

SENIOR TIMES

News and Activities for Orange County's Older Adults



Orange County
Department on Aging



ORANGE COUNTY
NORTH CAROLINA



SENIOR CENTERS

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Visit us at www.orangecountync.gov/departments/aging or [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging)
To join the bi-monthly listserv, email 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

It has been a very busy spring for us here at the Department on Aging. I would like to thank you and the entire community for supporting our programs. The Dying with Dignity event held in March had 400 persons in attendance and offered an outstanding panel of differing views on the subject. The audience was engaged and offered up very thoughtful questions. This is a subject that we will continue reflecting on as we think about what it means to "die with dignity" in our community.

As I write this column it is the day after Dr. Bill Thomas' "Age of Disruption" tour has made a stop in our community. Both of the community events were attended by almost 400 persons. I am still sorting through in my mind as to what we experienced that day with Dr. Thomas. He challenged us to think differently about aging and to join the global fight against ageism. I don't know about you, but I am definitely in for the fight. I am thankful to live in a community where aging services are supported and we are on a mission to support all of our elders. Speaking of elders, a small group of community leaders were able to have lunch with Dr. Thomas and we spent most of the time trying to decide what is the best word to identify those of us age 55+. Needless to say, we didn't resolve the issue, but many of us settled on the word elders. What do you think?

Well, summer is almost here and this issue of Senior Times is packed with more great programs. There are lots of classes/programs to choose from and new services being launched through OC CARES. I am thrilled to share with you the national award that we received at the American Society on Aging's Conference. (See page 13). We are entering Year Five of the 2012-17 Master Aging Plan (MAP) and it is time to begin planning for the 2017-22 MAP. This summer we are working on the framework for the next plan. In the next issue of Senior Times you will be hearing more about how you can get involved. This is the community's plan for aging services and we need you as we continue to make Orange County a great place to age.

I hope you have a wonderful summer. I love hearing from you and seeing you at the Centers. Come see me, drop me an email.

Sincerely,

Janice Tyler

Director, Orange County Department on Aging

jtyler@orangecountync.gov

FROM THE EDITOR

We usually think of summer as a time to slow down and relax; in this issue, there are probably a few less programs than usual to help you enjoy a slower - although our staff have, again, been exploring their creative sides with programs to help you enjoy a more relaxed and refreshing time.

We have music, art, travel, dancing, Father's Day specials, drumming demos, Smartphones photography, car shows and refreshments with lemonade, melons, ice cream and even Pina Colodas. No, all of these refreshments are not at the same event; they are all at different events and at the different centers. You'll have to search through the Senior Times to find out when and where.

I hope you will take part in something new and different this summer at the Orange County Centers, a place to meet and make new friends, a place where life's connections are made.

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

Myra Austin

Senior Centers Administrator,
Orange County Department on Aging
Senior Times Managing Editor
maustin@orangecountync.gov

Central Orange becomes Jerry M. Passmore Center

The Central Orange Senior Center in Hillsborough recently had a name change! It was renamed the "Jerry M. Passmore Center" to honor Jerry M. Passmore who was the Orange County Department on Aging's first director, and a pioneer in the field of aging. The Board of Orange County Commissioners voted to approve the resolution to rename the center because of Mr Passmore's many and visionary contributions to improving the lives of older adults in Orange County. In fact, the Department on Aging was the first one to become part of a county in North Carolina! This has enabled older adults to have exceptional services and programs throughout the years - and they continue to get better and better! As with the Seymour Center, there is no "senior" in the name, and the center is now known as the "Passmore Center".

Early Voting for the June 7, 2016 Election

Voters will need to show acceptable photo ID at the polls.

Seymour Center - 2551 Homestead Rd., Chapel Hill
Thursday - Friday, May 26 - 27 Hours: 10 a.m. - 6 p.m.
Tuesday - Friday, May 31 - June 3 Hours: 10 a.m. - 6 p.m.
Saturday - June 4 Hours: 9:00 a.m. - 1 p.m.

Early Voting sites for the Board of Elections and the Seymour Center will be closed Monday, May 30th in observance of Memorial Day.

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

Looking to Share Your Home?

Looking for Housemates?

The Seymour Center and the Passmore Center each have a Shared Housing Bulletin Board to help those seeking shared housing. Please post a note-card 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!

Come to a Center for “One Stop Shopping”

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

橙郡老年中心 社会工作者服务团队

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

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

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

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

更多咨询请登录: www.orangecountync.gov/aging

You'll Want to Know

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 and the website, 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, 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 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 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, Jun 26 and Jul 31.

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.

Interested in a Fan?

Once again, the Orange County Department on Aging is offering free fans to people with limited incomes. If you're interested, please contact Robin Bailin at the Seymour Center, 919-245-4252, or Dawn Smith at the Passmore Center, 919-245-2015 for availability.

Be Safe Be Prepared - Are You Ready for Inclement Weather?

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

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

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

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

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

To find out if the Seymour Center and the Passmore Center

Will be open after a storm - call the front desk after 8 am.

**Passmore Center:
919-245-2015**

**Seymour Center:
919-968-2070**

In Praise of Age TV Show

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

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

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

Channel 8 in Chapel Hill

Channel 4 in Carrboro and

Channel 18 in the Durham area

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

On the first Saturday of each month, IPOA is highlighting an inspiring life story. This program series will feature in June, Mildred "Mama Dip" Council, Chapel Hill resident and noted southern cooking restaurateur; in July, Steve Halkiotis shares his life experiences as an outspoken Orange County Commissioner; in August, Rebecca Clark, an Orange County community activist, shares her life story.

June 4 – "Mildred 'Mama Dip' Council: Dining on the Seeds of Time": Florence Soltys and Orange County Aging Advisory Board Member, as well as restaurateur Mildred Council, serve up some hearty conversation. (OAD- 4/5/03) YouTube

June 11 – "Death with Dignity": Keynote Speaker Barbara Mancini shares her experience with her father on dying with dignity at an Orange County Department on Aging and Project ENAGE Initiative on March 17, 2016 at the UNC

Friday Center, Chapel Hill, NC (OAD-6/11/16) YouTube

June 18 - "Promoting Bladder Health"- Part 1: Dr. Mary Palmer, with UNC School of Nursing presents information for bladder health with practical steps to promote bladder control. Program was held at the Seymour Center in Chapel Hill (OAD-10/6/12) YouTube

June 25 - "Promoting Bladder Health"- Part 2: Dr. Mary Palmer with UNC School of Nursing continues her presentation on practical tips for bladder health and control that was held at the Seymour Center. (OAD-10/13/12) YouTube

July 2 – "Commissioner Extraordinaire": Host Florence Soltys reviews Steve Halkiotis, retired Orange County Commissioner for 20 years and noted for being outspoken, on his life and his thoughts as a longtime resident and commissioner of Orange County. (OAD-6/2/07) YouTube

July 9 – "The Blue Ridge Parkway No One Knows": Host Dr. Bobbie Boyd Lubker interviews Dr Anne Mitchell Whisnant, from the Office of Faculty Governance at UNC-CH. She is a researcher and author of Super-Scenic Motorway: A Blue Ridge Parkway History. Dr Whisnant shares photographs, stories and fifteen years of research about the complicated and interesting past of the Parkway's approval, design and construction. (OAD- 5/17/08) YouTube

July 16 – "Aging Without Apology": Reverend Robert Seymour shares his thoughts with host Roland Giduz on why he wrote a book entitled Aging Without Apology and describes some of the chapter topics covering critical issues on aging. (OAD-8/25/00) YouTube

July 23 – "The Prime Time Players Present Richard Rodgers: Hart and Hammerstein!"- Part 1 - Enjoy hearing singers, watching the Friends on Tap, the Seymour Tappers, the Carol Woods Taptations, and laughing at clowning spoofs. Sing along to such classics such as Oklahoma, Lady is a Tramp, Getting to Know You and Blue Moon. The original performance was held in December 2012 at the Seymour Center and January 2013 at the Passmore Center. (OAD-2/9/13)

July 30 - "The Prime Time Players Present Richard Rodgers: Hart and Hammerstein!"- Part 2: Enjoy the continuation of hearing singers, watching the Friends on Tap, the Seymour Tappers, the Carol Woods Taptations, and laughing

at clowning spoofs. Sing along to classic songs. (OAD-2/16/13)

August 6 - "Re-thinking Retirement Communities"- Part 1: Paul Klever, Executive Director, Charles House, begins the discussion by giving an insightful presentation on the variety of self-directed intentional communities that retirees are pursuing. This program is sponsored by the Dept. on Aging with Mary Fraser, Aging Transitions Administrator, serving as discussion moderator on May 2. 2013. (OAD-10/19/13)

August 13 - "Re-thinking Retirement Communities" - Part 2: This is a continuation of audience discussion on self-directed intentional communities in Orange County and elsewhere with Paul Klever, Executive Director, Charles House, and Mary Fraser, Dept. on Aging, Aging Transitions Administrator serving as discussion facilitators. (OAD-10/26/13)

August 20 – "Charlie 'Two-shoes' Tsui: A Remarkable Story of Grace and Friendship"- Part 1: Charlie Tsui leads host Florence Soltys through his life story of survival in post-World War II China. (OAD-3/15/03) YouTube

August 27 - "Charlie 'Two-shoes' Tsui: A Remarkable Story of Grace and Friendship"- Part 2: Mr. Tsui continues his account of escaping persecution in post-war China through renewal of his childhood friendship-pact with US soldiers (OAD 3/22/03) YouTube

Orange County | North Carolina

Aging Help

Information & Consultations



919-968-2087

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 Passmore Center 919-245-2015, or Seymour Center 919-968-2070.

Passmore Center (223003-08) Tues, Aug 23 6 - 7:30 pm

Seymour Center (322500-07) Fri, Jul 1 1 - 3 pm

Chapel Hill Library
Wed, Jun 15 1 - 3 pm
Wed, Jul 20 1 - 3 pm
Wed, Aug 17 1 - 3 pm

Orange County Public Library (Hillsborough)
Wed, Jun 1 11 am - 1 pm
Thurs, Jul 7 11 am - 1 pm
Thurs, Aug 4 11 am - 1 pm

MEDICARE QUESTIONS?

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

Passmore Center, Hillsborough, NC
919-245-2015
Seymour Center, Chapel Hill, NC
919-968-2070
NC SHIIP: 855-402-1212 (toll free)



Do you need help paying for Medicare?

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

PASSMORE CENTER: 919-245-2015
SEYMOUR CENTER: 919-968-2070

NC Department of Insurance Town Hall Meeting and Medicare 101 Seminar

Learn about Medicare's Preventive Benefits, Extra Help and the many services of the N.C. Department of Insurance. SHIIP, the Seniors' Health Insurance Information Program, can answer your questions about Medicare. You're invited to join North Carolina Insurance Commissioner Wayne Goodwin, SHIIP staff and volunteers, and Orange County officials at the Passmore Center on Thurs, July 28 to learn more.

A **Medicare 101 Seminar** will be offered in the morning to learn the basics of Medicare and all of its parts. This is a perfect opportunity for those new to Medicare and those who need a refresher.

Immediately following the seminar participants are invited to a **free lunch**, and then the **Town Hall Meeting with NC Insurance Commissioner Goodwin**. Learn about the many services offered by the N.C. Department of Insurance, meet the Commissioner, and participate in a question and answer opportunity following the presentation. Everyone is urged to attend.

The event is free and open to the public. You may attend the morning Medicare 101 session and lunch, or lunch and the Town Hall Meeting, or all three (Medicare 101, lunch and Town Hall Meeting).

*You must register to reserve your lunch. Please indicate when you register what session(s) you are attending and if you want lunch. Register by Thursday, July 21.

To register, call the Passmore Center 919-245-2015.

Passmore Center - Medicare 101

Thurs, Jul 28 (223003-07)
10:30 am - 12 noon

Passmore Center - Lunch

Thurs, Jul 28
12 noon - 12:45 pm

Passmore Center - Town Hall Meeting

Thurs, Jul 28 (233022-01)
1 - 2:30 pm

Get Extra Help with Medicare Costs

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

To qualify for LIS, the monthly income must be limited to \$1,472 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.

Dementia Basics: What Can We Expect? An Educational Series

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

Please register with the Seymour or Passmore Center at least one week prior to the first session of each month. Parallel respite care will be available for loved ones with dementia if requested. Please contact OC CARES team for more information at 919- 245-4253.

Fee: FREE

Passmore Center (255018-01)

Tues, Aug 16, 23, & 30 10:30 am – 12:30 pm

Seymour Center (354101)

Tues, Jul 12, 19, & 26 4 – 6 pm

Orange County to Participate in Farmers' Market Nutrition Program

Fri, Jul 1 through Sat, Oct 15 the Orange County Department on Aging will collaborate with the NC Division of Aging and Adult Services, as well as the NC Department of Agriculture to participate in the Seniors Farmers' Market Nutrition Program. This innovative program has two goals: (1) improve the nutrition of the senior centers' lunch participants whose incomes are below \$1,685 for an individual and \$2,312 per couple, per month, by enabling them to buy fresh produce and, (2) help local farmers. Coupons will be available after Fri, Jul 1 at the senior centers for lunch participant's age 60+ who meet the income guidelines (no documentation will be required). \$21 worth of coupons will be available during the growing season, and can be used to purchase fresh fruits and vegetables at local farmers' markets. Janice Tyler, director of the Orange County Department on Aging, stated, "While the program won't serve all older adults, it will improve the nutrition of some of our low-income older adults. In addition, it'll stimulate business and create awareness for our local Orange County farmers' markets." For more information, contact your local center.

BATHROOM SAFE?

GRAB BAR INSTALLATION



**Custom Handrails
and Banisters
Wrought Iron
Railings**

Tom Osborne
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www.tomgrabbars.com



Dementia Friendly Business Campaign

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

As of this printing, Seventeen local community partners have completed the Dementia Friendly Business training program.

Carrboro Family Pharmacy, Cameron's Gift Shop, The Animal Hospital of Carrboro, Maitland Law Firm in Chapel Hill, Chapel Hill YMCA, Chapel Hill Library, the Law Office of Colin K. Austin in Hillsborough, **Fidelity Bank** in Chapel Hill, and all four Orange County **Walgreens** locations, plus five County Offices: Visitor's Bureau, Child Support, Library, Animal Services and Solid Waste.

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

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

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

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

Caregivers Summit – Navigating the Transitions in Life



ACTIVE

FAMILIES DAY

Saturday, August 20,

9 am – 3 pm

Join the Orange County SportsPlex as we celebrate our 5th Annual Active Families Day.

Bringing awareness to childhood obesity through fun family activities.

We will be having an open house with Free Skating, Swimming, fitness classes and much more.

The Passmore Center, the adjacent active senior activity center, will be open from 9 am – 3 pm with activities and tours.

Transitions Guiding Lights, the Alzheimer's Association and Transitions LifeCare are hosting the First Annual Caregiver Summit "Navigating the Transitions in Life" on Tues, Aug 9 from 8-3pm at the Friday Center in Chapel Hill, with sponsorship from the OCDOA. This full day conferences is designed for both family caregivers and professionals alike. 20+ exhibitors will be at the conference to educate you on the resources available to assist you in your caregiving journey. Session topics include:

- Medicaid, Estate Planning and Advance Directives
- Understanding communication and behaviors with Alzheimer's patients
- The 4 Things that Matter Most
- Early Onset/Early Stage Dementia
- Laughter Yoga as a way to care for yourself
- Technology and aging
- Humor and aging
- And much more!

Visit www.guidinglightsncc.org after Wed, June 1 to register online. The cost will be \$10/pp for family caregivers and \$50/pp for professionals with 4 CEUs available. The day also includes a lunch. We hope to see you there!

The Friday Center, Chapel Hill

Tue, Aug 9, 8 am – 3 pm

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!



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 Passmore Center in Hillsborough. To make an appointment at either location, call Betsy at 919-245-2890.

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

Stay Active Stay Fit Stay Safe in Your Home

Assessments, Recommendation, Referrals, and Resources for:

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

What will a visit to the Clinic include?

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

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

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

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

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

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

Florence Gray Soltys Adult Day Health Program

An Enriching Day Program for
Adults and Seniors

Providing Respite for Family Caregivers

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

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

Located adjacent to the Jerry M. Passmore
Center behind the Orange County SportsPlex
105 Meadowlands Dr • Hillsborough, NC 27278

Chapel Hill's Senior Real Estate Specialist



RESIDENTIAL REAL ESTATE
919/933-8500 • 800/382-0673

311 W. Rosemary St. • Chapel Hill, NC 27516
Email: tonyhall@tonyhallasociates.com
www.tonyhallassociates.com



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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.

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 Place'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, Passmore 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), Orange County SportsPlex **Person County:** 501BP Gas Station

Lunch at the Centers

The Seymour and the Passmore 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 Center, and tickets are distributed as people sign-in beginning at 11 am.

PASSMORE 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.

Passmore Center

(257030-01) 12 noon
Thurs: Jun 9, 23; Jul 14, 28;
Aug 11, 25

LUNCH AT THE SEYMOUR CENTER Wednesdays' Buzz

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

Seymour Center

(353053) 10:30 am
Wed, Jun 1, 15; Jul 6, 20;
Aug 3, 17

THE BIRTHDAY PARTY!

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

Passmore Center (253004)

1st Mon: Jun 6; Jul 11; Aug 1 12 noon
(Celebrating Mon, Jul 11 due to holiday, Jul 4)

Seymour Center (353072)

1st Mon: Jun 6; Jul 11; Aug 1 12 noon
(Celebrating Mon, Jul 11 due to holiday, Jul 4)

Spanish Social Club

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

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

Fee: FREE

Seymour Center (357151-01)
Thurs, 9 - 11:45 am
Thurs 7 - 8:30 pm
Fri 12 noon - 2 pm

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Help People with 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@orangecountync.gov

Mary Fraser, DSW,
Aging Transitions Administrator
Keisha Andrews, MSW, Social Worker
Lisa Berley, MSW, Transportation Specialist
Marie Dagger, MA, OTR/L,
Occupational Therapist
Anshu Gupta, MBA, Administrative Assistant
Kim Lamon-Loperfido, MSW/MPH,
Social Worker
Ryan Lavalley, MA, OTR/L,
Occupational Therapist
Ana Lima, MSW, Bi-lingual Social Worker
Beverly Shuford, BS,
Information and Benefits Specialist
Pam Tillet, 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



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THE LAZY, HAZY, CRAZY DAYS OF SUMMER

CARNIVAL

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EMCEE: SHANNON VICKERY, UNC-TV

JERRY M. PASSMORE CTR 103 MEADOWLANDS DR HILLSBOROUGH NC	JULY 30 2016	1-5PM
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SUMMERCARNIVAL2016@GMAIL.COM

A fund-raising event for both centers.



