SPRING HIKE

Rejuvenate with nature as we discover trout lilies, hepatica, and the candy striped splendor of spring beauties. Our hike will take us through the bottomland of the Eno River at Cole Mill. The hike is relatively flat other than an initial descent and final ascent and is a trail with some roots. Bring a lunch and water.  
Fee: \$4

## Town Commons Parking Lot

Thurs, Mar 31 9:30 am - 1:30 pm

## HIKING AT LAKE MICHAEL PARK, MEBANE, NC

Join us for a fun morning of hiking at Lake Michael Park, Mebane. This is a great park to explore! The park is 200 acres with 59 acres of lake. There are two nature trails we can explore. In addition to hiking you can even take a paddle boat ride. Bring your lunch and water.  
Fee: \$4

## Town Commons Parking Lot

Thurs, Apr 28 8:30 am - 1pm

## BIRDS OF SPRING MASON FARM HIKE WITH KATE FINLAYSON

Birding outing to Mason Farm with Audubon Guide Kate Finlayson. Many avian travelers will just be back from the tropics and we hope to see colorful indigo buntings, summer tanagers, and prairie warblers. This hike is relatively flat and is estimated at 1.5 miles.  
Fee: \$4

## Town Commons Parking Lot

Fri, May 6 8:30 am - 12:30 pm

## MORE FUN THINGS TO DO

### 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! Must call 919-918-7364 to register.  
Fee: FREE

## Century Center

Thurs, Mar 24; Wed, Apr 20;  
Mon, May 2 2 - 3:30 pm

## GAME DAY'S AT COVENANT PLACE CO-SPONSORED BY COVENANT PLACE

We have all 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 out and learn something new or play one of your old time favorite games.  
Fee: FREE

## Covenant Place

Thurs, Mar 17; Apr 21; May 19  
1 - 2 pm

## BEGINNER LINE DANCE

Beginner Line Dance Classes with Becky Walker. What a great way to get some exercise! Classes are offered to individuals interested in learning to dance, no partner needed. Line Dance is choreographed with sequences of steps that are repeated. In this class you will learn a variety of dances.  
Instructor: Becky Walker  
Fee: \$3

## Century Center

Thursdays, Mar 3 - Apr 21 4 - 5 pm

## BREAKFAST WITH AN EXPERT

Listen to local experts discuss their field of knowledge while enjoying fresh hot coffee, baked scones or muffins courtesy of the recreation and parks department.

## STAY SAFE! WHAT YOU NEED TO KNOW ABOUT TICKS IN NC

Join Marcia E. Herman-Giddens, PA, MPH, DrPH and Scientific Adviser, Tick-borne Infections Council of North Carolina, Inc. Learn about human-biting ticks in NC, what diseases they may carry, the symptoms they cause and tick identification. Understand the basics of disease reporting and why the numbers are not accurate and the challenges in diagnosing and treating. Learn how to prevent tick bites and safe tick removal techniques.  
Fee: FREE

## Century Center

Thurs, Mar 3 9:30 - 11am



## MORNING NIA

Discover the joy of movement in your body's way! Nia workouts combine the dance arts, martial arts, and healing arts to get you fit in 60 minutes - integrating body, mind, emotion, and spirit. With bare feet and music from around the world, we will work on mobility, agility, strength, flexibility, and stability. Nia is non-impact and adaptable to individual needs, abilities, and levels of fitness.

Instructors: Molly Reingruber  
Fee: \$36

## Century Center

Thursdays, Mar 31 - May 5 9 - 10 am

## BASKET WEAVING CLASSES

In this fun filled class, students will complete three baskets and learn a variety of traditional weaving techniques. All materials and tools provided. Wear old clothes... All levels are welcome!

Instructor: Susan Laswell  
Fee: \$122 per session

## Century Center

Mondays, Mar 21 - May 2  
(no class Apr 11) 6:30 - 9 pm

## FRENCH FOR TRAVEL

Parlez-vous français? Going to France? Want to be able to communicate with the natives? Want to know what you are ordering in a restaurant or café? Let's talk about Paris and Provence, euros and the metro, while tasting various cheeses and singing French songs! Additional \$12 material fee paid to the instructor on the first class.

Instructor: Helen Lancaster  
Fee: \$50

## Century Center

Tuesdays, Mar 22 - Apr 26  
10 - 11:30 am

## SENIOR TENNIS DAY

Join us for a fun tennis event for players aged 50 and above! Bring a friend or two and meet other tennis players from this area, join in a game of doubles, play with lots of different people and win prizes! Light refreshments will be provided to all participants. Please bring a racquet if you have one. Some loaners will be temporarily available.  
Fee: FREE

## Wilson Park

Wed, Apr 6 9 - 11 am

## TRIVIA FEUD FOR SENIORS AND TEENS

Gather your friends and meet at the Century Center for a fun night of Trivia and the opportunity to win great prizes! Category criteria will be diverse and fun for everyone.  
Fee: FREE

## Century Center

Sat, Mar 12 6 - 8 pm

**CANOE/KAYAK TRIP - BYNUM  
UPRIVER PADDLE**

OFFERED IN PARTNERSHIP WITH  
THE HAW RIVER CANOE & KAYAK  
COMPANY

Because of its biological and ecological significance, land on both sides of the Haw River upriver of the dam at Highway 15-501 in Bynum is part of the Haw Slopes State Natural Area.

