

# SENIOR TIMES

News and Activities for Orange County's Older Adults



Lots of choices at the Senior Centers to keep you busy and active.



## SENIOR CENTERS

Aging Transitions . . . . .	4-12	Educational Opportunities . . . . .	28-30	Senior Times NEWS . . . . .	2-12
Athletics . . . . .	33-34, 39	Interest Groups . . . . .	35	Seymour Technology Center . . . . .	21-23
Arts & Crafts . . . . .	23-27	Language Classes . . . . .	30	Seniors on the Road . . . . .	36-38
Bridge & Other Games . . . . .	27-28	Movies . . . . .	35-36	Special Events . . . . .	30-33
Carrboro Senior Programming . . . . .	38-39	Notes from the Director & Editor . . . . .	2	Support Groups . . . . .	20-21
Dance, Music & Theatre . . . . .	34-35	Orange County Senior Games . . . . .	39	Transportation . . . . .	11
		Organizations & Club Meetings . . . . .	36	Volunteer Connect 55+ (VC 55+) . . . . .	12-13
		Pottery Classes . . . . .	27	Wellness Opportunities . . . . .	14-20

Visit us at [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging) or [facebook.com/OrangeCountyDepartmentonAging](https://facebook.com/OrangeCountyDepartmentonAging)  
 To join the bi-monthly listserv, email [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov) and request to join the list.  
 This is a great way to stay up-to-date on what is happening at the Centers.

## FROM THE DIRECTOR

It is hard to believe that 2015 is almost gone. This has been a year of creating new programs and rising to new challenges. 2016 is going to be even better. I am thrilled to announce that your Department on Aging was selected for an almost \$900,000 grant from the Administration for Community Living. You can be very proud that you are a part of one of the eleven communities nationwide that were selected for this grant. With this grant, we will be working

to expand services and supports to caregivers and persons with Alzheimer's Disease. You can read all about the grant on page 12 of this issue of Senior Times. In addition to the new grant, we launched today our Dementia Friendly Business Campaign. See details on page 8. As we go to print with this issue of Senior Times we are putting plans together to host a press conference in mid-Nov to share these innovative programs with the media and our greater community. We know that Orange County is a great place to age and just last week that was confirmed by a national report from FindTheHome listing Orange County as the 3rd best place to retire in the U.S.

We are celebrating this January the graduation of our third class of Project EngAGE Senior Leaders. It has been a joy to journey with these leaders through the 13 week class. They will be joining the other Project EngAGE leaders to continue work with the Senior Resource Teams, as well as the development of new projects. Congratulations to all of you and many thanks for the hundreds of hours of community service that you give to help make a difference in the lives of older adults in our county.

The Department on Aging staff has planned some wonderful programs for 2016. I hope you will enjoy reading about them in this issue of Senior Times. I look forward to seeing you at the Centers. As always, I love hearing from you. Come see me or drop me an email.

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

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

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

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

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

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

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

Fee: FREE  
**Seymour Center**  
Wed, Dec 2

7 pm

## FROM THE EDITOR

As the weather turns cooler and winter chill may be setting in outside, there is plenty to keep you warm inside the two Orange County Senior Centers - Central Orange, Hillsborough (attached to the SportsPlex) and the Seymour Center, Chapel Hill.

This winter season brings variety to our offerings. There will be programs about housing including down-sizing your home - how and when to do so; healthy living - a Passport to Health with its 8-part once a month sessions; Stress Management and many exercise classes/programs to help you get your year off to a healthy start and continue. We'll have plenty of special events to complete the holidays - Winter Wonderland, Bingo with Santa, MLK, Jr. Celebrations, Lunar New Year, Fat Tuesday Celebration, a Sweetheart Ball and a Dinner Theater. We'll have programs that discuss the History of Human Rights Day and celebrations of national Margarita Day. As you can see, we've got plenty to keep you busy and warm, so give us a try for one of these events and/or many different ones.

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

## Senior Cohousing: Thriving in Community

Are you interested in living lightly on the earth, knowing and working cooperatively with your neighbors, reducing household duties, and sharing resources? Do you want to live smaller, smarter, sustainably and age in place - to seek an alternative to how and where you live as you age, and to seek an answer to loneliness and isolation?

Cohousing for Aging in Community is one way for you to take charge and make your own decisions about where and with whom you will grow older. Come learn more about this growing movement as Baby Boomers choose a different path from their parents.

Cosponsored by the Orange County Department on Aging and Village Hearth Cohousing, LLC. Presenters: Pat McAulay & Margaret Roesch of Village Hearth Cohousing, LLC: welcoming LGBTs, friends, and allies for active aging in community.

For questions or to Register: Contact Pat at [VillageHearthCohousing@gmail.com](mailto:VillageHearthCohousing@gmail.com) or Margaret at 561-714-8009.

Fee: FREE  
**Seymour Center** (337044-16)  
Thurs, Jan 14

6 - 9 pm

## Come to a Senior Center for "One Stop Shopping"

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

## 橙郡老年中心 社会工作者服务团队

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

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

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

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

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

## UNC Hospice Caregiver Support Group

Caring for a loved one is often a full-time job and one that can feel isolating. One way to receive support is to get connected with others who are experiencing a similar situation. Please join other caregivers at a UNC Hospice Caregiver Support Group scheduled for every Thurs, Jan 21 - Feb 25. Our group will focus on providing mutual emotional support as well as learning how to balance caregiving for a loved one and caregiving for oneself. Group is open to anybody in the community caring for a loved one. Space is limited so please RSVP with Rebecca Frederick no later than Thurs, Jan 14 to reserve a spot at 919-542-5545 or email at [rebecca.frederick@unchealth.unc.edu](mailto:rebecca.frederick@unchealth.unc.edu)

**Seymour Center** (352756)

Thurs, Jan 21, 28; Feb 4, 11, 25

11:30 am - 1 pm

## You'll Want to Know

**Senior Centers will close at 5 pm on New Year's Eve, Dec. 31.**

### Registration Forms Update

Senior Center registration forms are available. If you haven't completed one since March, please complete one and sign the waivers. Stop by the front desk at either Senior Center to receive a form or go to our website and look for the "Registration Blitz" logo where you will find it.

### 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!

**Facebook - the Department on Aging page [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging) and a new revamped website, [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)** Check them out and become a Facebook Friend!

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

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

### Join the Senior Centers' Email List

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

### Senior Times is on the Web

For the current issue of Senior Times online, go to our web site: [www.orangecountync.gov/aging](http://www.orangecountync.gov/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, Dec 27 and Jan 24.



## 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](mailto:mm27517@aol.com)

## 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](http://www.readyorange.org) website and click on "OC ALERTS". "If we can't reach you, we can't alert you!" If you need help with completion of the new notification system, staff at the Orange County Aging Helpline, 919-968-2087, will be able to assist you.

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

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

**Call the Aging Transitions Help Line at 919-968-2087** - or come to the Seymour Center or the Central Orange Senior 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 Central Orange Senior Center**

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

**Central Orange Senior 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 Central Orange Senior Center and the Seymour Center, Carolina Meadows Retirement Community of Chapel Hill, and the University of North Carolina Institute on Aging.

***In Praise of Age* is produced by Jerry Passmore, former director of the Orange County Department on Aging, who can be contacted for questions or program suggestions at [passmorejerry@gmail.com](mailto:passmorejerry@gmail.com). You may view some of the past popular IPOA programs such as *Aging in Community* series online at [vimeo.com/jerrypassmore](http://vimeo.com/jerrypassmore)**

**Show times are every Saturday at 7:30 pm on Time Warner Cable TV: Channel 8 in Chapel Hill Channel 4 in Carrboro Channel 18 in Durham area**

The program is replayed every Monday at 10:30 am at the Seymour Center and Central Orange Senior Center or on Tuesday if Monday is a holiday.

On the first Saturday of each month, IPOA will be highlighting an inspiring life story. This program series will feature in December, Stanley Peele, Chapel Hill resident and one of the oldest practicing judges; in January, Francis Hargraves shares her life experiences growing up in Chapel Hill and her community contributions; in February, Dr William Leuchtenburg, retired UNC History Professor, shares his thoughts on the role of work and leisure in aging.

**Dec 5 – March 16: “Life Time of Legal Service”** Judge Stanley Peele, semi-retired, shares some of his insights about the judicial system and personal experiences over the years as one of the oldest practicing judges. Hosted by Florence Soltys (Original Air Date: 7/7/07)

**Dec 12 – “Reimagining Your Neighborhood: Part 1”** Most of us live in neighborhoods designed around automobiles and home privacy. Bolton Anthony, Second Journey Founder, presented on Sept 17, 2015 at the Seymour Center many practical steps you can take to retrofit your

neighborhood so that it nourishes intergenerational connections and supports aging in community. From simple steps—such as creating a listserv, forming a neighborhood watch, or starting a CSA—to ambitious undertakings — such as creating a common house, an Eldercare Home, and a community energy system. (New. Original Air Date: 12/12/15)

**Dec 19 – “Reimagining Your Neighborhood: Part 2”** Bolton Anthony, Second Journey Founder, continues his presentation held Sept 17, 2015 at the Seymour Center on many practical steps you can take to retrofit your neighborhood so that it nourishes intergenerational connections and supports aging in community. (New. Original Air Date: 12/19/15)

**Dec 26 – “Fashion Savvy Holiday”** Enjoy the senior holiday fashion show held at the Seymour Center, where seniors modeled December festive clothing. The program was sponsored by the Friends of Seymour Center, Stein Mart and New Goloka Boutique in Hillsborough. (Original Air Date: 12/14/13)

**Jan 2 – “Francis Hargraves: A Gem in the Crown of Orange County”** Host Florence Soltys interviews Francis Hargraves, long time resident of Chapel Hill, retired school teacher and community leader. Francis shares some of her early experiences as a child in Chapel Hill and her involvement in community activities. This is one of the first In Praise of Age TV shows. (Original Air Date: 8/4/01)

**Jan 9 – “Sugars: Natural & Artificial”** Most people see artificial sugars as healthier alternatives to using natural sugar, but are they better for you? Martha Tsitsiwu, a Health Counselor from Marthsi Synchronized Wellness, presents the pros and cons of various types of sugars, to allow consumers to make informed choices. (Original Air Date: 7/12/14)

**Jan 16 – “Tiny Houses: Part 2”** Gerry Brown, from the father-son team at Wishbone Tiny Homes in Asheville, NC continues his son Teal’s presentation on the tiny house movement phenomenon with an emphasis on design, comfort, safety, zoning and ADA compliance. The program was held at the Robert and Pearl Seymour Center on March 25, 2015 as part of the Aging in Community Speaker Series. (New. Original Air Date: 1/16/2016)

**Jan 23 – “Care at the End of Life.”** Robert Seymour, Host, talks to Martha Henderson, who combined her background as a nurse and divinity student to become an “end-of-life care facilitator.” Her insights about end-of-life issues were employed at the UNC Schools of Nursing and Medicine, as well as the Program on Aging. (Original Air Date: 7/6/2001)

**Jan 30 – “The Freedom Train”**- Enjoy the ride with song, dance and story about the history of African-Americans. The production was held on Feb 27, 2013, during Black History Month, at the Seymour Center under the direction of Irving Truitt with videography by Sheldon Becker. (Original Air Date: 2/1/2014)

**Feb 6 – “The Role of Routine, Work and Leisure in Aging”**. Host Nerys Levy interviews Presidential Scholar and UNC Historian Dr William Leuchtenburg, when he was 80 years old, about his personal experience with aging and the roles of work and leisure. (Original Air Date: 3/8/03)

**Feb 13 – “Love and Relationships in Later Life”** - Dr Sol Gordon shares his clinical and personal insights about love in later life, along with his book, *“Another Chance at Love.”* Hosted by Jerry Passmore, the founding director of the Orange County Department on Aging (Original Air Date: 5/28/05)

**Feb 20 – “Lessons of an Accidental Developer”** - Dene Peterson, founder and developer of ElderSpirit Community in Abingdon, VA, shares her experiences in establishing one of the first elder co-housing projects in the US. Residents own or rent their own homes; share common core values and spaces to eat, meet, and meditate; and engage in service as well as support through illness, disability and death. The presentation was held Nov 19, 2013 in Hillsborough, as part of the Aging in Community lecture and discussion series. (Original Air Date: 1/25/2014)

**Feb 27 – “Romance in the Forties”** – Enjoy highlights of the musical by Damon Runyon of romance in the 1940’s presented by the Prime Time Players. The program was presented at the Seymour Center on April 18, 2015 and directed by John Paul Middlesworth with musical direction by Gloria Nicolson. (New. Original Air Date: 2/27/16)

## 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 its parts. People turning age 65 - those who are retiring, retired or continuing to work - should attend to learn more about Medicare and how to avoid penalties. General information on choosing a plan during this once in a lifetime "window" will be covered - including Medicare Advantage Plans (Pt C). For those with qualifying incomes, there will also be information on the Extra Help program which lowers your costs. To register, call Central Orange Senior Center 919-245-2015, or Seymour Center 919-968-2070.

### Central Orange SC

Mon, Jan 25 6 - 7:30 pm

### Seymour Center

Wed, Feb 10 1 - 3 pm

### Chapel Hill Library

Tues, Nov 24 1 - 3 pm

Tues, Dec 8 1 - 3 pm

## MEDICARE QUESTIONS?

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

Seymour Center, Chapel Hill, NC  
919-968-2070

Central Orange Senior Ctr., Hillsborough, NC  
919-245-2015

NCSHIIP: 855-408-1212 (toll free)



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

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

## BATHROOM SAFE? GRAB BAR INSTALLATION



Custom Handrails  
and Banisters  
Wrought Iron  
Railings

Tom Osborne  
919.967.7355  
www.tomograbbars.com

## 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.

## Aging in Stride 5K Run/Walk

Coming Spring 2016

The Aging in Stride 5K benefits the Aging in Place fund at the Orange County Department on Aging. It serves our community by purchasing services or supplies for frail seniors who have exhausted all other resources. This event is organized by the UNC School of Pharmacy Carolina Association of Pharmacy Students Project AGE (Advancing Geriatric Education).

This year's event will be held, **Saturday, April 2, 2016** on the UNC Campus. Watch for the specifics in the next issue of the Senior Times.

Orange County | North Carolina

## Aging Help

Information & Consultations



919-968-2087

[www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

A member of the  
Chatham - Orange Community  
Resource Connections

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



Physical therapy and occupational therapy to promote healthy aging.

### ElderFit can

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

A Medicare certified practice - we bill Medicare for you!

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

919-614-1923  
[www.elderfitpt.com](http://www.elderfitpt.com)





**December 3<sup>rd</sup> @ 6:30 PM**

**Join an LGBT-friendly group for the screening of the film:**

### Reaching for the Moon

*"...a sophisticated tale of an unlikely romance between two extraordinary artists, set against the backdrop of political upheaval and a clash of cultures." - Rotten Tomatoes*

**Accompanied by delectable refreshments and delightful company**

**RSVP not required but appreciated! (919) 968-2070**

## Live Alone?

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

If interested in receiving Telephone Reassurance calls, please contact the Aging Transitions Helpline at 919-968-2087.

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

## Would You Like A "Caregiver Day Out"?

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

## LEGAL SERVICES

Legal Aid of North Carolina, Inc is a non-profit, federally funded organization that provides free legal assistance, advice, and representation to low-income individuals and senior citizens on a variety of non-criminal legal issues. At the senior centers they execute Simple Wills, Living Wills, Powers of Attorney and Health Care Powers of Attorney. Volunteer attorney, James Wilde, donates his time to execute documents and advise people on elder law issues. APPOINTMENTS ARE NEEDED. Call the Aging Transitions Helpline at 919-968-2087 Mon - Fri to schedule an appointment.

### Seymour Center

(353036)  
Tues - By appointment  
9 am - 12 noon

### Central Orange SC

(255003)  
Tues - By appointment  
9 am - 12 noon

## Old Folks Play By Julius Alston

(Seymour Center Participant)

I went to the Senior Center the other day  
To See what kind of games the old folks play

And just as I walked in  
Two ladies at the desk gave me a lovely grin  
Just about that time

Someone touched me from behind  
"Would you like to do something that's really cool?"

"We could go downstairs and play some ping or shoot some pool"

I said that "beating you would sure be fun"  
And he said, "Oh yeah! Come get yourself some"

That old fellow beat me till I was wet with sweat

So then he showed me where the showers were at

Well this would have me feeling mighty low  
He said, "See the doctor before you go"

Maybe next time you won't be so slow  
Please next time don't be so late

Then we can eat some good food and lift some weights

But when I left I was feeling mighty glad  
This was the most fun I'd ever had

So thank God for a place like this  
It's a place no old man should ever miss.

## Tax Assistance for Seniors and/or Disabled Adults

Did you know some people may qualify for the Homestead Exclusion which provides tax assistance on their primary residence's real estate taxes in NC? People age 65 and over, and those who are totally and permanently disabled (per a physician), and whose 2015 income was \$29,500 or less may be eligible to exclude the first \$25,000 of their home's assessed value, or 50% of its value if that is greater. For example, if your home is assessed at \$100,000, 50% would be excluded (since that is greater than \$25,000) and you would pay taxes on an assessed value of only \$50,000. If your 2015 income was \$44,250 or less, you may qualify for the **Circuit Breaker Tax Deferment Program.**

The **Disabled Veteran Exclusion** allows Veterans who have a permanent and total service-connected disability and whose service at separation was honorable or under honorable conditions to exclude up to \$45,000 of their permanent residence's assessment. Surviving spouses who have not remarried may also qualify. None of these programs consider assets. If you would like more information on any of these programs, contact the Orange County Tax Office at 919-245-2100, or go to [www.orangecountync.gov/departments/tax/assistance\\_programs.php](http://www.orangecountync.gov/departments/tax/assistance_programs.php) You may also call the Aging Transition Helpline at 919-968-2087 to make an appointment with a social worker to get help completing an application.

The Tax Office has recently developed a user-friendly, web-based Property Tax Assistance Evaluator that allows residents to input their information and determine if any of the most popular tax assistance programs may be available to them. This tool may be accessed at the same website. In the event an application is denied, there is an appeal process.

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

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

## Florence Gray Soltys Adult Day Health Program

Senior Care of Orange County, Inc.

An Enriching Day Program for Adults and Seniors Providing Respite for Family Caregivers

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

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

Located adjacent to the Central Orange Senior Center behind the Triangle SportsPlex • 105 Meadowland Dr., Hillsborough, NC 27278

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

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

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

Fee: FREE

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

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

## 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: [aging-transitions@orangecountync.gov](mailto:aging-transitions@orangecountync.gov)

**Mary Fraser, DSW**, Aging Transitions Administrator

**Keisha Andrews, MSW**, Social Worker

**Lisa Berley, MSW**, Transportation Specialist

**Carolyn Jefferson, RN, BSN**, Caregiver Day Out Coordinator

**Ryan Lavalley, MA, OTR/L**, Occupational Therapist

**Ana Lima, MSW**, Bi-lingual Social Worker

**Beverly Shuford, BS**, Information and Benefits Specialist

**Pam Tillett, MSW**, Social Worker  
**Mary-Ann Weston, MSW**, Social Worker

**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**

## One- Stop - Shop Clinic for Community Living at The Seymour Center and Central Orange Senior Center

### Clinic's Purpose:

The purpose of this free wellness clinic is to support older adults' (age 60+) abilities to live independently in the community. By providing early identification of risk factors and referrals to appropriate services, we hope to increase the likelihood of success in safe independent living, health, and happiness.

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

- Mood and Memory
- Mobility and Fitness
- Prescribed and over-the-counter medicine use
- Nutrition and diet
- Home Safety
- Falls Prevention

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

- An initial interview to discuss your concerns and goals
- Multidisciplinary assessments (Physical Therapy, Pharmacy, Occupational Therapy, Social Work, Nutrition, Nursing)
- Expect to spend 1-2 hours meeting with the team members.
- Individualized recommendations for exercise, diet, home modifications, etc.
- Possible referral for further testing, counseling, or medical care.

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

**When and where is the clinic held?** The clinic is held from **9 am - 12 noon** on the **2nd Thurs of the month at the Central Orange Senior Center**, 103 Meadowland Drive in Hillsborough, and the **4th Thurs of each month at the Seymour Center** on 2551 Homestead Road in Chapel Hill, NC.

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

*Sponsored by Orange County Department on Aging in collaboration with partners from UNC.*

## Chapel Hill's Senior Real Estate Specialist



**TONY HALL**



**Tony Hall**  
& ASSOCIATES

**RESIDENTIAL REAL ESTATE**

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

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



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

## Senior Times Pick-Up Locations

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

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

## Lunch at the Centers

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

### CENTRAL ORANGE SENIOR CENTER THURSDAY TELL ALL

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

#### Central Orange SC

(257030-01) 12 noon  
Thurs: Dec 10; Jan 28; Feb 11, 25

### LUNCH AT THE SEYMOUR CENTER Wednesdays' Buzz

A new program replacing What's Happening at Seymour to keep you in the know. Look for this special table in the lobby every 1st and 3rd Wednesday. Come find out what the entire Buzz is about! Be the first to be in the know!

#### Seymour Center

(353053) 10:30 am  
Dec 2, 16; Jan 6, 20; Feb 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!

#### Central Orange (253004)

1st Mon: Dec 7; Jan 4; Feb 1 12 noon

#### Seymour Center (353072)

1st Mon: Dec 7; Jan 4; Feb 1 12 noon

## CAROLINA S·P·R·I·N·G

*Affordable Senior Living For  
Independent Adults 55 and Over*

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

## Dementia Friendly Business Community

The Orange County Department on Aging (OCDOA), as part of its federal Orange County CARES (Caregiver Awareness, Respite, Education and Support) grant, is piloting a project in Chapel Hill this fall to help Orange County become a "dementia friendly" community. Starting with a Dementia Friendly Business Campaign, the OCDOA aims to raise awareness about dementia and improve the quality of life for people with dementia and for their loved ones.