COMMUNITY GIVING FUND

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

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

To learn more about the fund or to request an information packet, please visit the Orange County Community Giving Fund Web site at www.orangecountync.gov

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



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Friends of the Senior Centers

LAZY, HAZY, CRAZY DAYS OF SUMMER CARNIVAL

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....

See the ad on page 9 of this issue of Senior Times. So, invite your neighbors, children, and grandchildren, and come join us!

A fund-raiser to benefit BOTH The Passmore and 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

FRIENDS OF PASSMORE CENTER

The Friends of the Central Orange Senior Center want to thank the Orange County Board of Commissioners for approving a resolution on Feb. 16 to rename our Center in honor of Jerry M. Passmore. The Friends Board has worked for the last six years to get the center renamed and we are so pleased that the Board approved this request. Jerry Passmore worked for the County as the Director of the Department on Aging for 35 years before his retirement. He presently serves on the Friends Board as an ex-officio member and is largely responsible for two of our fundraising events – Las Vegas Night and the fall cruise. A celebration will be held this summer so please stay tuned. The Friends Board is working with the Friends of the Seymour Center on a Carnival for July 30. This has generated a lot of interest in the community. We hope you will mark your calendar and attend this fundraising event to benefit both the Seymour Center and the Jerry M. Passmore Center. We hope you have signed up for the cruise which will leave Oct 31 and is listed in the Seniors on the Road section. We had a fun time last year and are looking forward to this year. If you are interested in becoming a friend of the Center, please stop by and ask for information or go to our website www.friendsofcosc.com If you would like to join our Board, please let Beverly Blythe at 919-732-8315 know of your interest. Summer is upon us, so please be careful and have fun.

MONTHLY MEETINGS

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

Sun, Oct 31 – Sat, Nov 12

12-NIGHT SOUTHERN CARIBBEAN CRUISE FROM BALTIMORE, MD

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

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

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

FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

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

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 who 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. This year, we will have a carnival theme. Come to find out what the center has been doing and to partake of the carnival type refreshment.

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 totals \$100 or more (which may be multiple donations to equal \$100) is received, the person's name will be engraved on a plaque and put on the wall. It's a lovely tribute, and the wall is admired by many people. For more information, contact the Seymour Center's facility manager, Robin Bailin. Donations, along with the person's name for the plaque, can be sent to: Friends of the Robert and Pearl Seymour Center,

2551 Homestead Rd, Chapel Hill, NC 27514 – Attn: Treasurer.

HELP THE SEYMOUR CENTER—DONATE A VEHICLE

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

CALLING ALL ONLINE SHOPPERS

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

BE A BOARD MEMBER

Are you interested in joining the Board of the Friends of the Robert and Pearl Seymour Center and providing some of the "extras" that make the center so special. Many, many people have enjoyed the special programming, equipment, etc that the Friends have made possible. Being part of making this a reality is a real joy. For more information, call Katherine Leith at 919-929-9808.

SPAIN & PORTUGAL – 14-DAY SPECIAL LAND TOUR

Wed, Sept. 28 – Tues, Oct 11

New Departure Dates

Picture yourself strolling on 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 36.

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

Public Bus Local Day Trips

(Contact either Senior Center to register)

Thurs, Jul 14 (316011-04)

Public Bus Trip to DPAC and the American Tobacco Campus

If you want to experience the unique and exciting sights of Durham but you are afraid of getting lost driving, this trip is for you. We begin at the Park and Ride at Patterson Place. We'll take a bus to the handsome new Durham Station and then a 10 minute walk to the Durham Performing Arts Center (DPAC) for a tour (sorry no Broadway Show this time). We'll have lunch at the charming American Tobacco Campus, one of the highlights of Durham, and relax to the sounds of the waterfall and stream.

Cost: Bus fare: \$2 round trip 65 yrs + (bring Medicare card or photo ID)/ \$4.50 if those under 65 yrs. Exact change is required. Bring money for lunch.

**Park and Ride at Patterson Place
Witherspoon Blvd and Mcfarland Drive**

9:15 am – 2:30 pm

Wed, Aug 17 (316011-05)

Public Bus Trip to University Place and the K&W Cafeteria

So much has changed at the University Mall – even the name!

Come see what's new: giant movie theater, beauty college (Aveda Institute), children's museum (Kidzu) and a workout gym. We will start out with lunch at the K&W followed by browsing at University Place. This trip starts at the Passmore Center in Hillsborough. Call Lisa to make arrangements if you want to leave from Chapel Hill, 919-717-1853.

Cost: Bus is Free. Bring money for lunch.

Passmore Center

10 am – 3:30 pm

Exciting News! – Transportation Changes at the Centers

Starting in June, Orange Public Transportation (OPT) will add a new late bus home from both centers. The bus will leave from the Passmore and Seymour Centers at 3:30 pm, Monday through Thursday. The new bus is in addition to the existing 1 pm bus. Call Lisa Berley, Transportation Specialist, 919-717-1853 for more info.

Care Partner Respite Now Offered at Both Centers

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

Pastoral Care at Passmore and Seymour Centers

Jacob Foster, a Pastoral Care intern in the Clinical Pastoral Education Program at the UNC Hospitals Hillsborough Campus, will be leading a weekly discussion group this summer: Exploring our Spiritual Beliefs on Faith, Love, Death, Forgiveness, etc. to be held at both the Seymour and Passmore Centers through mid-August 2016. This will be a good time to explore these important topics in a non-judgmental setting. Jacob will also be available for informal, one-on-one talks about spiritual issues and concerns over the summer. Watch for more information about his office hours.

Seymour Center
Passmore Center

Wednesdays at 10am
Wednesdays at 4:30pm



Transportation Information

Transportation News: The expanded Volunteer Driver Program is available, as is bus transportation from Chapel Hill to Greensboro. Call Lisa Berley for information, 919-717-1853.

• Two Local Day Trips Using Public Buses

Destinations: Durham and University Place (Seniors on the Road, page 35-36)

• Transportation Information Display Tables at Senior Centers – Monthly

Pickup bus schedules, applications for various door to door services, and get help planning a bus trip – as well as what is new.

Passmore Center 1st Wed, Jun 1; Jul 6; Aug 3 9:30 – 11 am

Seymour Center 1st Tues, Jun 7; Jul 5; Aug 2 9:30 – 11 am

• Volunteer Driver Orientations

If you want to make a big difference to a person who is homebound, join the expanded Volunteer Driver Program, which helps fill in the public transit system's gaps. Reimbursement for mileage is available. Background checks are required. Call Lisa Berley for details 919-717-1853.

Passmore Center Fri, Jun 17 (227003-02) 11 am – 12 noon

Seymour Center Fri, Jul 29; Aug 26 (327000-03, 04) 2 – 3 pm

Contact Lisa Berley Transportation Specialist, lberley@orangecountync.gov or 919-717-1853, with questions.

Come Enjoy the New Memory Cafés

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

Fee: FREE

Seymour Center - Memory Café 2nd Monday of the month
1:30 – 3:30 pm Mon, Jun 13; Jul 11; Aug 8
RSVP not required, but encouraged

Passmore Center - Memory Café 3rd Monday of the month
2 - 4 pm Mon, Jun 20; Jul 18; Aug 15
RSVP not required, but encouraged

For RSVPs or Questions Contact: Kim Lamon-Loperfido at kloperfido@orangecountync.gov or 919-245-4253

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AND PASSMORE CENTER

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VC55+ Volunteer Opportunities

Live your best life through volunteering! We're seeking volunteers for substantive and meaningful volunteer roles – join us to reap the many benefits of volunteering. It decreases social isolation and increases quality of life for Orange County older adults and their families.

Aging Well Support Opportunities

Friend to Friend Team: As a Friend to Friend, 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 1 - 2 hours a week with your new friend, exploring common interests and making a huge difference in her or his life.

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

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

Volunteer Drivers Team: Volunteers provide safe and direct transportation for older adults who cannot access public transportation. Each driver chooses the times they are available to drive. After successfully completing comprehensive, required training, drivers are notified at the beginning of each week of the routes needed during their pre-determined driving time(s). Drivers receive training, support, program resource materials, and gas mileage reimbursement. At the end of each day, drivers report back to the program manager to confirm that the trips occurred successfully.

Long-Term Care Visitor Team: Volunteers seek to foster relationships with long-term care facility residents to enhance residents' quality of life, and provide a meaningful activity. Volunteers will visit and provide companionship to residents living in nursing homes and assisted living facilities, for one to two hours per week. After a small orientation with one of our County's long-term care facility, volunteers will be matched with one or more older adults who may be at-risk for loneliness. Volunteers will receive support from the Department on Aging, as well as the Long-Term Care Advisory Committee.

Volunteering is Full of Health Benefits

Volunteers lead longer and happier lives. Even when controlling for other factors such as age, health, and gender, volunteers live longer than non-volunteers, and states with higher volunteer rates are more likely to have lower mortality rates and less incidence of heart disease. Here's what we know:



Lunch Nutrition Program Team: In a fun and supportive environment, volunteers assist in all facets of serving daily lunch meals to between 50 and 70 seniors per day, Monday through Friday, at either Senior Center. Volunteers choose their day(s) and location, and volunteer from approximately 10 am to 1 pm.

Dementia Support Teams

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

Memory Café Team: Volunteers assist in all facets of The Memory Café, a social and recreational program for individuals who have mild to moderate dementia and for their caregivers/care partners. The Cafe provides social and recreational activities in a relaxed normalizing atmosphere. Activities include music, games, recreation, chit chat, art, etc. Light refreshments are served. The Cafe meets once a month on the third Monday of the month during from 2 – 4 pm in Hillsborough, and second Monday of the month from 1:30 – 3:30 pm at the Seymour Center. Further, once a month we hold Memory Café On the Move – trips to local businesses and community cultural events.

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

To find your ideal volunteer match, or to learn more about becoming a volunteer, please call for an appointment, or simply stop by! Please contact: Yvette Missri, VC 55+ Manager, at 919-245-4241, or email: ymissri@orangecountync.gov.

Check Out the VC55+ 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

To become a VC55+ volunteer, contact Yvette Missri, VC 55+ Manager, at 919-245-4241, or email: ymissri@orangecountync.gov.

Bi-Lingual (Chinese/English)

Volunteers Needed at the Seymour Center

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

您兼备双语，敬爱老人，愿意帮助不会英文的老人更好的融入美国社区，

享受服务吗 若您感兴

趣，请拨打橙郡老年中心中文热线919-259-0232。

Orange County Department on Aging Receives National Recognition for Innovative Programs!



Orange County Department on Aging ASA Conference Team pictured left to right: Cherie Rosemond, Zhenzhen Yu, Janice Tyler, Yvette Missri, and Mary Fraser

March 21 was an important day for Orange County Department on Aging (OCDoA). It wasn't the beginning of our story, and it certainly won't be the end, but it was a milestone recognizing our efforts to provide comprehensive aging services and programs to seniors and their families.

On March 21, a delegation of OCDoA staff traveled to Washington, D.C. to attend the 2016 American Society on Aging (ASA) National Conference. They did not attend as participants, although that would have been a wonderful and

beneficial experience in itself. They attended as presenters and award recipients!

ASA is an association of diverse individuals bound by a common goal: to support the commitment and enhance the knowledge and skills of those who seek to improve the quality of life of older adults and their families. Recognizing OCDoA's leadership role in improving the quality of life for older adults in Orange County, ASA invited OCDoA to conduct a workshop on its volunteer leadership program, Project EngAGE.

Project EngAGE is a successful, peer-to-peer, older adult volunteer model that seeks to recruit and train older adults to become resource leaders in order to make their communities ideal places to age. Through an innovative, experiential learning program, Project Engage taps into older adult volunteer talents, skills and interests, to effectively address the growing needs of older adults in the community.

Since Project EngAGE's inception in 2014, forty-one "Senior Leaders" have graduated from the thirteen-week training program. These "Senior Leaders" serve as resource experts for other older adults and their families within their individual Orange County communities, and on one or more "Senior Resource Teams" which focuses on community-driven solutions to specific problems and resource gaps affecting Orange County older adults:

Further recognizing that we are making a difference in the lives of older adults, ASA awarded OCDoA the *2016 Award for Excellence in Multicultural Aging for the Aging in Community with Mandarin-Speaking Seniors* program.

The Award for Excellence in Multicultural Aging was presented by ASA's Network on Multicultural Aging and recognizes organizations that have demonstrated high-quality, innovative programs enhancing the lives of a multicultural aging population.

OCDoA strives to help every senior, regardless of their cultural or economic background to age in place. OCDoA became a harbor for many Mandarin-speaking Chinese seniors even before the agency hired bilingual staff.

Beginning in 2011, there was a steady trickle of Mandarin-speaking older adults who found Orange County's senior center, the Seymour Center, in Chapel Hill a welcoming place. By 2012, OCDoA recognized the need for a more formal program for Mandarin-speaking elders and hired a bilingual social worker to help with senior center programming as well as to help these individuals access and navigate local services.

Since 2012, the program has served nearly 400 Chinese seniors whose daily participation now accounts for 12% of the total senior center attendance. Many services have been offered to enhance their well-being and to reduce service gaps.

So you see, March 21 was a big day for OCDoA, and while it might not be polite to toot our own horn, we couldn't help it.

For more information about Aging in Community with Mandarin-Speaking Seniors, please contact Zhenzhen Yu at 919.259.0232. To learn more about Project EngAGE and other volunteer opportunities, please contact Yvette Missri at 919.245.4241.

Thank you VITA Tax Volunteers! Job Well Done!

Since 1984, Orange County Department on Aging has sponsored the Volunteer Income Tax Assistance Program (VITA).

-VITA is an IRS program provided through local sponsors designed to prepare tax returns for clients of any age with low to moderate income.

-During this tax season over 90 Orange County VC55+ VITA volunteers prepared 1400 returns through sites at the Seymour Center, Passmore Center, UNC Hospital, Carol Woods and the Cedars. After tax season we have helped over 20 clients needing prior year returns ranging from 2009 to 2015.

-A few volunteers at the Seymour Center continue to provide year-round services for clients with extensions, prior years and amendments.

-Partnering programs prepared over 500 returns: Chatham County Sponsor-Council on Aging VITA at Pittsboro and Siler City Senior Centers and the Compass Center sponsored VITA Program at the Chapel Hill Library.

-All volunteers serving through Orange, Chatham and Compass Center VITA programs train and test for the IRS Certification levels relative to their VITA service positions.

• **VITA Tax Preparers (includes Quality Reviewers and Site Leaders):** We require certification to the Advanced level (training for tax law and tax preparation software). In addition, some take specialized training to address specific issues.

• **Administrative positions include: Intake Receptionists, Appointment Schedulers and Office Assistants** (IRS Certification required)

Each return prepared is reviewed by a second volunteer (Quality Reviewer) in order to insure accuracy. Surveys show that clients truly appreciate the service and many voice their praise.

Local sponsors of the Orange, Chatham and Compass Center VITA programs would like to thank the 113 VITA Volunteers and VITA site staff support.

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

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

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

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

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

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

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

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

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

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

WELLNESS SPECIAL EVENTS

FROM THE HEALTH EXPERT

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

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

CPR AND FIRST AID CLASS – FREE (TRANSLATED INTO SPANISH)

Do you know what to do in an emergency before the first responders and emergency personnel arrive? Would you like to learn simple first aid and CPR? Topic areas to be discussed are: What to do when Stroke, Heart Attack or Falls occur.

Interested persons should contact Latonya Brown, Wellness Coordinator, at 919-245-4270. To register, please call 919-968-2070. Registration required by Thu, May 26

Lunch provided

Instructor: David Silfen, Certified Emergency Paramedic
Fee: FREE

Seymour Center (352093)
Thu, Jun 2 10 am – 1 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 **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

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

Do you have diabetes? Would you like to learn more about how to manage it? This program will cover the basics of diabetes including: nutrition and meal planning, medications and monitoring, exercise, living with diabetes, and detection and control of

complications. It meets the standards of the American Diabetes Association and will be led by OC Health Department's Registered Dietitians, Registered Nurses, and other health care professionals for a comprehensive care plan to manage your diabetes. A medical provider referral is needed to enroll in the program. For more information, please call 919-245-2381.

Fee: Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance will pay for this program. There is a sliding scale fee based on income. **Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough**
Thu, Jun 9, 16; Jul 14, 21; Aug 11, 18
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

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, Jun 14 Healthy Snacks
Tues, Jul 12 Hydration
Fee: FREE
Seymour Center
2nd Tues, Jun 14; Jul 12 (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 Passmore Center 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

Wed, Jun 15 (320000-01)
9 am – 12 noon

**Please arrive 15 minutes before the bus is scheduled to depart Passmore Center 9 am
Seymour Center 9:15 am**

MINDFULNESS PROGRAM "MINI COURSE"

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

minutes a day, and attend the optional and additional 4-hour "mini-retreat" held at the end. Each week, participants will receive a small manual with handouts. We recommend that you purchase the book, *Full Catastrophe Living*, by Jon Kabat-Zinn.

The instructor, Paula Huffman BS, RN is an experienced, registered yoga teacher and mindfulness educator. She teaches the 8 - week Mindfulness Based Stress Reduction and Pain Management Courses at UNC's Program on Integrative Medicine through the UNC School of Medicine. **Registration Fee is \$100 for the series. The registration deadline is Mon, Jun 20.**

Registration required

Fee: \$100

Seymour Center

Wed, Jun 22 - Jul 20 9 – 10 am

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: Thurs before the classes begin the following week. Program minimum 6, maximum 12.

Facilitators: Myra Austin and Latonya Brown

Fee: FREE

Mon & Wed, Jul 18 – Aug 10

(352076-06) 1:30 - 3:30 pm

MENTAL HEALTH FIRST AID COURSE

Mental Health First Aid is an 8-hour course that teaches you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of addictions and mental illnesses.

Provided by Cardinal Innovations. Program Sponsored by Right at Home

Registration Required by Wed, Jun 10.
Fee: FREE

Lunch provided by Right at Home Passmore Center

Thu, Jun 16 (232254-01)
8:30 am – 4:30 pm

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

WELLNESS B-I-N-G-O

Are you Ready? ARE YOU READY? To play Bingo? To play Bingo? To Play BINGO?! Come and join us for a day of Wellness. Stimulate your mind and body when you have fun playing Wellness bingo!!