A diversity of habitats includes rich forested slopes, islands, rocky outcrops and wetlands. Both rare and ancient plants are found along the shore. Great blue herons, belted kingfishers, Canada geese, red-tail hawks and eagles are commonly seen while paddling. Occasionally, deer, beaver and muskrats present themselves.

Flat-water upriver of the dam is especially well-suited for both the beginner paddler and anyone interested in nature. We will conclude the trip having lunch at the Allen & Son BBQ in Pittsboro.

Fee: \$32

**Meet at Town Hall Parking Lot**

Wed, Apr 27 9:15 am - 2 pm

**CINCO DE MAYO PARTY**

We are having a Fiesta at the Carrboro Century Center. Come toast Mexican culture during our Cinco de Mayo Party! Cinco de Mayo commemorates Mexico's victory over the French at the Battle of Puebla On May 5, 1862. Bring your friends and enjoy authentic Mexican music and wonderful food. RSVP to 919-918-7364 by Wed, April 27

Fee: FREE

**Century Center**

Thurs, May 5 1 - 3 pm

**KAYAK FULL MOON PADDLE**

OFFERED IN PARTNERSHIP WITH THE HAW RIVER CANOE & KAYAK COMPANY  
Nothing can be more beautiful than a full moon rising above a Piedmont lake.

There is just something magical about moonbeams and water — and sharing the experience of looking at the moon with someone special, even if that someone special is just you. Participants arrive early enough in the evening to practice paddling, enjoy a beautiful sunset and adjust their eyes to the night sky. As the moonlight gets brighter, we will paddle around the lake to enjoy the night sounds. Eventually, we will “raft-up” and lay back to fully take in our surroundings

Fee: \$32

**Meet at Town Hall Parking Lot**

Sat, May 21 7 - 11 pm

**For more programs and classes please visit [www.carrbororec.org](http://www.carrbororec.org) or call 919-918-7372.**



## ORANGE COUNTY SENIOR GAMES

Senior Games is a year-round health promotion program for adults ages 50 +. Activities include clinics, tournaments, social activities, and SilverArts - both visual and performing arts-dance competition - as well as local and state competitions. For more information call Latonya Brown, Senior Games Coordinator, 919-245-4270. The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors.

**The 2016 Orange County Senior Games' Athletic Events will be held Tues, April 5 - Thurs, April 21. SilverArts performance competition will be held at the Seymour Center in conjunction with the Celebration of Athletes, April 27, and will be a judged show and the SilverArts visual art show will go on display beginning Mon, April 11 at the Seymour Center. Again, this year, the Celebration of Athletes & Artists will be held in conjunction with the Food Truck Rodeo at the Seymour Center on Wed, Apr 27 at 4:30 pm.**

For the Senior Games' on-going activities events schedule, please refer to the Athletics section on page 33 for more information.

**Registration Information**

Registration forms are available on-line at [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) or may be picked up at the following locations: both senior centers, recreation departments, and at the locations of each event in Orange County. You can also call a senior center and ask to have one mailed to you. Be sure to check the application for the “early bird” savings. **The early bird deadline is Friday, March 4 and the final deadline is Friday, March 18 (the SilverArts registration deadlines are the same as for Athletic events).** For more information and/or to volunteer at any of the events, please call Latonya Brown at 919-245-4270. For information about SilverArts call Cydnee Sims at 919-245-4250.

## SILVERARTS

SilverArts Visual Art Show is a juried art show, and will be at the Seymour Center. Please complete the Senior Games SilverArts registration form in the Senior Games registration packet. **All artwork should be brought to the Seymour Center on Tuesday, April 7, between 9 am - 12 noon.**

The SilverArts Performing Art Show will be held in conjunction with the Celebration of Athletes on **April 27.**



## Aging in Stride 5K Run/Walk

Sat, April 2nd -- 9 am -- UNC Bell Tower. The Aging in Stride 5K benefits Senior PharmAssist. Senior PharmAssist promotes healthier living for Durham seniors by helping them obtain and better manage needed medications, and by providing health education, Medicare insurance counseling, community referral and advocacy. This event is organized by the UNC School of Pharmacy Carolina Association of Pharmacy Students Project AGE (Advancing Geriatric Education). Please come out to walk, run, or volunteer.

Entry fees: Pre-Registration (65 yrs and older): \$10. Under age 65: \$25. Race-day registration: \$30. All participants registering by March 21st will be guaranteed a t-shirt and a chance to win prizes! Please contact [aginginstride@gmail.com](mailto:aginginstride@gmail.com) or visit <https://app.racereach.com/r/11th-annual-aging-in-stride-5k-walk-run/details> for online registration. We hope to see you there!

## 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

**Anshu Gupta, MBA**, Administrative Assistant

**Ryan Lavalley, MA, OTR/L**, Occupational Therapist

**Ana Lima, MSW**, Bilingual Social Worker

**Beverly Shuford, BS**, Information and Benefits Specialist

**Pam Tillett, MSW**, Social Worker

**Mary-Ann Weston, 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



## CENTRAL ORANGE SENIOR 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 Central Orange Senior 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, 919-245-2016, 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 CENTRAL ORANGE SENIOR 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

**Cydnee 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 Senior Centers will be closed Fri, Mar 25 and Mon, May 30 for holidays