The Chapel Hill Dementia Friendly Business pilot project will be led by the OCDOA, the East Chapel Hill Rotary, and Acorn Senior Services, in partnership with 10 local businesses to learn how to better support people with dementia and their care-partners. Participating businesses include several restaurants, banks and other retail destinations. Trainings will provide employees with better understanding of the signs, symptoms and causes of dementia as well as skills to sensitively serve people who appear to be struggling with dementia and/or cognitive impairment. Businesses that complete the training and commit to implementing their practices in a "dementia friendly" manner will be sporting our logo! The project will expand to all county offices and other Orange County communities throughout the year. Look for the sticker and share your feedback with us or the business about their accommodations for people with dementia.





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

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!



## COMMUNITY GIVING FUND

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

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

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

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

## Spanish Social Club

Please join us on **Thursdays from 9 - 11:30 am** for a variety of activities offered in Spanish. The Social Club offers a time to socialize with other seniors in Spanish, exercise, and learn something new. A typical gathering might involve an engaging discussion around a health related issue, 30 min of exercise, a time to socialize and relax, and even an opportunity to learn a new skill (eg how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact Ana Lima at 919-245-4279 for additional information.

Acompáñenos los jueves de 9-11:30 am para una variedad de actividades ofrecidas en español. El Club Social le ofrece la oportunidad de socializar con adultos mayores, de hacer ejercicio y de aprender algo nuevo. Un día típico incluye una discusión sobre un tema de la salud, media hora de ejercicio, y tiempo para socializar, relajarse y aprender algo nuevo. Podemos tratar de ofrecerle, si lo solicita, transporte y cuidado de niños. Para mayor información en español puede contactar a Ana Lima al 919-245-4279.

Fee: FREE

**Seymour Center** (357151-01)

Thurs, Nov 19 - Feb 25

9 - 11:30 am



## Do you need help paying for Medicare?

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

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



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

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# Friends of the Senior Centers

## FRIENDS OF CENTRAL ORANGE SENIOR CENTER

The Friends of Central Orange have been busy over the past three months. We had a fundraising event at Lulu's Reduz. It was a \$5 bag day and was coordinated by Friends member Alicia Reid. We had lots of fun and raised \$1,200 for the Center. We said goodbye to member Charlie Foote who moved to Colorado with his son. Charlie was a woodworker at the Center and among other things played Bob Hope at one of our Pot Luck events. He will be missed by all. We were visited by our Commissioner Chair Earl McKee and our County Manager Bonnie Hammersley who, among other things, assured us that the adult population is important to them and that the needs of the Centers will be addressed in the CIP next year. We held our annual Craft Fair in early November which was a success and a lot of fun for all. We are looking forward to the Prime Time Players in February and Las Vegas Night on April 16. Please see additional information in this Senior Times. See our upcoming trips. The Friends could not do what they do without the support of staff and we thank them for their dedication to older adults.

### MONTHLY MEETINGS

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

Mon, Dec 7 – Tues, Dec 8

### Myrtle Beach Shopping and Christmas Show Spectacular

See Seniors on the Road section for more information.

### Renfro Valley, KY Trip: Aug 11 – 14, 2016

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

### 12-NIGHT SOUTHERN CARIBBEAN CRUISE from Baltimore, MD: Oct 31 – Nov 12, 2016

See the details of this trip in the Seniors on the Road section on page 38.

### LEGACY WALL

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

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

## FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

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

### HOLIDAY SHOPPING EVENT – Thursday, December 10 from 4 – 8 pm

A "Holiday Shopping Event" will be hosted by Friends of the Seymour Center at Ten Thousand Villages, Shops at Eastgate, Chapel Hill. Friends will receive 15% of sales made between 4 – 8 pm to support the programs and services of the Seymour Center

Ten Thousand Villages has a stunning array of handmade goods from artisans around the world who are paid fair wages. Among the things they have are: jewelry, home decor, ornaments - and much more in their huge inventory. They are a nonprofit business.

We invite you to come in and browse around and purchase holiday gifts – and maybe something for yourself - to support the Friends.

### HONOR A LOVED ONE

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

### HELP THE SEYMOUR CENTER – DONATE A VEHICLE

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

### CALLING ALL ONLINE SHOPPERS

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

### BE A BOARD MEMBER

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

### SPAIN & PORTUGAL TRIP– Sept 21 – Oct 4, 2016

See the details of the trip in the Seniors on the Road- More Trips section on page 37.

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

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

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

您兼备双语, 敬爱老人, 愿意帮助不会英文的老人更好的融入美国社区, 享受服务吗 若您感兴趣, 请拨打橙郡老年中心中文热线919-259-0232.

## Orange County Advisory Committees Seek Members and Community Awareness

Orange County is a very special place; a community that emphasizes the importance of both the old and the new. While the county and its separate towns focus much of their time on the future, our local government also tries very hard to provide services for older adults and those with special needs. To help focus the efforts of Orange County, the County Commissioners have created a number of advisory committees to give them "boots on the ground" that can deal with the pressing issues our community faces. Two of these advisory committees are actively seeking new members and greater community awareness of their mission.

The **Orange County Nursing Home Community Advisory Committee** (OCNHAC) is charged with being an advocate for nursing home residents in our county. Similarly, members of the **Orange County Adult Care Home Community Advisory Committee** (OCACHAC) serve as advocates for residents of Orange County's adult care homes. Adult care homes differ from nursing homes only in that no registered nurse is required by law to be present at the facility. Every 2-3 months the two committees send out teams to visit each nursing home and adult care home in Orange County. The responsibility of the members is to observe residents and the general conditions of the homes they visit. Committee members talk with residents to determine how they are doing and ask if the residents have any suggestions which should be brought to the attention of the home's administration. Committee members also observe the conditions of the nursing and adult care homes in an effort to assure that the facility safely meets each resident's needs. All conversations and observations between residents and members of the committees are kept strictly confidential.

Once the site visits are completed, committee members meet with the administrator of the nursing or adult care home to gather data regarding the home's residents, the care they receive, and the staffing situation. They then offer advice regarding both positive findings and notable concerns. Committee members also share information about County initiatives related to aging and care for the elderly. When the committee's visit is complete, members meet together to share and report their official findings, observations and conversations. Reports from these visits and meetings are then prepared and sent to our regional Ombudsman and are posted on the Internet for the public to view.

Both committees also work closely with the Orange County Department on Aging and the Regional Ombudsman (Area Agency on Aging) to provide input, and help implement, regarding unique aging and care initiatives. One such recent project is Music in my Mind, an initiative to promote access to personally meaningful music to adult care and nursing home residents. Other county-led services can be found here:

[http://www.orangecountync.gov/departments/aging/aging\\_services.php](http://www.orangecountync.gov/departments/aging/aging_services.php)

OCNHAC and OCACHAC members are appointed by the Orange County Commissioners if the committees experience a vacancy in their 12-member roster. Currently there are vacancies on both of the committees. If you are interested in becoming a nursing home or adult care home resident advocate, applying is as easy as completing an online application form found at:

[http://www.orangecountync.gov/departments/board\\_of\\_county\\_commissioners/volunteer\\_advisory\\_boards\\_and\\_commissions/volunteer\\_application.php](http://www.orangecountync.gov/departments/board_of_county_commissioners/volunteer_advisory_boards_and_commissions/volunteer_application.php)

For more information about the responsibilities of these two advisory committees or about how to apply for membership, please contact the Chair of the respective committee: **Teri Driscoll** (Nursing Home Committee Chair – driscoll323@nc.rr.com) or **Max Mason** (Adult Care Home Committee Chair – maxomason@yahoo.com). To report a concern regarding the safety or well-being of a resident of either a nursing home or an adult care home in Orange County, please contact **Orange County Ombudsman Charlotte Terwilliger** at [cterwilliger@tcog.com](mailto:cterwilliger@tcog.com) or call 919-558-9401.

## Transportation Information

Message from Lisa Berley, Transportation Specialist

I am delighted and honored to be selected as the new Transportation Specialist for the Orange County Department on Aging. The many friends and connections I have made during my previous 15 years of work for Orange County will stand me in good stead!

The first part of my mission is to inform older adults about the many public transportation services that we have in Orange County. We now have more opportunities than ever before for more services. I will use a variety of ways to reach out to people who do not drive. You can help me by giving out my phone number to those who need transportation: 919-717-1853.

The second part of my mission is to find new ways to help riders get to where they need to go.

I will be expanding our Community Transportation Program in which volunteers drive older adults to essential appointments and services. This is a rewarding way for volunteers to help others. Please call me to join the volunteer drivers program: 919-717-1853.

As you read this issue of the Senior Times, look for the following activities:

- **Two Local Day Trips using Public Buses**

Destinations: Downtown Raleigh and the Streets of Southpoint

- **Transportation Information Table and Display – Monthly**

Pick up bus schedules, applications for various door to door services, and get help planning a bus trip. Learn about the new bus routes in the northwest, northeast, and southern zones of Orange County.

**Central Orange Senior Center** - 1st Wed: 10 – 11:30 am

**Seymour Center** – 1st Tues: 10 – 11:30am

You can contact me by email: [lberley@orangecountync.gov](mailto:lberley@orangecountync.gov) or phone: 919-717-1853  
Don't be shy. You can call just to say hello!

## Public Bus Local Day Trips

(Contact Either Senior Center to Register)

Thurs, Jan 14 (316011-01)

### Public Bus Trip to Raleigh

Find out how easy it is to get to Raleigh by the express bus. This is a commuter bus that runs in the morning and again in the late afternoon. What will we do in Raleigh for the day? Visit the wonderful Natural Science and History Museums, eat out and enjoy other sites as time allows.

Cost: \$2.50 (65 yrs +) or \$6 (under 65 yrs.) – exact change required

Call Lisa Berley (919-717-1853) for bus and car directions to the Park and Ride Lot.

**Leave from Eubanks Rd Park and Ride** 8:30 am

**Return to Eubanks Rd Park and Ride** 4:30 pm

Thurs, Feb 18 (316012-01)

### Public Bus Trip to the Streets of Southpoint, Durham

A shopping trip to the Mall can be a hassle: finding a parking space, remembering where you parked, or getting someone to drive you. How about trying the public bus system? We will have several hours at the Mall to do whatever we like: shop, eat, go to the movies, or just people watch. Call Lisa Berley (919-717-1853) with questions.

Cost: \$2 (65 yrs +) or \$4.50 (under 65 yrs) – exact change required

**Central Orange SC** 10 am – 5 pm

**Seymour Center** 10:30 – 4:30 pm

Allie Tate –

## New Johnson Service Corps Member 2015-2016

Hello! I'm Allie Tate, the new Johnson Service Corps Member at the Seymour Center. I came to Chapel Hill from Greenville, SC. I went to college just down the road from there at Clemson Univ (Go Tigers!). This past spring, I graduated with a degree in architecture. I love reading, coffee, and traveling to new places. This year I will be exploring Chapel Hill, living as a part of intentional community, and adventuring down the path of nonprofits. I am excited to be working at the Seymour Center and look forward to meeting y'all!



## ORANGE COUNTY DEPARTMENT ON AGING RECEIVES ALZHEIMER'S SPECIALIZED SUPPORTIVE SERVICES GRANT!

We are pleased to announce that the OCDOA has been awarded a \$900,000 three-year grant from the federal Administration for Community Living (ACL). The funds will enable us to expand services and supports for caregivers and persons with Alzheimer's disease and related dementias (ADRD), including those with Intellectual and Developmental Disabilities (IDD). This grant was one of eleven given to applicants throughout the United States!

The 2015 Alzheimer's Disease Initiative: Specialized Support Services grant will be used to enhance Orange County's ability to be a fully dementia capable community and will focus on the following objectives:

- Expand both the type and amount of person-centered support services (in-home consultation and training, group-oriented support activities, and respite services) to caregivers caring for persons with moderate to severe dementia
- Provide training to increase the knowledge and skills of direct care workers serving persons with ADRD
- Provide training to Orange County government workers and persons employed in commercial businesses to increase their knowledge and skills about dementia, thereby improving the caregivers' experience of community interactions.

"Taken together, we expect these interventions to result in improved health and quality of life for persons with ADRD/IDD and their caregivers while reducing social isolation and burden for caregivers," said Mary Fraser, Aging Transitions administrator with the Department on Aging. "Orange County is the ideal place to create this model program due to the spirit of innovation, abundant human resources, and its strong administrative structure."

New and expanded services to caregivers can be expected to begin in early 2016 through both senior centers. Please watch for flyers, press releases, and announcements on the OCDOA website [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging) and Facebook [www.facebook.com/OrangeCountyDepartmentOnAging](http://www.facebook.com/OrangeCountyDepartmentOnAging) to learn more about these new services. We are thrilled to host this grant and to have the opportunity to better serve more caregivers in Orange County!

## Announcing New VC55+ Volunteer Handbook!

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

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

To become a VC 55+ Volunteer, contact Jody Mathias, Volunteer Coordinator, at 919-245-4243 or [jmathias@orangecountync.gov](mailto:jmathias@orangecountync.gov)



We are thrilled to announce the 2015 Project EngAGE cohort of Senior Leaders! Please join us in congratulating Dan Daniel, Agustin Diaz, Teri Driscoll, Sue (Shu-Hua) Fan, Kacky Hammon, Rose Hetzell, Brenda McCall, Donna Mebane, Robin Moser, Sandra Nash, Arthrell Sanders, Deb Suchoff, and Marie Vargo-Flynn. Together, they represent Orange County's Caldwell, Carrboro, Schley, Cedar Grove, Chapel Hill, Efland, Hillsborough, and Hurdle Mills communities. Project EngAGE is a 13-week leadership-training program that seeks to recruit and train older adults in Orange County to serve as leaders and resources, and to make their communities ideal places to age.

Throughout the program, the Senior Leaders have explored what it means, and what it takes, to age well in their communities. They've journeyed through our many available aging services, as well as imagined new, innovative solutions. They've also developed lasting relationships both with one another, as well as with key organizations, and agencies. Upon graduation, they will join Senior Leaders from Project EngAGE classes one and two, and together will continue to work with the Department on Aging to plan and realize their goals.

The Project EngAGE graduation will take place in January. Please watch for details!

Please join us in commending the 2015 Project EngAGE class for their strong and thoughtful leadership, and for their passion in their Orange County communities!

For more information, or to nominate a Senior Leader for the next Project EngAGE class, please contact:

Yvette Garcia Missri  
Manager, Volunteer Connect 55+  
919-245-4241 or [ymissri@orangecountync.gov](mailto:ymissri@orangecountync.gov)

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

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

### Achieving the Mission

1. Maintain a variety of both peer-led and department-directed programs to furnish volunteers with a diverse array of flexible and structured volunteer opportunities.
2. Facilitate access to high-quality volunteer programs through senior center locations and throughout the Orange County community.
3. Encourage volunteer leadership and creativity, and provide ongoing support and appreciation to all volunteers.

### Our Three Guiding Principles

1. **Autonomy:** Volunteers have genuine ownership over projects with the freedom to contribute ideas and recommend modifications.
2. **Mastery:** Volunteers work toward self-actualization by cultivating and expanding new and existing skill-sets through individualized volunteer work.
3. **Purpose:** Volunteers can identify how their volunteer experience enriches their lives and provides a sense of meaning.

## Free Tax Help for All Ages

Volunteer Income Tax Assistance (VITA), a **FREE** tax service, provided February – April 15, 2016 for clients of any age whose income is low to moderate and who meet eligibility guidelines. IRS Certified volunteers prepare computerized federal and state tax returns including free electronic return transmission. The service will be available Monday through Saturday at several sites on different days.

Beginning January 18th, you may call for an appointment. Please leave your name and number for a return call. Appointment Schedulers will help to determine your eligibility and provide information such as documents to bring. Appointments can also be made online starting the first week of February. The website will include the information regarding eligibility and what to bring.

For appointments call:

- Orange County, VITA Phone Line: 919-245-4242
- Compass Center for Women & Families: 919-968-4610.
- Chatham County: 919-542-4512

Spanish-speaking clients call 919-245-2010 (leave your name and number and a bilingual volunteer will call to make your appointment). Español – Las personas que hablan Español pueden llamar 919-245-2010 (Deje su nombre y numero, y un voluntario bilingüe le llamará hacer una cita).

Some sites serve clients without an appointment if time permits (see sites below). Walk-in clients should arrive at the beginning of a session for the best chance of being served. Call to determine your eligibility and to make sure you are bringing all required documents. Service without an appointment cannot be guaranteed.

More information about Volunteer Connect 55 +VITA will be available online after January 1. [http://www.orangecountync.gov/departments/aging/tax\\_assistance.php](http://www.orangecountync.gov/departments/aging/tax_assistance.php)

VC55+-VITA is part of Volunteer Connect 55+, a division of the Orange County Government Department on Aging. Other sponsors include the IRS, United Way of the Greater Triangle and the towns of Chapel Hill and Carrboro.

### Compass Center, VITA Sites

#### Chapel Hill:

- The Robert & Pearl Seymour Center-2551 Homestead Rd  
Thursday, Friday, Saturday
- Compass Center-VITA: Location-100 Library Drive Chapel Hill Library-  
Monday & Tuesday (Foreign Students - Tuesday Only)

Hillsborough: Central Orange Senior Ctr-103 Meadowlands Dr. Wednesday, Saturday

Chatham County Senior Centers: Tuesday, Wednesday, Saturday

## Volunteer for Tax Season

Do you want to help low- to middle-income clients with their taxes? VITA (Volunteer Income Tax Assistance) is a free IRS service for eligible clients. The tax program provides a broad range of volunteer opportunities. Volunteers provide services at sites of their choice across Orange and Chatham counties.

You may choose to serve as a volunteer tax preparer, which requires IRS training and testing. Other volunteer opportunities are administrative assistants, computer specialists or statisticians. You may serve as a receptionist at a tax site to assist the client with the intake and checkout processes. You may want to volunteer for the Telephone Team to schedule appointments or make reminder calls. Bilingual volunteer support is useful on all levels. All positions are vital to the success of the VITA free tax service.

(Volunteer Connect) VC-VITA provides free training in November and January for VITA volunteer assignments. New VITA Volunteer Orientations will be held at the Seymour Center, 2551 Homestead Road in Chapel Hill. Call Kathy Porter 919-245-4240 to register for the orientation session or to discuss options if you cannot attend the scheduled session below..

Seymour Center VITA orientation

- Wed, Nov 18, 1 - 3 pm

## VC 55+ Volunteer Opportunities

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

### The Volunteer Drivers Program

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

### Friend-to-Friend Team

As a Friend-to-Friend Team member, you'll build a friendly relationship with an older adult or couple, who enjoys being with other people, but no longer has many opportunities for social interaction. After a small orientation with the Department on Aging, you'll be matched with an older adult or married couple, with similar interests. You'll spend just one or two hours a week with your new friend, exploring your common interests and making a huge difference in her or his life. Note: Volunteers must be willing to undergo a background check.

### Handy Helpers Team

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

### Community Visitation Team

Through regular visitation, Volunteers work to improve the quality of life for isolated Orange County seniors by nurturing the development of resources to decrease the more extreme risks of isolation. In pairs, Volunteer Drivers/Visitors are trained with a retired County Deputy (including three day-long ride-alongs) and choose to visit people on a particular route each week on the same day at about the same time. There is no minimum number of people to be visited on a given visiting route, but each volunteer must commit at least six months to this program. The purpose of each visit is to establish a friendly relationship and to check-in on aging, often homebound, individuals to help them problem-solve, refer them to relevant services, and provide companionship. Available referrals and services are covered in the training. Please note, at this time there is no monetary mileage compensation. Volunteers must be willing to undergo a background check.

## WELCOME NEW Volunteer Connect 55+ VOLUNTEERS

Paul Bolig, Susan Buehler, Michael Doub, Sharon Hanson, Paul Ising, Peggy Ising, John Krall, Charles Nordan, Bobby Page, Bettie Pendleton, Alton Thompson, Patrick Toal, and Cal Wong

# 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.

## BE ACTIVE REGULAR

Physical activity lowers blood pressure and helps your body control stress and weight. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

Instructors: Latonya Brown, Isabel Jackson

### Central Orange SC

Tues, Jan 26 (252252-12) 12:15 pm

### Seymour Center

Mon, Jan 25 (352352 - 08) 12:15 pm

## WATCH PORTION SIZES - REGISTRATION IS REQUIRED.

Do you know if you're eating the proper portion size? Come join Isabel Jackson and Latonya Brown and learn how to use measuring cups and recommended serving sizes. You should use half your plate for fruits and vegetables and the other half for grains and lean meat, poultry, seafood or beans. To complete the meal, add a glass of fat-free or low-fat milk or a serving of fat-free yogurt for dessert. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov). Registration is required. Light refreshments will be served.

### Central Orange SC

Thurs, Feb 4 (252252-02) 2 pm

### Seymour Center

Wed, Feb 10 (352352 - 09) 10 am

## 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!!

### Central Orange SC

Thurs, Feb 25 (252252-03) 10:30 am

### Seymour Center

Wed, Jan 27(352352 -10) 10:30 am

## COGNITIVE AGING: EVIDENCE FOR ACTION

Presenter: Lisa P. Gwyther, MSW, LCSW

Duke Family Support Program, Duke Center for Aging

Bryan Alzheimer's Disease Center at Duke

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

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

Fee: FREE

Registration required: Please call 919- 968-2070

**Seymour Center** (323026-02)

Wed, Mar 2 4 -5 pm

## DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

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

medical provider referral is needed to enroll in the program. For more information, please call 919-245-2381. Fee: Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance will pay for this program. There is a sliding scale fee based on income.

**Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough**

Thurs, Dec 3, 10; Jan 14, 21; Feb 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](http://www.restartliving.org/diabetes.php)

## FITNESS FOR EVERYONE IN THE PRIME OF LIFE - 12 ESSENTIALS

The older adults in Orange County are well-known for their active, busy lifestyle. This is the generation that is redefining aging in our society by continuing to work and stay active well into their golden years. Come join this lively interactive workshop which will take you through the 12 essentials to physical fitness for men and women between 55 and 105.