Passmore Center

Wed, Jul 20 (252252-07)
11 am

Seymour Center

Tues Jun 14, (353041-08)
10:30 am

QUITTING SMOKING FOR OLDER ADULTS – ON-LINE COURSE.

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

EVIDENCED-BASED PROGRAMS

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

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

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

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

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

Mon & Wed, Jul 18 - Aug 10
(352076-06) 1:30 - 3:30 pm

Chapel Hill

(350250)

SeniorStriders

University Place Walking Program

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

*** 3RD TUESDAY EACH MONTH ***

Jun 21

Your Kidney and You

National Kidney Foundation

In NC, one in nine people is at risk of developing Chronic Kidney Disease. What puts you at risk for kidney disease? Major risk factors include: diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Controlling and preventing risk factors is very important for people who already have kidney disease. Come find out how you can prevent this disease.

Jul 19

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.

Aug 16

Hearing Loss

Patricia O. Johnson, Au.D., F-AAA, CCC-A

How do you really know if you have a hearing problem? The lack of treatment for hearing loss, especially for older adults, can diminish the quality of life. UNC Hearing and Communications Center will focus on identification, evaluation and intervention of hearing loss

8:00 am – Warm-Up Exercises - Mall Center Court

8:20 am – Breakfast served in The Weathervane at Southern Season

8:45 am – Educational Session

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

Program supported with funding from:
UNC HEALTHCARE

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



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

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

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

ARTHRITIS FOUNDATION EXERCISE PROGRAM CLASSES

AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

Passmore Center

Mon & Wed (252001-1)
10 – 10:50 am

INSPIRED MOVEMENT

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

Instructor: Kathleen ("Kacky") Campbell Hammon.

Fee: FREE

Seymour Center

Mon & Wed (352008)

10 – 10:50 am or

Tues & Thurs (352008)

2:15 – 3:05 pm

WELLNESS – INTEREST GROUPS

PASSAGE MEDITATION (SATSANG)

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

Fee: FREE

Seymour Center

2nd Sat: Jun 11; Jul 9; Aug 13
(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.

Passmore Center

Tuesdays (257000-01)

11 am – 12 noon

(Weigh-in: 10:30 am in the Wellness Room)

WELLNESS EXERCISE CLASSES

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

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

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

♿ AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

Passmore Center

Mon & Wed (252001-1)
10 – 10:50 am

♿ AGELESS GRACE

This class for anti-aging consists of 21 simple tools for lifelong comfort and ease, and can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions, and spirit. All exercises are designed to be practiced in a chair and consist of natural movements. Each of the 21 tools focuses on different anti-aging techniques - joint mobility, spinal flexibility, cognitive function, systemic stimulation, balance and confidence. Class size: minimum 5, maximum 15.

Instructor: Salli Benedict, Ageless Grace certified instructor, 919-929-8621 and 919-218-6660 (cell)

Fee: FREE (donations encouraged)

Passmore Center

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

♿ 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, Jun 7 – Jul 1 (312001-02)

12 noon – 1 pm

Tues & Fri, Aug 2 – Aug 30 (312001-03)

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

Passmore Center

Mon & Thurs (252012-06, 07, 08)
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- 04, 05, 06)
3:55 - 4:50 pm

PILATES

Pilates is a form of resistance exercise that focuses on strengthening the abdomen and back or "core" muscles to improve flexibility, posture, and balance. Slow, controlled movements help increase bone density using your own body weight or light hand weights. Class minimum 6, maximum 12. Instructor: Connie Winstead. Fee: \$24/4 classes; \$48/8 classes, or \$72/12 classes. Coupon books available.

Seymour Center

Mondays (352010 - 05, 06, 07)
2 - 2 :50 pm
Thursdays (352010 -14, 15, 16)
3:20 - 4:20 pm

SALLI'S SENIOR WORKOUT

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

Instructor: Salli Benedict, MPH, certified fitness and yoga instructor and health educator

919-929-8621 and 919-218-6660 (cell).
Fee: \$3/class

Seymour Center

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

SILVER SNEAKERS EXERCISE CLASS AND FITNESS ROOM ACCESS - 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 SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

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

Seymour Center

Mon & Wed 12:15 - 1pm

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 dai-

ly 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 (Geriat-

Hillsborough

(252254)

**Senior Striders
Walmart Walking Program***** 3RD THURSDAY EACH MONTH *****ADDITIONALLY, WALMART IS OPEN FOR WALKERS EVERY
MONDAY - FRIDAY AT 8 A.M.****Jun 16****Your Kidney and You****National Kidney Foundation**

In NC, one in nine people is at risk of developing Chronic Kidney Disease. What puts you at risk for kidney disease? Major risk factors include: diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Controlling and preventing risk factors is very important for people who already have kidney disease. Come find out how you can prevent this disease.

Jul 21**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.

Aug 18**Hearing Loss****Patricia O. Johnson, Au.D., F-AAA, CCC-A**

How do you really know if you have a hearing problem? The lack of treatment for hearing loss, especially for older adults, can diminish the quality of life. UNC Hearing and Communications Center will focus on identification, evaluation and intervention of hearing loss.

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

ric Clinical Specialist).
 Fee: FREE (donations encouraged)
Passmore Center
 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
Passmore Center
 Mondays (252016-06, 07, 08)
 4:30 - 5:30 pm

T'AI CHI - WU/HAO BEGINNER

Ongoing class explores T'ai Chi movement through the Wu/Hao Style form. Practice of this "moving meditation" can reduce stress; improve health, increase flexibility and energetic flow, aid in the discovery of balance and harmony in the mind and body. Class minimum 4, maximum 10.
 Instructor: Nina Maier, 919-732-2722.
 Fee: \$8/ class
Passmore Center
 Mondays (252008-06, 07, 08)
 6 - 6:50 pm

T'AI CHI - YANG SHORT FORM - ADVANCED

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

Advanced students will have the opportunity to practice sensing hands and pushing hands exercises in a non-competitive environment. The sword form will also be taught and practiced.
 Instructor: Frank Pruett
 Fee: FREE
Seymour Center
 Tuesdays (352005-10)
 7 - 8:15 pm

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, Jun - Aug (352004-05)
 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 this summer - TBT will resume in the fall

WALKING - INDOORS

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

WALKING - INDOORS

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

WALKING - INDOORS

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

WALKING MEDITATION

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

WALKING - OUTDOORS

Fast-paced walking group walks on trails and through wooded areas, weather permitting. Need to be agile on your feet. Bring a friend and/or walking stick. Call to be added to the list. Group leader needed.

Passmore Center
 Tuesdays (250002-01)
 10 - 11 am
Seymour Center
 Tuesdays (350000)
 8:30 - 9:30 am

YOGA

This gentle physical form of Yoga has an emphasis on flexibility and movement, as well as breathing. Research shows that Yoga is excellent for good bone health as well. Please arrive a few minutes early to secure a place in class. Class minimum 6, maximum 12.
 Instructor: Barbara Lang
 Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Coupon books are available.
Seymour Center
 Mon & Wed (352003 - 03, 04, 05)
 1 - 1:50 pm

ZUMBA! - INICIATIVA LATINA DE BIENESTAR

Iniciativa Latina de Bienestar promueve la salud entre las Latinas y hace una comunidad por nuestras clases de Zumba y clases educacional en Español. Las clases incluyen educación sobre la nutrición, seguro medico, la hipertensión, la salud de la mujer, etc. La clase de Zumba se puede ver diferentes estilos de danza, como hip-hop, soca, samba, salsa, merengue, y mambo. Póngase lista para estar de pie por 50 minutos porque vamos a bailar y sudar! Los beneficios de ejercicio regular y una dieta sana incluyen prevención y control de diabetes, prevención y control de hipertensión, y un bienestar físico y mental- la Iniciativa esta aquí para ayudarle a conseguir estos beneficios.
 Romina Boyle, monitora de Zumba titulada; Sarah van der Horst, directora- 919- 260- 6899
 Precio: GRATIS
Seymour Center (354155)
 Sábados 3:30 - 5:30 pm

ZUMBA - LATINA WELLNESS INITIATIVE (LWI)

Latina Wellness Initiative promotes health among Latinas and fosters a sense of community with our Zumba and health awareness classes, all in Spanish! The educational classes have been centered on themes such as nutrition, health insurance, hypertension, women's health, etc. During the Zumba class you can experience different dance styles, like hip-hop, soca, samba, salsa, merengue, and mambo. Get ready to be on your feet for 50 min because we are going to

dance and sweat! The health benefits of regular physical activity and healthy eating include prevention and control of diabetes, prevention and control of high blood pressure, sense of community, and overall mental and physical well-being. LWI is here to help you get those benefits.

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

SILVER SNEAKERS AND SPORTSPLEX CLASSES FOR OLDER ADULTS

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

SILVER SNEAKERS CLASS

Fee: FREE for Silver Sneakers members
Passmore Center
 Mondays 11 - 11:45 am
Seymour Center
 Tues & Fri 10:30 - 11:30 am

SILVER SNEAKERS CHAIR YOGA

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

SILVER SNEAKERS CARDIO

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

SILVER SNEAKERS STRENGTH

(252014-02)
 Fee: FREE for Silver Sneakers members
 Instructor: Kathy
Passmore Center
 Fridays 11 - 11:45 am

PACESETTER CLASS

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



2016 National Senior Health and Fitness Day

2016 National Senior Health and Fitness Day, "Improve Your Health for a Better Self", will be celebrated on Wed, May 25. To celebrate the 23rd annual National Senior Health & Fitness Day, 100,000+ older adults will participate in activities at more than 1,000+ locations throughout the US. This special day is the nation's largest annual health promotion event for older adults, and has a goal to keep them healthy and fit. In Orange County, everyone is encouraged to make a special effort on **Wed, May 27** to make, and take, sometime - 10, 20, 30, or 60 minutes to exercise, walk and just move. During the week of **May 23- May 27, older adults may select one day** to take advantage of the Wellness Program's offering to take one fee-based exercise class for FREE or drop by the Seymour Fitness Room or Orange County SportsPlex, to check out how you might become healthy. This is to encourage everyone to exercise and "Improve your Health for a Better Self". Please see the Wellness Section for a listing of the exercise classes and fitness room hours.

Passmore Center

Mon - Fri, May 23 - 27

8 am - 8 pm

Seymour Center

Mon - Fri, May 23 - 27

8 am - 9 pm

UNC Geriatric Specialty Clinic

Are you concerned because -

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

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



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

Physical Therapy Clinics at Senior Centers

Are you in need of some physical therapy?

Has your healthcare provider prescribed it?

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

Private Insurance and Medicare accepted.

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

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

FITNESS STUDIO- SEYMOUR CENTER Department on Aging - Wellness Program

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

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

Membership Fees Individuals

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

Non-county residents may join at the following rates:

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

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

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

9 - 11:30 am - Fri. only

9 - 11:30 am

During peak times of use, machines will be limited to 30 minutes each.

**10 am - 12 noon Tues/ Thurs, no personal trainer on duty.*

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

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.

WELLNESS – INDIVIDUAL SERVICES

BLOOD PRESSURE MONITORING

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

Fee: FREE

Seymour Center
Wednesdays (352505)
9:30 – 11:30 am

Passmore Center
Thursdays (252501-1)
9:30 – 11:30 am

CHAIR MASSAGE

Dede Banks is nationally certified in therapeutic massage, has extensive experience working with older adults, and can focus on problematic areas. Call 919-968-2070 for appointment.

Fee: \$10/15 minutes. Gift certificates available.

Seymour Center
1st Thurs, Jun 2, Jul 7, Aug 4
(352502) 9:30 am – 1 pm

ESTHETIC /NATURAL SKIN CARE SPA/WAXING

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

Fees:

Express Facial \$20

Waxing Services

Eyebrows \$12

Lip \$8

Chin \$8

Sides \$10

Passmore Center (919-245-2015)

2nd & 4th Mon (252512)

2:30 - 4:30 pm

Seymour Center (919-968-2070)

1st & 3rd Mon (352503)

10 am - 12 noon

“FIT FEET” PROGRAM

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

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

*Note: “No-Show” Policy for Fit Feet

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

Passmore Center, 919- 245-2015
2nd & 4th Wed, Jun 8, 22 (252502)
9 am – 4 pm
2nd & 4th Wed, Jul 13, 27 (252502)
9 am – 4 pm
2nd & 4th Wed, Aug 10, 24 (252502)
9 am – 4 pm

Seymour Center, 919- 968-2070
1st & 3rd Wed, Jun 1, 15 (352508)
9 am – 4 pm
1st & 3rd Wed, Jul 6, 20 (352508)
9am – 4pm
1st & 3rd Wed, Aug 3, 17 (352508)
9 am – 4 pm
2nd Wed, Jun 8; Jul 13; Aug 10
(352508) 9 am – 1 pm

MEDICATION MANAGEMENT

Do you have questions about your medications? Do you want to know more about Medicare Part D – Prescription Drug Coverage? Subsidies? Get answers to these and other questions about medications from a pharmacist in your own home, at the **Seymour Center, or the Passmore Center. Please call Yvette Hall at the UNC Center for Aging and Health at 919-843-4096.**

Fee: FREE

OTAGO PROGRAM THROUGH ORANGE COUNTY SENIOR CENTERS:

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

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

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

PERSONAL TRAINER SERVICES

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

Seymour Center (353595)
Call 919-968-2070 to make an appointment

PHYSICAL FUNCTION SCREEN

THIS FREE ASSESSMENT IS A REQUIREMENT FOR EVERYONE BEFORE THE INITIAL USE OF THE FITNESS STUDIO; AND BI-ANNUALLY THEREAFTER, AT THE SEYMOUR CENTER; AND TO GET THE PASSMORE CENTER'S SPORTSPLEX MEMBERSHIP RATE. Participants receive recommendations for individual improvements. Do you want to know how you can improve your strength, balance and agility over time, or how your fitness levels compare with others your age? A physical therapist will give you a written report with your functioning levels. The assessment will take about 45-minutes to complete, including your personal feedback. If you have any questions about the program, contact Latonya Brown, Wellness Coordinator, 919-245-4270. This service is provided in part by the UNC Division of Physical Therapy, Department of Allied Health in the UNC School of Medicine. Call 919-968-2070 for the Seymour Center, and 919-245-2015 for the Passmore Center for an appointment and to receive your forms. Fee: FREE

Passmore Center
Fri, Jun 17, 24; Jul 8, 15; Aug 12, 19
(252503) 9 am – 4 pm

Seymour Center
Fri, Jun 3; Jul 1; Aug 5
(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.

Passmore Center

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. Reiki 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 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 & 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.

Passmore Center
Mondays (252509)

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.

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

NEW! CAREGIVER CREATIVE CONNECTIONS: ART MAKING TOGETHER

This group offers an opportunity to connect with other caregivers offering time to relax, connect, and create. Making art as a group can decrease stress levels while engaging in a rejuvenating form of self-care. Erika, an art therapist, facilitates a safe space that offers inclusivity and validation with no criticism or judgment from others or self. The materials used offer success-oriented/no-fail art making processes. No art making experience required. Connect with others as you create. Build new friendships and strengthen existing ones. Must have 4 participants for this course to take place. Registration required a week in advance for each session. Questions: contact Erika 816- 885-0341

Facilitator: Erika Hamlett, MA - Art Therapist
FEE: \$40 (includes materials)

Passmore Center
Session I: Fri Jun 3 - 24 (235001-01)
1:30 - 2:30 pm

Session II: Fri Jul 8 - 29 (235002-02)
1:30 - 2:30 pm

Seymour Center

Session I:
Mon, Jul 11-Aug 1 (323033-01)
11am -12 noon

Session II:
Mon Aug 8 - 29 (323033-02)
11am -12 noon

CAREGIVERS' SUPPORT GROUPS

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

Passmore Center (255005-1)
1st Tues, Jun 7; Jul 5; Aug 2
4 – 5:30 pm

Seymour Center (352755)
2nd & 4th Fri, Jun 10, 24; Jul 8, 22; Aug 12, 26 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, Jun, 7; Jul 5; Aug 2 10 am

MEMORY CAFÉS

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

Seymour Center
2nd Mon, Jun 13; Jul 11; Aug 8
1:30 – 3:30 pm

Passmore Center
3rd Mon, Jun 20; Jul 18; Aug 15
2 - 4 pm

MULTIPLE SCLEROSIS (MS) SUPPORT GROUP

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

Seymour Center (352752)
Last Tues, Jun 28; Jul 26; Aug 30
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

Seymour Center (357009)
4th Tues, Jun 28; Jul 26; Aug 23
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

Seymour Center (352851)
1st Tues, Jun 7; Jul 5; Aug 21
2:30 – 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 For questions, contact the support group leader, Jessica Shurer, at 919-843-1657 or jshurer@neurology.unc.edu.

Seymour Center (352879)
1st Tues, Jun 7; Jul 5; Aug 2
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. Care partners will meet separately to discuss topics they choose, while the people with PD meet in a different room to share concerns, tips, etc. People with PD and their caregivers meet together for informal coffee on second Wednesdays at 11:15 a.m. at Weaver St Market, Hillsborough.

Passmore Center (255004-1)
4th Wed, Jun 22; Jul 27; Aug 24
11:15 am – 1 pm

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

Seymour Center (352833)
Sat, Jun 18; Aug 27 11:30 am – 1:30 pm

STROKE SUPPORT GROUP

Contact Kelly O'Brien at 919-966-2029
UNC Wellness Center @ Meadowmont
2nd Wed, Jun 8; Jul 13; Aug 10 1 pm

TRIANGLE APHASIA PROJECT, UNLIMITED

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

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

SEYMOUR TECH CENTER

Personal Technology Classes

Fall 2016 Session
Enroll
At

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

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

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

GENERAL INFORMATION

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

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

FALL COURSE SCHEDULE *

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

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

September

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

October

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

November

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

December

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

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

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

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

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

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

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

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

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

FALL 2016 CLASSES

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

Computer Security & Backup: Protect Yourself - We spend much of our day on the Internet. In this free seminar you will learn some of the basic ways to protect yourself in this fast-paced online world. Of course, in spite of our best efforts, things can go wrong. You need have good computer security software and a backup method in place for your computer files. We will teach you how to install & use Microsoft Security Essentials or Windows Defender and give you some easy-to-do computer backup alternatives. **FREE Seminar - Please enroll to save your seat.**

Everything Google - Google offers us lots of free, web-based apps along with the free space for storing the files we create or upload. In this class, we will examine several of Google's free pro-

grams, including Search, Maps, Drive (Documents, Spreadsheets, Presentations), Calendar, YouTube, Groups & Calendar. You will learn how these programs are used to collaborate on projects and to share your creativity with family and friends. **Class fee: \$15.**

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

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

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

Introduction to Android Smartphones & Tablets - This 6-session class will show you how to use your Android Smartphone or Tablet. Except for phone calls, these devices work the same way. We'll show you how to use the Home screen and Settings. Phone users will learn to make and answer calls and manage your contacts. Then we'll explore texting and email. We'll search the web, play with YouTube, set up calendars, tasks & alarms. We'll use the camera for photos and videos. And, we'll show you how to find free & fee apps - including games - to personalize your Phone or Tablet. **Class fee: \$25.**

Introduction to Facebook - Facebook is used and enjoyed by people of all ages. Facebook provides easy ways to exchange communications with friends

and family. You will learn how to view and post your own photos, video, and messages. You will learn about posting on friends' "Timeline," "Commenting" on friends' pictures, and real-time Chat. Personal security recommendations are also covered. If you do not have a current account, please tell the desk and plan to arrive 15 minutes early for the class. **Class fee: \$15.**

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

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

Introduction to Your Mac & OS X - This 3-session class is for current Mac owners who would like to learn more about using their Mac, and prospective Mac owners who want to know more before buying their first Mac. We will introduce you to the variety of Macs available today and then look at many of the Mac's basic features. We will examine the elements of the desktop, dock, and menu bar; the Finder and OS X folder structure; system preferences (settings for, hardware, internet, printer); setting up user accounts; setting up and syncing iCloud; and give you an overview of the key software on your Mac. **Please note:** Our classroom is set up only with PCs. Our instructor will be demonstrating using a Mac laptop and classroom projector. **Bring your own Mac laptop and follow along or simply watch the demonstrations. Class fee: \$15.**

iPhone, iPad, and iPod Touch for the Vision Impaired - The iPad, iPod Touch, and iPhone, especially with iOS 8.1, are equipped with robust speech output features for the blind, called VoiceOver and Speak Screen, as well as a speech-enabled personal digital

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

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

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

Picasa Essentials + Google Photos: Organizing, Editing & Sharing Photos - You will learn to the basics of Picasa, the free desktop photo editor for PCs and Macs. You will learn to organize and edit photos. You will create slideshows, collages and Picasa movies. In class, you will download your photos from your camera to a computer. Picasa's editing features let you take out red eyes, improve color and contrast, crop for printing and add special effects and text. You will learn how to order prints online. Then you will learn about **Google Photos**, the unlimited free cloud storage photo app from Google. You will learn to upload photos from your desktop to Google Photos, and how to save your smart phone and tablet photos to Google Photos automatically. **Prerequisites:** Students should have a digital camera and have a working knowledge of Windows. **Please bring** a flash drive with at least a Gigabyte of space for the first session. Later you will bring your camera with its battery charged and the cable that connects your camera to a computer to class. **Class fee: \$25.**

Pinterest.Com - Pinterest is a pinboard-style photo sharing website that allows users to create and manage theme-based image collections such as events, interests, hobbies, and more.

Users can browse other pinboards for inspiration, "re-pin" images to their own pinboards, or "like" photos. Pinterest is a tool for collecting and organizing things you love. **Class fee: \$15.**

Skype - Skype is a very popular way to stay in touch with your loved ones! Skype is a free program that lets you make voice or video calls over the Internet using your computer's web camera and microphone. Calls between computers running Skype are free, and calls to both traditional 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 class we will start by helping you connect your own computer or tablet to the internet. Then we will explore Skype's key features. If you bring your own laptop or tablet to class, **you must have Skype already installed with a Skype account name and password already checked out.**

To install Skype and set up your Skype account:

On computers: Go to www.skype.com, click the Download button, and follow the instructions.

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

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

- Completing the free upgrade from Windows 7 or 8.1 - for those who have been waiting
- Personalizing and using the new Start screen
- Using Windows 10 Settings: Updates, Security and Privacy
- Managing your PC using the File Explorer
- Creating a Microsoft account and browsing in the Windows Store
- Exploring the new Windows features Edge and Cortana

ART CLASSES

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

ACRYLIC PAINTING CLASS – BEGINNERS

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

Fee: \$40 per session

Passmore Center

Session I: Tues, May 24 – Jun 14
(254008-06) 2 – 3:30 pm
Session II: Tues, Jun 21 – July 12
(254008-07) 2 – 3:30 pm
Session III: Tues, Jul 19 – Aug 9
(254008-08) 2 – 3:30 pm
Session IV: Tues, Aug 16 – Sep 6
(254008-09) 2 – 3:30 pm

ARTISTS TOGETHER: OPEN ART STUDIO

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

Passmore Center

Fridays (254009-01)
10 am – 1 pm
Seymour Center
Most Wed, Thurs and Fri (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

Passmore Center

Session I: Mon, Jun 6 - 27
(254021-06) 6 – 8 pm
Session II: Mon, Jul 11 – Aug 1
(254021-07) 6 – 8 pm
Session III: Mon, Aug 8 - 29
(254021-08) 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, May 10 – Jun 28
2 - 4 pm (354007-04)
Session II: Tues, Jul 12 – Aug 30
2 - 4 pm (354007-05)

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

DRAWING

Develop skills to draw the natural world realistically in 3 dimensions with correct proportions, values, light effects, perspective and more. Beginners and more advanced students welcome. Instructor: Rebecca Margolese-Malin, painter of the Robert and Pearl Seymour portrait in the Seymour Center lobby. See more work at www.RMargolese-Malin.com. Email instructor for materials list at rmargolese@earthlink.net (some items provided by instructor). Fee: \$80 for 4 weeks

Seymour Center

Session I: Tues, May 31 – Jun 28
(no class Jul 7) (354053-05)
10 am -12 noon
Session II: Tues, Jul 5 - 26 (354053-06)
10 am - 12 noon
Session III: Tues, Aug 2 - 23 (354053-07)
10 am - 12 noon

OIL PAINTING

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

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

Fee: \$60 per session (5 weeks)

Passmore Center

Session I: Mon Jun 20 – Jul 25
(no class Jul 4) (254014-06)
3 – 5 pm
Session II: Mon Aug 1 - 29 (254014-08)
3 – 5 pm

Seymour Center

Session I: Mon or Fri, May 16 – Jun 17
(354002-01) 10 am – 12 noon
Session II: Mon or Fri, Jun 20 - Jul 22
(354002-03) 10 am – 12 noon
Session III: Mon or Fri, Jul 25 – Aug 26
(354002-04) 10 am – 12 noon

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. Minimum: 4 students

Fee: \$60 (4 weeks)

Seymour Center

Mon, Jun 6 - 27 (353051-07)
1 – 3 pm

VISUAL JOURNALING WITH ART

Do you have a journal, but don't know what to write? Learn and practice visual journaling techniques using a variety of art materials from paint to cloth. Visual journaling can loosen writer's block by unleashing words and incorporating them onto your pages. Large or small, bring a journal (or even an old book) you aren't afraid to experiment in, and the rest of the materials will be provided! Minimum of 4 students for class to take place.

Instructor: Erika Hamlett

Fee: \$45 + \$10 materials fee payable to instructor

Seymour Center

Session I: Mon, Jun 6 - 27 (334031-01)
3 - 4:30 pm
Session II: Tues, Aug 2 - 23 (334031-02)
2:30 - 4 pm

WATERCOLOR - ADVANCED

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

Passmore Center

Fee: \$30 (3 weeks)
Session I: Thurs, Jun 2 - 16
(254010-06) 1:30 – 3:30 pm
Session II: Thurs, Aug 4 – 18
(254010-08) 1:30 – 3:30 pm

WATERCOLOR PAINTING - BEGINNING

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

Instructor: Joan Cecil

Fee: \$40

Passmore Center

Session I: Thurs, Jun 9 - 30
(254022-06) 9 – 11 am
Session II: Thurs, Jul 7 – 28
(254022-07) 9 – 11 am
Session III: Thurs, Aug 4 – 25
(254022-08) 9 – 11 am

or
Session I: Thurs, Jun 9 – 30
(254039-06) 5:30 – 7:30 pm
Session II: Thurs, Jul 7 – 28
(254039-07) 5:30 – 7:30 pm
Session III: Thurs, Aug 4 - 25
(254039-08) 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 **Passmore Center** in Hillsborough at 919-245-2015

NEW! ADULT COLORING BOOKS WITH MELODY

“Once considered little more than a novelty, coloring books for grown-ups have become a ‘bright spot’ for publishers and retailers alike”, said Sarah Halzack in The Washington Post. Some 12 million adult coloring books were sold in 2015, up from 1 million the year before, according to estimates by Nielsen Bookscan. Sales of colored pencils have also shot up more than 26 %. Attracted by elaborate illustrations that are beautiful in their own right, stressed-out adults see the books as a calming distraction from hours spent tapping, swiping, and staring at screens. Craft retailers, such as Michael's, now carry more than 150 adult coloring books. There will be so

many benefits taking this class - including relaxation, calming time, enjoyment and it's a good outlet for wannabe-artists who do not draw - but love to color within the lines. Coloring sheets and coloring materials will be provided. Drop-ins are welcome after the first class. Let's have a summer blast in this unique coloring class! Register by Wed, Jun 8. Class is limited to 20 participants. Must have 5 to kick off this class.

Facilitator: Melody Dickenson

Fee: FREE

Seymour Center

2nd & 4th Fri, Jun 10, 24; Jul 8, 22; Aug 12, 26 (334028-01)
1 - 2:30 pm

NEW! BAMBOO ROTICA: WIND CHIMES

In this class, we will make bamboo wind chimes using NC bamboo! Based on the Architect's captivating design of a pyramid of steel screening, students can customize and personalize a wind chime for one's own use or for gift giving. Using some pre-fab/pre-cut components, this can build motor skills and self-esteem through the creation of a craft that's locally harvested, abundant and sustainable. Add value with various finishes, increasing its size, or using more bamboo sticks to increase its tonality. This course will be 3 consecutive 2 day classes (Thurs & Fri) for a total of 6 classes. Must have 5 for class to take place, and no more than 12. Register by Thurs, Jul 21.

Instructor: Geoffrey Hoffman

Fee: \$30 for all 6 classes (one time materials fee payable to instructor first day of class)

Seymour Center

Thurs & Fri, Jul 28, 29; Aug 4, 5, 11, 12 (334027-01) 10 am - 12 noon

BASIC BASKETRY

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

Instructor: Joan Cecil

Fee: \$45

Passmore Center

Session I: Fri, Jun 10 - Jul 1 (254023-06) 2 - 5 pm

Session II: Fri, Jul 8 - 29 (254023-07) 2 - 5 pm

Session III: Fri, Aug 5 - 26 (254023-08) 2 - 5 pm

BASKETRY

Join Susan and Sarah, mother and daughter team and owners of HeartSong Baskets, for an exciting class in basketry making. No experience is necessary. You can expect to make a fun and colorful functional basket. Men are encouraged to come and have a great time as well. All materials are provided. Make sure you wear old clothing. It will be a unique experience. Please feel free to bring snacks. This will be a 4 hour class with breaks in between. Space is limited. Must have 4 participants for class to take place and no more than 6. Register early or no later than July 30.

Instructors: Susan Laswell and Sarah Corcoran

Fee: \$25 (materials included in fee)

Seymour Center

Sat, Aug 6 (324033-02)
1 - 5:30 pm

BOBBIN LACE MAKING

Newcomers are always welcome. Some instruction is available, as are supply resources. Contact: Janice Tyler at 919-245-4255, or jtyler@orangecountync.gov

Seymour Center

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

BUSY BEADERS OF PASSMORE CENTER - JEWELRY MAKING

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

Instructor: Kayla Zaragoza

Fee: FREE (plus supplies purchased from instructor, or on your own)

Passmore Center

Fridays (244005)
3 - 5 pm

CARDS OF COMPASSION: SUPPORTING OUR LGBT COMMUNITY

Sometimes we just don't have the words to explain or share our emotions to lend support. Join us to make a piece of art work, decorate a card of compassion to depict and/or symbolize your support for the LGBT community. All cards will be given to a local LGBT non-profit organization (TBD) to be distributed. Receiving a card of compassion can brighten someone's day, lift spirits, and let a person know that they are loved for who they are. Help make someone's day. One card can make a significant impact for one person. We will have two days to meet and make cards, **come for part or the entire class time**. All are welcome! Come and make as many cards as your heart desires! Register by Fri, Jun 3 for either center.

Facilitator: Erika Hamlett, MA

Fee: Suggested donations of \$1/person to cover materials, pay to facilitator

Passmore Center

Fri, Jun 10 (234022-01)
10 am - 12 noon

Seymour Center

Sat, Jun 11 (313047-03)
10 am - 12 noon

NEW! DIY - MAGICAL MASON JAR OIL LAMP

Summer blooms and the fragrance of evening showers - let's capture the beauty of the day in a mason jar! Let's create a beautiful oil lamp using flowers, oils and herbs. Lamps can be used as table décor for your summer parties.

Materials will be provided. Limited to 8. Register by Jul 13 for **Seymour Center**; register by Aug 4 for **Passmore Center**

Instructor: Corina Riley

Fee: FREE

Passmore Center

Fri, Aug 19 (233008-01)
2 pm

Seymour Center

Wed, Jul 27 (334034-01)
2 pm

NEW! DIY - PHOTO COLLAGE LETTER

Large wooden letters are popular this year as a way to "spell" out your memories with photos of your special someone - a parent, child or grandchild? You can make these as a graduation gift, for a dorm room or just keep it yourself! Come share your photos and let's have fun creating memories. Registration is required. Please indicate which wooden letter you would like to collage when you register. Bring 4-8 eight photos to be photo copied (black & white) the day before class. Wooden Letter, Mod Podge, paintbrush and scissors will be provided. Limited to 5 Register by Jun 9

Instructor: Corina Riley

Fee: FREE

Passmore Center

Fri, Jun 24 (223008-01)
2 - 3 pm

Seymour Center

Wed, Jun 29 (334033-01)
2 - 3 pm

NEW! ECO JEWELRY

Use recycled materials to create elegant jewelry that everyone will marvel at! Join the class in exploring how different materials can be reused and repurposed into jewelry. Lovely pendants, earrings, bracelets, necklaces from recycled bottle caps, plastic bottles, paper, food containers, and more! Need a minimum of 5 participants for class to make. Register by Fri, Jul 1.

Instructor: Erika Hamlett

Fee: \$50 (plus \$15 materials fee made payable to instructor at first class)

Seymour Center

Tues, Jul 5 - Jul 26 (334018-01)
2:30 - 4 pm

NEW! FLEA MARKET DECOR WORKSHOP

Bring your found objects, junk, fabric, etc and we will create artful and functional creations. The class will focus on sharing design ideas, recycling and using our memorabilia in creative ways. Need 6 participants for class to take place, and no more than 12. Register by Wed, Jun 22.

Instructor: Sally Pillsbury

Fee: \$10

Seymour Center

Sat, Jun 25 (334032-01)
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 during which you can make several unique pieces. Once you have taken this class, you will want to take it again and again. We also melt wine bottles into interesting serving plates and bowls.

Instructor: Bruce Gillooly

Fee: \$10 per class + \$40 material fee payable to instructor at the first class of each session.

Passmore Center

Wednesdays (244006-06, 07, 08)
5:30 - 7 pm

or

Thursdays (254020-06, 07, 08)
4 - 5:30 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 superimposed embroidery (embroidery over embroidery). Motifs are usually flowers, birds, and sometimes human figures. Instructor: Pam Reading, certified instructor by Kurenai Kai in Atlanta, GA. Contact her at 919- 815-2249 or preading@gmail.com for info. on the materials you'll need. Fee: \$75, plus materials fee per session.

Seymour Center

Sat & Sun, Jun 11 & 12 (353050-01)
9 am - 4 pm

Sat & Sun, Aug 20 & 21 (353050-13)
9 am - 4 pm

KAI MEI KNITTERS

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

Fee: FREE

Seymour Center

1st & 3rd Thurs, Jun 2, 16; Jul 7, 21; Aug 4, 18
(324067)

1:30 – 3 pm

LEATHERWORKS - BEGINNING

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

Fee: FREE (plus supplies)

Passmore Center

Wednesdays (234000-01)
9 – 11 am

PAPERCUTTING WORKSHOP: A FORM OF ART EMERGES FROM CUT PAPER

Wikipedia describes it best! **Papercutting** is the art of cutting paper designs. The art has evolved uniquely all over the world to adapt to different cultural styles. Jianzhi is a traditional style of papercutting in China and has been practiced in China since at least the 6th century AD. Jianzhi has a number of distinct uses in Chinese culture, almost all of which are for health, prosperity or decorative purposes. Red is the most commonly used color. Come learn how to cut intricate patterns in paper and turn it into art. This interesting technique involves using scissors or paper cutting knives. Once you get into it, you will pleasantly surprise yourself with an ornate masterpiece. Class is limited to 15 participants. Must have 10 registered for this class to take place. Materials provided by instructor. Instructor: Jinxiu Alice Zhao

Fee: \$20

Seymour Center

Wed, Jul 6 (314024-07)
9:30 – 11:30 am

PASSMORE CENTER CARVERS (WOODCARVING)

Woodcarving class will teach the basic skills of safety, sharpening, wood grain, stop cuts and center lines. Use our tools through your first project, a boot. If you like carving we'll assist you in selecting the tools and wood you will need to buy for the type of carving that interest you. It costs you only \$1 for the boot cutout. You may select your own project or join a group one. We are currently making comfort birds,

small stylized birds we give to senior center regulars as they face sickness or stress in their lives. Men and women as well as all skill levels are invited to attend one or both classes. If you are experienced, share your knowledge with us; if you have no carving experience, we'll teach you.

Fee: FREE (plus supplies)

Instructor: Steve Zamerski

Passmore Center

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

PASSMORE CENTER CARVERS - INTARSIA WOODCARVING

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

Instructor: Dean Pricer

Fee: FREE (plus supplies)

Passmore Center

Wednesdays (254033-01)
1 – 4 pm

PASSMORE CENTER QUILTERS

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

Fee: FREE

Passmore Center

Tuesdays (257011-1)
10 am – 2 pm

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

REPURPOSE A BOOK INTO A HANDBAG OR CLUTCH!

We will transform hard cover books into a functional bag or clutch, or even a secret book safe! Please bring a hard-back book that you are comfortable recycling (not precious books). Hard-back books can be found at the PTA Thrift shop for \$1.50, or register 2 weeks in advance and one can be provided upon request. Must have a minimum of 4 for class to take place. Register by Fri, Jun 3.