Instructor: Kevin Kirk, Certified Fitness Instructor

Fee: FREE

### Central Orange SC

Wed, Jan 13 (22255-01)

10:30 – 11:30 am

### Seymour Center

Mon, Jan 4 (342251-01)

10:30 – 11:30 am

## HEALTHY LIVING SERIES: YOUR PASSPORT TO GOOD HEALTH

Seymour Program and Wellness Team are co-sponsoring a unique and informative eight presentations with Seasons of Southpoint. Document your learning journey with your Passport to Good Health. Receive a stamp at each monthly presentation and submit your completed Passport for a chance to win two tickets to the show of your choice at the Durham Performing Arts Center (DPAC). The more stamps you receive, the more chances you'll have to win! Each pre-

sentation will be facilitated by Seasons of Southpoint staff. There will also be light refreshments, a question and answer session, and time for sharing and socializing. Program brochures will be available at the centers. Please inquire at the front desk if you would like a copy. Presentations will be held the first Tuesday of the month, at 2 pm, **Seymour Center**. Topics as follows:

Dec 8 Avoid the Holiday Blues

Jan 12 Music Therapy

Feb 9 Busy Minds, Creative Minds

Mar 8 Avoid Being Scammed

Apr 12 Laughter is the Best Medicine

May 10 Safety at Home

Jun 14 Healthy Snacks

Jul 12 Hydration

Fee: FREE

### Seymour Center

2nd Tues, Dec 8; Jan 12; Feb 9 (314107) 2 – 3 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](mailto:nbrickman@nc.rr.com)

Fee: FREE

**Chapel Hill Public Library**

**SMOKE CESSATION PROGRAM – FRESHSTART**

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

919-245-2480 or email us at [smoke-freeoc@orangecountync.gov](mailto:smoke-freeoc@orangecountync.gov).

Fee: FREE

**Seymour Center**

Wed, Jan 6, 13, 20, 27 (332000-03)  
12 noon - 1 pm

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

The National Institutes of Health (2014) is offering a new web resource to help older adults stop smoking with videos, worksheets, interactive 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

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

**WALK WITH EASE – ARTHRITIS FOUNDATION**

This is a walking program to encourage people with and without arthritis to get started walking and stay motivated to keep active anytime of the year. In this 6-week program, participants meet three times a week in groups of up to 15. The class begins with a health education session on an arthritis - or exercise - related topic, followed by stretching activities and a 10–35 min walk. To participate in this walking program please call the Seymour Center at 919-968-2070.

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

**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.**

# Chapel Hill (350250)

## Senior Striders

### University Mall Walking Program

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

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

**December 15**

**Fall Free Festivities!!**

**Vicki Tilley PT,GCS – Elder Fit Physical Therapy**

The holiday season is fast approaching! This can be a time when the risk for falls may be a little greater because of the season's changes. Falling is one of the leading causes of fatal injuries and the second leading cause of non-fatal injuries for those age 65 and older. The great news is that there is evidence that falls can be prevented!! You will learn some tips to help prevent falls during this holiday season!

**January 19**

**Fitness Technology**

**UNC Division of Occupational Science and Occupational Therapy**

What is wearable and online fitness technology? Will it help me keep track of my fitness? Is it easy to use? Is it worth the investment? Jenny Womack and graduate students from UNC Division of Occupational Science and Occupational Therapy and Orange County Department on Aging will demonstrate Fitbits, online fitness programs and other wearable fitness gear.

**February 16**

**Volunteer Connect 55+**

**Yvette Garcia Missri, JD, MPH**

Volunteer Connect 55+ is Orange County Department on Aging's new peer-to-peer volunteer program. It provides older adults with diverse and meaningful volunteer opportunities to truly make our community an ideal place to age. Come learn more about the program and meet our new VC 55+ Manager.

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

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

**8:45 am – Educational Session**

DUE TO LIMITED SPACE, REGISTRATION REQUIRED EACH MONTH

CALL 919-968-2070 on, or after, the 3rd Wed of the month

Program supported with funding from:

**UNC HEALTHCARE**

Program sponsored by:

Chapel Hill Police Department's Cop Shop at University Mall  
Orange County Department on Aging  
University Mall



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

## ARTHRITIS FOUNDATION EXERCISE PROGRAM CLASSES

### AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

#### Central Orange SC

Mon & Wed (252001-1) 10 – 10:50 am

### INSPIRED MOVEMENT

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

Instructor: Kathleen ("Kacky") Campbell Hammon.

Fee: FREE

#### Seymour Center

Mon & Wed (352008) 10 – 10:50 am

or

Tues & Thurs (352008) 2:15 – 3:05 pm

## WELLNESS EXERCISE CLASSES

### Program registrations are necessary:

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

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

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

### AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

#### Central Orange SC

Mon & Wed (252001-1) 10 – 10:50 am

### AGELESS GRACE

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

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

Fee: FREE (donations encouraged)

#### Central Orange SC

Wednesdays (252013-01)

11:15 am – 12 noon

### BETTER BACK CARE EXERCISE CLASS

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

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

Fee: FREE

#### Seymour Center

Tues & Fri, Dec 1 - 22 (312001-01)

12 noon – 1 pm

### CARDIO, ABS AND ALL

This class is designed for members 55 and older. Focus is on Cardio, Strength and Balance. Work out is combined with high energy and motivating music!

Instructor: Alicia Reid

Fee: \$6/class

#### Seymour Center

Tuesdays (352070-12, 01, 02)

1 – 1:50 pm

### GENTLE JOY OF YOGA

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

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

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

Joy has practiced yoga for many years and received her Yoga Teacher Certification in

May 2011. She completed a Certificate of Therapeutic Yoga for Seniors from Duke

Integrative Medicine in April 2013.

Instructor: Joy Gornto, RYT

Fee: \$6/class

#### Central Orange SC

Mon & Thurs (252012-12, 01, 02)

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** (352008)

Mon & Wed 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- 10, 11, 12)

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 - 09,10,11)

2 – 2 :50 pm

Thursdays (352010 -18,19,20)

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 instructor and health educator 919-929-8621 and 919-218-6660 (cell).

Fee: \$3/class

#### Seymour Center

Wed & Fri (352011 – 05,06,07)

9 – 10:20 am

### SIT TO BE FIT

Class is designed to stretch and strengthen your entire body for maximized movement and endurance, and is excellent for improving joint flexibility, muscular strength, and toning. While seated, you gain knowledge of beneficial movements that can be applied daily at home. Learn healthy hints to keep you independent and striving toward 100 years of age! Walk-ins welcome, class minimum 4, maximum 18.

Instructor: Michael Savino, CTRS, LMBT #00703

#### Seymour Center

Fee: FREE (donations encouraged)

Mondays (352019) 11 – 11:50 am

**SPANISH SOCIAL CLUB FITNESS CLASS**

Please join us for 30 min of light aerobic exercise once a week. This exercise class is part of the Spanish Social Club that is held from 9 am – 12 noon every Thurs.

All instructions will be in Spanish, but anyone is welcome to join in. Come and move with us!

Los invitamos a que nos acompañen a hacer media hora de ejercicio liviano los jueves a las 11 de la mañana. Esta clase es parte del Club Social que se reúne de 9-12pm todos los jueves ¡Ven gan a hacer ejercicio con nosotros!

Fee: FREE

**Seymour Center**

Thursdays (352038) 11 - 11:50 am

**STAVE PARKINSON'S DISEASE (PD) FIT SESSION**

Come and participate in a STAVE PD Fit session. These sessions are designed to address common PD symptoms and improve balance, backward stride length, flexibility, coordination, depression and more. All of the sessions include movement to music that begins with activities in chairs and proceeds with basic figures across the floor. For more information about the sessions contact 919- 355-8068 or visit: [www.stavefoundation.org](http://www.stavefoundation.org)

Fee: \$9/per class

**Central Orange SC**

Thursdays (252000-12, 01, 02)

11:15 – 12:15 pm

**Seymour Center – Fitness Studio**

Thursdays (352037 – 15, 16, 17)

1 – 1:50 pm

**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- 09, 10, 11)

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 (352000-06, 07, 08)

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 – 11, 12, 13)

8:20 – 9:20 am

**STRONG AND STEADY**

Strong and Steady focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. The class incorporates exercises that are reviewed and recommended by well-studied programs of A Matter of Balance, Fit and Strong, and the OTAGO balance program. Strong and Steady is guided by a licensed physical therapist who will modify the exercises as needed. This class is great for beginners as well as advanced exercisers! All equipment is supplied!

Class minimum 5, maximum 20.

Instructor: Vicki Tilley, PT, GCS (Geriatric Clinical Specialist).

Fee: FREE (donations encouraged)

**Central Orange SC**

Tues & Thurs (252007-01)

10 – 11:15 am

**T'AI CHI – BEGINNING**

T'ai Chi, an ancient Chinese art, based on natural laws, teaches relaxation, erases tension, and boosts energy. It works for all, regardless of age. An added bonus: Tai Chi may add to your sense of emotional well-being. Class minimum 4, maximum 10.

Instructors: Bill Meyers

Fee: \$8 per session/class

**Seymour Center**

Wednesdays (352002 – 04, 05, 06)

2:30 – 3:20 pm

**T'AI CHI - CHEN BEGINNER**

In this class you will experience the Chen Style form of T'ai Chi. This form is characterized by larger steps and bigger arm movements and is designed to open the joints and create more flexibility and stability. It enhances energetic flow, balance and coordination.

Instructor: Nina Maier - 919-732-2722

Fee: \$8/ class

**Central Orange SC**

Mondays (252016-12, 01, 02)

4:30 - 5:30 pm

# Hillsborough (252254)

## Senior Striders

### Walmart Walking Program

\* 3RD THURSDAY EACH MONTH \*

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

**December 17**

**Fall Free Festivities!!**

**Vicki Tilley PT,GCS – Elder Fit Physical Therapy**

The holiday season is fast approaching! This can be a time when the risk for falls may be a little higher because of the changes that come with the season. Falling is one of the leading causes of fatal injuries and the second leading cause of non-fatal injuries for people age 65 and older. The great news is that falls can be prevented!! We will provide some tips to help prevent falls during this holiday season!

**January 21**

**Fitness Technology**

**UNC Division of Occupational Science and Occupational Therapy**

What is wearable and online fitness technology? Will it help me keep track of my fitness? Is it easy to use? Is it worth the investment? Jenny Womack and graduate students from UNC Division of Occupational Science and Occupational Therapy and Orange County Department on Aging will demonstrate Fitbits, online fitness programs and other wearable fitness gear.

**February 18**

**Volunteer Connect 55+**

**Yvette Garcia Missri, JD, MPH**

Volunteer Connect 55+ (VC55+) is Orange County Department on Aging's new peer-to-peer volunteer program It provides older adults with diverse and meaningful volunteer opportunities to truly make our community an ideal place to age. Come learn more about the program and meet our new VC 55+ Manager.

**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

**T'AI CHI – WU/HAO BEGINNER**

Ongoing class explores T'ai Chi movement through the Wu/Hao Style form. Practice of this "moving meditation" can reduce stress; improve health, increase flexibility and energetic flow, aid in the discovery of balance and harmony in the mind and body. Class minimum 4, maximum 10.

Instructor: Nina Maier, 919-732-2722.

Fee: \$8/ class

**Central Orange SC**

Mondays (252008-12, 01, 02)  
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 (352005-04, 05, 06)  
7 - 8:15 pm

**TONE, BALANCE & TIGHTEN – TBT**

This class focuses on maintaining and increasing muscular strength and joint health by exercising the whole body. Gentle exercises stretch and tone all major muscle groups, promoting flexibility and mitigating the loss of muscle often associated with aging. Exercises which promote balance are included.

Instructor: Becci Ritter

Fee: FREE (donations encouraged)

**Seymour Center** (352025)

Wednesdays 11 - 11:50 am

Fridays 11 – 11:50 am

\*There will be no TBT classes from Dec. 14, 2015 until Jan. 4, 2016

**WALKING – INDOORS**

Walk in the Central Recreation Center Gym at 300 W Tryon St, Hillsborough  
Fee: \$3 daily; \$15 - 6 months; \$25 annually

**Central Recreation Center Gym**

Mon – Fri 8 – 9:30 am

**WALKING – INDOORS**

Walk in the Central Orange Senior Center with friends.

Fee: FREE

**Central Orange SC**

Tuesdays (25000-01) 2:30 pm

**WALKING - INDOORS**

Walk in the Northside Gym at the Hargraves Center

Fee: FREE

**Hargraves Center**

Wed & Fri 9:30 am – 12:30 pm

**WALKING MEDITATION**

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

**Seymour Center**

Fridays TBA

**WALKING – OUTDOORS**

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

**Central Orange SC**

Tuesdays (250002-01) 10 – 11 am

**Seymour Center**

Tuesdays (350000) 8:30 – 9:30 am

**YOGA**

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

**Seymour Center**

Mon & Wed (352003 – 09, 10, 11)  
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

**SPORTSPLEX CLASSES FOR SENIOR MEMBERS**

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

**SILVER SNEAKERS CLASS**

Fee: FREE for SportsPlex members and non-members who qualify for a scholarship.

Instructor: Alicia

**Central Orange SC**

Mondays 11 – 11:45 am

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

Fee: FREE for SportsPlex members and non-members who qualify for a scholarship.

Instructor: Beth

**Orange County SportsPlex**

Tuesdays 11 – 11:45 am

**SILVER SNEAKERS CARDIO**

Fee: FREE for SportsPlex members and non-members who qualify for a scholarship.

Instructor: Alicia

**Central Orange SC**

Wednesdays 11 – 11:45 am

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

Fee: FREE for SportsPlex members and non-members who qualify for a scholarship.

Instructor: Kathy

**Central Orange SC**

Fridays 11 – 11:45 am

**PACESETTER CLASS**

Fee: FREE for SportsPlex members and non-members who qualify for a scholarship. \$3/week for non-members. Payable at the SportsPlex.

**Central Orange SC**

Mon & Wed 8:45 – 9:40 am

\*\*Classes held at the OC SportsPlex

**WELLNESS INDIVIDUAL SERVICES****BLOOD PRESSURE MONITORING**

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

Fee: FREE

**Seymour Center**

Wednesdays (352505) 9:30 – 11:30 am

**Central Orange SC**

Thursdays (252501-1) 9:30 – 11:30 am

**CHAIR MASSAGE**

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

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

**Seymour Center**

1st Thurs, Dec 3; Jan 7; Feb 4  
(352502) 9:30 am – 1 pm

**“FIT FEET” PROGRAM**

A toenail trimming service **by appointment only** provided by trained RNs for **adults’ age 55+.** All **NEW clients must complete an initial health assessment and MUST BRING THEIR DOCTOR’S REFERRAL WITH THEM TO FIRST APPOINTMENT, OR SERVICE WILL BE DENIED!** For medical transportation, if necessary, call E-Z rider at 919-968-2772, within the Chapel Hill – Carrboro city limits. In the county, call OPT at 919-245-2008. For a “Fit Feet” appointment, call the Senior Center nearest you. Fee: \$14/visit for Orange County residents. \$27/visit for non-residents.

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

**Central Orange SC, 919- 245-2015**  
 2nd & 4th Wed, Dec 9, 23 (252502)  
 9 am – 4 pm  
 2nd & 4th Wed, Jan 13, 27 (252502)  
 9 am – 4 pm  
 2nd & 4th Wed, Feb 10, 24 (252 502)  
 9 am – 4 pm

**Seymour Center, 919- 968-2070**  
 1st & 3rd Wed, Dec 2, 16 (352508)  
 9 am – 4 pm

1st & 3rd Wed, Jan 6, 20 (352508)  
 9 am – 4 pm  
 1st & 3rd Wed, Feb 3, 17 (352508)  
 9 am – 4 pm  
 2nd Wed, Dec 9; Jan 13; Feb 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 Central Orange Senior Center.** Please call Yvette Hall at the UNC Center for Aging and Health at 919-843-4096. Fee: FREE

**PERSONAL TRAINER SERVICES**

This service is available to all **Seymour Center** Fitness Room Members. Each member is permitted one annual FREE 30-minute Personal Trainer session in addition to the Fitness Room orientation with Nancy Alton BS /ACE Certified Personal Trainer and Senior Specialist. Nancy also specializes in one on one balance training. Additional private sessions are available for \$25 per 1hr session. All personal trainer sessions are by appointment made at the **Seymour Center’s** front desk. Fee: \$25/hour (after first 30-min free session)

**Seymour Center**  
 Mondays - dates vary/month (353595)  
 Call for times

**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**

		<b>Couple</b>
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

Scholarships will be granted, case-by-case, based on the federal poverty guidelines beginning with \$10,400 for a single member household. Scholarship inquiries are confidential and should be directed to Latonya Brown, Wellness Coordinator, 919-245-4270.

**Operational Hours**

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

**Personal Trainer Staff Hours**

TBA  
 TBA  
 TBA

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

**Personal Trainer Appointments** - All Fitness Room Members are permitted 1 FREE 30-minute Personal Trainer session, annually, in addition to the Fitness Room orientation with Nancy Alton, BS/ACE certified Personal Trainer. All personal trainer sessions are by appointment only, made at the Seymour Center’s front desk.

**UNC Geriatric Specialty Clinic**

*Are you concerned because -*

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

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



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

**Physical Therapy Clinics at Senior Centers**

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

Has your healthcare provider prescribed it?

It’s available Tuesdays and Thursdays at both the Seymour and Central Orange Senior Centers.

Private Insurance and Medicare accepted.

Call 919-624-0388 for an appointment at the Central Orange Senior Center, Hillsborough with

**ElderFit In-Home Rehab Physical Therapy.**

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

**SENIOR CENTER SportsPlex Membership**

**Department on Aging - Wellness Program** - A special Membership fee is being offered exclusively to members joining through the Senior Center. It includes Fitness and Cardio Centers, Group Exercise Classes (land and water) offered at the SportsPlex facility and Aquatics Center. The SportsPlex is a SilverSneakers facility. (To qualify, you must be a Medicare-eligible member of a health plan that offers the SilverSneakers Fitness program.) More than 40 Medicare health plans offer the program as a benefit to members across the nation. Individuals should check with their insurance providers for availability/eligibility. This fitness program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. **Eligibility:** Orange County Residents age 55 and older are eligible to join.

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

**Membership Fees Individuals Couple**

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

The \$49 new membership fee is waived upon completion of the physical function screen and payment of the membership fee. Non-county residents, and those wishing not to complete the bi-annual required physical function screen, 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.

**PHYSICAL FUNCTION SCREEN**

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

Fee: FREE

**Central Orange SC**

Fri, Dec 11, 18; Jan 15, 22; Feb 19, 26 (252503) 9 am – 4 pm

**Seymour Center**

Fri, Dec 4; Jan 8; Feb 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.

**Central Orange SC**

Last Mondays (252513) 9 am – 2 pm

**Seymour Center**

Fridays (352541) 1 – 3 pm

**REIKI**

Would you like to increase your energy and circulation? Relieve stress and pain, or improve sleep? Reiki can help with all of these - and more. It adjusts according to the needs of the recipient while supporting the body's natural healing abilities and balancing body energy. Dr Oz says Reiki is one of his favorite alternative medicine

remedies, and that he and his family have been using it for years. What should you expect? During a Reiki session the recipient lies comfortably and fully clothed on a massage table while listening to soothing music. This creates a relaxed state while allowing the body to use its natural healing abilities. Call Lorraine Lewis at 919-967-2215, a Reiki practitioner for 25 years or e-mail: lorrainelewis@earthlink.net 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.

**Central Orange SC**

Mondays (252509) 9 am – 2 pm

**TRAGER – GENTLE BODY THERAPY**

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

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

**Seymour Center**

2nd & 4th Wednesdays (352514) Appointments only

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

**WELLNESS INTEREST GROUPS****PASSAGE MEDITATION (SATSANG)**

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

Fee: FREE

**Seymour Center**

2nd Sat: Dec 12; Jan 9; Feb 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.

**Central Orange SC**

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

**SUPPORT GROUPS****ALCOHOLICS ANONYMOUS (AA) GROUP**

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

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

**CAREGIVERS' SUPPORT GROUPS**

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

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

1st Tues, Dec 1; Jan 5; Feb 2 4 – 5:30 pm  
**Seymour Center** (352755) 2nd & 4th Fri, Dec 11; Jan 8, 22; Feb 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, Dec 1; Jan 5; Feb 2 10 am

**MULTIPLE SCLEROSIS (MS) SUPPORT GROUP**

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

**Seymour Center** (352752)

Last Tues, Dec 29; Jan 26; Feb 23 6:30 – 8 pm

**NAMI ORANGE COUNTY SUPPORT GROUP**

This group is sponsored by NAMI (National Alliance on Mental Illness) Orange County. It is a structured, interactive support group open to family members and friends of children and adults with a mental illness. For more information, contact

Kay Maltbie at 919-402-1630. Information about NAMI Orange County is available at [www.NAMIOrange.org](http://www.NAMIOrange.org)

**Seymour Center** (357009)

4th Tues, Dec 22; Jan 26; Feb 23 7 – 8:30 pm

### **PARKINSON'S DISEASE CAREGIVERS SUPPORT 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. Katz, MSW, P-LCSW

Center Coordinator & Clinical Social Worker, National Parkinson's Foundation Center of Excellence Movement Disorders Center, UNC-CH Department of Neurology 919-843-1657, or visit the website: [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com)

**Seymour Center** (352851)

1st Tues, Dec 1; Jan 5; Feb 2 12:30 – 1:30 pm

### **PARKINSON'S DISEASE SUPPORT GROUP**

Open to both the person with Parkinson's and/or the caregiver. Lunch is served at 12 noon before the meeting. Get lunch tickets at the center beginning at 11 am. They are given on a first come, first served basis. No registration is needed for the group.

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

4th Wed, Jan 27; Feb 24 11:15 am – 1 pm

**Seymour Center** (352879)

1st Tues, Dec 1; Jan 5; Feb 2 1:30 - 3 pm

### **PARKINSON'S DISEASE SUPPORT GROUP ADDITION**

There is a new addition to the regularly held Chapel Hill Parkinson's Support Group! The format is: care-partners meet 12:30 - 1:30 pm, and the full group meets 1:30 - 3 pm every 1st Tues of the month at the Seymour Center. **Every other month**, people with Parkinson's will meet WHILE the care-partners meet, but separately, at the white table in the small alcove outside the Dogwood room. Please visit: [www.chapelhillparkinsons.weebly.com](http://www.chapelhillparkinsons.weebly.com) for updates. For questions, contact the support group leader, Jessica Katz, at 919- 843-1657 or [jkatz@neurology.unc.edu](mailto:jkatz@neurology.unc.edu).