Instructor: Erika Hamlett

Fee: \$25 (plus \$10 materials fee payable to instructor at the first class)

Seymour Center

Session I: Tues, Jun 7 & 14 (334025-01) 2:30 – 4 pm
Session II: Tues, Jun 21 & 28 (334025-02) 2:30 – 4 pm

NEW! SAVE-THE-BIRDS WINDOW DECALS!

Create personalized window decals to save the birds! The decals help birds see windows so they don't injure themselves by flying into them. The decals will be a unique creation made for your window of choice. They make great gifts for bird lovers with bird feeders nearby! Stay for some or all of the class time! Make as many as you like! Register by Wed, Jun 22.

Facilitator: Erika Hamlett

Fee: \$3 per person

Seymour Center

Wed, Jun 29 (334000-01)
10 am - 12:30 pm

POTTERY CLASSES

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) by calling the **Passmore Center** in Hillsborough at 919-245-2015.

DECORATIVE TILE MAKING: RELIEF CARVING IN CLAY

The initial class will provide a demonstration of relief techniques: a kind of carving into a wet clay surface in which figures, images, or patterns project slightly from the background rather than standing freely. The instructor will walk you through the process of preparing your surface for carving. Soft clay carving is easy on the wrists and can even help gently strengthen hands and wrists over time. Experimenting is highly encouraged! Work at your own pace and create one or more reliefs! Erika will demonstrate and reiterate methods to keep your clay soft over the length of the course; additionally, you will learn methods to help speed up the drying process safely to avoid cracking to ensure successful firing. Open studio is included in class fee. Instructor: Erika Hamlett, MA

Fee: \$65 with \$10 materials fee payable to instructor

Passmore Center

Session I: Wed, Jun 1 - 22 (234019-06) 3 – 5 pm
Session II: Wed, Jul 6 - 27 (234019-07) 3 – 5 pm

HAND-BUILT CERAMIC VESSELS

Each week we will introduce a different way of creating vessels through various hand-building techniques. We will explore several traditional methods using coils and slabs, as well as experimental ways of creating vessels and forms. Each class will include demonstration time and continual assistance/guidance as needed.

Instructor: Erika Hamlett, MA

Fee: \$65 with \$10 materials fee payable to instructor

Passmore Center

Session I: Wed, Jun 1 - 22 (234020-06) 10 am – 12 noon
Session II: Wed, Jul 6 - 27 (234020-07) 10 am – 12 noon

POTTERY - AFTERNOON

Each class begins with a 40 min demonstration. It includes: surface decorating techniques: texturing surfaces and all aspects of wheel throwing. For those not interested in the wheel, making form slabs or clay sculptures is an option. Open studio time is included in the class fee.

Instructor: Russell Knop

Fee: \$65

Passmore Center

Session I: Mon, Jun 6 – 27 (254018-06) 12:30 - 2:30 pm
Session II: Mon, Jul 11 – Aug 1 (254018-07) 12:30 - 2:30 pm
Session III: Mon, Aug 8 - 29 (254018-08) 12:30 - 2:30 pm

OPEN POTTERY (FOR CURRENT POTTERY STUDENTS ONLY)**Passmore Center**

Mondays 10 am – 12:30 pm

BRIDGE AND OTHER GAMES**BRIDGE GAMES****BRIDGE LAB**

A drop-in Duplicate Bridge game designed for fun and practice. Open discussion is encouraged during and after each hand. This is a great opportunity to enhance your bridge skills in a friendly atmosphere. A basic knowledge of Duplicate Bridge is desirable. No partner is needed. Fee: FREE

Seymour Center

Wed & Fri (351017)
9:30 am – 12 noon

CONTRACT BRIDGE

Newcomers are always welcome.

Passmore Center

Mon & Wed (257004)
1 – 4 pm

DUPLICATE BRIDGE

Newcomers are invited to play bridge every Wednesday afternoon. Welcoming atmosphere and friendly people. You do not need to be an ACBL member to play. Come see for yourself, tell a friend, and play the Fascinating Game of Bridge. A great way to earn Master Points, sharpen your skills and have fun at the same time. Partners are not needed.
Director: Linda Harris, Certified ACBL Director and Club Manager, lharis166@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 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)
12:45 – 4 pm

DOMINOES

Join us for a morning of dominoes and other games.

Passmore Center
Mon – Fri (251000)
10 am -12 noon or 1– 4 pm

Seymour Center
Mon – Fri (351021)
10 am – 3:30 pm

GAME DAY

Bring a friend and play table games or cards. We are currently looking for spades players.

Seymour Center
Wednesdays (351009) 1 – 3 pm

GAMES

Come alone or bring a friend, and enjoy a variety of games.

Passmore Center
Mon – Fri (251001)
9 – 11 am

HAND AND FOOT CANASTA

No need for a partner, or to make reservations. Just drop and we will show you how to play this fun game! Contact Betty Schell at 919-265-3043 if you have any questions.

Seymour Center
Mon & Thurs (351026)
12:45 – 4 pm

HAND AND FOOT CARD GAME

This card game is a form of canasta. If you like to play, come join this ongoing group.

Passmore Center
Mon - Fri (251017)
1 – 4 pm

MAH JONG

This ancient Chinese game is challenging and fun.

Passmore Center
Tuesdays and Fridays (257005)
1 – 4 pm

Newcomers welcome, lessons are taught with advance notice by calling the center, 919-245-2015.

Seymour Center
Mondays (351001)
12:30 – 5 pm
Call the Seymour Center, or Rebecca Hauser at 919-942-5703 (evenings) to sign up to play on Monday afternoons.

MAH JONG – EVENING

Join the fun at our new evening Mah Jong group and play the American version of this exciting game. Several members of the group have their own beautiful and unique Mah Jong sets, one has old bakelite tiles in an alligator case and another has black tiles with plexiglass racks! For more information contact Deb at deb.levin52@gmail.com.

Seymour Center
Thursdays (351001-01)
7 - 9 pm

ROOK

If you need to brush up, or if you've never played before, come by and the group will teach you how to play.

Passmore Center
Fridays (257007)
9:30 – 11:30 am

RUMMIKUB

Join us for a new twist on rummy. If you don't know how to play, we'll teach you. Contact the center at 919-245-2015 for more information.

Passmore Center
Mon – Fri (257008)
9 – 11:30 am

SCRABBLE CLUB

The group is open and friendly. Just show up and enjoy an afternoon of playing scrabble and meeting new friends.

Seymour Center
Tuesdays (351005)
1 – 5 pm

SCRABBLE TALK

Drop in and join this group for a relaxing game of scrabble while catching up on current events.

Passmore Center
Thursdays (253016)
10:30 am – 12 noon

VARIOUS CARD GAMES

Bid Whist, Spades – What's your game? Come join a table, or start one.

Seymour Center
Tues – Fri (351010)
2 – 5 pm

LANGUAGE CLASSES

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) by calling the **Seymour Center** in Chapel Hill at 919-968-2070 unless otherwise noted.

ENGLISH AS A SECOND LANGUAGE - BEGINNER

Class helps adult non-fluent English speaking people improve their written and spoken English. It will help participants become more self-sufficient, informed and active in the community. Stu-

dents 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 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 for more information.

Fee: FREE

Seymour Center
Tuesdays (354066)
9 am – 12 noon

NEW! INTERMEDIATE/ADVANCED SPANISH CHAT GROUP.

Enjoy speaking Spanish and making new friends. Everyone is welcome to attend. The meeting is conducted entirely in Spanish and, to take part, one should have a good working knowledge of the Spanish Language. Many in our group are native Spanish speakers, while others can get along well in spoken Spanish. To learn more about our group and its activities, check our web site on Meetup.com. We are the Chapel Hill Spanish Language Meetup group.

Facilitator: Edwin Nirdlinger

Fee: FREE

Seymour Center
Fridays (357151-01)
12 noon – 2 pm

MANDARIN CONVERSATION CLUB

Come out and learn the basics of Mandarin and Chinese culture in a fun class setting. No prior knowledge is needed - just a willingness to grasp the language so that you can communicate with your fellow 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
Classes will resume in the fall**SPANISH (LEVEL II) - ADVANCED BEGINNERS**
Classes will resume in the fall**SPANISH (LEVEL III) - EARLY INTERMEDIATE**
Classes will resume in the fall

SPANISH (LEVEL IV) – HIGH INTERMEDIATE
Classes will resume in the fall

SPANISH (LEVEL V) - ADVANCED
Classes will resume in the fall

EDUCATIONAL OPPORTUNITIES

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

AGING FOR KNOWLEDGE MEET-UP (MANDARIN ONLY)

Who will you call in an emergency? Who should you see for your illness if you do not have health insurance? What is Dementia? How can you prevent falling? Is Hospice relevant to you? What services can you access? If you have any of the doubts or simply just want to learn more, please join us for a 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,

让大家能够更舒适更轻松的生活在美国!

Facilitator: Zhenzhen Yu

Fee: FREE

Seymour Center

Thu, Jun 16; Jul 21; Aug 18

(357152-02) 10 – 11 am

CONGOLESE DRUM RHYTHMS

This is a class on playing in the ngoma tradition of Congo. What is in the name of the drum - ngoma? An ancient and deep tradition. In the local language of the Lari people, ngo means "(strength of) the panther"; ma means "given". Elsewhere in Africa, ngoma means "drum". Also, the root *goma dates back to the time of the Bantu expansion around 1500 BC and refers to song-dance ceremonies of trance and healing. A live performance by the virtuosos is compelling. Indoors, you can feel the drum beats go through your chest and then vibrate your hair after rebounding from the wall. The beat is not subtle; the syncopation twists and turns dancers. It is one of the world's great and influential musical traditions. Class will be led by Dr Ken Wilson, who has played Congolese music for 35 years and performs locally with Pline Mounzeo of Congo.

Elements of class:

- Description of the drum and its role

in its culture of origin.

- A little bit about the drum's role in healing ceremonies, also called "ngoma" throughout Central and South Africa.
- The structure of Congolese drum groups and their music.
- How to hit the drum.
- Putting it together into a drum part, sensing the beat.
- Putting the drum parts together – Bwanga, Wada, Gonza or maybe others depending on the group.

Instructors: Dr Ken Wilson and Pline Mounzeo

Fee: FREE

Seymour Center

Fri, Jun 17 (334035-01)

2 – 3 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**. We are coming down to the last few topics. It's not too late to take part in last 2 sessions of this awesome series. Topics as follows:

Tues, Jun 14 Healthy Snacks

Tues, Jul 12 Hydration

Fee: FREE

Seymour Center

2nd Tues, Jun 14; Jul 12 (314107)

2 – 3 pm

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, June 30.

Presenter: Jos Jansen, IMBA, CSMM

Fee: FREE

Seymour Center

Thur, Jul 7 (323043-02)

2 – 3 pm

SC@M! BE SAFER ONLINE

The Internet Crime Complaint Center of the FBI received over 260,000 complaints in 2014. Don't be another one of their statistics! Come learn about common online scams and tips for avoiding them. Register by Fri, Jul 8 for Seymour and Thur Jun 23 for Passmore.

Instructor: Jason Richmond, Orange County Public Library

Fee: FREE

Passmore Center

Thur, Jun 30 (234021-01)

11 am – 12 noon

Thur, Jul 7 (234021-02)

2:30 – 3:30 pm

Seymour Center

Tues, Jul 12 (333049-01)

10-11 am

SMARTPHONE PHOTOGRAPHY FOR THE CREATIVE PERSON

Please join professional photographer Meg Daniels for a four-hour workshop on Smartphone Photography. Participants will learn how take more captivating photographs to tell a story. You will explore the basic aesthetics of photography; in particular: composition, natural light, how to use color and filters to help tell your story, as well as critiquing final images. The beginning of the class will be used to discuss these techniques followed by a one-hour lunch break. The rest of the afternoon will be used to photograph and critique your images. Please note: this is not a class on how to use your Smartphone but rather how to use this everyday tool to capture moments vs. snapshots. Please be sure you bring all of the cords that came with your phone so the images can be downloaded for discussion. Meg will be using a Mac laptop to download and project the photos so be sure to take this into consideration in order to avoid compatibility issues. Who is Meg? Meg Daniels holds a BFA from the Rochester Institute of Technology and an MS from NC State Univ. In 2005, she was the recipient of the Nancy Pollack award for outstanding scholarly research and the positive impact of graduate-level research on both the NC economy and the quality of life for its citizens. Currently, Meg is teaching at the Center for Documentary Studies at Duke Univ. In addition to teaching, she is a freelance photographer for well-known stock agencies and national/international magazines. In Aug 2016, she will begin her second Master's de-

gree, an MFA in Documentary Filmmaking at Wake Forest Univ. Meg and her husband live in Pittsboro, NC, with their two rescue dogs, Piper and Yaz.

Instructor: Megan Daniels, Freelance

Photographer

Fee: \$30 per class

Passmore Center

Thur, Jun 23 (234018-01)

10 am – 3 pm

Thur, Jul 21 (234018-02)

10 am – 3 pm

Seymour Center

Sat, Jun 18 (333053-01)

10 am – 3 pm

Sat, Jul 16 (333053-02)

10 am - 3 pm

TED TALKS AT SEYMOUR

TED Talks will not meet this summer, but will resume this fall. For those who have not attended, make sure to check out the upcoming topics in the next issue of Senior Times. 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. See you this fall!

TELLING YOUR STORY

Join this creative writing group and create a special gift for your family and loved ones. Members will be assigned at-home exercises as well as have group participation to help develop their stories. Call 919-245-2015 for dates.

Fee: FREE

Passmore Center

2nd & 4th Thurs (257002-1)

3 – 5:30 pm

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

If you are like many of us, you accumulate clutter or hold onto things that you no longer need or can use. This workshop can help you evaluate and assess the future use of your belongings. We will explore steps to collect, sort, de-clutter and finally, sell or dispose of unwanted items. This process should generally be done over time, especially if you are considering a major lifestyle change or an upcoming move. Let the challenge become an opportunity to create a new environment that is simplified and more spacious, including your most treasured items, while leaving room for the future!!! Please register by Sat, Jun 18.

Instructor: Sally Pillsbury

Fee: \$10

Seymour Center

Sat, Jun 25 (314106-02)

10 - 11:30 am

WHAT CAN WE EXPECT? DEMENTIA BASICS EDUCATION SERIES

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

Please register at least one week prior to the first session of each month at the appropriate senior center. Parallel respite care will be available for loved ones with dementia if requested. Please contact the OC CARES team for more information at 919-245-4253.

Passmore Center
 Aug 16, 23, & 30 (255018-01)
 10:30 am - 12:30 pm
Seymour Center
 Jul 12, 19, & 26 (354101)
 4 - 6 pm

FINANCIAL PLANNING

OUTLOOK AND OPPORTUNITIES

This seminar discusses current market conditions and how the political, economic, and cultural forces shaping our markets can affect you as an investor. **Must register by Wed, Jun 22 for Passmore Center, and by Wed, June 8 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones
Passmore Center
 Wed, Jun 29 (214005-01)
 12 noon - 1:30 pm
Seymour Center
 Wed, Jun 15 (344015-03)
 12 noon - 1:30 pm

RETIREMENT FOR BOOMERS AND RETIREES

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

Note: Tues sessions will be held at the Seymour Center from 2 - 3:30 pm. Call 919-968-2070 to register by Fri, Jul 8. Thurs sessions will be held at the Passmore Center from 2 - 3:30 pm. Call 919-245-2015 to register by Jun 2.

Passmore Center
 Thurs, Jun 9 Foundations of Investing
 Thurs, Jun 16 Focus on Fixed Income
 Thurs, Jun 30 Stocks: The Nuts and Bolts
 Thurs, Jul 7 An Investor's Tour of Mutual Funds
 Thurs, Jul 14 What Happens After the Paychecks Stop?

Thurs, Jul 21 Preparing Your Estate Plan

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

Passmore Center
 Thurs, Jun 9 - Jul 21 (254003-03)
 2 - 3:30 pm
Seymour Center
 Tues, Jul 19 - Aug 16 (334004-10)
 2 - 3:30 pm

SCRIPT YOUR FAMILY'S FUTURE: WHY YOU NEED AN ESTATE PLAN

This seminar is designed to help individuals understand the important role a well-executed estate plan can play in ensuring their strategy remains aligned with their goals. An estate planning attorney will be present at this event. **Must register by Wed, Jul 27 for Passmore Center, and by Wed, Jul 6 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones
Passmore Center
 Wed, Aug 3 (234008-01)
 12 noon - 1:30 pm
Seymour Center
 Tues, Jul 13 (354068-02)
 12 noon - 1:30 pm

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. We'll discuss how Social Security fits into your retirement income plan, when you should start taking benefits, and tax considerations. **Must register by Wed, Aug 3 for Passmore Center, and by Wed, Aug 17 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones
Passmore Center
 Wed, Aug 10 (214006-02)
 12 noon - 1:30 pm
Seymour Center
 Wed, Aug 24 (354068-03)
 12 noon - 1:30 pm

SPECIAL EVENTS

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

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.

Passmore Center
 Fri, May 27 (223012-01)
 12:30 pm

APPALACHIAN STYLE DANCE PERFORMANCE WITH THE CAROLINA HEARTLAND CLOGGERS

Since 1984, this group has helped to preserve clog dancing as a part of the American cultural heritage. This traditional clogging team exhibits a variety of styles exemplifying the rich heritage and art of Southern Appalachian clogging in North Carolina. Their upbeat and interactive shows strive to promote fellowship and goodwill. Please join us at the Seymour Center for a lively afternoon of dance and light refreshments following the performance.

Fee: FREE
Seymour Center
 Sat, Aug 13 (323030-02)
 2 - 3 pm

ART SHOW - PASSMORE CENTER

If you are interested in exhibiting, please contact Terry Colville at 919-245-2016 or tcoville@orangecountync.gov

DAN EUBANKS AND STUDENTS

Our featured artist is Dan Eubanks, Acrylic instructor at the **Passmore Center**. Dan's classes are held on Tues afternoons where he welcomes new students as well as those who have taken lessons in the past. This exhibit will include his art work as well as his students' works students. An open reception will be held on Mon, Jul 11 to give you an opportunity to meet the artists. Please register prior to Wed, Jul 6. Fee: FREE

Passmore Center
 Mon, Jul 11 (253002-04)
 3 pm

ART SHOWS - SEYMOUR CENTER

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or 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).

OVER THE YEARS

Join Larry Nielsen as he takes you on a captivating journey showcasing his eclectic style of art. Over the years, starting at a very young age which involved parental influence, Larry's creativity has embraced a diverse range of mediums including watercolor, pastel, oil and mixed media. This show will not only give you the opportunity to appreciate his unique work of art, but it will enable you to view a very special piece of artwork that will accompany his show. Come out and learn where it all began and how it evolved over the years, on Mon, Jun 6. The exhibit will be on display until Thurs, Jul 7. Art Opening Hostesses will be: Ann Wilkerson, Fung Little, Ceresa Clarke with live music by Horace Sher on trumpet.

Seymour Center
 Mon, Jun 6 (313103-05)
 3 - 4 pm

RANDOM NOISE OF COLOR: DON'T WORRY BE HAPPY!

Join Malena Smither, a local artist, as she shares very vibrant abstract works of oil paintings. Her exhibit is called Random Noise of Color, which will be on exhibit from Mon, Jul 11 until Thurs, Aug 25. Malena's interpretation of her exhibit title is when a twig falls in the forest, it lands in a space that can't be known and is perfect. Malena's work is about Freedom and Constraint, Intentional Chaos-- designed with power that comes from pure imagination. It is about feeling and emotion and what it says to each person who views these paintings. It is about connection and sharing all of life's passages from beginning to end. Her hope is that each person will personally experience whatever these works have to offer. Art Opening Hostesses will be: Irene Ferguson, Margaret Mays, and Melody Dickenson **with live music by Emily Davisson.**

Seymour Center
 Mon, Jul 11 (313103-04)
 3 - 4 pm

LET'S NOT FORGET GREAT TIMES AT NORTHSIDE

Remembering Northside Senior Center Photo Exhibit will be on display from Mon, Aug 29 until Thurs, Sept 29. This nostalgic show is a collage of happy times that took place at the for-

mer Northside Senior Center. Come walk the halls of the Seymour Center and allow yourself to walk back in time as you recognize many smiling faces and recall the good ole days of a very close knit community of African American senior adults. Even though the center no longer exists, the great times will live on forever in our memories through this exhibit – as well as through those who attended Northside and now attend the Seymour Center. Guest speakers will talk about the community and share some of their fond memories. Art Opening Hostesses will be: Lula Alston, Dazzie Lane, Delores Clark, Betty Foushee **with live music by Jimmy Smith.**
Seymour Center
Mon, Aug 29 (313103-03)
3 – 4 pm

BACK TO BUENOS AIRES WITH JOHN AND PAT HARTWELL

Globe trotters, John and Pat Hartwell have traveled most of world and will be on hand to share highlights of their travels while visiting South America. Travel to Argentina and Chile as they share excerpts, background information, and pictures from their new book, *Back to Buenos Aires*. Copies will be available for purchase. Light refreshments will be served. Register today.
Seymour Center
Thurs, May 19 (323046-01)
2 – 3 pm

BINGO AND INDEPENDENCE DAY CELEBRATION

Come dressed in your red, white, and blue and welcome back Sandra Hicks with Cambridge Hills Assisted Living for BINGO as well as Fourth of July trivia. You will have multiple ways to win a fantastic prize or two. Light refreshments will be served so come on and enjoy a morning out with friends. Registration is required prior to Fri, Jun 24.

Fee: FREE
Passmore Center
Fri, Jul 1 (233003-01)
10:30 – 11:30 am

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, Jun 8, 22; Jul 13; Aug 31
(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 Jun, Jul or Aug. Please call the center to register.

Passmore Center

Mon, Jun 6; Jul 11; Aug 1
(253004-06, 07, 08) 12 noon
(Will celebrate Mon, Jul 11 due to Jul 4 holiday)

Seymour Center

Mon, Jun 6; Jul 11; Aug 1
(353072- 04, 05, 06) 12 noon
(Will celebrate Mon, Jul 11 due to Jul 4 holiday)

CHOCOLATE CANDY MADE SIMPLE

Marc Lemmerman has been making chocolate candy for a number of years and sharing his creations at Triangle StarDusters Ballroom Dances, Playmakers Cast Dinners, Deep Dish Theatre Opening Night Receptions and other Triangle area events. For this exclusive class, he will teach simple techniques to make delicious chocolate candy at home. All you need to bring is an apron, a smile and a willingness to get your hands dirty making the candy. Marc will explain the different types of chocolate to use and how they can be blended together to make great tasting candy at home. You will learn candy melting techniques, including the proper way to melt chocolate in a microwave oven. You will make four different types of delicious candy and have the chance to sample and take home treats. Sign up required by Wed July 13. Limited space, so sign up fast.
Passmore Center

Wed, Jul 20 (233032-01)
1:30 – 5 pm

COFFEE WITH CORINA – NEWCOMERS WELCOME

This is your chance to ask all those questions about what the Senior Center can do for you. Join Corina, Programmer with the senior center as she gives an overview of our programs and services. We are a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. There will be time for coffee, conversation and a tour of our building. Call the senior center to register at least one week in advance.

Fee: FREE
Passmore Center
Thurs, Jun 2 (253008-06)
10 am
Thurs, Jul 7 (253008-07)
10 am
Thurs, Aug 4 (253008-08)
10 am

CONNECTIONS CONCIERGE

This program is designed with everyone in mind! Not sure how to navigate the multiple programs at the Center. Need a little memory jogger on upcoming events and programs? Look no further! Every 1st and 3rd Monday of the month, you will have an opportunity to explore all the happenings and possibilities at the Seymour Center. No longer will you find yourself won-

dering 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. Please note: Connections Concierge will Not be available Jun and Jul. Will resume in Aug.

Seymour Center

1st & 3rd Mon: Aug 1, 15
(353012) 10 am – 12 noon

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 Fearington House Restaurant and is now a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week you bring two ingredients (fruit, vegetable, or other item) from your pantry and David will teach you how to create a meal with the combination provided. The choice of beef, chicken, or seafood, will be provided. If you are a vegetarian, just let us know when you register. This is a hands-on class with everyone participating in the preparation of the meal. During the class David will explain different methods of preparing meat with additional variations on the meal being prepared. This is a unique cooking class and is a fun, as well as, a delicious experience. Everyone MUST register for each class one week in advance. Class size is limited.
*Co-sponsored with OLLI at Duke.
Fee: \$9 per class plus two ingredients

Passmore Center
Mon, Jun 6 - 27 (233016-06)
5:30 – 8 pm
Mon, Jul 11- 25 (233016-07)
5:30 – 8 pm
Mon, Aug 1 - 29 (233016-08)
5:30 – 8 pm

COUNTRY WESTERN SQUARE DANCE AND DINNER

You remember how to Promenade and Do-Si-Do? Well, put on your dancing shoes as we welcome David Staples, Square Dance Caller and other square dancers as they share their dancing skills. After dinner we will have an opportunity to allemande right or left, depending on the caller and learn a dance or two. What fun this will be as we square up with each other for an evening of music and dance. If dancing is not your thing, feel free to listen to the music and encourage the other participants. The center will provide hamburgers and you bring the sides to share. Registration is required prior to Thurs, Jun 9.

Fee: FREE

Passmore Center
Thurs, Jun 16 (253007-06)
5:30 pm

DINNER & SHOW WITH PERFORMER, JOYCE WEISER – I'M STILL HERE!

If you thought Joyce's show, *It's not where you start, it's where you finish*, was outstanding, wait until you see her encore presentation, *I'm Still Here!* Join her as she sings songs from her 50 years in musical comedy theater - *Adelaide's Lament, Not Time At All, Beauty and the Beast, Nobody Does It Like Me, Before the Parade Passes By* and more. These are just a few of the songs she has done. Accompanying her is the most amazing pianist, Jimmy Smith. Sign up for this memorable evening. Space is limited to 75 participants. Registration deadline is Fri, Aug 12.

Fee: FREE
Seymour Center
Fri, Aug 19 (353000-08)
5:30 - 7:30 pm

FARMERS' MARKETS AT THE SENIOR CENTERS

Yes, the Farmers' Market is at both centers. It's a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Center. No longer do you have to stand in a long grocery line when you have your local friendly farmers right outside the Center's door. Come shop and get extra fresh food and outstanding quality.

Passmore Center
Mondays (253013)
9 am – 12 noon
Seymour Center
Thursdays (353060)
9 am - 12 noon

FATHER'S DAY FISH FRY

Happy Father's Day, Men! Father's Day will be recognized on Sun, Jun 19. The program staff is ready to kick off this exclusive celebration for all the wonderful things you do. Come out for an enjoyable evening of great food, a cool activity and a little bonding time. Register by Wed, Jun 8. You deserve it!

Fee: FREE
Seymour Center
Wed, Jun 15 (357106-07)
5:30 – 7 pm

FATHER'S DAY ICE CREAM SOCIAL

It's the first day of summer and we are going to welcome summer with a build your own Ice Cream Sundae as we honor all men! We will gather on the front patio and enjoy music provided by Trumpeter, Horace Sher. So come and meet your friends for good music, fun, and fellowship. Registration is required prior to Mon, Jun 13.

Fee: FREE

Passmore Center
Mon, Jun 20 (233009-01)
12:15 - 1 pm

FUN BINGO WITH CARDS

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

Passmore Center
Fri, Jun 3; Aug 5 (257024-01)
10:30 - 11:30 am

JUNETEENTH CELEBRATION

Join us at the **Seymour Center** for our second Juneteenth Celebration! This holiday commemorates the day in 1865 when the Emancipation Proclamation was first announced and enforced in Galveston, TX. Over the past centuries, Juneteenth has become a celebration of African-Americans' emancipation and achievements. Listen to a brief historical presentation, sample soul food, and experience traditional African drumming with Pline Mounzeo, as well as a dance performance! Register by Mon, Jun 6 for this truly special event. Program Leader: Allie Tate
Fee: FREE

Seymour Center
Thurs, Jun 16 (357106-06)
2 - 4 pm

LAWN GAMES AND LEMONADE

Join us for a fun day on the patio! Play corn hole, horseshoes, bocce ball, and more - then refresh with some lemonade. Don't know how to play? Don't worry, we will teach you. Enjoy the summer weather and classic summer fun!

Program Leader: Allie Tate
Fee: FREE

Seymour Center
Tues Jun 7 (333047-01)
3 - 4 pm
Rain date Tues Jun 14 3 - 4 pm

MELON FEST ON THE PATIO WITH HORACE SHER

Come enjoy a variety of select melons on the patio - including watermelon, cantaloupe, and honey dew. If you are not a melon lover, don't stay home as there will be other tasty fruits for you to enjoy. Don't miss out! Space is limited to 60 participants. Register by Tues, Jul 19.
Fee: FREE

Seymour Center
Tues, Jul 26 (333024-02)
3 - 4 pm

NATIONAL PIÑA COLADA DAY

It's Piña Colada Day! You don't need to be on a beach to enjoy this refreshing tropical cocktail. No matter where you are in the world, a piña colada is a great way to sit back, relax, and enjoy a little taste of summer. Come celebrate and enjoy a refreshing drink. Register by Fri, Jul 8.

*Steve Toll will perform at Passmore Center.
Program Leader: Corina Riley
Fee: FREE

Passmore Center
Thurs, Jul 14 (233005-01)

2 - 3 pm
Seymour Center
Mon, Jul 11 (333051-01)
2 - 3 pm

NEWCOMERS' COFFEE

Take advantage of this great meet and greet session where you will have a chance to ask questions about the center and what it has to offer. Join the center's 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 center to register.
Fee: FREE

Seymour Center
Thurs, Jun 9 (353023-16)
10 am
Thurs, Jul 14 (353023-17)
10 am
Thurs, Aug 11 (353023-18)
10 am

PIANO DUET PERFORMANCE

Listen to a live piano performance featuring pianists Hansac Ho and Benjamin Dod. The two will be playing pieces composed by Bach, Chopin, Debussy, and other well-known composers. Music throughout the ages will be heard starting from the 17th century to the modern age. The performance will conclude with a lively piano duet performance of "Petite Suite" by Debussy.
Fee: FREE

Seymour Center
Sat, May 28 (323033)
2 - 3 pm

PIANO PERFORMANCE: A MEDLEY OF MUSIC AT NOON

In honor of Older Americans, Barbara Lang's students want to share the joy of music in appreciation of our senior participants. Come and enjoy musical selections and light refreshments.
Fee: FREE

Seymour Center
Sat, Jun 4 (323033-05)
12 noon

POPCORN - WHAT IS YOUR FAVORITE TOPPING?

What do you put in or on your popcorn? How about gummy worms and hot tamales? How about marshmallows or Brewer's Yeast? Come share your favorite toppings with us. We will provide the fresh popcorn and a few of our favorites for you to try.
Program Leader: Corina Riley

Seymour Center
Wed, Jul 20 (333045-01)
2 - 3 pm

POTLUCK DINNER AND SCAVENGER QUEST CHALLENGE

No, you won't have to scavage for your dinner, but you will want to become a member of a scavenger team at each table. How good are you at clues? Work-

ing in teams you may be the first group to decipher the clues and locate items throughout the center, and claim the championship title to the Quest Challenge! You can begin putting your team together (Maximum of 8) ahead of time or come and join one of the tables the night of the event. You will want to be a savvy gamer and bring a bag of items from home as we continue our quest challenge. Will you have what the programming team is looking for? If you don't, maybe your teammate will! Come prepared for lots of fun and prizes. The center will provide the main dish of delicious fried chicken and you bring the sides to share. Please call the center and let us know what you plan to bring and register prior to Thurs, Aug 11.

Passmore Center
Thurs, Aug 18 (253007-08)
5:30 pm

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 or wrist band 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. In addition, we would like to acknowledge NBC4 Washington, D.C. for their generous donation of door prizes. Help celebrate the big picture and bring positive awareness. Light refreshments will be served.
Fee: FREE

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

TIMELESS CAR SHOW

Hot Fun In The Summer Time! Come on out and enjoy a leisurely stroll through memory lane of classic automobiles from yesteryear. Come check out the cars and see if you remember them when they were popular. A fun time will be had by all! Hope to see you there! For more information, contact Corina Riley at 919-245-4251.
Fee: FREE

Seymour Center
Sat, Jun 11 (333046-01)
10 am- 12 noon

TRIANGLE PLAYWRIGHTS PRESENT A READING OF THE FIRST WOMAN

This is a new play by local playwright, Keith, Burrridge. In this one woman show, actress Danielle Fenton performs as Edith Wilson, President Woodrow Wilson's widow. As she prepares for John F Kennedy's inauguration in 1961, Edith recalls her whirlwind romance with Woodrow Wilson 40 years earlier. During his Presidency, he suffered a debilitating stroke, which Edith concealed

not only from the people and Congress, but also from his cabinet. For a time, she took over running the Government, acting as the first woman President. 55 minutes.
Fee: FREE

Seymour Center
Thurs, Jun 9 2 pm

WE'RE HAVING A FIELD DAY!

If you didn't get a chance to show off your skills during the Senior Games, here's your chance! Compete in some unique relay and obstacle type races. The fun is just a hop, skip, and a jump away!

Program Leader: Allie Tate
Fee: FREE

Seymour Center
Thurs Jul 14 (333048-01)
2 - 4 pm
2 - 4 pm

Rain date Thurs Jul 21

WEDNESDAYS' BUZZ

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

Seymour Center (353053)
Wed, Jun 1, 15; Jul 6, 20; Aug 3, 17
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 - 7pm

BILLIARDS

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

Passmore Center
Seymour Center

BOCCE BALL

Time to put some miles on our improved bocce ball court! Equipment available. Weather permitting.

Seymour Center

Mondays (351020)
10 am
Wednesdays (351020)
10 am & 1:30 pm

CORNHOLE

This activity can also be known as bean bag toss, corn toss, baggo or bags, is a lawn game in which players take turns throwing "corn kernel" bags at a raised platform with a hole in the far end. Bring a friend and let's toss some bags.

Seymour Center

Tuesdays (351006)
10 am

PICKLE BALL

A combination of badminton and tennis this sport is once again gaining popularity around the county. It is played with a whiffle ball on an indoor court. Equipment will be provided. Please contact the front desk to register.

Passmore Center

Mondays (251016-01)
5 - 8 pm
Wednesdays & Fridays* (251016-03)
2 - 4 pm
Fridays** (251016-02)
9 - 11 am

*No Friday Pickle Ball: Jun 3, Jul 1, Aug 5

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 alantom@mindspring.com

Seymour Center

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

TABLE TENNIS AT PASSMORE CENTER

All levels are welcome to join during this open play. You may bring your own paddles and balls, or use the equipment available at the Center.

Passmore Center

Fridays(except Jun 3, Jul 1, & Aug 5)
(251008-1) 9:30 am - 12 noon

WALKING - INDOORS

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough
Fee: \$25 annually
Central Recreation Center Gym
Mon - Fri 8 - 10 am

WALKING - INDOORS

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

WALKING - INDOORS

Walk in the Northside Gym/Hargraves Center at 216 N. Roberson St, Chapel Hill
Fee: FREE
Hargraves Center
Wed & Fri 9:30 am - 12:30 pm

WII - OPEN PLAY

Instructor: Interested in leading? If so, contact Corina Riley at 919-245-4252
Passmore Center
Thursdays (251010)
12 noon

WII GAMES: STAY ACTIVE AND FIT

Let's get ready to rumble! Come join your friends for a morning of interactive Wii games. No experience necessary. Fun and easy to catch on, you will enjoy every minute. Activity leader will give hands on instructions and tips to make the games even more interesting.

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)

Fee: FREE

Seymour Center (351022)

Email Instructor, or call the front desk at 919-968-2070 for an appointment.

BILLIARDS LESSONS

This one-on-one instruction is for beginners, or those who would like to brush up on their game.

Instructor: Bob Roberts

Fee: FREE

Seymour Center (351011)

Call front desk for an appointment at 919-968-2070.

TABLE TENNIS INSTRUCTION

Here's a great opportunity to sharpen your table tennis skills through private lessons. Beginners will learn proper grip, scoring, legal serve, forehand and backhand strokes. Intermediates will learn new serves, new shots and make game more reliable while learning strategies and having fun. Lessons will be offered in half hour sessions, and will be either one on one, or in a two person group. It's suggested that people should take at least six lessons to benefit from course. For more information, contact Bob Ross at 919-210-4532. Call front desk for an appointment at 919-968-2070.

Instructor: Bob Ross

Fee: 1 person - \$12 per session

2 person group - \$8 per session, per person

Seymour Center (351014)

Mondays and Wednesdays 1 - 2 pm, and 2 - 3 pm

DANCE, MUSIC & THEATER

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

DANCE**ARGENTINE TANGO DANCE**

Learn this vibrant and playful dance which is based on improvisational movement. Although tango is a "leader" and "follower" style of dance, no partner is necessary. Come and embrace harmony and connect with upbeat music that is sure to be fun and exciting. For more information, contact

Katherine Polk at 919-967-4967.