**Seymour Center**

1st Tues, Dec 1; Jan 5; Feb 2 1:30 – 3 pm

### **PULMONARY HYPERTENSION (PH)**

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

**Seymour Center**

(352833)

Sat, Dec 12 11:30 am – 1:30 pm

### **STROKE SUPPORT GROUP**

Contact Kelly O'Brien at 919-966-2029

**UNC Wellness Center @ Meadowmont**

2nd Wed, Dec 9; Jan 13; Feb 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](http://www.asphasiaproject.org) for more information.

UNC CRC Building

Thursdays 1:30 - 2:30 pm

### **UNC HOSPICE CAREGIVER SUPPORT GROUP**

Caring for a loved one is often a full-time job and one that can feel isolating. One way to receive support is to get connected with others who are experiencing a similar situation. Please join other caregivers at a UNC Hospice Caregiver Support Group scheduled for every Thurs, Jan 21-Feb 25. Our group will focus on providing mutual emotional support as well as learning how to balance caregiving for a loved one and caregiving for oneself. Group is open to anybody in the community caring for a loved one. Space is limited so please RSVP with Rebecca Frederick no later than Thurs, Jan 14 to reserve a spot at 919-542-5545 or email at [rebecca.frederick@unchealth.unc.edu](mailto:rebecca.frederick@unchealth.unc.edu).

**Seymour Center** (352756)

Thurs, Jan 21, 28; Feb 4, 11, 25

11:30 am – 1pm

## **SEYMOUR TECH CENTER PERSONAL TECHNOLOGY CLASSES**

**Winter / Spring 2016 Session  
Enroll  
At**

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

**If you have questions or need assistance with class choices, please call**

**Mike Gilliom – 919-636-0993**

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

### **GENERAL INFORMATION**

**Prerequisites: For PC classes, you must own an IBM-compatible Personal Computer** with Windows Vista, 7, 8 or 10 operating system. If you have little or no experience, your first course should be **Computer Fundamentals**. Many of the classes we teach run on Windows PCs as well as

MacBooks. You may bring your MacBook to class and use it for any of the following classes: Facebook, Ancestry, Pinterest, and Picasa Essentials.

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

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

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

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

**Classes for the Vision Impaired:** The Seymour Technology Center is pleased to announce that it will be 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 Tim Miles at 919-969-3032 (x228), or [ocdisabilityawareness@gmail.com](mailto:ocdisabilityawareness@gmail.com) for further information.

### **Winter / Spring 2016 Classes**

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

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

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

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

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

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

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

**Introduction to Android Smartphones and Tablets** - This 5-session class will show you how to use your Android Smartphone or Tablet. Except for phone calls, these devices work the same way. We'll show you how to use the Home screen and Settings. Phone users will learn to make and answer calls and manage your contacts. Then we'll explore texting and email. We'll search the web, play with YouTube, set up calendars, tasks and alarms. We'll use the camera for photos and videos. And, we'll show you how to find free and fee apps - including games - to personalize your Phone or Tablet.

**Class fee \$25.**

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

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

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

**Introduction to Word Processing** - This 3-session workshop will introduce the student to the basics of word processing. We will work with a basic word processing program called Wordpad and the more-sophisticated word processing program - Word 2013. You

## WINTER/SPRING COURSE SCHEDULE \*

COURSE	JAN	FEB	MAR	APR	MAY
Prepare Your Taxes Using TurboTax (W – 2 sessions)	✓				
Introduction to Facebook (W - 2 sessions)	✓				
Computer Fundamentals -Windows 10 (C - 8 sessions)	✓				
Exploring Windows 10 (C - 6 sessions)	✓				
Intro to Android Smartphones & Tablets (C–5 sessions)		✓			
Introduction to Windows 10 (S – 1 session)		✓			
Open Computer Lab (S – 1 session)		✓			
File Management (W - 2 sessions)		✓			
Computer Security & Backup Seminar (S - 1 session)		✓			
Skype (W - 1 session)			✓		
Everything Google (W - 1 session)			✓		
Introduction to Word Processing (W - 3 sessions)			✓		
Picasa Essentials (C - 8 sessions)			✓		
iPhone, iPad & iPod Touch-Vision Impaired (C – 5 sessions)			✓		
Introduction to iPad & iPhone (W - 2 sessions)			✓		
Photo Gallery for Windows (W - 2 sessions)				✓	
Introduction to Ancestry.Com (W – 2 sessions)				✓	
Pinterest.Com (W – 1 session)				✓	
Introduction to Your Mac & OS X (W – 3 sessions)					✓

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

### January

Prepare Your Taxes Using TurboTax (359011-05)	Fri (Jan 22 & 29)	1-4 pm
Introduction to Facebook (359008-08)	Mon & Wed (Jan 25 & 27)	1-3 pm
Computer Fundamentals using Windows 10 (359000-06)	Tu & Th (Jan 26 to Feb 18)	9-11 am
Exploring Windows 10 (359054-08)	Tu & Th (Jan 26 to Feb 11)	1-3 pm

### February

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

### March

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

### April

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

### May

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

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

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

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

will learn how to use the ribbon. We will cover the creation of your first document. You'll learn to move around in your document, using formatting marks, moving text by using Cut and Paste, and changing line spacing and alignment. **Prerequisite: If you have little or no experience, your first course should be Computer Fundamentals. Class fee \$15.**

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

**iPhone, iPad, and iPod Touch for the Vision Impaired** - The iPad, iPod Touch, and iPhone, especially with iOS 8.1, are equipped with robust speech output features for the blind, called VoiceOver and Speak Screen, as well as a speech-enabled personal digital assistant, called Siri. You can accomplish tasks with far less physical interaction than that required by computers and many high-tech adaptive products. When you combine all of the built-in apps with those that are being created by third party developers every day (most of which range from free to under \$20), people with severe vision loss can now use their iPad, iPod Touch or iPhone to search the Internet, send email, take notes and access online services; to identify currency and products in packages; and to carry a single solution that functions as a clock, flashlight, GPS device, portable book reader, calculator, calendar, reminder, radio, and more. **Class fee \$25.**

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

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

**Picasa Essentials:** Organizing, Editing & Sharing Photos using Picasa 3- You will learn to install Picasa, the free PC program from Google, and organize, edit and share your digital photos. In class, you will download your photos from your camera to a computer. You will learn how to get all your photos organized into folders. Picasa's editing features let you take out red eyes, improve color and contrast, crop for printing and add special effects and text. You will learn how to create slide shows and collages. You will create your own web albums, order prints online and share your photos with your friends. **Prerequisites:** Students must have a digital camera and have a working knowledge of Windows. **Please bring** a flash drive with at least a Gigabyte of space for the first session. Later you will bring your camera with its battery charged and the cable that connects your camera to a computer to class. **Class fee \$25**

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

**Prepare Your Taxes Using TurboTax Software** is a two-session course that teaches you to use the current tax year version of the popular TurboTax software program to prepare and file your federal and North Carolina state income tax returns. Using a practice problem, you will focus on how to enter your income and deductions, how to check for errors, how to finalize the return, and how to use the electronic filing features of TurboTax. You will also learn how to import tax data from such financial software programs as Quick-En and from brokerage firms and other financial institutions. **Prerequisites:** Students should have completed Computer Fundamentals or equivalent, be familiar with using a mouse, and have some confidence using a computer. **Class fee \$15.**

**Skype** - Skype is a very popular way to stay in touch with your loved ones! Skype is a free program that lets you make voice or video calls over the Internet using your computer's web camera and microphone. Calls between computers

running Skype are free, and calls to both traditional landline telephones and mobile phones can be made for a fee. Skype also supports instant messaging, file transfer, and videoconferencing. Skype has many millions of registered users.

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

To install Skype and set up your Skype account:

**For computers:** Go to [www.skype.com](http://www.skype.com), click the Download button, and follow the instructions. **For tablets & smartphones:** install the app from the app store. If you don't have a Skype account, you will be asked to create one as part of the setup. You will also be asked if you want to use your existing Microsoft account for Skype. Once you have created your Skype account you can sign into Skype on any device. In class, you are welcome to use your own Skype account - or one of ours - with one of our class PCs. **Class Fee \$15**

## ART CLASSES

### ACRYLIC PAINTING CLASS – BEGINNERS

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

Fee: \$40 per session

**Central Orange SC**

Session I: Tues, Jan 5 – 26

(254008-01)

2 – 3:30 pm

Session II: Tues, Feb 2 – 23

(254008-02)

2 – 3:30 pm

### ART WITHOUT EXPECTATIONS

Interested in getting into an art project, but feel confined by expectations of how art should look? Join the group in exploring carefree ways of tapping into creativity guided by Erika, a local Art Therapist. Participants will be using a wide range of materials to explore different ways to create without self-judgment or criticism. All art in this class is success-oriented and offers a no-fail way of making it. Life is about the journey and SO IS ART MAKING. Sessions will begin Wed, Jan 13.

Instructor: Erika Hamlett, Art Therapist  
Fee: \$18 per session

**Seymour Center**

Wed, Jan 13 - Jun 29

(354077)

1 – 2:30 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.

**Central Orange SC**

Fridays (254009-01)

10 am – 2 pm

**Seymour Center**

Wednesdays (357061)

1 – 3 pm

### BASIC DRAWING

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

Instructor: Joan Cecil

Fee: \$40

**Central Orange SC**

Session I: Mon, Jan 4 – Feb 1 (no class Jan 18)

(254021-01)

6 – 8 pm

Session II: Mon, Feb 8 – 29

(254021-02)

6 – 8 pm

### BATIK WITH WATERCOLORS

Watercolor batik is an amazing technique that combines melted wax and watercolors on rice paper to create an exciting-looking painting. Join Iris for a hands-on approach to this fascinating art form. We will use simple materials such as: rice paper, watercolors and melted paraffin wax to create unique designs. Batiking isn't an exact science, so be prepared for mistakes such as unintentional drips of wax and oozing color. Believe it or not, these happy accidents actually add to the look of the piece. Please bring a copy of a photo of you for a self-portrait, or of your pet, that has been printed on regular copy paper.

Instructor: Iris Musselwhite

Fee: \$25 each class

**Seymour Center**

1st & 2nd Thurs, Dec 3, 10; Jan 7, 14; Feb 4, 11

(354099-01)

1 – 3 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; \$56 for 4 week session

**Seymour Center**

Session I: Tues, Nov 24 – Dec 15

(4 weeks) 2 – 4 pm  
(354007-12)

Session II: Tues, Jan 5 – Feb 23

(8 weeks)  
(354007-02)

**CHINESE CALLIGRAPHY CLASS**

Chinese calligraphy is an Oriental art. But 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 4,000 to 5,000 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**

Thurs, Dec 3 – Feb 25 (354065-01)

9:45 - 10:45 am

(no class Dec 24 due to holiday)

**CREATIVE CONNECTION: ART MAKING IN COMMUNITY**

No judgment, no expectations, and no experience needed. Form new relationships and strengthen existing ones in this community-minded art making experience. Participants will have the opportunity to work collaboratively to make art and express themselves in new ways. Experience the process of art making as meaningful and exciting. Sessions will begin Wed, Jan 13. Maximum: 15 participants

Instructor: Erika Hamlet, Art Therapist  
Fee: \$8 per session (includes materials)

**Seymour Center**

Wed, Jan 13 - Jun 29 (354076)

3 – 4 pm

**DRIVEN TO "ABSTRACTION" WORKSHOP**

Abstract art is a wonderful way to express your creative nature. Whether choosing to "modify" a real object or landscape, or by throwing caution to the wind in a purely expressive, non-objective work, one can enjoy the freedom created by this art form. We will discuss the use of "visual language" - shape, form, value, color, line, space and texture, to create a composition, movement and mood. There is a psychological component created by the elements revealing a pleasing or provocative visual. So, let's create for mental stimulation, meditation, or simply to enjoy the process. Must have 8 to 10 participants.

Instructor: Sally Pillsbury

Fee: \$15 (plus a \$5 material fee payable to instructor)

**Seymour Center**

Sat, Feb 20 (314100)

1 - 4 pm

**EXPLORING LIFE'S QUESTIONS THROUGH ART**

Guided by the group, and facilitated by the art therapist, participants will initiate the conversation about "Life's Questions" through an art directive in a 3 week, 2 hr session. No previous experience with art materials needed, and there is no right or wrong ways of making THIS art. Erika will facilitate art-making that best enhances and engages the topic of the week using a variety of art-making techniques. The group will be a safe place where respect is basic and vital. In order to make this unique experience happen, 8 to 12 participants are required. One-time, \$10 material-fee, made payable to instructor.

Instructor: Erika Hamlett, Art Therapist

Fee: \$65 for 3 weeks

**Seymour Center**

Mon, Nov 3; Dec 7, 14 (314028)

1 – 3 pm

**OIL PAINTING – BEGINNING**

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

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

Fee: \$60 per session (5 weeks)

**Central Orange SC**

Session I: Mon or Wed, Nov 9 – Dec 9 (254014-11) 3 – 5 pm

Session II: Mon or Wed, Feb 1 – Mar 2 (254014-02) 3 – 5 pm

**Seymour Center**

Session I: Mon or Fri, Nov 9 – Dec 11 (354002-10) 10 am – 12 noon

Session II: Mon or Fri, Feb 1 – Mar 4 (354002-12) 10 am – 12 noon

**WATERCOLOR - ADVANCED**

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

Instructor: Luna Lee Ray

**Central Orange SC**

Fee: \$50 (5 weeks)

Session I: Thurs, Dec 3 - 17

(254010-12) 1:30 – 3:30 pm

Session II: Thurs, Jan 21 – Feb 18

(254010-01) 1:30 – 3:30 pm

**WATERCOLOR ART CLASSES**

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

Instructor: Carol Fynn

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

**Seymour Center**

Session I: Wed, Jan 13 – Feb 3

(354010-09) 9 am -12 noon

Session II: Wed, Feb 24 – Mar 16

(354010-10)

**ZENTANGLE®**

Early Registration: Buy all three classes before your first class for \$100

**ZENTANGLE® FOR THE HOLIDAYS**

Do you need original holiday gifts and cards? Do you need to de-stress and unwind? Join CZT Sharon Lynn Payne to tangle your holiday art and not your tinsel. During this workshop, Sharon will focus on tangles (patterns) to embellish cards, ornaments and gifts. Supplies to bring: Sakura Micron pen .01 and .08, black, Sakura Glaze pen, black, Sakura Gel pen, white or Uniball Signo white, Metallic Gold Gouache 20 ml or similar, watercolor round brush 3 or 5, your choice of watercolors and Metallic gel pens of your choice.

Instructor: Sharon Lynn Payne, CZT

Fee: \$35

**Central Orange SC**

Tues, Dec 8 (244009-13)

2:45 – 5:15 pm

**Seymour Center**

Sat, Dec 19 (324008-18)

10 am – 1 pm

**ZENTANGLE® 101: THE BASICS**

Zentangle is a method of creating beautiful images from structured patterns. It is a fascinating new art form that is fun and relaxing, increases focus and creativity, and provides an increased sense of personal well-being.

Even if you cannot draw, you can do Zentangle. Participants learn the philosophy behind Zentangle, take the first steps in creating tangles and practice repetitive pattern making. During the Basics, participants will learn 8 tangles to create two Zentangle "tiles" as well as shading techniques that makes the Zentangle tiles come alive or "pop". Supplies: Mini-kit (one included per person) – official Zentangle tiles, Micron pen, pencil, blending stump, practice sheets and welcome note from Rick Roberts and Maria Thomas. Official Zentangle supplies are available for purchase at all times.

Instructor: Sharon Lynn Payne, CZT

Fee: \$35 (3 hrs)

**Central Orange SC**

Tues, Jan 12 (244009-14)

2:45 – 5:15 pm

**Seymour Center**

Sat, Jan 9 (324008-17) 10 am – 1 pm

**ZENTANGLE® MEETS THE ART JOURNAL**

Learn how to use a Gelli Plate to create a true one of a kind piece of art and then cut and fold it into a journal you can play in and fill with your favorite things. We will tangle the pages to add a little spice. Provided Materials: 12x14, 8x10, and 6x6 Gelli Plates for demonstration, misc. items to make impressions, mixed media paper, acrylic paints, brayers and wipes. **Students bring;** Scoring Tool (bone folder), glue stick, scissors or exacto, Sakura Identipen or Sharpie Ultra Fine, Uniball Sign white pen or white gel pen, colored pens and an apron.

Instructor: Sharon Lynn Payne, CZT

Fee: \$40

**Central Orange SC**

Tues, Feb 16 (244009-15)

2:45 – 5:15 pm

**Seymour Center**

Sat, Feb 16 (324008-19) 10 am – 1 pm

**CRAFT CLASSES****BASIC BASKETRY**

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

Instructor: Joan Cecil

Fee: \$45

**Central Orange SC**

Session I: Fri, Jan 8 – 29 (254023-01)

2 – 5 pm

Session II: Fri, Feb 5 – 26

(254023-02)

2 – 5 pm

**BOBBIN LACE MAKING**

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

**Seymour Center**

1st & 3rd Mon (356004) 11 am – 1 pm

**BUSY BEADERS OF CENTRAL ORANGE - JEWELRY MAKING**

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

Instructor: Kayla Zaragoza

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

**Central Orange SC**

Fridays (244005) 3 – 5 pm

**CARDS OF COMPASSION: A GLOBAL CONNECTION**

'Tis the season of compassion! Participants are invited to come and make a card expressing love and compassion. These cards will be sent to an organization, Playing to Live, which has provided resources to children affected by Ebola in West Africa. What a wonderful way to start the season.

Instructor: Erika Hamlett, Art Therapist

Fee: FREE

**Seymour Center**

Thurs, Dec 3 (313047-01) 9 am – 12 noon

**CENTRAL ORANGE CARVERS (WOOD-CARVING)**

Woodcarving class will teach the basic skills of safety, sharpening, wood grain, stop cuts and center lines. Use our tools through your first project, a boot. If you like carving we'll assist you in selecting the tools and wood you will need to buy for the type of carving that interest you. It costs you only \$1 for the boot cutout.

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

Fee: FREE (plus supplies)

Instructor: Steve Zamorski

**Central Orange SC**

Wednesdays (254033-01) 1 – 4 pm

or Wednesdays (254033-02) 6 – 7:30 pm

**CENTRAL ORANGE CARVERS - INTARSIA WOODCARVING**

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

Instructor: Dean Pricer

Fee: FREE (plus supplies)

**Central Orange SC**

Wednesdays (254033-01) 1 – 4 pm

**CENTRAL ORANGE QUILTERS**

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

Fee: FREE

**Central Orange SC**

Tuesdays (257011-1) 10 am – 2 pm  
3 - 4:30 pm

**CREATIVE CRAFTERS**

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

Instructor: Helen Frederick

Fee: FREE (plus supplies)

**Central Orange SC**

Thursdays (254034) 9 am – 12 noon

**Seymour Center****Jewelry Making**

Tuesdays (354018) 10:30 am – 3:30 pm

**DECORATIVE BROOCH CLASS**

Come hand sew an oval silver filigree brooch with seed beads around a cabochon. Materials will be provided. Limited – register by Nov 20 for Central and Dec 22 for Seymour.

Instructor: Helen Frederick

Fee: \$ 10

**Central Orange SC**

Fri, Dec 4 (214014-01) 10:30 am – 1 pm

**Seymour Center**

Fri, Jan 8 (314031-01)

**DIY (DO IT YOURSELF) CANVAS PAINTING PARTY!**

Canvas painting parties have become very popular. Now is your chance to try this experience with a little different twist. This fun exercise will compel you to discover the inner artist within. So you say you're not an artist, no worries as experience is not necessary. Come with a desire to design and create a nice piece of art for your home and you will leave with one! All supplies and refreshments provided. Class is limited to 15 participants. Don't miss this great opportunity! Register by Wed, Dec 9.

Instructors: Cyd, Corina and Allie

Fee: FREE

**Seymour Center**

Wed, Dec 16 (314105) 1 – 3 pm

**FABRIC MANDALA COLLAGE**

Combine collage techniques using fabric, beads and buttons to create a personal cloth mandala. Mandala is a word for using a basic circle to create art. We will be using the mandala in a mindful way to focus on the present moment and to be fully engaged in art making. Vibrant and varied patterned cloths, embroidery thread, needles, beads and buttons will be provided, but you are welcome to bring your own materials to use! Basic and intermediate sewing techniques will be offered, but sewing will not be required as other methods of fabric collage will be demonstrated. One-time \$15 material fee made payable to instructor. Register by Mon, Jan 25.

Instructor: Erika Hamlett, Art Therapist

Fee: \$65 (4 weeks)

**Seymour Center**

Mon, Feb 1, 8, 15 & 22 (314029-01) 1 – 3 pm

**FLORAL DESIGNS FOR THANKSGIVING**

Get in the Thanksgiving spirit by joining Carlette Fields in making a floral arrangement for your home or a gift for someone else's home. Let your creativity come alive as you arrange an elegant piece that is sure to be eye-catching. Sign up as soon as possible or you might regret missing out! Materials for this class will be provided for a very small fee. Class is limited to 10 participants. We must have 5 participants for the class to take place.

Instructor: Carlette Fields

Fee: FREE

**Seymour Center**

Thurs, Nov 19 (344029-01) 10 am – 12 noon

**FUSED GLASS JEWELRY**

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

Instructor: Bruce Gillooly

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

Fee: \$40 (4 weeks) + materials

**Central Orange SC**

Session I: Thurs, Dec 3 – Jan 7 (254020-12) 4 – 5:30 pm

(no class Thurs, Dec 31)

Session II: Thurs, Jan 14 – Feb 4

(254020-01) 4 – 5:30 pm

Session III: Thurs, Feb 11 – Mar 3

(254020-02) 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](mailto:preading@gmail.com) for information on the materials you'll need.

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

**Seymour Center**

Sat & Sun, Nov 21 & 22; Feb 27 & 28 (353050-15) 9 am – 4 pm

**JAPANESE WASHI (PAPER) DOLL CLASS**

This class introduces the basic steps of making a doll with Japanese washi paper. The design to be completed in the class is approximately 8" tall. All materials are provided. Students should bring scissors that are good for cutting paper. No previous experience is necessary, but students should have good finger dexterity in order to cut, fold and glue the paper. You can choose from 2 class options. Option A will offer two 3-hour sessions, participants who stay all day will finish, the class will be 6 hours with a lunch break. Option B, is for those who would like to finish on the second day in a 3 hour session. Must have 5 participants for class to take place. Class limited to 10. Register by Sat, Feb 6.

Instructors: Cynthia Woodsong and Amy Woodsong

Fee: \$20 (material fees-for all 3 classes)

**Seymour Center**

Sat, Feb 20 (option A) (324014-03)

9 am – 4 pm

Sat, Feb 27 (option B) (324014-04)

9 am – 12 noon

**KNIFTY 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 Kai Mei at 919-960-7690 or Maret Garard at 919-619-1142.

Fee: FREE

**Seymour Center**

1st & 3rd Thurs, Dec 3, 17; Jan 7, 21; Nov 4, 18

(324067) 1:30 – 3 pm

**LEARN TO MAKE PAPER BEADS**

Paper Beads are the rage these days! If you enjoy working with pretty paper, join in for a day of fun. You will learn to create your own paper beads in a variety of sizes and shapes for use in jewelry or décor. Class is limited to 20 participants, minimum of 10 registered by Nov 21. A short lunch break included in time, please feel free to bring a sandwich or snack. Materials provided. Instructor: Ceresa Clarke

Fee: \$48

**Seymour Center**

Sat, Dec 5 (344028-02) 10 am – 2 pm

**LEATHERWORKS - BEGINNING**

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

Fee: FREE (plus supplies)

**Central Orange SC**

Wednesdays (234000-01) 9 – 11 am

**LET'S MAKE POP-UP CARDS**

Remember how much fun it is to receive a POP-UP card? In this one day workshop you can learn to make them yourself, and give them for any special occasion. Bring scissors, cutting mat & knife, if you have them. Class is limited to 20 participants. Must have a minimum of 10 registered for this class by Jan 30. Lunch break included in time, please feel free to bring a sandwich or a snack.

Instructor: Ceresa Clarke

Fee: \$48 + \$5 materials fee payable to instructor

**Seymour Center**

Sat, Feb 6 (344027-02) 10 am – 3 pm

**MEMORIES AND WISHES ON CANVAS**

Find an old painting someone discarded in a thrift center bring in a piece of material, torn picture, buttons, label from a can - whatever you may have otherwise thrown away that evokes a memory or wish. All you need is the recycled painting, glue - Tacky glue works great, straight pins, sewing needles, thread or anything that will help attach your found objects to a canvas will work wonders. Get ready to try something unique and look forward to taking home a gallery work of art! The instructor will also bring extra object you may want to use. This is a one-time class that is limited to 10 participants. Please register by Wed, Jan 27. Instructor: Susan Adler George

Fee: \$20

**Seymour Center**

Wed, Feb 3 (344030-02) 1 - 2:30 pm

**NOT YOUR TYPICAL GINGERBREAD HOUSE**

Bring your engineering skills or just your sweet tooth as we create gingerbread houses! Go all out and create an architectural masterpiece or build a simple house. We will build and decorate our own gingerbread houses which you can take home with you or eat as you please! Supplies will be provided as well as some helpful tips to get you started.

Instructor: Allie Tate

Fee: FREE

**Seymour Center**

Mon, Dec.7 (314030-01) 1 - 2:30 pm

**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. Instructors: Jinxiu Alice Zhao

Fee: \$20

**Seymour Center**

Thurs, Feb 25 (314024-05)

2:30 - 4:30 pm

**PAPIER MÂCHÉ MASKS**

Create your own *papier mâché* masks - like the ones you often see in boutiques and plays. It's easier than you may think. All you need to bring is plenty of newspaper and/or toilet paper, baking flour and any paints you have or want to buy. Class is limited to 10 participants. Register by Wed, Jan 27. Instructor: Susan Adler George

Fee: \$40 (for two sessions)

**Seymour Center**

Weds, Feb 3 & 10 (344031-01)

10:30 am - 12 noon

**QUILLING IS THRILLING: THE BASICS**

Paper Filigree, also known as Quilling - a treasured art form for centuries, is the process of gluing strips of paper into specific shapes, then combining them into designs, such as flowers, birds, etc. Quilled designs are then added to cards, gift boxes, and other objects, or framed as pictures. Must have a minimum 10 participants regis-

tered by **Dec 30**. You will learn basic quilling shapes, and ways to combine them into specific objects. Projects: greeting cards, decorated boxes, picture frames.

Instructor: Ceresa Clarke

Fee: \$55 + \$10 materials fee payable to instructor

**Seymour Center**

Weds, Jan 6 - 27; Feb 3 - 24

(344026-04, 05) 1 - 2:30 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

**STITCH, FLIP, AND IRON CRAZY QUILTS (ADVANCED & BEGINNERS)**

Come join us to learn the easiest method to make a crazy quilt. Be warned it can become addictive! We will make a lap quilt in two sessions. All materials provided. Registration required at least one week in advance.

Instructor: Sandra L. Smith

Fee: \$35 per session

**Central Orange SC**

Mon, Nov 16 - 23 (224006-22)

1 - 3 pm

**TEXTILE ARTS: REJUVENATE AND CREATE**

Having to give up a favorite shirt because of a stain? Tired of wearing the same old boring clothes, but don't really like the current fabric patterns or colors? Or just want to jazz up a room simply and inexpensively? If you said "yes" to any of these or have a reason of your own, join us to learn how to do it all. Textile Arts is a series of workshops that teaches forms of decorating or styling fabrics for various uses. You'll be surprised how easy it is. No prior experience needed. No specific art skills are required. When you register, the front desk will give you a list of supplies for each workshop; many supplies will be used in two or more workshops. See below for workshop descriptions and dates.

**T-SHIRT PAINTING WITH BOTTLED ACRYLICS**

Adding fabric medium to the paint makes it possible to permanently paint fabrics. Glitter and other forms of decoration can be added as well. Since we will work from a stencil, no drawing skill is needed. In fact, no previous art experience is required; you will learn all you need to know about this simple craft. Please provide T-shirt size when registering.

Registration is required before Jan 15. Class size is limited.

Fee: FREE (supplies fee + T-shirt (\$10) payable to instructor during the first class)

**Central Orange SC**

Thurs, Jan 21 & 28 (224011-01)

10 am - 12 noon

**FABRIC PAINTS**

Using fabric paint, you can create your own design on the project of your choice. Everything from clothing to quilt center squares is possible. You can work from a transfer pattern or freehand. We will begin with a T-shirt. Please provide T-shirt size when registering. Registration is required before Jan 29. Class size is limited.

Fee: FREE (supplies fee + T-shirt (\$10) payable to instructor during the first class)

**Central Orange SC**

Thurs, Feb 4 & 11 (224011-02)

10 am - 12 noon

**SILK SCREENING THE EASY WAY**

This is a new silk screening technique. The days of silk screening requiring photo film exposures and smelly chemicals are gone. There is a much easier way to do your own silk screening at home. All you need is a screen, a squeegee, blocking paint, and a fabric item. All materials will be included during this class as we create a one-color T-shirt silk screen. A materials list will be available, after the workshop, so you can continue silk screening at home. Please provide your T-shirt size when registering.

Registration is required before Feb 18 & 25. Class size is limited.

Fee: FREE (supplies fee + T-shirt (\$10) payable to instructor during the first class)

**Central Orange SC**

Thurs, Feb 18 & 25 (224011-03)

10 am - 12 noon

**THRIFTY CRAFTERS WORKSHOP SERIES**

Don't stay in shut up in the house during the winter months when you can have fun being creative with others. Each week we have something new planned for you to do and the cost is only \$5 including all your supplies, with the exception of the sweat shirt workshop. You can register for one or all the workshops. Bring a friend and enjoy the fun! Registration required no later than the week before each workshop.

**Central Orange SC**

6 - 8 pm

Mon, Dec 7 (233014-01)

Designer Christmas Cards

Mon, Dec 14 (233014-02)

Felt Winter Hats

Jan, 4 (233014-03)  
Bits & Pieces Refrigerator Magnets

Jan, 11 (233014-04)  
Designer All Occasion Cards

Jan, 25 (233014-05)  
Collaged Pen Jewelry

Feb, 1 (233014-06)  
Designer Valentine Cards

Feb, 8 (233014-07)  
Paint and Personalize a Sweat Shirt  
(Must provide your own sweat shirt)

Feb, 15 (233014-08)  
Designer Birthday Cards

Feb, 22 (233014-09)  
Paint and Personalize an Everyday Bag

### VASE VIBRATIONS

Brighten your room with a beautiful vase of flowers. In this two-part workshop we will create beautiful vases on the first day and then return on day 2 to fill our vases with beautiful fresh flower arrangements. All supplies are provided, but you may bring lace, beads and decorative materials to personalize your vase.

Instructor: Becci Ritter

Fee: FREE

#### Seymour Center

Mon, Jan 11 (324021-01) 1:30- 3 pm  
Tues, Jan 12 (324021-02) 9 – 10 am

### CLAY CLASSES

#### ART OF POLYMER CLAY

Polymer clay is one of the most versatile art mediums available today. The range of possibilities is limited only by the imagination. In these sessions you will learn many techniques for creating with polymer clay to make jewelry, covered objects and 3-D works of art. Class is limited to 20 participants. Must have a minimum of 10 registered for this class by Nov 25.

Instructor: Ceresa Clarke

#### Seymour Center

##### Session I:

You will learn to condition, mix, shape, mold, texture, bake, and finish polymer clay. Projects include key fobs, pendants, cabochons and earrings, to name a few.

Wed, Dec 2 – Jan 6 (344025-04)  
2 – 3:30 pm

(no class on Wed, Dec 23)

##### Session II:

You will learn additional methods of conditioning the clay, along with making bull's-eye, jellyroll, and chrysanthemum canes. There will also be demos on Mica shifts and Skinner blends. Projects include covered objects. Session I required to take these classes.

Fee: \$60 + \$10 materials fee payable to instructor  
Wed, Jan 13 – Feb 10 (344025-05)  
2 – 3:30 pm

##### Session III:

You will learn the advanced technique known as Mokume Gane, plus how to make faux bone/ivory and leather, along with instructions on making 3-D items. Projects will be chosen by the participants. Sessions I & II are required to take these classes.

Fee: \$60 + \$10 materials fee payable to instructor  
Wed, Feb 17 – Mar 16 (344025-06)  
2 - 3:30 pm

## POTTERY CLASSES

### POTTERY - AFTERNOON

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

Instructor: Pip Merrick

Fee: \$65

#### Central Orange SC

Session I: Mon, Jan 4 – Feb 1 (no class on Jan 18)

(254018-01) 12:30 - 2:30 pm

Session II: Mon, Feb 15 – Mar 7

(254018-02) 12:30 - 2:30 pm

### OPEN POTTERY (FOR CURRENT POTTERY STUDENTS ONLY)

Mondays 10 am – 12:30 pm

#### Central Orange SC

## BRIDGE AND OTHER GAMES

### BRIDGE CLASSES

#### BEGINNING BRIDGE: PLAY OF THE HAND IN THE 21ST CENTURY

**Play of the Hand** focuses on the role of the declarer although it reviews bidding and discusses defense to some degree as well. This class presents the bridge novice with solid knowledge of basic bridge. It also provides former players a chance to review and improve bridge techniques in the most modern Standard American bidding system. Each lesson develops in a logical and progressive fashion with lots of hands on practice. One need not have a partner but class size is limited. Student text is *Play of the Hand in the 21st Century* which is available through Amazon or Baron Barclay.

Instructor: Valerie Roberts, Certified Bridge Teacher and Director. Questions may be directed to the instructor at [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com).

#### Seymour Center

Fee: \$100 (9 weeks)

Tues, Jan 5 – Mar 1 (354116-04)  
9:30 am – 12 noon

### LEARN BRIDGE IN A DAY®!

Do you want to meet new and interesting people? Occupy your free time? Exercise your mind? Find new interests? Challenge yourself? Then bridge is for you. Learn Bridge in a Day® covers the basics of bridge in a concise, fun way. Whether you are a beginner or returning to bridge, Learn Bridge in a Day® is the right place to start.

Instructor: Jeff Boak, ACBL, Gold Life Master and Club Director

Questions may be directed to him at [jeff.boak@gmail.com](mailto:jeff.boak@gmail.com) or call 919-423-7107.

#### Seymour Center

Fee: \$20 plus \$6 for instructional materials (light snacks included)  
Pre-registration required.

Sat, Jan 23 (354114-05) 12:30 – 5 pm

### LEARN BRIDGE IN A DAY® PLAY AND LEARN FOLLOW-UP

This follow-up session to learn Bridge in a Day® includes the chance to play and learn from more hands. This helps solidify the basic concepts learned in the workshop, plus add some other non-bidding concepts.

Instructor: Jeff Boak, ACBL Gold Life Master and Club Director

Questions may be directed to him at [jeff.boak@gmail.com](mailto:jeff.boak@gmail.com) or call 919-423-7107.

Fee: \$10

Sat, Feb 6 (354114-07) 12:30 – 5 pm

### BRIDGE GAMES

#### BRIDGE LAB

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

#### Seymour Center

Wed & Fri (351017) 9:30 am – 12 noon

#### CONTRACT BRIDGE

Newcomers are always welcome.

#### Central Orange SC

Mon & Wed (257004) 1 – 4 pm

#### DUPLICATE BRIDGE

Friday Afternoon Duplicate Bridge game director, Linda Harris, offers this new Duplicate Bridge game. Newcomers up to 199ers are invited to play bridge every Friday afternoon. Friendly atmosphere and friendly people. You do not need to be an ACBL member to play. Come see for yourself, tell a friend, and play the Fascinating Game of Bridge. A great

way to earn Master Points, sharpen your skills and have fun at the same time.

#### Partners are **not** needed.

Director: Linda Harris, Certified ACBL Director and Club Manager, [lharris166@nc.rr.com](mailto:lharris166@nc.rr.com) or call 919-414-6716 if you have questions.

Supported by The Learning Spot Bridge Club and Jeff Boak, [jeff.boak@gmail.com](mailto:jeff.boak@gmail.com).

Fee: \$8

#### Seymour Center

Frídays (351015) 1 pm

### MORNING BRIDGE GAME

Practice what you have learned! Relearn what you have forgotten! Ask questions! Discuss hands! Come with a partner, improve your bidding, play, meet friends, and have fun. A small fee will be charged. (Note: If you need a partner, contact Harrison Brooke at least a week ahead of time so he can announce it.)

Director: Harrison Brooke, ACBL accredited teacher, certified director and gold life master. For questions, contact him at 919-489-0210, or [hbrooke@nc.rr.com](mailto:hbrooke@nc.rr.com) (preferred)

#### Seymour Center

Mondays (351002) 9:15 am – 12 noon

### SARAH WEST SOCIAL CONTRACT PROGRESSIVE BRIDGE

This is a friendly game of bridge with a group that has been playing for more than 20 years. New players are always welcome.

Fee: FREE

#### Seymour Center

Wed & Fri (351012) 1 – 5 pm

### SOCIAL BRIDGE

Enjoy an afternoon of social bridge. Newcomers are always welcome.

Fee: FREE

#### Seymour Center

Mondays (351003) 1 – 4 pm

Saturdays (Bring your lunch)

10 am – 1:45 pm

### OTHER GAMES

#### CANASTA

Leader: June Weatherley, 919-918-3542

#### Seymour Center

Thursdays (351013) 1 – 4 pm

#### DOMINOES

Join us for a morning of dominoes and other games.

#### Central Orange SC

Mon – Fri (251000)

10 am -12 noon or 1– 4 pm

#### Seymour Center

Mon – Fri (351021) 10 am – 3:30 pm

### GAME DAY

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

#### Seymour Center

Wednesdays (351009) 1 – 3 pm

**GAMES**

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

**Central Orange SC**  
Mon - Fri (251001) 9 - 11 am

**HAND AND FOOT CANASTA**

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

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

**HAND AND FOOT CARD GAME**

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

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

**MAH JONG**

This ancient Chinese game is challenging and fun.

**Central Orange SC**  
Fridays (257005) 1 - 4 pm

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

**Seymour Center**  
Mondays (351001) 12:30 - 5 pm

Call the **Seymour Center**, or Rebecca Hauser at 919-942-5703 (evenings) to sign up to play on Monday afternoons.

**ROOK**

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

**Central Orange SC**  
Fridays (257007) 9:30 - 11:30 am

**RUMMIKUB**

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

**Central Orange SC**  
Mon - Fri (257008) 9 - 11:30 am

**SCRABBLE CLUB**

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

**Seymour Center**  
Tuesdays (351005) 1 - 5 pm

**SCRABBLE TALK**

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

**Central Orange SC**  
Thursdays (253016)  
10:30 am - 12 noon

**VARIOUS CARD GAMES**

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

**Seymour Center**  
Tues - Fri (351010) 2 - 5 pm

## EDUCATIONAL OPPORTUNITIES

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

**AGING IN DIVERSITY - CULTURAL PERFORMANCES**

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

**Seymour Center**

Thurs, Dec 17 (313046-01) 1:15 - 2:45 pm

**COME LEARN THE REAL DEAL ABOUT NEW HOUSING OPTIONS!**

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

**Paul Voss**, will talk about his experience living in Shared Housing. Paul is currently leading the development of a rural co-housing community in Efland. **Liz Evans** will share her experiences living in co-op housing in Carrboro.

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

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

Fee: FREE

**Seymour Center (337044)**

Wed, Dec 2 7 pm

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

Seymour Program and Wellness Team are co-sponsoring a unique and informative eight presentations with Seasons of Southpoint. Document your learning journey with your Passport to Good Health. Receive a stamp at

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

Dec 8 Avoid the Holiday Blues

Jan 12 Music Therapy

Feb 9 Busy Minds, Creative Minds

Mar 8 Avoid Being Scammed

Apr 12 Laughter is the Best Medicine

May 10 Safety at Home

Jun 14 Healthy Snacks

Jul 12 Hydration

Fee: FREE

**Seymour Center**

2nd Tues, Dec 8; Jan 12; Feb 9

(314107) 2 - 3 pm

**INTRODUCTION TO MINDFULNESS BASED STRESS MANAGEMENT TECHNIQUES WORKSHOP**

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

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

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

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

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

**How Can Mindfulness Practices Help:**

- What is Mindfulness?
- Being Present: Stepping out of

**Auto Pilot**

- Choice: Stress Reactivity or Skillful Response to Stressors
- An Overview of Mindfulness Practices
- Mindful Breathing
- Mindful Eating
- Thought, Emotion and Physical Sensation Awareness
- Sitting with the breath to calm the mind and increase awareness
- Loving Kindness

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

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

Fee: \$10

**Seymour Center**

Wed, Jan 20 (334024-02) 12:30 - 2 pm

**STRESS MANAGEMENT: THE MINDFULNESS WAY**

Modeled after Jon Kabat-Zinn's class at the Stress Reduction Clinic at the Univ of Massachusetts, this class will offer you a comprehensive understanding of mindfulness techniques and how mindfulness can affect your life in many positive ways.

Practicing mindfulness allows you to bring awareness to what is going on in your mind and body at any given moment, helping you to slow down so that you can recognize warning signs of stress. You will probably find that as a result of participation in this class, you will learn to stay more focused, relaxed and decrease your tendencies to "knee jerk" reactions to stress triggers. Research shows that the most people who participate fully in the programs may see an improvement in conditions such as but not limited to: Insomnia, Catastrophic Thinking, Anxiety and Depression, Fatigue, Headaches, Musculoskeletal Pain, and Hypertension. Each class will include discussion, introduction to a Mindfulness Practice, and educational presentations. You will also be provided handouts to supplement what you learn in class.

**What are the Benefits?** Quiet and calm the mind, Pay attention to your moment to moment experiences, Restore and maintain a sense of personal balance, Decrease the symptoms associated with stress, Improve overall physical and emotional wellbeing. **What do Mindfulness Practices include?** Mind-Body awareness, Breath Awareness for Stress Management, Mindfulness Meditation Practices, including walking and seated meditation, Mindful Eating, Thought and Emotion Awareness, Learning how to Step out of "Auto Pilot" and live your life to its fullest, Loving Kindness/Self Compassion Meditation

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

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

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

Fee: \$65

#### Seymour Center

Wed, Mon, Jan 25 - Feb 22 (354140-02)  
10 - 11 am

### TED TALKS AT SEYMOUR

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

Facilitator: Emily Gordon

Fee: FREE

#### Seymour Center

3rd Mon, Dec 21; Jan 25; Feb 15  
(353020) 2 - 3 pm

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

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

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

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

When Alex Melamed and his wife moved to the traditional brick and mortar town of Yellow Springs, Ohio they built a home only as big as they needed at the time. Melamed is a builder and could keep costs low

while still incorporating high design elements like shou-sugi-ban (charred wood) siding. The tiny square house was affordable to build and to run. It meets Passive House standards relying on "primo" insulation, passive solar and a heat pump when necessary.

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

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

### TELLING YOUR STORY

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

Fee: FREE

#### Central Orange SC

2nd & 4th Thurs (257002-1)  
Resumes in Jan

Call 919-245-2015 for dates 3 - 5:30 pm

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

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

required. Please register before or by Thur, Dec 10.