Facilitator: Bill Caspary

Fee: FREE

Seymour Center

4th & 5th Thurs, Jun 24; Jul 28; Aug 26
(353007-03) 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

Passmore Center

Thursdays (254032)
7 - 8 pm

CHINESE DANCE FOR OLDER ADULTS

The class is free and open to the public. Chinese Dance is famous for its varieties. There are 56 officially recognized ethnic groups in China, and each one has its own folk dances. This class will tailor different Chinese dancing movements to meet older adults' needs. With relative slow speed, people can enjoy the gracefulness of Chinese dance. Accompanied with Chinese music and songs, performers entertain themselves while dancing. For more information, please contact Hui Di at hui.di@jmp.com.

Instructor: Hui Di

Fee: FREE

Seymour Center

Fridays (354045-08)
9 - 10 am

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

Instructor: Becky Walker

Passmore Center

Mondays (Beginners class) (254006-2)

2 - 3 pm
Mondays (254006-2)
3 - 4:30 pm
Tuesdays (254006-1)
1 - 2:30 pm

LINE DANCING

First 30 min of the class is for beginners, and all levels are together from 10 - 11 am.

Instructor: Esther Booker
Fee: FREE

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

LINE DANCE FOR NEW BEGINNERS

If you have never line danced before, this is the class for you. During this class, you will learn some of the basic line dance steps and a few simple dances. This class will prepare you for the beginner class held every Monday. Sign up is required one week before the start of a session.

Instructor: Sharon Smith
Fee: FREE

Passmore Center
Session I: Mon Jun 6 - 27 (254001-06)
1:30 - 2 pm
Session II: Mon Aug 1 - 22 (254001-08)
1:30 - 2 pm

TAP DANCING

Learn to tap dance with an experienced and friendly teacher. You will learn basic and historical steps, as well as how to tap to all kinds of music. Tap dancing is a great way to have fun while exercising without stressing your body.

Instructor: Katie Moorehead
Fee: \$52 for the first four lessons

Seymour Center
Thurs, Jun 2- 23 (354032-05) Beginners
11 am - 12 noon
Intermediate/Advanced 10 am - 11 am
Thurs, Jul 7- 28 (354032-06) Beginners
11 am - 12 noon
Intermediate/Advanced 10 am - 11 am
Thurs, Aug 4- 25 (354032-07)
Beginners 11 am - 12 noon
Intermediate/Advanced 10 am - 11 am

TAP DANCING

Did you tap dance as a child? Even if you've never danced, have you always had a desire to learn? Now is your chance to learn the fine art of tap dancing for free.

Instructor: Bruce Gillooly, has been dancing for 50 years.
Fee: FREE

Passmore Center
Tuesdays - Beginners (254007-1)
9 - 10 am
Tuesdays - Intermediate (254007-2)
10 - 11 am

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, Jun 2, 9, 16; Jul 7, 14, 21; Aug 4, 11, 18 (353006)
7- 8:30 pm

MUSIC

CHORUS AT PASSMORE CENTER

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

CONGOLESE DRUM RHYTHMS

This is a class on playing in the ngoma tradition of Congo. What is in the name of the drum - ngoma? An ancient and deep tradition. In the local language of the Lari people, ngo means "(strength of) the panther"; ma means "given". Elsewhere in Africa, ngoma means "drum". Also, the root *goma dates back to the time of the Bantu expansion around 1500 BC and refers to song-dance ceremonies of trance and healing. A live performance by the virtuosos is compelling. Indoors, you can feel the drum beats go through your chest and then vibrate your hair after rebounding from the wall. The beat is not subtle; the syncopation twists and turns dancers. It is one of the world's great and influential musical traditions. Class will be led by Dr Ken Wilson, who has played Congolese music for 35 years and performs locally with Pline Mounzeo of Congo.

Elements of class:

- Description of the drum and its role in its culture of origin.
- A little bit about the drum's role in healing ceremonies, also called "ngoma" throughout Central and South Africa.
- The structure of Congolese drum groups and their music.
- How to hit the drum.
- Putting it together into a drum part, sensing the beat.
- Putting the drum parts together - Bwanga, Wada, Gonza or maybe others depending on the group.

Instructors: Dr Ken Wilson and Pline Mounzeo
Fee: FREE

Seymour Center
Fri Jun 17 (334035-01)
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, July 4, due to holiday)

KARAOKE SING-A-LONG

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

Fee: FREE

Passmore Center
Wednesdays (257003-01)
10 - 11 am

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, Jun 7; Jul 5; Aug 2 (353017)
7 - 8:30 pm

THEATRE

Stay tuned! Prime Time Players will resume this fall with another spectacular performance!

TRIANGLE PLAYWRIGHTS PRESENT A READING OF THE FIRST WOMAN PRESIDENT

This is a new play by local playwright, Keith Burridge In this one woman show, actress Danielle Fenton performs as Edith Wilson, the widow of President Woodrow Wilson. As she prepares for the inauguration of John F. Kennedy in 1961, Edith recalls her whirlwind romance with Woodrow Wilson 40 years earlier. During his Presidency, he suffered a debilitating stroke, which Edith concealed not only from the people and Congress, but also from his cabinet. For a time, she takes over running the Government, acting as the first woman President. 55 minutes.

Fee: FREE
Seymour Center
Thurs, Jun 9 (333052-01)
2 pm

NEW! OPERA AT THE SEYMOUR CENTER

Your local opera group presents a classic opera usually on the 3rd Saturday of the month. Details about the schedule and upcoming performances are available at www.meetup.com/Chapel-Hill-Opera/. Come and join other opera lovers in a wonderful afternoon of romantic and dramatic drama with some of the best singers and orchestras in the world. Next up in June is Werther by Massenet, an opera based on the novel by Goethe about a romantic and melancholic young man in the grip of a hopeless passion for a young wife and mother. Jonas Kaufman is Werther in this 2010 performance by

the National Opera of Paris. We are dark in July but in August we present *Cyrano de Bergerac* by Alfano, the love story of the swashbuckling cavalier Cyrano for the beautiful Roxane in this 2005 production.

Opera Coordinator: Evelyn Daniel,
Daniel@ils.unc.edu

Fee: \$3 per family

Seymour Center
Sat, Jun 18 - *Werther*, Massenet
1 - 5 pm (353031-01)
Sat, Aug 20 - *Cyrano de Bergerac*, Jonas Kaufman
1 - 5 pm (353031-02)

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.

June 7 *Flicka*
June 14 *The Odd Life of Timothy Green*
June 21 *Gone Fishin*
June 28 *Fathers Little Dividend*
July 5 *The Hundred-Foot Journey*
July 12 *Little Boy*
July 19 *Major League*
July 26 *My Fair Lady*

Aug 2 *The Curious Case of Benjamin Buttons*
Aug 9 *Beast of the Southern Wild*
Aug 16 *Hidden Places*
Aug 23 *Word Play*
Aug 30 *The Family Stone*

Free popcorn is available.

Fee: FREE

Seymour Center
Tuesdays 1 pm

MOVIES WITH THE GRANDS

So you have the kids for the summer and you would like to come to the Center to show them off to your friends. You can do that! Bring them with you and enjoy a wholesome family feature. It will be fun for you and your grandchild to enjoy a movie together. Popcorn will be provided (you must be present with your grandchild during movie).

Fee: FREE

Seymour Center (333030-xx)
10 am - 12 noon

Mon Jun 20 *Strange Magic*
Mon Jul 18 *Avengers Age Of Ultron*
(Kids that dress up as their favorite Superhero will receive a prize)
Mon Aug 15 *Alexander & The Terrible, Horrible No Good, Very Bad Day*

DVDs: We are collecting DVDs at both the Passmore Center and the Seymour Center. Please bring in one or two of your favorite DVDs to show as part of our Tuesday Cinema series and Friday Flicks. We will choose our movie selec-

tions 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 PASSMORE CENTER

Join us for our Friday movie series showing currently released movies. Popcorn will be provided by the center. If you like, you are welcome to bring your favorite lawn chair or chair in a bag. Come earlier and join us for lunch prior to the film. If you have never enjoyed lunch with us before, you will need to complete the appropriate form one week before the movie. The form will cover you for all future programs and events. Lunch tickets are disturbed on a first come first serve basis beginning at 11 am. Contact the front desk at 919-245-2015 for selection and to register. Registration required at least one week in advance.

Passmore Center 1:15pm
Fri, Jun 3 *Concussion*
(253015-06)
Jul 1 *The Martian*
(253015-07)
Aug 5 *Star Wars: The Force Awakens*
(253015-08)

MOVIES AND MORE FOR THE YOUNG AT HEART

The **Passmore Center** is offering this special summer showing again for those with grandchildren and those who just want to enjoy the movie. Join us for movies that the young and young at heart will enjoy and popcorn. Registration required at least one week in advance.

Passmore Center 1:15 pm
Thur, Jun 23 *The Peanuts Movie*
(233023-06)
Jul 21 *Alvin and the Chipmunks: Road Chip*
(233023-07)
Aug 11 *Zootopia*
(233023-08)

INTEREST GROUPS

CHESS

Do you play chess? If not, are you interested in learning how to play? Please call the front desk and add your name to an interest list.

Passmore Center

CHESS MEET-UP GROUP

If you enjoy playing chess and would like to get a group started at the Seymour Center, please contact Keith Connors at 919-225-1055 for more information.

Seymour Center

CHORUS AT PASSMORE CENTER

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

GARDEN CLUB - PASSMORE CENTER

If you are interested in being part of the garden club please contact Terry at 919-245-2016. Members plan to meet on 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!
Passmore Center
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:
Jun 6; Aug 1 1:30 pm
Planting/Work days in the Garden: 2nd and 4th Mondays 8:30 - 11 am
Bring gloves, tools, and a hat on planting/workdays.
(Will not meet in July due to holiday)

INSPIRATIONAL TOPICS FOR PRACTICAL LIVING

Join us for this discussion series to uplift and encourage you throughout the week. If you have questions about the topics or materials, call 919-245-2015. Leaders: Walter Faribault & Madeline Riley
Passmore Center
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, Jun 2 - Aug 25 (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 jadeite. 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

Passmore Center
1st Mon: Jun 6; Jul 11; Aug 1
(237001-01) 5:30 - 8 pm

WRITERS' GROUP

This group is open to writers of Fiction, Non-Fiction, and Poetry. All are welcome to present their writings for evaluation and helpful hints from the other members. Our membership has been in operation for over 20 years and we have had many publications during that time! We want to enlarge our membership with dedicated writers who wish to share their writing abilities. Please contact Thalia Becak at 919-928-9879 or Carol Buckles at 919-240-4123 if you are interested in joining or have questions.

Seymour Center
1st and 3rd Tues: Jun 7,21; Jul 5,19; Aug 2, 16 (357003)
2-4 pm

ORGANIZATIONS & CLUB MEETINGS

CENTRAL NC MINERAL CLUB

Meetings are on the first Tues of every month. Guests are always welcome. Web site is www.CentralNCMineralClub.org and has monthly updates on the first Tues meetings, etc. Contact: Joseph Mack (josephmack@austintek.com)
Seymour Center
Tue, Jun 7; Jul 5; Aug 2 (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
Seymour Center
Thu, Jun 16; Aug 18 (357050)
8:30 - 10 am

CHAPEL HILL CAMERA CLUB

Contact: Scott Van Manen, President, at 919-904-3308
Seymour Center
Tues, Jun 7,14,21; Jul 12,19, 26; Aug 9,16,23 (358002)
6:30 - 9 pm

CHAPEL HILL CAMERA CLUB - DIGITAL IMAGING GROUP

Contact: Scott Van Manen, President, at 919-904-3308
Seymour Center
Tu, Jun 1; Jul 5; Aug 2 (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
Tue, Jun 7; Jul 12; Aug 9 (358004)
10:30 am

JOLLY 79ERS

Contact: Geraldine Fennell at 919-732-1503
Passmore Center
Mon, Jun 6; Jul 11; Aug 8 (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

Passmore Center

Mon, Jun 20; Jul 18; Aug 15 (258005-01)
5 pm

RETIRED FEDERAL EMPLOYEES (NARFE) ASSOCIATION

All active and retired federal employees and their spouses are invited to a discussion of issues regarding their welfare. For more info contact: Walter Mack, President, at 919-797-2246

Seymour Center

(358006)
Fri, Jun 24 10 am
Jul and Aug - No meeting scheduled

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

(357151-01)
Thu 9 - 11:30 am
Thu 7 - 8:30 pm
Fri 12 noon - 2 pm

STATE EMPLOYEE ASSOCIATION

State Employees are invited to join this organization. Keep informed about State benefits and other changes that may take place. Meetings are held the 4th Tue of each month.

Contact: Hazel Lunsford at 919-732-4410

Passmore Center

Tue, Jun 28; Jul 26; Aug 23 (257010-01)
9 – 11 am

TRIANGLE WEAVERS ORGANIZATION

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

Seymour Center

Thu, Jun 23; Jul 28; Aug 25 (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, Thur, May 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: Passmore Center, PO Box 8181, Hillsborough, NC 27278, or to the Seymour Center, 2551 Homestead Rd, Chapel Hill, NC 27516. Please inquire regarding accessibility for assistive walking devices. Remember, trips fill quickly! Transportation refunds will be made only if you call the center and cancel your reservation three (3) working days before the trip. If the minimum number of people doesn't register for a trip, by one week prior to the trip's departure, it will be cancelled and refunds will be issued for the full amount.

Please arrive 15 minutes before the bus is scheduled to depart so it can be loaded and ready to leave on schedule.

Trips leave from the Passmore Center, 103 Meadowland Dr, Hillsborough, and from the Seymour Center, 2551 Homestead Rd, Chapel Hill. Return trip times are approximate.

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.

Cost: \$15 (includes ticket and transportation)

Passmore Center

11 am – 5 pm

Seymour Center

11:30 am – 4:30 pm

Fri, Jun 17

(236000-01)

NORTH CAROLINA SYMPHONY, RALEIGH

David Glover, conductor, and Navah Perlman on piano will present selections of Beethoven. We will enjoy Piano Concerto No. 1 and Symphony No. 5. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert. Cost: \$32 for ticket and transportation

Passmore Center 9:30 am – 4:30 pm

Seymour Center 10 am – 4 pm

Fri, Jul 8

(236001-01)

NORTH CAROLINA SYMPHONY, RALEIGH

Conductor David Glover presents selections of Mozart. The Impresario Overture, *Divertimento in D*, and *Symphony No. 40* will be performed during this matinee. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$32 for ticket and transportation

Passmore Center 9:30 am – 4:30 pm

Seymour Center 10 am – 4 pm

Tues, Jul 26

(236002-01)

BARN DINNER THEATRE, GREENSBORO

The musical talent of the Barn Dinner Theatre presents **Crowns**. This stand-up-and-testify musical is a soul stirring tribute to the unique cultural phenomenon that fuses faith with fashion by celebrating African-American women and their church hats. This inspirational story will lift your spirits and enlighten younger folks on the unique history and spiritual pride associated with the "crowns" of the strong women of the South.

Cost: \$56 (ticket and transportation)

Passmore Center 11 am – 5:30 pm

Seymour Center 11:30 am – 5 pm

Tues, Aug 9

(236003-01)

TRIANGLE TOWN CENTER AND FARMERS MARKET, RALEIGH

Calling all shoppers! We will begin the day by traveling to one of the largest malls in Raleigh. You will enjoy being inside on a hot summer day or, if you prefer, they also have many outdoor shops. Lunch will be on your own in the food court or one of the many available restaurants. After lunch we will head to the Raleigh Farmers Market for an opportunity to pick up fresh fruits and vegetables or a plant or two.

Cost: \$15 (transportation)

Passmore Center 9 am – 5 pm

Seymour Center 9:30 am – 4:30 pm

Thur, Aug 25

(236004-01)

IMAX THEATER AND CRABTREE VALLEY MALL, RALEIGH

We will enjoy a double feature showing of *Beautiful Planet* and *Hidden Universe*. After the movie we will go to Crabtree Valley Mall for lunch on your own and some shopping before heading back.

Cost: \$26 (ticket and transportation)

Passmore Center 9:15 am – 5 pm

Seymour Center 9:45 am – 4:30 pm

Tues, Sept 20

(236005-01)

BARN DINNER THEATRE, GREENSBORO

The Kids Left. The Dog Died. Now what? This entertaining musical comedy is about those facing a host of midlife crises and takes a humorous and heartfelt look at the day-to-day concerns of the over-fifty "empty-nester" crowd including everything from retirement to AARP, dating to divorce, plastic surgery, and grand parenting.

Cost: \$56 (ticket and transportation)

Passmore Center 11 am – 5:30 pm

Seymour Center 11:30 am – 5 pm

PUBLIC BUS LOCAL DAY TRIPS

(Contact either Center to register)

Thurs, July 14

(316011-04)

PUBLIC BUS TRIP TO DPAC AND THE AMERICAN TOBACCO CAMPUS

If you want to experience some of the wonderful sights of Durham but are afraid you'll get lost driving there - this trip is for you. It begins at the Park and Ride at Patterson Place. We'll take a bus to the beautiful new Durham Bus Station and then a 10 minute walk to the Durham Performing Arts Center (DPAC) for a tour (sorry no Broadway Show this time). We'll have lunch at the charming American Tobacco Campus, one of the highlights of Durham and relax to the sounds of the powerful waterfall and stream.

Cost: Bus fare: \$2 round trip 65 yrs + (bring Medicare card or photo ID)/ \$4.50 for those under 65 yrs. Exact change is required. Bring money for lunch.

Park and Ride at Patterson Place 9:15 am – 2:30 pm

Witherspoon Blvd and Mcfarland Drive



Weds. Aug 17 (316011-05)

PUBLIC BUS TRIP TO UNIVERSITY PLACE AND THE K&W CAFETERIA

So much has changed at the University Mall – even the name!

Come see what's new: a giant movie theater, a beauty college (Aveda Institute) a children's museum (Kidzu) and a workout gym. We will start out with lunch at the K&W cafeteria followed by browsing at University Place. This trip starts at the Passmore Center in Hillsborough. Call Lisa to make arrangements if you want to leave from Chapel Hill (919 717-1853).

Cost: Bus is Free. Bring money for lunch.

Passmore Center 10 am – 3:30 pm

SATURDAY GETAWAYS

If you have no questions or concerns and want to register for a tour, call the main number of the Seymour Center at 919-968-2070. Our refund policy is: To receive a refund on the Saturday Getaways, cancellations must be made 7 days before the trip leaves.