Presenter: Ralph Kirshner

Fee: FREE

#### Seymour Center

Thurs, Dec 10 (314104) 2 - 3:30 pm

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

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

Instructor: Sally Pillsbury

Fee: \$10

#### Seymour Center

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

### TRAVEL AROUND THE WORLD THROUGH ARCHITECTURE

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

Presenter: Allie Tate

Fee: FREE

#### Seymour Center

Mon, Feb. 8 (313048-01) 10 - 11 am

### WOMEN'S HEALTH SUPPORT GROUP (MANDARIN ONLY)

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

Facilitator: Zhenzhen Yu

Fee: FREE

#### Seymour Center

Tues, Dec 15, Jan 19, Feb 16 (314027)  
9:45 - 10:45 am

### WRITING POEMS OF WITNESS

What matters to you? What do you love? What do you hate? What do you feel called to bear witness to? In this generative workshop, we'll tackle injustices great and small, from themes like political deception, wartime atrocity, and environmental destruction to the small daily cru-

elties we all must bear: a mother berating a weeping child in the grocery parking lot, the neighbor who beats his dog, the innocent possum crushed in the street. We'll also turn concentrated attention to what gives us pleasure and joy, like the intricate beauty of a caterpillar, the sound of crashing waves, and the daily satisfaction of morning's first cup of coffee.

**Instructor:** Pam Baggett

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

Fee: \$20

#### Seymour Center

Sat, Jan 23 (314032-01) 10 am - 12:30 pm

## FINANCIAL PLANNING

### OUTLOOK AND OPPORTUNITIES

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

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

#### Central Orange SC

Wed, Dec 2 (214005-01) 12 noon - 1 pm

#### Seymour Center

Wed, Dec 9 (314033-01) 12 noon - 1 pm

### PREPARING YOUR ESTATE PLAN

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

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

#### Central Orange SC

Wed, Feb 3 (244020-02) 12 noon - 1 pm

#### Seymour Center

Wed, Feb 10 (344053-02) 12 noon - 1 pm

**RETIREMENT FOR BOOMERS AND RETIREES**

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

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

**Central Orange SC**

Thurs, Jan 14  
Foundations of Investing

Thurs, Jan 21  
Focus on Fixed Income

Thurs, Jan 28  
Stocks: The Nuts and Bolts

Thurs, Feb 4  
An Investor's Tour of Mutual Funds

Thurs, Feb 11  
What Happens After the Paychecks Stop?

Thurs, Feb 18  
Preparing Your Estate Plan

**Seymour Center**

Tues, Jan 12  
Foundations of Investing

Tues, Jan 19  
Focus on Fixed Income

Tues, Jan 26  
Stocks: The Nuts and Bolts

Tues, Feb 2  
An Investor's Tour of Mutual Funds

Tues, Feb 9  
What Happens After the Paychecks Stop?

Tues, Feb 16  
Preparing Your Estate Plan

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

**Central Orange SC**  
Thurs, Jan 14 – Feb 18 (254003-01)  
2 – 3:30 pm

**Seymour Center**  
Tues, Jan 12 – Feb 16 (334004-05)  
2 – 3:30 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. **Everyone must register by Wed, Feb 10 for Central Orange SC and register by Wed, Feb 17 for Seymour Center.**

Led by Jane Clark, Financial Advisor with Edward Jones

Fee: FREE

**Central Orange SC**  
Wed, Feb 17 (214006-01)  
12 noon – 1 pm

**Seymour Center**  
Wed, Feb 24 (314034-01)  
12 noon – 1 pm

**LANGUAGE CLASSES****ENGLISH AS A SECOND LANGUAGE - BEGINNER**

Class helps adult non-fluent English speaking people improve their written and spoken English. It will help participants become more self-sufficient, informed and active in the community. Students must register and be tested with the Orange County Literacy Council and attend classes twice a week. Contact 919- 914-6153 or [www.orangeliteracy.org](http://www.orangeliteracy.org) for more information.

Fee: FREE

**Seymour Center**  
Wed & Fri (354067)  
9:30 – 11:30 am

**ENGLISH AS A SECOND LANGUAGE - CONVERSATION LAB**

Class helps adult non-fluent English-speaking people improve their comprehension of written and spoken English. It will help participants become more self-sufficient, informed and comfortable in the community. Contact Orange County Literacy Council at 919-636-4457, or [www.orangeliteracy.org](http://www.orangeliteracy.org) for more information.

Fee: FREE

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

**MANDARIN CONVERSATION CLUB**

Come out and learn the basics of Mandarin and Chinese culture in a fun class setting. No prior knowledge is needed - just a willingness to grasp the language so that you can communicate with your fellow Asian participants. Class materials and instructions will be provided.

Instructor: Mr Wang

Fee: FREE

**Seymour Center**  
Tuesdays (354041-03) 10 - 11 am

**SPANISH (LEVEL I) - BEGINNERS**

This class generally includes students with little or no experience in Spanish. We continue where we left off in the previous session, and regularly review the beginning lessons, too.  
Fee: \$140 (7 weeks) – *New fee!*

Fee: \$160 (8 weeks) - *New fee!*

Book Fee payable to Instructor: \$15

**Seymour Center**

Mondays 12 noon - 1 pm

Session I: Nov 2 - Dec 14 (7 weeks)

(354013-17)

Session II: Jan 4 – Feb 29 (8 weeks)

(354013-04)

(no class Jan 18)

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

This Class is for people who have had at least one previous class in Spanish.  
Fee: \$140 (7 weeks) - *New fee!*

Fee: \$160 (8 weeks) - *New fee!*

Book Fee payable to Instructor: \$15

**Seymour Center**

Mondays 10:30 – 11: 30 am

Session I: Nov 2 - Dec 14 (354013-03)

Session II: Jan 4 – Feb 29 (8weeks)

(354013-05)

(no class Jan 18)

**SPANISH (LEVEL III) - EARLY INTER-MEDIATE**

Generally, this class is for those who have had several previous classes. Class contains reading, intermediate-level grammar, and beginning conversation.

Fee: \$140 (7 weeks) - *New fee!*

Fee: \$160 (8 weeks) - *New fee!*

Book Fee payable to Instructor: \$15

**Seymour Center**

Mondays 9:30 – 10: 30 am

Session I: Nov 2 - Dec 14 (7weeks)

(354014-02)

Session II: Jan 4 – Feb 29 (8weeks)

(354014-03)

(no class Jan 18)

**SPANISH (LEVEL IV) – HIGH INTER-MEDIATE**

This class is for students who have taken intermediate classes at the Senior Center or elsewhere. Class includes reading, conversation, and advanced grammar, and is conducted in Spanish.

Fee: \$78 (6 weeks) - *New fee!*

Fee: \$160 (8 weeks) - *New fee!*

Book Fee payable to Instructor: \$15

**Seymour Center**

Fridays 9 – 10 am

Session I: Nov 6 - Dec 18 (6 weeks)

(354015-02)

Session II: Jan 8 – Feb 26 (8 weeks)

(354015-03)

**SPANISH (LEVEL V) - ADVANCED**

This class is conducted entirely in Spanish and includes conversation, reading, and a thorough review of grammar.

Instructor: Staff of CHICLE (Chapel Hill Institute for Cultural and Language Education)

Fee: \$78 (6 weeks) - *New fee!*

Fee: \$160 (8 weeks) - *New fee!*

Book Fee payable to Instructor: \$15

**Seymour Center**

Fridays 10:15 – 11:15 am

Session I: Nov 6 - Dec 18

(no class Nov 27) (6 weeks)

(354016-02)

Session II: Jan 8 – Feb 26 (8 weeks)

(354013-03)

**SPECIAL EVENTS**

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

**A CHRISTMAS MUSICAL WITH THE VILLAGE BAND OF CHAPEL HILL - CARRBORO**

It's the most wonderful time of the year! Celebrate in music and song this holiday season with The Village Band of Chapel Hill-Carrboro. This festive occasion is sure to lift your spirits. The Village Band is a non-profit community concert band committed to providing opportunity for life-long musical expression, promoting music in the lives of all, and providing cultural enrichment in the community. They are currently comprised of approximately 60 members from their teens to their 90s, including high school and university students, professionals, and retirees. The band is directed by Dr. John Fuller, Assistant Director of the NC State Music Department. This is an afternoon you don't want to miss!! After the concert, there will be a brief reception to meet the band members over cookies and cider.

Fee: FREE

**Seymour Center**

Sat, Dec 12 (313049-01) 2- 3 pm

**A MAGICAL DINNER WITH LEE WERLEY**

Amateur magician, Lee Werley will have you asking, "How did he do that?" as he shares his sleight of hand and mind over matter magic. You may even learn a magic trick or two! The center will provide a big pot of hot soup and grilled cheese sandwiches and you bring the sides to share with others. Registration is required before Thurs, Jan 14.

**Central Orange SC**

Thurs, Jan 21 (253007-01) 4:30 pm

**A TEA TASTING**

Is there really a difference in tea? Is there a tea that is more beneficial than another? Do you know how to brew the perfect cup of tea? Even if you are not a regular tea drinker, you may discover you enjoy a nice dessert tea. Come and taste a variety of teas and see which one is your favorite. Registration is required by Jan 19. Limited class size.

**Central Orange SC**  
Tues, Jan 26 (253019-01) 2:30 pm

**A WINTER WONDERLAND PARTY!**

Simply elegant, whimsical, and with live music, this wintery celebration is sure to lift your spirits! A festive and cheerful atmosphere is a magnificent way to introduce the first day of winter! Tempting treats and warm drinks will surely greet you there! Come one, come all, to a lovely affair! Space is limited to 40 participants. Register before or by Tues, Dec 15.

Fee: FREE  
**Seymour Center**  
Tues, Dec 22 (313101) 3 – 4 pm

**ART SHOWS – CENTRAL ORANGE SENIOR CENTER**

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

meet on Tues mornings and will be here during the art opening to share how you can get involved. Come experience these beautiful and timeless works, and meet the quilters during the art reception on Mon, Feb 1 at 3 pm. Please contact the center to register before Thurs, Jan 28.

**Central Orange SC**  
Mon, Feb 1 (253002-01) 3 pm

**ART SHOWS - SEYMOUR CENTER**

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**MINGLE WITH THE ARTIST!**

You will be greeted with a bio of the artist(s), list of artwork in the show and a beverage and refreshments for the occasion. The artist(s) will be available to share inspirational stories and receive questions surrounding the show. The first half hour the artist will be on the first floor and the last half hour the artist will be on the second floor (If there is more than one artist, you will find artists on both levels during the entire reception).

**JANET KELO AND SALLY GILLOOLY PRESENT THE WONDERS OF WATERCOLORS**

Come join these ladies as they share The Wonders of Watercolors this winter. Both women are passionate watercolor artists and are excited to have this opportunity to showcase together. Many of you may be familiar with the beautiful works of Janet Kelo. However, this will be a first-ever exhibit for Sally Gillooly. Come support the duo at the opening reception on Mon, Jan 11. The artwork will be on display until Thurs, Feb 25. Art Opening Hostesses will be: Becci Ritter, Linda Watkins, and Maryann Toone with live music by Horace Sher.

Fee: FREE  
**Seymour Center**  
Mon, Jan 11 (313102) 3 – 4 pm

**QUILTING WITH THE GAL'S: ENCORE EXHIBIT**

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

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

**MARIA DE BRUYN'S NC'S WILDLIFE AT LOCAL NATURE RESERVES EXHIBIT**

In this exhibition, nature blogger and wildlife photographer, Maria de Bruyn, shares images of fauna and flora that you may see at some of our local nature reserves. The Triangle has some wonderful preserved natural areas such as Mason Farm Biological Reserve, Bolin Creek Trails, Hank Anderson Park and the Carolina North tract in Chapel Hill; Sandy Creek Park and Horton Grove in Durham, and Jordan Lake in Chatham County. The flowers and plants are gorgeous and the animals – ranging from impressive raptors to delightful tiny pollinators – are always interesting. Join us for a reception and time to meet the artist. Her show will be on display Mon, Nov 9 until Thurs, Dec 31. Art Opening Hostesses will be: Ann Wilkerson and Pat Farrington, Emily Gordon with **Jimmy Smith on piano.**

**Seymour Center**  
Mon, Nov 16 (343035-01) 5 – 6 pm

**BACK IN THE KITCHEN WITH TNT – QUICK AND EASY SOUPS FOR THE WINTER**

There is nothing like a hot cup of soup on a cold winter's day. Do you have a favorite soup? How about a Roasted Sweet Potato, Butternut Squash or even Pumpkin soup? Join Toni and Terry for a soup tasting along with a few tips on how to use a blender for a smoother soup. We will share recipes with the group and if you have a favorite soup, feel free to bring your recipe to share. Reservation must be made by Jan 22. Limited class size.

**Central Orange SC**  
Tues, Feb 2 (213009-01) 2:30 pm

**BINGO**

Back by popular demand - BINGO! Come take the chill off and 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, Jan 13; Feb 24 (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 Dec, Jan, or Feb. Please call the center to register.

**Central Orange SC**  
Mon, Dec 7; Jan 4; Feb 1 (253004-12, 01, 02) 12 noon

**Seymour Center**  
Mon, Dec 7; Jan 4; Feb 1 (353072-01, 02, 03) 12 noon

**BLACK HISTORY MONTH BREAKFAST PROGRAM**

February is Black History Month. To celebrate, we will enjoy a good old fashioned breakfast and program. Join us as we co-host another event with Chapel Hill Parks and Recreation. Registration required by Feb 4. Transportation from **Seymour Center** will leave at 10 am and return at 1 pm

Fee: FREE  
**Hargraves Center**  
Thurs, Feb 18 (350019-02) 10:30 am – 1 pm

**CHINESE LUNAR NEW YEAR CELEBRATION!!—THE YEAR OF MONKEY**

The most important Chinese holiday is the Lunar New Year, which is known in China as Spring Festival, and in other Asian culture as Lunar New Year. The festival ushers in the Lunar New Year and is the West's Christmas and New Year's Eve rolled into one. From sun up to sun down, this is a time when the whole country and regions throw themselves into celebrating and eating. Participants will enjoy a variety of entertainment followed by a reception with traditional snacks to celebrate.

Fee: FREE  
**Seymour Center**  
Thurs, Feb 4 (353045-09) 2:30 - 6 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  
**Central Orange SC**  
Fri, Dec 11 (253008-12) 10 am  
Fri, Jan 8 (253008-01) 10 am  
Fri, Feb 12 (253008-02) 10 am



**CONNECTIONS CONCIERGE**

This program is designed with everyone in mind! Not sure how to navigate the multiple programs at the Center. Need a little memory jogger on upcoming events and programs? Look no further! Every 1st and 3rd Monday of the month, you will have an opportunity to explore all the happenings and possibilities at your local senior center. No longer will you find yourself wondering how you missed an interesting program or realize you didn't sign up by the deadline date. Our concierge will be located in the lobby when you come into the Center. One on one time will be spent mapping out a wide range of activities you can get involved in. This program is being offered by the **Seymour Center** Program Advisory Committee.

**Seymour Center**

1st & 3rd Mon: Dec 7; Jan 4; Feb 1, 15 (353012) 10 am – 12 noon  
(no concierge on Dec 21 and Jan 18 due to holiday)

**COOKING AND DINNER WITH DAVID SOVERO – THE ART OF COOKING**

You have seen David's artwork in the senior centers, but did you know he is just as talented in the kitchen? David, who trained at the Fearrington House Restaurant and is now a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week you bring two ingredients (fruit, vegetable, or other item) from your pantry and David will teach you how to create a meal with the combination provided. The choice of beef, chicken, or seafood, will be provided. If you are a vegetarian, just let us know when you register. This is a hands-on class with everyone participating in the preparation of the meal. During the class David will explain different methods of preparing meat and additional variations on the meal being prepared. This is a unique cooking class and is a fun as well as a delicious experience. Everyone MUST register for each class one week in advance. Class size is limited.

\*Co-sponsored with OLLI at Duke.

Fee: \$9 per class plus two ingredients

**Central Orange SC**

Mon, Feb 1 - 29 (233016-02)  
5:30 – 8 pm

**Seymour Center**

Thurs,  
Dec 3 - 17 (353019-12) 2:30 - 5:30 pm  
Jan 7 - 28 (353019-13) 2:30 - 5:30 pm  
Feb 4 - 25 (353019-14) 2:30 - 5:30 pm  
Mar 3 - 31 (353019-15) 2:30 - 5:30 pm  
Fee: \$9 per class plus two ingredients

**DECK THE HALLS WITH DAVID WEAVER**

Join us for a morning of music as we decorate the senior center for the upcoming holidays. Get into the spirit of

the season as David Weaver leads our group singing. Enjoy a cup of hot cider, music, and laughter as we transform our center.

**Central Orange SC**

Thurs, Dec 3 (213008-01) 10:30 am

**DINNER THEATRE - IF A MAN ANSWERS**

Performed by the Orange Community Players, *If A Man Answers* is a comedy about a rich socialite who meets and marries a man and then attempts to "train" him to be the perfect husband. Chantal's Parisian mother hands her a dog-training manual as the secret recipe for making a husband happy. "You must treat him like a dog," she warns. So Chantal is soon trying such directions as: "Praise him when he is learning to fetch and carry." "Make the words 'come here' mean something pleasurable." "Be sure to frolic with your pet a part of every day." Chantal is doing fine in spite of the exotic models that swarm about her husband's studio until her friend Tina, a triple threat from Boston, comes to visit her. Chantal confides the secret of her happy marriage to Tina, who promptly tips off Chantal's husband. Fireworks follow!

Audiences will have a choice of attending a traditional production on Thursday or Friday night. The Dinner Theatre production is on Saturday night only at 6:30 pm with a special dessert matinee on Sunday beginning at 2 pm. Adverse weather dates are Feb 18 – 21. \*Cosponsored with The Friends of Central Orange Senior Center.

**Central Orange SC (213014-01)**

Thurs, Feb 4 7:30 pm

Performance Only (concessions will be sold) \$15 in advance \$18 at the door.

Fri, Feb 5 7:30 pm

Performance Only (concessions will be sold) \$15 in advance \$18 at the door.

Sat, Feb 6 6:30 pm

Dinner Theatre – Must purchase advanced tickets \$38. Doors open at 6 pm and dinner is 6:30 – 7:30 pm  
Sun, Feb 7 2 pm

Dessert Theatre – Tickets are \$22 in advance and \$25 at the door. Doors open at 1:30 pm and play begins at 2 pm. Dessert served during intermission.

**DIRTY SANTA RETURNS – HOLIDAY BINGO PARTY**

Bring a friend and be prepared to win great prizes. The trick is to try to keep the great prize you won! Join us for a morning of fun as you try to outsmart the person next to you, and hold onto your gift, or figure out how to take someone else's winnings. Light refreshments will be served. Registration required before Fri, Dec 11.

**Central Orange SC**

Fri, Dec 18 (213023-01) 10:30 am

**DOMINOES TOURNAMENT**

Back by popular demand! The dominoes tournament was a lot of fun last year, but this year will be even better. Now is the time to put your skills to the test and see who the best is!! Co-sponsored with Chapel Hill Parks and Recreation Dept.. Registration required by Jan 27.

**Seymour Center**

Wed, Feb 10 (353342-04)

10:30 am – 1 pm

**DR MARTIN LUTHER KING CELEBRATION**

Join us for a special celebration as we honor and remember "The Dream." Our guest speaker will be Rosetta Austin Moore, newly published author of *The Impact of Slavery on the Education of Blacks in Orange County, NC 1619-1970*. A reception and book signing will follow the program. Reservations must be made by Jan 8. Light refreshments will be served. \*Co-sponsored with Orange County Chapter of NCCU Alumni Association.

**Central Orange SC**

Fri, Jan 15 (213003-01)

10:30 -11:45 am

**FARMERS' MARKETS AT THE SENIOR CENTERS**

Yes, the Farmers' Market is at the **Seymour Center**. 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.

**Seymour Center**

Thurs (353060) 9 am - 12 noon

**FAT TUESDAY - MARDI GRAS DINNER WITH DIXIELAND MUSIC**

Enjoy live music presented by the **Decatur Street Beat Dixieland Band** you enjoy a bowl of hot gumbo and traditional King Cake. Be sure to dress in gold, green, and/or purple, the colors of Mardi Gras. If you don't have a mask, we will have one for you! The center will provide the Gumbo and you just bring the desserts. Everyone must register prior to Thurs, Feb 4.

**Central Orange SC**

Tues, Feb 9 (223011-01) 4:30 pm

**FUN BINGO WITH CARDS**

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

**Central Orange SC**

Fri, Dec 4; Jan 8; Feb 5 (257024-01)

10:30 – 11:30 am

**HOLIDAY LUNCHEON**

Celebrate another holiday luncheon with the Alston and Boldin Family while we enjoy traditional dishes and entertainment. Bus will leave from the **Seymour Center** at 10:30 am and will

return at 1:30 pm Limited to 60 participants.

Fee: FREE

**Hargraves Center**

Thurs, Dec 3 (310050-10)

11 am – 2 pm

**"LOVE IS IN THE AIR" SWEETHEART BALL**

Are you in the mood for love? Is love in the air? The **Hannah Ruth Foundation** will co-host "Love is in the Air" **Sweetheart Ball with the Program Advisory Committee** at the Robert & Pearl **Seymour Center**. Join us for an evening of food, fun and a night of dancing. There will be live entertainment, drawings for prizes, line dancing and much more. You do not need a date or dance partner to attend. *Love is in the Air* captures all relations, the love of a friend, a neighbor, or even a family member. Don't stay home or you will regret it come the day after when you hear about the great time had by all. The Hannah Ruth Foundation is a local non-profit organization that provides outreach services for older adults and youth in Orange County. For more information contact: [hannahruthfoundation@gmail.com](mailto:hannahruthfoundation@gmail.com) or call Lorie Clark at 919-260-4555.

Fee: FREE

**Seymour Center**

Fri, Feb 12 (313008-03) 7–9 pm

**MEDICARE ANNUAL ENROLLMENT - IT'S TIME TO MAKE A CHANGE!**

Mark your calendar for the **Medicare Part D and Medicare Advantage Annual Enrollment Period – Tues, Oct 15 – Sat, Dec 7**. Beginning each Jan 1, most Medicare Part D prescription drug plans change the medications they cover, as well as their premiums. This may mean higher drug costs and/or premiums if you stay with your current plan for 2016.

Meet with a trained Seniors' Health Insurance Information Program (SHIIP) counselor to find out if your current Medicare Part D plan is the most cost-effective and provides the best prescription drug coverage. Extra Help is available to lower Medicare costs if you meet income eligibility requirements.

To find out if you're eligible for a subsidy, change your Part D prescription drug plan or Medicare Advantage plan, or for any other Medicare question, schedule a **FREE** counseling appointment with a certified SHIIP counselor. Please call 919-968-2070 for the **Seymour Center** in Chapel Hill, or 919-245-2015 for the Central Orange Senior Center in Hillsborough.

**NATIONAL MARGARITA DAY**

Today is National Margarita Day! Come try out the senior center non-alcohol version of this drink and learn some fun facts about the fabulous "Margarita". Let's do some Margarita-

ville Line dancing with **Becky Walker** at the **COSC** party and we will celebrate by listening to the smooth sounds of the trumpet from **Horace Sher** at **Seymour Center**. Registration is limited so please register by Feb 5.

Fee: FREE

**Central Orange SC**  
Tues, Feb 23 (213019-01) 3 – 4 pm  
**Seymour Center**  
Mon, Feb 22 (313045-01) 1 – 2 pm

### NEWCOMERS' COFFEE

This is your chance to ask questions about what the Senior Center can do for you. Join the Senior Center staff as they give an overview of our programs and services. We are a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. There will be time for coffee, conversation and a tour of the building. Call the senior center to register.

Fee: FREE

**Seymour Center**  
Thurs, Dec 10 (353023-13) 10 am  
Thurs, Jan 13 (353023-14) 10 am  
Thurs, Feb 11 (353023-15) 10 am

### SOUPS ON!

Who's ready for a hearty bowl of soup? Enjoy a savory bowl of homemade chicken noodle soup which the center will provide, as well as, dessert! What goes well with soup? You can bring bread, crackers, fruit, garden salad, pasta or whatever you think compliments this wonderful comfort food to share with 8 to 10 participants. The evening would not be complete and cozy without harmonic sing-alongs with **Marie and the Back Porch Jam Friends**. Registration required by Fri, Jan 15. Please indicate what you will bring at that time. The maximum number of soup lovers is 75.

Fee: FREE

**Seymour Center**  
Mon, Jan 25 (313100) 4 – 6 pm

### STORY OF HUMAN RIGHTS: AN HISTORICAL VIEW

Human Rights Day is celebrated each year on Dec 10. On this day in 1948, the United Nations General Assembly adopted the Universal Declaration of Human Rights, which has become a universal standard for defending and promoting human rights. It is celebrated around the globe that, "All human beings are born with equal and inalienable rights and fundamental freedoms". Our event will begin with a short documentary film that you will find striking and powerful. This film captures one of the world's most misunderstood subjects - human rights. You will grasp a new perspective through the dramatic story as it takes you on a historical journey. You will also have an opportunity to share your thoughts on what human rights mean to you, and personal stories in smaller group settings. There will be one person from each group to share their group's collab-

orative thoughts regarding the film and what it means to them. There are no right or wrong answers, just a relaxed atmosphere of open dialogue and exchanges of diverse perceptions. Program facilitators will be available to assist each group with questions and answers as needed. Each participant will receive a booklet that outlines the history of human rights up to the present day, as well as a full text of the Universal Declaration of Human Rights.

Program Facilitators: OC Housing Human Rights and Community Development

Fee: FREE

**Seymour Center**  
Thurs, Dec 10 (314700-03) 9 – 11 am

### TRANSPORTATION INFORMATION TABLE - MONTHLY

Get all of your questions answered about public transportation at the **Transportation Table and Display**. This is a first-week- of -each- month event at both senior centers. It is your opportunity to pick up bus schedules and applications for various door to door services. Learn about the new bus routes in many rural parts of the county and get help planning a bus trip.

Fee: FREE

**Seymour Center**  
Tues, Dec 1; Jan 5; Feb 2 10 – 11:30 am  
**Central Orange SC**  
Wed, Dec 2; Jan 6; Feb 3 10 – 11:30 am

### WEDNESDAYS' BUZZ

This replaces "What's Happening at Seymour" (formerly under the lunch program) will keep you in the know. Look for this special table in the lobby every 1st and 3rd Wed. Come find out what the entire Buzz is about! Be the first to be in the know!

**Seymour Center**  
(353053) 10:30 am  
Dec 2, 16; Jan 6, 20; Feb 3, 17

## ATHLETIC ACTIVITIES & LESSONS

All of the following activities are FREE, unless otherwise noted.

### ACTIVITIES

#### BADMINTON

Enjoy a friendly game during our open play weekly sessions. Beginners are welcome. Racquets are available. Partner not needed.

**Seymour Center**  
Tuesdays (351022) 4:30 – 6:45 pm  
Saturdays (351022) 9:15 – 11:45 am

### BASKETBALL – SHOOT AROUND

**Community Center**  
Tuesdays & Thursdays 8 - 10:30 am  
**Northside Gym**  
Mondays 9 - 10 am  
**Seymour Center**  
Wed & Fri (351016) 8 – 9:30 am  
Thurs (357022) 5:30 – 7 pm

### BILLIARDS

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

**Central Orange SC**  
**Seymour Center**

### BOCCE BALL

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

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

### CORNHOLE

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

**Seymour Center**  
Tuesdays (351006) 10 am

### PICKLE BALL

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

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

### PICKLE BALL PLAY

Chapel Hill Community Center offers Pickle Ball!! If you have any questions or want to know more about this activity, contact Bernard Leach at 919- 968-2734.

**Community Center gym**  
Mon, Wed, Fri, Sept – Jan,  
10 am – 2 pm  
Sundays, Sept - Jan  
6:45 - 9:45 pm  
**Hargraves Community Center**  
Thurs, Aug 20 - June 9, 2016  
9:30 am – 12:30 pm

### SHUFFLEBOARD

Whether it is for practice or fun, shuffleboard is a great way to exercise. Come to learn, or to show someone how to play the game. Feel free to bring a lunch and socialize afterwards.

**Northside Gym**  
Wednesdays 10 am - 12 noon

### TABLE TENNIS

You may bring your own paddles and balls, or use the equipment available at the Center. All skill levels are welcome.

Contact: Sherry Graham, 919-636-2264, or Alan Tom, 919-933-8972, or [alantom@mindspring.com](mailto:alantom@mindspring.com)  
**Seymour Center**  
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 CENTRAL ORANGE

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

**Central Orange SC**  
Tuesdays (251008-1) 1:30 – 5 pm

### WALKING – INDOORS

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

Fee: \$25 annually  
**Central Recreation Center Gym**  
Mon – Fri 8 – 10 am

### WALKING – INDOORS

Walk in the Central Orange Senior Center with friends.

Fee: FREE  
**Central Orange SC**  
Tuesdays (25000-01) 2:30 pm

### WALKING - INDOORS

Walk in the Northside Gym/Hargraves Center at 216 N. Roberson St, Chapel Hill

Fee: FREE  
**Hargraves Center**  
Wed & Fri 9:30 am – 12:30 pm

### WII – OPEN PLAY

Instructor: Interested in leading? If so, contact Corina Riley at 919-245-4252

**Central Orange SC**  
Thursdays (251010) 12 noon

### WII GAMES: STAY ACTIVE AND FIT

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

Leaders: Virginia Davis & Joseph Degraffenreidt  
**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

To register, call the Seymour Center at 919-968-2070, Or the Central Orange SC at 919-245-2015

## DANCE

### ARGENTINE TANGO DANCE

Learn this vibrant and playful dance which is based on improvisational movement. Although tango is a "leader" and follower" style of dance, no partner necessary. Come and embrace harmony and connect with upbeat music that is sure to be fun and exciting. For more information, contact Katherine Polk at 919- 967-4967.

Facilitator: Bill Caspary

Fee: FREE

**Seymour Center**

4th & 5th Thurs, Jan 28; Feb 25

(353007- 02)

7 - 8:30 pm  
(no class in Nov & Dec due to holidays)

### BALLROOM DANCE LESSONS

Ballroom Dance lessons with Bruce Gillooly, who has over 60 years of dance experience.

Each month you will explore a different ballroom dance; the group decides which dance will be explored for the month. Ballroom dances includes: Waltz, Foxtrot, East and West Coast Swing, Salsa, Tango, Samba, Merengue, Zydeco, Shag, and Lindy Hop. Please register and purchase your ticket at the front desk before class. No partner required but is recommended.

Instructor: Bruce Gillooly

Fee: \$5

**Central Orange SC**

Thursdays (254032) 7 - 8 pm

### EAST COAST SWING BEGINNER/INTERMEDIATE

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

Instructor: Wesley Boz

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

**Seymour Center**

Tues, Jan 5 - Feb 9 (354037-12)

6:30 - 7:30 pm

Tues, Feb 16 - Mar 22 (354037-13)

6:30 - 7:30 pm

### LINE DANCING

Line Dancing is great exercise. Best of all, no partner is needed. Join this growing class and learn the best line dancing around.

Instructor: Bruce Gillooly

Fee: \$3 per class. Purchase tickets at the front desk.

**Seymour Center**

Mondays (354019-19)

3:15 - 4:45 pm

### LINE DANCING

This class is for both new and experienced line dancers. You will improve your memory and get the benefits of exercising while having fun. Please call before your first visit to the Wed evening class. \*We have added a new beginner's class on Mondays.

Fee: FREE

**Central Orange SC**

Instructor: Becky Walker

Mondays (Beginners class)

(254006-2) 2 - 3 pm

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

Tuesdays (254006-1) 1 - 2:30 pm

### LINE DANCING

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

Instructor: Esther Booker

Fee: FREE

**Central Orange SC**

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

### TAP DANCING

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

Instructor: Katie Moorehead

Fee: \$52 for the first four lessons

**Seymour Center**

Thurs, Jan 7- 28 (354032-09)

Beginners

12 noon - 1 pm

Intermediate/Advanced

11 am - 12 noon

Thurs, Feb 4- 25 (354032-10)

Beginners

12 noon -1 pm

Intermediate/Advanced

11 am - 12 noon

(no classes in Dec due to holidays)

### TAP DANCING

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

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

Fee: FREE

**Central Orange SC**

Tuesdays - Beginners (254007-1)

9 - 10 am

Tuesdays - Intermediate (254007-2)

10 - 11 am

### WALTZ SOCIAL/ PRACTICE

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

Donation Suggested: \$5 at the door

**Seymour Center**

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

Jan 7, 14, 21; Feb 4, 11, 18

(353006) 7- 8:30 pm



### WEST COAST SWING ADVANCED BEGINNER/INTERMEDIATE

Requisite - Some basic west coast swing experience necessary, no partner necessary. Learn to dance to Blues, R&B, Top 40 Swing music. This is a slow, sexy style swing dance that's very popular across the country. Join award winning instructor Wesley Boz for this 6 week series. Space is limited.

**Instructor: Wesley Boz**

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

**Seymour Center**

Tues, Jan 5 - Feb 9 (354038-08)

7:30 - 8:30 pm

Tues, Feb 16 - Mar 22 (354038-09)

7:30 - 8:30 pm

## MUSIC

### BACK PORCH FALL JAM - A PICKIN' AND GRINNIN' SESSION

A Bluegrass/Country Jam where everyone brings their instrument and joins in the jam. Channel your good-old boy/girl and join us for some real home country music. If you do not play an instrument, you can bring your voice for this great musical experience. No jam is complete without oduls, good ole root beer and finger picking food!! Join Marie for an uplifting jammin' time!

Instructor: Marie Vanderbeck

Fee: FREE

**Seymour Center**

Wed, Jan 20 - Feb 24 (334037-03)

3:15 - 4:15 pm

### CHORUS AT CENTRAL ORANGE

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

### FINDING YOUR VOICE

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

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

• Folk

- Country
- Blues
- Appalachian
- A Cappella
- Gospel

Since harmony lends breadth to songs, that will be a major focus. The instructor will teach using her skills, as well as inviting input from the students. While each class is built upon the previous, a student may join at any time and still gain the benefits of the Joy of Singing! **Must have 5 participants for class to take place, with a maximum of 10 per class. Register by Wed, Jan 13.**

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

**Seymour Center**  
Wed, Jan 20 - Feb 24 (354063-03)  
2 - 3 pm

### HONG YAN CHINESE CHOIR

Singing is one of the most wonderful and beautiful things in the world! Our Chinese seniors regularly meet 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**  
Mon & Fri, Dec 7- Feb 26 (354051-02)  
12:45 - 1:30 pm

### KARAOKE SING-A-LONG

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

Fee: FREE  
**Central Orange SC**  
Wednesdays (257003-01) 10 - 11 am

### THE RETROS

The Retros is a close harmony performance group that sings oldies from the 50's and 60's. They are seeking to expand, if interested call Lisa Berley at 919-717-1853 for more information.

**Seymour Center**  
Mondays 1 - 2 pm

### SONG SWAP

Bring your favorite songs and/or your acoustic instruments, and let's make some music! Folk, blues, old time, bluegrass, or original songs - whatever suits your mood or your style, all are welcome. Leader Ralph Besser

**Seymour Center**  
1st Tues, Dec 1; Jan 5; Feb 2 (353017)  
7 - 8:30 pm

### VICTORIA WINDLER'S "EYES ON OPERA"

This program continues to draw large audiences for each DVD performance. Scheduled for the 3rd Sat of each month, the presentation includes world-class classical and contemporary operas, ballet, and operettas with occasional live performances and program commentaries. Feel free to bring a snack or sandwich to enjoy at the midpoint intermission. Check the website at

[www.meetup.com/Chapel-Hill-Opera](http://www.meetup.com/Chapel-Hill-Opera) for program details. For additional information, you may contact Stan Cheren at 919-942-9493.

Fee: FREE  
**Seymour Center**  
Sat, Dec 19; Jan 16; Feb 20 (353031-01)  
1 - 5 pm  
Sat, Dec 19: *The Classic Opera Animation Festival and Christmas Concert*  
Sat, Jan 16: *Rigoletto*, by Verdi  
Sat, Feb 20: *Manon* by Massenet

## THEATRE

See the next issue of the Senior Times for information.

## INTEREST GROUPS

### CHESS

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

**Central Orange SC**

### CHESS MEET-UP GROUP

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

**Seymour Center**

### CHORUS AT CENTRAL ORANGE

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

### GARDEN CLUB - CENTRAL ORANGE SC

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

**Central Orange SC**  
Wednesdays (257014-01) 10 am

### GARDEN GROUP - SEYMOUR CENTER

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

**Seymour Center** (357002)  
1st Mon - meet to plan and garden:  
Dec 7; Jan 4; Feb 1 1:30 pm  
Planting/Work days in the Garden: 2nd and 4th Mondays 8:30 am - 11 am  
Bring gloves, tools, and a hat on planting/workdays.

## INSPIRATIONAL TOPICS FOR PRACTICAL LIVING

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

**Central Orange SC**  
Tuesdays (254000-01) 10 - 11 am

## ISSUES OF FAITH

This time is for those who enjoy gathering together for scriptures, songs and uplifting words of encouragement. Join Annie Cotton as she leads these inspirational discussions.

Leader: Annie Cotton and Nancy Rogers  
**Seymour Center**  
Wednesdays (357010) 10:30 - 11:30 am

## MANDARIN MAH JONG: LEARN TO PLAY LIKE A PRO!

An ancient Chinese game which you will find challenging and fun, and good for memory exercise too. Similar to Poker, but more similar to rummy, the goal is to reach the highest combination of tiles which are called sets. Players will learn what sets are and how to best arrange them. Once the tiles can be identified and other game directions are learned, you will feel like a pro when it is all said and done. Come out and let the games begin!

Fee: FREE  
Leader: Alice Sury  
**Seymour Center**  
Thurs, Dec 3 - Feb 25 (324024)  
10 am- 12 noon  
(will not meet Dec 24 & 31 due to holiday)

## PADDLING CLUB

We are interested in developing a paddling club for those who would like to take advantage of our beautiful area. If you like to kayak or canoe, and are interested in exploring the many different lake and river options in our area, please call Terry at 919-245-2016.

## SUDOKU

Keep your brain sharp with this game that is sure to offer a challenge. If you have never tried Sudoku, or would like to learn tips to advance from the basic puzzle to the "evil" one, come join us. Sudoku game sheets provided; however you are welcome to bring some to share. Coach: Beverly Sanders

Fee: FREE  
**Seymour Center**  
Thursdays (357037) 10:30 am - 12 noon

## TAR HEEL DEPRESSION GLASS CLUB

The Tar Heel Depression Glass Club was formed in the spring of 1984. The group shares a common interest in collecting and preserving the glassware of the American Depression era. Past programs have included talks on Heisey, Fostoria, and Cambridge; Jewel Tea, Mayfair, Fiesta, Hall teapots, Cloverleaf, and Fire-King jade-ite. Other times,

however, the program will be about something related to the interest of a club member that is not specifically related to collectible glass or dinnerware. Some examples of these programs have been talks on cast iron, children's toys from the 1940s and 1950s, glass paperweights, Guardian cookware, and antique purses. Among the activities enjoyed by members are monthly meetings, social outings and trips to glass manufacturing areas of the country (West Virginia, Ohio, and Pennsylvania). This is an open group and new members are always welcome. For additional information contact the center or [ncglassclub@hotmail.com](mailto:ncglassclub@hotmail.com)

**Central Orange SC**  
1st Mon: Dec 7; Jan 4; Feb 1 (237001-01)  
5:30 - 8 pm

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

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

**Seymour Center**  
1st & 3rd Tues: Dec 1, 8; Jan 5, 19; Feb 2, 16 (357003) 2 - 4 pm

## MOVIES

### TUESDAY CINEMAS AT THE SEYMOUR CENTER

The movies, with popcorn, start at 1 pm on Tuesdays. Come earlier if you'd like to have lunch with us. Lunch tickets are distributed on a first come first served basis beginning at 11 am. Movie descriptions are available at the Center.

Dec 1	<i>The Harvey Girls</i>
Dec 8	<i>The Iron Lady</i>
Dec 15	<i>A Christmas Carol</i>
Dec 22	<i>Miracle on 34th Street</i>
Dec 29	<i>The Big Country</i>
Jan 5	<i>Midnight in Paris</i>
Jan 12	<i>West Side Story</i>
Jan 19	<i>To Catch a Thief</i>
Jan 26	<i>How to Marry a Millionaire</i>
Feb 2	<i>Miss Pettigrew Lives for a Day</i>
Feb 9	<i>Hairspray</i>
Feb 16	<i>He's Just Not That Into You</i>
Feb 23	61*

Free popcorn is available

Fee: FREE  
**Seymour Center**  
Tuesdays 1 pm

**DVDs:** We are collecting DVDs at the Central Orange SC and Seymour Center. Please bring in one or two of your favorite DVDs to show as part of our Tuesday Cinema series and Friday Flicks.

We will choose our movie selections for the upcoming year based on your favorites. Please let us know if you are willing to donate them to our DVD library, or if you would prefer to loan them to us for a few months.

### FRIDAY FLICKS AT CENTRAL ORANGE

Join us for our Frist Friday movie series showing currently released movies **beginning at 1:15 pm**. Popcorn will be provided by the center. If you like you are welcome to bring your favorite lawn chair or chair in a bag. Come earlier and join us for lunch prior to the film. If you have never enjoyed lunch with us before you will need to complete the appropriate form one week before the movie. The form will cover you for all future programs and events. Lunch tickets are disturbed on a first come first serve basis beginning at 11 am. Contact the front desk at 919-245-2015 for selection and to register.

Note: Movies are on the 2nd Fri. Registration required at least one week in advance.

#### Central Orange SC

Fri, Dec 11 *Home Alone*  
(253015-12)

Jan 8 *Selma* (253015-01)  
Feb 12 *Mr. Holmes* (253015-02)

### MOVIE NIGHT

**Thurs, Dec 3 6:30 pm**  
Join an **LGBT-friendly** group for the screening of the film:

***Reaching for the Moon*** "...a sophisticated tale of an unlikely romance between two extraordinary artists, set against the backdrop of political upheaval and a clash of cultures." – *Rotten Tomatoes*

Accompanied by delectable refreshments and delightful company. RSVP not required but appreciated!  
919-968-2070

## ORGANIZATIONS & CLUB MEETINGS

### CENTRAL NC MINERAL CLUB

Meetings are on the first Tues of every month. Guests are always welcome. Web site is [www.CentralNCMineralClub.org](http://www.CentralNCMineralClub.org) and has monthly updates on the first Tues meetings, etc.

Contact: Joseph Mack  
([josephmack@austintek.com](mailto:josephmack@austintek.com))

#### Seymour Center

Tues, Dec 1; Jan 5; Feb 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](http://www.chadernc.com)

#### Seymour Center

Thurs, Dec 17; Feb 18 (357050)  
8:30 – 10 am

### CHAPEL HILL CAMERA CLUB

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

#### Seymour Center

Tues, Dec 8, 15, 22; Jan 12, 19, 26;  
Feb 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

Tues, Dec 1; Jan 5; Feb 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 & Chinese, and have a lot of fun!

Leader: Charlie Tsui

#### Seymour Center

Wednesdays (354050) 10 – 11 am

### GOLDEN AGE HAPPY CIRCLE CLUB

Contact: Lula Alston at 919- 967-5706

#### Seymour Center

Tues, Dec 8; Jan 12; Feb 9 (358004)  
10:30 am

### JOLLY 79ERS

Contact: Geraldine Fennell at 919-732-1503

#### Central Orange SC

Mon, Dec 7; Jan 4; Feb 1 (258001-01)  
10 am

### NC CENTRAL UNIVERSITY ALUMNI ASSOCIATION

All NCCU Alumni are invited to join this organization. Keep informed about ongoing community projects, scholarships for students, and other updates for Alumni. Meetings are held the third Monday of each month.

Contact: Dorothy Bumphus at 919-943-9300

#### Central Orange SC

Mon, Dec 21; Jan 25; Feb 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, Feb 26 10 am

### SPANISH SOCIAL CLUB

This offers a time to socialize with other seniors in Spanish, exercise, and learn something new. A typical gathering might involve an engaging discussion around a health related issue, 30 min of exercise, a time to socialize and relax, and even an opportunity to learn a new skill (eg how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact Ana Lima at 919-245-4279 for additional information.