Sat. Jun 18 (336017-01)

SWIFT CREEK MILL THEATRE

Travel with us to Chesterfield, VA to visit the Historic Swift Creek Mill Theatre – 'The People's Playhouse.' Upon arrival, we will enjoy a Virginia-Style Buffet Lunch followed by another great show by the authors of *The Dixie Swim Club*. *The Hallelujah Girls* is a Jones Hope Wooten Comedy. It is the story of five enterprising Southern women who leased a dilapidated church and turned it into a special retreat for the ladies of Eden Falls, GA - the SPA-DEE-DAH! Look out as there are secrets in the basement and romantic entanglements above!! If you loved the ladies of the *Dixie Swim Club*, you'll love the ladies of the Spa-Dee-Dah, too! A side-splitting, joyful comedy that will make you laugh out loud and shout Hallelujah! Lunch is included in the cost of the tour. Driver gratuity is not included. The recommended gratuity for the driver is \$3-\$5 per person. **Checks should be made payable to ODDOA. We must have 25 participants for this trip to take place.**

Tour Cost: \$ 100 per person

Passmore Center 8 am - 8:30 pm

Seymour Center 8:30 am - 9 pm

MORE TRIPS

Wed, Sept. 28 – Tues, Oct 11

New Departure Date

SPAIN & PORTUGAL - 14-DAY SPECIAL LAND TOUR

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 Mezquita, 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). Deposit: \$250. **Trip offered by Friends of the Seymour Center. Contact: Linda Mews, 919 967- 4728, 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 the Passmore Center.**

To hold your registration, submit your completed Registration Form and a check deposit made payable to: The Friends of The Passmore Center, PO Box 8181, Hillsborough, NC 27278. To pay by credit card call 919-423-1555. For questions, call 919- 245-2015.

Mon, Dec 5 – Tues, Dec 6

MYRTLE BEACH SHOPPING AND CHRISTMAS SHOW SPECTACULAR

Mon, Dec 5:

Depart Monday morning by bus en route to Myrtle Beach, SC. Enjoy lunch on your own and shopping in the early afternoon at Tanger Outlet. Check into the hotel, then dine on your own at one of the many restaurants at Bare Foot Landing, before attending the 7:30 p.m. Alabama Theater's *The South's Grandest Christmas Show*.

Tues, Dec 6:

Have breakfast at the hotel before checkout, then enjoy at 1 p.m. "*The Carolina Opry's Christmas Special*", before returning home to Orange County at 8:30 pm

Cost: (Includes transportation, hotel, shows, baggage handling, and breakfast)

- \$170 per person for triple occupancy
- \$199 per person for double occupancy
- \$230 for single occupancy

Make checks payable to: Friends of the Jerry M. Passmore Center PO Box 8181 Hillsborough, NC 27278. **Limited Space, so book early.** Indicate on check your roommate if double occupancy and contact telephone number. **Trip offered by Friends of the Passmore Center.** For further information, call the Passmore Center

at 919-245-2015 and ask for a Friends' board member.

Passmore Center Depart: 7 am
Seymour Center Depart: 7:30 am

June, 2017 RESORTS OF THE CANADIAN ROCKIES PLUS VANCOUVER – 10 DAYS

Unique opportunity to treat yourself to five star resorts in three major locations. Victoria, Banff, and Lake Louise. These are not your usual 5 star hotels; these resorts are destinations by themselves. There is not sufficient space to itemize all the amenities that these resorts offer. Most tourists stop at these resorts for tea; you get to stay at each one for two nights. Access the resorts on the internet for complete description. You will wonder how we were able to negotiate such a reasonable price for this luxury tour.

World-famous resorts and spectacular scenery. Fly into **VANCOUVER**, a beautiful city on the Pacific, for a sightseeing tour of the vibrant waterfront, 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 ambiance. 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 snowcapped mountains. Ride across the **COLUMBIA ICE FIELD**, 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 in 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. **Trip offered by Friends of the Seymour Center.**

10-day all inclusive: airfare, resorts, meals, land tours, tour guide, baggage handling, air taxes & fees, transportation to & from airport: Cost and details available in full colored brochure at Seymour Center.

Contact Linda Mews: 919 967-4728, 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 918-7364. Events are FREE unless otherwise stated.

DAY TRIPS

Walk In Registrations Only. Carrboro Recreation and Parks trips are known for their fine company, back road ambience, and interest-piquing destinations. Take advantage of a one-day outing and leave the driving to someone else! **Transportation is 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.

DURHAM BULLS BASEBALL GAME

Spend the afternoon watching the Durham Bulls take on Scranton/ Wilkes-Barre Rail Riders. Your cost includes ticket and transportation to and from the stadium. Don't forget money for hot dogs, peanuts and a drink! Please note we will return when the game has ended.

Fee: \$15
Wed, Jun 1 11:45 am – 4 pm

FAIR GAME BEVERAGE COMPANY AND DOWNTOWN PITTSBORO, NC

Join us as we explore downtown Pittsboro's unique shops and restaurants before we tour Fair Game Beverage Company. Once we arrive there, we will learn the process crafting delicious spirits and fortified wines that showcase the true flavors and atmosphere of beautiful Chatham County. Cost includes transportation, tour and tasting. Bring money for shopping and lunch.

Fee: \$18
Fri, Aug 26 10 am - 4 pm

GOLDEN TRAIL SERIES

Walk In Registration Only. This walking group gets you out and about on local trails. The company of others, the gains from a little physical endeavor and the joys of being in a natural environment are possible rewards. Transportation from 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! As with any exercise, your physician's recommendation for your participation is encouraged. Please feel free to call Dana Hughes at (919) 918-7372 to find out more specific trail difficulty information so that you can make a good choice. **Pre-Registration required for all trips.**

HORTON GROVE NATURE PRESERVE

Opened in 2013, Horton Grove Nature Preserve is Triangle Land Conservancy's largest public preserve. The trails wind through mature forests, including upland oak-hickory forests, beech slopes, and several stands of mixed pine and hardwoods. Open meadows and grasslands are important for numerous species but have become rare throughout North Carolina's Piedmont. TLC restores habitats with native grasses to provide nesting and foraging opportunities for a variety of birds and pollinators, including monarch butterflies and honeybees. Be sure to bring water and a snack.

Fee: \$4
Town Commons Parking Lot
Thurs, Jun 9 8:30 am – 1 pm

NEUSE RIVER GREENWAY TRAIL

The Neuse River Greenway Trail offers scenic views of the Neuse River, winding boardwalk areas through wetlands, historical sights, interpretive signs, and agricultural fields. We will take a stroll down the asphalt trail along the Neuse River (easy walking). Be sure to bring water and a snack.

Fee: \$4
Town Commons Parking Lot
Thurs, Aug 25 8:30 am – 1 pm

WHITE PINE PRESERVE HIKE WITH KATE FINLAYSON

Join us as we visit the beautiful White Pines Preserve, the first preserve established by the Triangle Land Conservancy. It is renowned for its isolated stand of white pines and remarkable views where the Deep and Rocky Rivers meet. The 100 foot rocky bluffs maintain a microclimate where it can be 10 degrees cooler than the urban areas around it. This creates a curious collection of mountain, piedmont and coastal plain flora and fauna. White Pines is part of the NC Birding trail, so bring your binoculars! The trails are moderately strenuous.

Fee: \$10
Town Commons Parking Lot
Fri, Sep 9 8:30 am – 1 pm

BINGO

Take a break from your busy schedule and join friends at the Century Center for an afternoon of bingo. You will have the opportunity to play ten games. Enjoy a snack, try your luck and win prizes! Must call 919- 918-7364 to register.

Fee: FREE
Century Center
Thurs, Jun 9 2 - 3:30 pm
Mon, Jul 4 (Carrboro Town Hall)
Wed, Aug 24

GAME DAY'S AT COVENANT PLACE

Co-Sponsored by Covenant Place We have all heard the saying "use it or lose it". 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, Jun 16; Jul 21; Aug 18
1 – 2 pm

CREATIVE CANVAS, WHERE EVERYONE'S AN ARTIST

Make it sparkle! Everyone is an artist so let your imagination and creative juices flow as we enjoy an evening outside with friends painting our own 8X10 canvas. Carrboro Recreation and Parks Department will supply the canvas, paint, brushes and refreshments to make this a fun and exciting night! So supplies can be purchased you must register for this program by Tues, Jul 5. We will need a minimum of 5 people and our maximum is 20.

Fee: \$5
Covenant Place
Tues, Jul 19 3:30 -5:30 pm

TEAM TRIVIA

Co-sponsored by Carolina Spring Apartments Bring your thinking caps and useless trivial knowledge and compete against other teams of adults in fun and challenging rounds of trivia. Categories will include: current events, movies, music, sports, history and more. Snacks will be provided. Prizes will be awarded to the winning team of each round. Team size range is from 2 - 8 people per team.

Fee: FREE
Carolina Springs Apartments
Thurs, Aug 4 3 – 5 pm

SENIOR PICNIC

Older citizens age 50 or older are invited to enjoy an afternoon of entertainment, good food, and friends. Don't miss this tribute to the older adults in our community. There will be door prizes and great entertainment. **Register by Fri, Jul 29.**

Fee: FREE
Carrboro Century Center
Sat, Aug 13 4:30 pm

ICE CREAM SOCIAL

Co-sponsored by Covenant Place
Take a break from all the summer heat and enjoy a cool afternoon treat. All you need is \$2 to make your own ice cream sundae. Sugar Free and Lactose Free ice cream will be available. You must register and pay in advance. Fee: \$2

Covenant Place

Tues, Aug 16

2 - 3 pm

POET'S OPEN MIC NIGHT

Join Carrboro Recreation and Parks Department and Open Eye Cafe the first Tues of each month for POETS OPEN MIC NIGHT. This is a night where poets can engage with others and share the power and diversity of poetry. This event is staged to provide the venue for people to celebrate, to share, and to encourage the writing, reading, and listening of poetry. For information on this program please call 919-918-7364.

Fee: FREE

Open Eye Cafe

Tues, Jun 7; Jul 5; Aug 2

7- 9 pm

BREAKFAST WITH AN EXPERT

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

FAIR GAME BEVERAGE CO.

Craft Distilling is growing quickly in NC. Learn about how the growth of Craft Distilling in the US and how nationwide trends and distilling history are influencing the local movement - which brings exciting new products and opportunities to NC consumers, agriculture and the cocktail culture. Head Distiller, Chris Jude from Pittsboro's Fair Game Beverage Company, works with grapes, apples, peaches and sorghum molasses to craft unique spirits and will provide an overview of an exciting new/old industry.

Fee: FREE

Century Center

Thurs, Jun 16

9:30 - 11 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, Jul - Aug 29

(no class Aug 8)

6:30 - 9 pm

TAI CHI

Tai chi, developed in ancient China as a martial art, has value in treating and preventing many health problems. In this class we will introduce the yang style simplified form (traditional form has 108 movements). Benefits associated with low-impact, weight-bearing, aerobic exercise include reducing stress and anxiety. It also helps increase flexibility and balance.

Instructor: Amos Wang

Fee: \$40

Century Center

Sat, Jun 4 - Jul 16

(no class Jul 7)

3 - 4 pm

PILATES

Pilates is a fusion of strength, flexibility, and balance training that improves posture and can help alleviate back pain. A particular focus is on breathing while strengthening and stabilizing the core and low back. Within a few classes you will see noticeable improvement! Pilates is proven to improve function and performance due to the increase in core strength and stability, rotational movement, increased flexibility and mobility, and overall body awareness. Classes are geared towards all levels as there is a progression to each exercise.

Fee: \$36

Century Center

Wed, Aug 3 - Sept 7

(no class Aug 31)

8:30 - 9:30 am

FRENCH LESSONS

Parlez-vous français? Have you ever wanted to learn French? Do you wish you could remember what you learned in high school? We start from the beginning and cover all the basics. **Additional \$12 material fee paid to the instructor on the first class.**

Instructor: Helen Lancaster

Fee: \$50

Century Center

Tues Jun 7 - Jul 19

(no class Jul 5)

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.

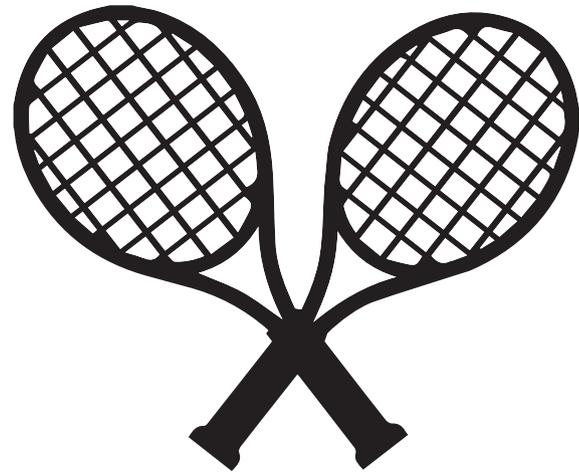
Fee: FREE

Wilson Park

Wed, Aug 17

9 am - 2 pm

9 - 11 am



THE LAZY, HAZY, CRAZY DAYS OF SUMMER

CARNIVAL



Celebrity Dunking Booth * Side Shows

FUN Games & Activities for ALL ages

Food Trucks * Carnival Attractions

UNC-TV

EMCEE: SHANNON VICKERY, UNC-TV

JERRY M. PASSMORE CTR 103 MEADOWLANDS DR HILLSBOROUGH NC	JULY 30	1-5PM
2016		

SUMMERCARNIVAL2016@GMAIL.COM

A fund-raising event for both centers.

ORANGE COUNTY SENIOR GAMES

Senior Games is a year-round health promotion program for adults ages 50 + in Orange County. Other counties may choose to host starting at age 50 + or 55 and over. Activities include clinics, tournaments, social activities and SilverArts. For more information call Dana Hughes, Senior Games Coordinator, 919-918-7372. The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors and event coordinators.

The 2016 Orange County Senior Games' Athletic Events were held April 2 - 27. This year the Celebration of Athletes & Artists was held in conjunction with the Food Truck Rodeo at the Seymour Center on April 27

For the Senior Games' on-going activities and events schedule, please refer to the Athletics section on page for more information.

We would like to say a big Thank You to both **the Friends of the Passmore Center, and the Friends of the Seymour Center for their support of the games and the arts.** Both of them were a major sponsor and without their support, there would not have been incentives for the athletes. We also want to thank **Walgreens** and the **OC SportsPlex** for their support of the Games.

Athletic and Silver Arts Competition

To find out the results, come by the Senior Centers for the final Orange County Senior Games results.

Congratulations to all the 1st, 2nd, and 3rd place winners who qualify to advance to the State Finals competition. All Orange County participants are winners!

NC Senior Games – State Finals

This program is sanctioned by NC Senior Games, Inc. It is sponsored statewide by the NC Division of Aging and Adult Services. For more information on State Finals, visit www.ncseniorgames.org

Early Bird Registration Deadline: July 1, Final Deadline: August 1



*Lelia Livengood –
2016 OC Senior Games
Spirit Award Winner*

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

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

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

Mary Fraser, DSW,

Aging Transitions Administrator

Keisha Andrews, MSW, Social Worker

Lisa Berley, MSW,
Transportation Specialist

Marie Dagger, MA, OTR/L,
Occupational Therapist

Anshu Gupta, MBA,
Administrative Assistant

Kim Lamon-Loperfido, MSW/MPH,
Social Worker

Ryan Lavalley, MA, OTR/L,
Occupational Therapist

Ana Lima, MSW,
Bilingual Social Worker

Beverly Shuford, BS,
Information and Benefits Specialist

Pam Tillett, MSW, Social Worker

Carol Wise, MSW,
Group Respite Coordinator

Jenny Womack, MA, OTR/L,
Occupational Therapist

Zhenzhen Yu, MSW,
Bilingual Social Worker

Call: 919-968-2087 and
Talk to a Professional
9 am – 4 pm, Mon - Fri



PASSMORE CENTER

103 Meadowlands Drive, Hillsborough, NC 27278 • 919-245-2015

Mailing Address: PO Box 8181, Hillsborough, NC 27278

Mon - Thurs, 8 am – 8 pm • Fridays, 8 am - 5 pm

Managed by Orange County Department on Aging with support from Friends of the Passmore Center

Deborah Lemmerman, Front Desk Manager, 919-245-2015

Dawn Smith, Facility Manager, 919-245-2021

Corina Riley, Program Asst. Manager, 919-245-2014

Terry Colville, Center Operations Manager, 919-245-201, Email: tcolville@orangecountync.gov

Isabel Jackson, Food Services Coordinator, 919-245-4256, Email: ijackson@orangecountync.gov

Latonya Brown, Wellness Coordinator, 919-245-4270, Email: lbrown@orangecountync.gov

Myra Austin, Senior Centers Administrator, 919-245-2020, Email: maustin@orangecountync.gov

Janice Tyler, Director, Department on Aging, 919-245-4255, Email: jtyler@orangecountync.gov

TO REGISTER FOR CLASSES AT THE **PASSMORE CENTER**, CALL: 919-245-2015.



SEYMOUR CENTER

2551 Homestead Road, Chapel Hill, NC 27516 • 919-968-2070

Mon, Wed, Fri 8 am – 5 pm • Tues and Thurs 8 am – 9 pm • Saturdays 9 am – 5:30 pm

Managed by the Orange County Department on Aging, with support from Chapel Hill Parks & Recreation Department, and Friends of the Robert and Pearl Seymour Center

Jerri Gale, Front Desk Manager, 919-968-2070

Robin Bailin, Facility Manager, 919-245-4252

Corina Riley, Program Asst. Manager, 919-245-4251

Cydnee Sims, Center Operations Manager, 919-245-4250, Email: csims@orangecountync.gov

Isabel Jackson, Food Services Coordinator, 919-245-4256, Email: ijackson@orangecountync.gov

Latonya Brown, Wellness Coordinator, 919-245-4270, Email: lbrown@orangecountync.gov

Myra Austin, Senior Centers Administrator, 919-245-2020, Email: maustin@orangecountync.gov

Janice Tyler, Director, Department on Aging, 919-245-4255, Email: jtyler@orangecountync.gov

TO REGISTER FOR CLASSES AT THE **SEYMOUR CENTER**, CALL: 919-968-2070.

OC Web site: www.orangecountync.gov/departments/aging

On-line registration is available for many of our programs at the above website. Program fees may be paid by using a credit card.

Both Centers will be closed Monday, May 30 and Monday, July 4 for the holidays