Acompáñenos los jueves de 9-11:30 am para una variedad de actividades ofrecidas en español. El Club Social le ofrece la oportunidad de socializar con adultos mayores, de hacer ejercicio y de aprender algo nuevo. Un día típico incluye una discusión sobre un tema de la salud, media hora de ejercicio, y tiempo para socializar, relajarse y aprender algo nuevo. Podemos tratar de ofrecerle, si lo solicita, transporte y cuidado de niños. Para mayor información en español puede contactar a Ana Lima at 919-245-4279.  
Fee: FREE

#### Seymour Center

(357151-01)

Thurs, Nov 19 – Feb 25 9 - 11:30 am

### STATE EMPLOYEE ASSOCIATION OF NC (SEANC)

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

Contact: Hazel Lunsford at 919-732-4410

#### Central Orange SC

Tues, Dec 22; Jan 26; Feb 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

Thurs, Dec 2; Jan 28; Feb 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, **Mon, Nov 23**. To register, call the Central Orange Senior Center at 919-245-2015. **You may register yourself, and ONE other person, with addresses and phone numbers. Payment must be received within one week**, or you will forfeit your spot and be moved to the waiting list. Please make checks payable to: Orange County Dept on Aging and mail to: Central Orange Senior Center, PO Box 8181, Hillsborough, NC 27278, or to the **Seymour Center**, 2551 Homestead Rd, Chapel Hill, NC 27516. Please inquire regarding accessibility for assistive walking devices. Remember, trips fill quickly! Transportation refunds will be made only if you call the center and cancel your reservation three (3) working days before the trip. If the minimum number of people doesn't register for a trip, by one week prior to the trip's departure, it will be cancelled and refunds will be issued for the full amount.

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

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

Thurs, Dec 3 (246008-01)  
**AMERICAN JUBILEE AT THE RUDY THEATRE - SELMA, NC:**

Enjoy traditional Christmas favorites like *Silver Bells*, *White Christmas*, and *Christmas in Dixie* as we are entertained by the 13 member cast of the American Jubilee performers. We will laugh at the antics of comedian Homer Hogwaller and his sister, Homerlina. Before the show we will enjoy a buffet lunch at the Robin's Nest, which is well known for its "down home cooking".

Fee: \$55 (includes lunch)

**Central Orange SC** 9:30 am – 6 pm  
**Seymour Center** 10 am – 5:30 pm

Thurs, Dec 10 (216000-01)  
**FOUR SEASONS MALL, GREENSBORO**

Do you have some last minute shopping for the holiday? There are many different stores to choose from throughout the Four Seasons Mall. Even if you don't need to buy anything, the mall will be decorated festively for the holidays. Maybe you want to pay a visit to Santa? Lunch will be on your own in the food court.

Fee: \$15 transportation  
**Central Orange SC** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Tues, Jan 19 (216001-01)  
**TRIANGLE TOWN CENTER, RALEIGH**

Beat the winter blues and spend the day looking for all the great sales. Most stores offer a senior discount on Tuesdays so be sure to ask each store. Lunch will be on your own in the food court.

Fee: \$15 transportation  
**Central Orange SC** 9 am – 4:30 pm  
**Seymour Center** 9:30 am – 4 pm

Fri, Feb 5 (216002-01)  
**NORTH CAROLINA SYMPHONY, RALEIGH**

This Friday Favorite is Orchestral Love Stories with musical selections from *Romeo and Juliet*, *Carmen*, *Samson and Delilah*, *Tristan and Isolde*, *Russian and Ludmilla*, and *Psyche*.

We will arrive in time for the pre-concert lecture at 11 am and have lunch at a local restaurant following the concert. Fee: \$33 for ticket and transportation  
**Central Orange SC** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Thurs, Feb 11 (216003-01)  
**HANK AND MY HONKY TONK HEROES, TEMPLE THEATRE IN SANFORD**

Jason Petty returns to the Temple Theatre in the smash hit, *Hank and My honky Tonk Heroes*.

Jason is the only actor to portray Hank Williams in New York City's off-Broadway musical hit, *Lost Highway*, where he won an Obie and multiple nominations for his performance. Jason also portrayed Hank in *Lost Highway* at Nashville's world famous Ryman Auditorium. He has also made over a dozen appearances on the Grand Ole Opry. Before the performance we will have an early lunch at the Carolina Brewery in Pittsboro.

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

Fri, Mar 4 (216004-01)  
**NORTH CAROLINA SYMPHONY, RALEIGH**

Artistic Director William Henry Curry, with the NC Symphony, brings two of his own works: *Autumn and Eulogy for a Dream*. *Movements I, II, and IV of Tchaikovsky's Symphony No 5* will be

performed during the second half of this Friday Favorites performance. We will arrive in time for the pre-concert lecture at 11 am and have lunch at a local restaurant following the concert.

Fee: \$33 for ticket and transportation  
**Central Orange SC** 9:30 am – 4:30 pm  
**Seymour Center** 10 am – 4 pm

Thurs, Apr 7 (216005-01)  
**ALWAYS A BRIDESMAID, TEMPLE THEATRE IN SANFORD**

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

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

**PUBLIC BUS LOCAL DAY TRIPS**

(Contact either Senior Center to register)

Thurs, Jan 14 (316011-01)  
**PUBLIC BUS TRIP TO RALEIGH**

Find out how easy it is to get to Raleigh by the express bus. This is a commuter bus that runs in the morning and again in the late afternoon. What will we do in Raleigh for the day? Visit the wonderful Natural Science and History Museums, eat out and enjoy other sites as time allows.

Cost: \$2.50 (65 yrs +) or \$6 (under 65 yrs.) – exact change required  
 Call Lisa Berley (919-717-1853) for bus and car directions to the Park and Ride Lot.  
**Leave from Eubanks Rd Park and Ride** 8:30 am  
**Return to Eubanks Rd Park and Ride** 4:30 pm

Thurs, Feb 18 (316012-01)  
**PUBLIC BUS TRIP TO THE STREETS OF SOUTHPOINT, DURHAM**

A shopping trip to the Mall can be a hassle: finding a parking space, remembering where you parked, or getting someone to drive you. How about trying the public bus system? We will have several hours at the Mall to do whatever we like: shop, eat, go to the movies, or just people watch. Call Lisa Berley at

919-717-1853 for more information.  
 Cost: \$2 (65 yrs+) or \$4.50 (under 65yrs) – exact change required  
**Central Orange SC** 10 am – 5 pm  
**Seymour Center** 10:30 – 4:30 pm

**EXTENDED TRIP**

If you desire further information, including deposits and final payment dates, payment arrangements, cancellations, travel insurance, travel agent's policies or other questions contact Cydnee Sims at 919-245-4250. If you have no questions or concerns and just want to register for a tour, call the main number of the Seymour Center at 919-968-2070. Our refund policies are as follows: To receive a refund on Extended Trips, cancellations must be made 21 days before the balance is due. If a cancellation is made after the balance due date, full or partial refunds will be offered only if someone can be found to replace you. Payment arrangements will be considered for trips of \$500 or more. To receive a refund on the Saturday Getaways, cancellations must be made 7 days before the trip leaves.

Tues, Mar 8 - Mon, Mar 14, 2016 (336016-01)  
**HIGHLIGHTS OF SAN DIEGO AND BAJA CRUISE**

This 7 days and 6 nights tour will feature 2 nights in San Diego and a 4 night cruise on Carnival cruise line's *Princess*. Get a closer look at San Diego and some of its beautiful surroundings. Tour will include San Diego City Tour, which will capture historic Gaslamp District, Seaport Village, the Embarcadero, Balboa park, old historic Old Town-San Diego, lunch at Hotel del Coronado (a National Historic Landmark), La Jolla (beach community), Mission San Juan Capistrano - one of the original missions built by the Spanish, 4 night cruise to historic Catalina Island and Ensenada, Mexico. About the ship: poolside big screen theater; 3 deck Piazza with bakery; internet café; wine/sushi/tapas bar; spa menu; adults only Sanctuary - mostly shaded top ship retreat; 9 hole putting green; fitness center; track, lounges/clubs; 4 pools, and 2 specialty restaurants. Optional excursion to the San Diego Zoo will be offered for an additional fee. Tour costs include: round trip airfare, 2 nights hotel in San Diego, 4 night Princess Cruise, all port charges and government taxes, 15 meals: 6 breakfasts, 4 lunches, and 5 dinners, hotel and ship transfers, Tour Manager, motor coach transportation, nightly outbound entertainment, and baggage handling. Tour Manager, step on guides and motor coach driver gratuities are not included. Gratuity for driver is recommended: \$3 - \$4 per person per day. Tour Guides is recommended: \$2 - \$3 per day. Tour Manger is recommended \$5 - \$7 per person per day. You may pay for this tour with a credit card; or checks should be made payable to

Premier World Discovery. Transfer bus will depart from **Seymour Center** at RDU, and back again. Tour cost: \$2,195 (inside cabin- IB) per person double occupancy (inside single supplement: +\$700) - \$2,345 (outside cabin-O/V) per person double occupancy (outside cabin single supplement +\$900) - \$2,545 (balcony cabin - BB) per person double occupancy (balcony cabin single supplement +\$1,300). Please contact Cydnee Sims at 919- 245-4250 for additional information.

**MORE TRIPS**

Mon, Dec 7 – Tues, Dec 8  
**MYRTLE BEACH SHOPPING AND CHRISTMAS SHOW SPECTACULAR**

Leave Monday morning by bus on route to Myrtle Beach, SC. Lunch and shopping in early afternoon at Tanger Outlet. Check-in hotel. Dinner on own at Bare Foot Landing before the 7:30 pm Alabama's "The South Grandest Christmas Show." Day Two: Morning hotel breakfast, checkout and enjoy the 1 pm "The Carolina Opry's Christmas Special" before returning back to Orange County at 7:30 pm.

Cost: \$250 person double occupancy or \$299 for single occupancy. Check payable to Friends of the Central Orange Senior Center, PO Box 8181, Hillsborough, NC 27278. For further information, call Center at 919.245.2015 and ask for Friends board member.

**Central Orange SC** Depart: 8 am  
**Seymour Center** Depart: 8:30 am

Thurs, Aug 11 – 14, 2016  
**RENFRO VALLEY, KY**

Country & Gospel Music at Its Best!

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

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

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

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

Cost: \$475 person double occupancy or \$625 for single occupancy. A deposit is in the amount of \$250 is due to hold your spot and the balance is due before May 5. Check payable to Friends of the Central Orange Senior Center, PO Box 8181, Hillsborough, NC 27278. For further information, call Center at 919.245.2015 and ask for Friends board member.

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

Sept 21 – Oct 4, 2016

### SPAIN & PORTUGAL

**Slide Presentation – Thurs, Feb 25 2 pm**

Look forward to sunny Spain and Portugal in this much-anticipated tour next fall. Fly to Portugal for a three night stay in LISBON, to enjoy its cuisine, wines, Fado music and the Moorish Alfama quarter. Your guided tour includes Jeronimo's monastery, tower of Belem, and more. Next day begins on Portugal's 'silver coast' in the pilgrimage town of FATIMA; on to the quaint town of NAZARE and the medieval walled town of OBIDOS. Enjoy the countryside of Portugal and Spain as you cross the border and head to MADRID, with its historic center, and the Plaza Mayor, where events have been held since the 17th century. The Royal Palace reveals lavish halls and impressive courtyard. Travel to TOLEDO, a UNESCO site and capital of medieval Spain until 1560. Highlights are the magnificent Gothic cathedral and the 13th century synagogue. In CORDOBA, walk through the Mezquita, an architectural marvel built by the Moors. In SEVILLE, view Columbus' tomb & walk through the Santa Cruz Quarter with its bright flowers and winding streets. You have a reserved seat for a flamenco show and authentic regional meal. In GRENADA, tour the world-famous Alhambra, the immense hilltop palace. Travel through Spain's amazing landscape of rolling hills and olive groves to the Mediterranean coast to VALENCIA for a stroll through the bustling central market, one of the largest in Europe. A 'paella experience': a boat ride on the canals surrounding rice field plantations, followed by an authentic paella lunch. Two nights in BARCELONA, a beautiful city on the Mediterranean. Explore the famous Las Ramblas, dotted with colorful bird and flower stalls. Guided tour showcases UNESCO world heritage sites. All inclusive airfare, hotels, 19 meals, land tours, baggage

handling, air taxes and fees, tour guide, transportation to and from airport: \$4,499. Book by April 1 and receive \$100 discount. Trip cancellation and medical insurance plan available for \$260. Trip offered by Friends of Seymour Center.  
Contact: Linda Mews 919-967-4728, [Lmews2@gmail.com](mailto:Lmews2@gmail.com).

Oct 31 – Nov 12, 2016

### 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' 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 two-nation 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
- No balconies are currently available

Other details:

- The bus leaves Central Orange Senior Center on Mon, Oct 31, 2016 at 6 am, and leaves the Seymour Center at 6:30 am.
- We will return home around 5 pm on Thurs, Nov 12, 2016.
- 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, 2016 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 \$250 non-refundable deposit per person must be received by Tues, Dec 1, 2015. Prices will likely increase after that date. Your final payment is due Fri, July 1, 2016.**

**To hold your registration, submit your completed Registration Form and a check deposit made payable to: The Friends of The Senior Center for Central Orange, PO Box 8181, Hillsborough, NC 27278. For questions, call 919- 245-2015.**

## CARRBORO RECREATION AND PARKS DEPARTMENT

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

### DAY TRIPS

Walk In Registration Only. Carrboro Recreation and Parks trips are known for their fine company, back road ambling, and interest-piquing destinations. Take advantage of a one-day outing and leave the driving to someone else! All trips are geared for adults. **Transportation by van, departing from Carrboro Town Hall and return times are approximate.** Please inquire regarding wheelchair accessibility. In order to receive a refund you must cancel 2 weeks prior to the trip.

### JUBILEE DOWN HOME CHRISTMAS SHOW - RUDY THEATER

This show is guaranteed to get you in the spirit of the holidays. Sing along with traditional Christmas favorites like *Silver Bells*, *White Christmas*, and *Christmas in Dixie*. Laugh until you cry at the antics of our comedian. Remember the reason for the season with our spiritual tribute to Christmas. We will eat lunch before the show please bring money.

Fee: \$33

Thurs, Dec 10 10:15am - 5:15 pm

### NASHER MUSEUM OF ART AT DUKE UNIVERSITY

Join us as we explore The Nasher Museum, which is celebrating its first decade as a major center for the arts on Duke University's campus and in the surrounding Research Triangle area. The museum organizes and presents leading-edge exhibitions that travel to institutions worldwide. We will be having lunch at the museum's café.

Fee: \$10

Tues, Jan 26 10 am – 2 pm

### TEMPLE THEATRE – HANK & MY HONKY TONK HEROES

There is only one Hank Williams...and only one actor who can bring him to life...Jason Petty. Jason is the only actor to portray Hank Williams in New York City's off-Broadway musical hit, *Lost Highway*, where he won an Obie and multiple nominations for his performance. Jason also portrayed Hank in *Lost Highway* at Nashville's world famous Ryman Auditorium. You want more proof... over a dozen appearances on the Grand Ole Opry... Hundreds of incredible reviews from the New York Times, Billboard Magazine, Rolling Stone, Entertainment Weekly, and more...

Fee: \$28

Thurs, Feb 4 10:30 am – 5 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

Tues, Dec 15 2 - 3:30 pm

Wed, Jan 20

Fri, Feb 26

### GAME DAY'S AT COVENANT PLACE CO-SPONSORED WITH 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, Dec 17 1 - 2 pm  
Thurs, Jan 21  
Thurs, Feb 18

### VALENTINE PARTY - ACTIVE LIFE

Celebrate the love of your choice with us this year. Life, grandchildren, pets, a sweetie, chocolate, nature, and art are all contenders! This sweet little party promises entertainment, refreshments and games...all in the name of love. FREE. Please call 918-7364 to register.

Fee: FREE

#### Century Center

Fri, Feb 12 2 pm

### NO SEW BLANKET MAKING

Let's give to the children! Join us at Covenant Place to assemble no sew fleece blankets to be donated to the UNC Children's Hospital. Carrboro Parks and Recreation will provide the material and a snack; however, we need you to help do the work. Please call 919-918-7364 if you would like to help.

Fee: FREE

#### Covenant Place

Tues, Feb 2 2 - 4 pm

### POET'S OPEN MIC NIGHT

Join Carrboro Recreation and Parks Department and Open Eye Cafe the first Tuesday 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

Dec 1 - Feb 2  
(1st Tuesday of each Month)  
7 - 9 pm

To see a complete listing of trips, hikes, programs and classes please visit [www.carrbororec.org](http://www.carrbororec.org) or call 919-918-7372.



## ORANGE COUNTY SENIOR GAMES

Senior Games is a year-round health promotion program for adults ages 50 +. Activities include clinics, tournaments, social activities, SilverArts - new in 2015 is a performing arts component - as well as local and state competitions. For more information call Latonya Brown, Senior Games Coordinator, 919-245-4270. The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors.

**The 2016 Orange County Senior Games' Athletic Events will be held Tues, April 5 - Thurs, April 21. SilverArts performance competition will be held at the Seymour Center in conjunction with the Celebration of Athletes, April 27, and will be a judged show and the SilverArts visual art show will go on display beginning Mon, April 11 at the Seymour Center. Again, this year, the Celebration of Athletes & Artists will be held in conjunction with the Food Truck Rodeo at the Seymour Center on Wed, Apr 27 at 4:30 pm.** For the Senior Games' on-going activities events schedule, please refer to the Athletics section on page 33 for more information.

### Registration Information

Registration forms will be mailed to last year's participants at the beginning of 2016. New participants may pick up a registration application from the following locations: both senior centers, recreation departments, and at the locations of each event in Orange County. You can also call a senior center and ask to have one mailed to you. Be sure to check the application for the "early bird" savings. **The early bird deadline is Friday, March 4 and the final deadline is Friday, March 18 (the SilverArts registration deadlines are the same as for Athletic events).** For more information and/or to volunteer at any of the events, please call Latonya Brown at 919-245-4270. For information about SilverArts call Cyndee Sims at 919-245-4250.

### SilverArts

SilverArts Visual Art Show is a juried art show, and will be at the **Seymour Center**. Please complete the Senior Games SilverArts registration form in the Senior Games registration packet. **All artwork should be brought to the Seymour Center on Tuesday, April 7, between 9 am - 12 noon.**

The SilverArts Performing Art Show will be held in conjunction with the Celebration of Athletes onw



SENIOR GAMES  
REGISTRATION  
AVAILABLE:  
JANUARY 5 - MARCH 18,  
EARLY BIRD  
REGISTRATION  
THROUGH  
MARCH 4 -  
SAVE \$3.00!

Athletic events, SilverArts - Visual and Dance Performance and cheerleading are available.

## GIVING BACK – FIND A PLACE TO VOLUNTEER

Orange County Department on Aging / Volunteer Connect 55+ (VC55+) is designed to enrich the lives of people 55+ in Orange County by connecting them to meaningful volunteer experiences in the community. Learn about volunteer programs being launched by the Dept. on Aging to address the needs of older adults in Orange County. [www.orangecountync.gov/aging/volunteerconnect55.asp](http://www.orangecountync.gov/aging/volunteerconnect55.asp)

**Kathy Porter**, Year-round VITA Coordinator

**Yvette Missri**, Manager

**Judy Mathias**, Volunteer Coordinator

**Fran Dionne**, Data Manager

Call 919-245-4241 or email: [ymissri@orangecountync.gov](mailto:ymissri@orangecountync.gov)

With local support from the Towns of Carrboro and Chapel Hill.

## Are You Experiencing an Aging Transition?

Orange County Department on Aging/ Aging Transitions Division is designed to provide information, consultations, assessments and services to older adults and their families as they face changing health needs, relocations, and other age-related issues.

email:

[agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov)

**Mary Fraser, DSW**, Aging Transitions Administrator

**Keisha Andrews, MSW**, Social Worker

**Lisa Berley, MSW**, Transportation Specialist

**Cummie Davis**, Administrative Assistant

**Ryan Lavalley, MA, OTR/L**, Occupational Therapist

**Ana Lima, MSW**, Bilingual Social Worker

**Beverly Shuford, BS**, Information and Benefits Specialist

**Pam Tillet, MSW**, Social Worker

**Mary-Ann Weston, MSW**, Social Worker

**Jenny Womack, MA, OTR/L**, Occupational Therapist

**Zhenzhen Yu, MSW**, Bilingual Social Worker

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



## CENTRAL ORANGE SENIOR CENTER

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

Mailing address: P.O. Box 8181, Hillsborough, NC 27278

Mon – Thurs 8 am - 8 pm; Fridays 8 am – 5 pm

Managed by Orange County Department on Aging with support from Friends of Central Orange Senior Center.

**Dawn Smith**, Facility Manager, 919-245-2021

**Terry Colville**, Center Operations Manager, 919-245-2016, email: [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator, 919-245-4256, email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-245-4270, email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator, 919-245-2020, email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging, 919-245-4255, email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

TO REGISTER FOR CLASSES AT THE CENTRAL ORANGE SENIOR CENTER, CALL 919-245-2015.



## SEYMOUR CENTER

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

Mon, Wed, Fri 8 am - 5 pm; Tues and Thurs 8 am - 9 pm; Saturdays 9 am - 5:30 pm

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

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

**Robin Bailin**, Facility Manager, 919-245-4252

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

**Cydnee Sims**, Center Operations Manager, 919-245-4250e, mail: [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator, 919-245-4256, email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-245-4270, email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator, 919-245-2020, email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging, 919-245-425, email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

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

## OC Web site: [www.orangecountync.gov/aging](http://www.orangecountync.gov/aging)

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

Both Senior Centers will be closed Wed - Fri, Dec 23 - 25; Fri, Jan 1; and Mon, Jan 18 for holidays