

# SENIOR TIMES

News and Activities for Orange County's Older Adults



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**Check out all the Evening Programs See page 3**

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

## FROM THE DIRECTOR

I hope everyone has enjoyed our beautiful Fall here in Orange County. The leaves are finally changing colors and we are entering another beautiful season of holidays. For us here at the Department on Aging we are continuing our season of MAP planning. We are well into the planning for the 2017-22 Master

Aging Plan. As I mentioned in the last Senior Times we held 14 focus groups; have completed 30+ interviews with community partners; and (drum roll, please) we achieved our goal of getting 1000+ community surveys! Last week we held community meetings at both of the Senior Centers to share the data that we have collected and also to hear from the community of areas/needs that were missing. 100+ persons participated in the meetings and gave us some excellent feedback. We are now in the process of determining the focus areas of the work groups. We anticipate we will have five work groups in the following areas: Transportation/Outdoor Space and Buildings; Housing; Social Participation/Respect and Social Inclusion; Civic Participation and Employment; and Community and Health Services. These groups will meet several times from January thru early March. The work groups are tasked with addressing the issues in our community that relate to the subject area and determining the goals and objectives that will go into the 2017-22 MAP. The work groups will be made up of residents, local experts in the particular field and staff from the county and local municipalities and non-profit organizations. The framework that we are using for the 2017-22 MAP is based on the WHO-AARP's Age-Friendly Communities guidelines. As I mentioned in the last Senior Times we are the first county in NC to sign on to be a part of this initiative. We are joining 123 communities across the US that are striving to make their communities an ideal place to age.

I look forward to hearing from you as we continue to work on the next Master Aging Plan. If you are interested in serving on a work group please email or call me. This is a community plan and we need you to be involved.

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

Sincerely,  
Janice Tyler

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

## FROM THE EDITOR

Did you know that the centers are open in the evenings? The Passmore Center, Hillsborough, is open 4 nights per week, Mon – Thu, until 8 pm and The Seymour Center, Chapel Hill, is open the same 4 nights per week, until 9 pm. Check out the evening programs schedule on page 3 for the activities happening in the evenings after 5 pm.

As the weather turns cooler and winter chill sets in, there is plenty to keep you warm inside the two Orange County Senior Centers. One way to warm up is to work out – **check out the new special prices for the Wellness Fitness Center at Seymour and the Seymour Spring Fitness Challenge.** As always, the SportsPlex provides a great deal to the county residents and a special rate for adults joining through the Passmore Center. There are new Wellness Program offerings along with our great ongoing Wellness Classes.

It's one of our goals to continue to offer new and exciting programs, some of them are: Memoir Writing workshops; Improv classes/workshops; Public Bus Riding 101; "Slam Those Scams!" Workshop; Uber and Lyft; Retirement: Making your Money Last; Protecting Your Assets; A Taste of China in honor of Chinese New Year; Artful Sparks!; Pop Up Events!; Booming Nights series; Cajun-Creole Night; Chocolate Decadence; "Do I Have To" workshop; Holiday Chocolate Made Simple; Spades Play; Tool Swap; and Women's Winter Spa. Of course, you will continue to see some of the popular programs and classes offered again. Read through the schedule and program pages to discover all the programs and details.

We really want your feedback and input on future planning through the ongoing Master Aging Plan process, please keep an eye out for announcements about upcoming work groups and planning sessions.

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

It is my hope that each of you will be able to find services and/or programs at the Centers that can help you stay warm, active, educated and informed.

Myra Austin

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

## 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 Mon mornings at the Seymour Center in Chapel Hill, and on Wed at the Passmore Center in Hillsborough. To make an appointment at either location, call Betsy at 919-245-2890.

## County Updates Computer Registration and Reservation System – late January 2017

By January 30, residents and staff will have a new updated county registration and facility reservation system for Aging Services, DEAPR (Department of Environment, Agriculture, Parks and Recreation) and the Library.

During the week of January 23 – 29, the county's Information and Technology Department will help the county departments, listed above, transitions to the new registration and facility reservation system. However during this week, residents will be limited in paying for classes, reserving facilities or registering for new programs. The system will be unavailable to handle any of these tasks as we change data over to the new system. Some pencil and paper registrations and reservations may be possible. We are asking for residents' patience as we move toward this new and improved system.

# Evening Activities and Programs

## ATHLETIC ACTIVITIES

See pages 36-37 for details  
[Passmore Center](#)

### Billiards

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

### Pickle Ball

Mon (251016-01) 5 - 8 pm

[Seymour Center](#)

### Badminton

Tue (351022) 4:30 - 6:45 pm  
 Wed (New!) 7:30 - 9 pm

### Basketball - Shoot Around

Thu (357022) 5:30 - 7 pm

### Billiards

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

## ART CLASSES

see pages 26-27 for details  
[Passmore Center](#)

### Basic Drawing

Fee: \$40  
 Session I: Mon, Dec 5 - Jan 9 (no class Dec 26 & Jan 2) (254021-12) 6 - 8 pm  
 Session II: Mon, Jan 23 - Feb 13 (254021-01) 6 - 8 pm

Session III: Mon, Feb 20 - Mar 13 (254021-02) 6 - 8 pm

### Watercolor Painting - Beginning

Fee: \$40  
 Session I: Thu, Dec 1 - 22 (254039-12) 5:30 - 7:30 pm  
 Session II: Thu, Jan 5 - 26 (254039-01) 5:30 - 7:30 pm

Session III: Thu, Feb 2 - 23 (254039-02) 5:30 - 7:30 pm

## BRIDGE & OTHER GAMES

see pages 29-30 for details  
[Seymour Center](#)

### Mah Jong - Evening

Thu (351001-01) 7 - 9 pm

## CRAFT CLASSES

see pages 27-28 for details  
[Passmore Center](#)

### Fused Glass Jewelry & Other Artwork

Fee: \$10 per class + \$10 material fee payable to instructor.  
 Thursdays (254020-12, 01, 02) 4 - 5:30 pm

### Passmore Center Carvers (Woodcarving)

Fee: Free (plus supplies)  
 Wednesdays (254033-02) 6 - 7:30 pm

[Seymour Center](#)

### 3-D Moravian Star

Fee: FREE  
 Seymour Center  
 Mon, Dec 12 (314042-01) 6 - 9 pm

## DANCE, MUSIC & THEATER

see pages 37-39 for details  
 Dance  
[Seymour Center](#)

### Argentine Tango Dance

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

4th & 5th Thu, Dec 22; Jan 26; Feb 23 (353007- 04) 7 - 8:30 pm

### Chinese Dance for Active Adults

Fee: FREE  
 1st & 3rd Thursdays 7:45 - 8:45 pm

### Chinese Folk Dance

Fee: FREE  
 Mondays (354103-01) 7 - 8:45 pm

### Clogging Lessons

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

### Irish Set Dancing

Fee: \$5 per session  
 2nd Wednesdays (353034-01) 7 - 9:30 pm

### New! Nightclub Two Step Dancing

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

### Foundations I

**Beginner/Advanced Beginner**  
 Tue, Tue, Dec 6 - Dec 20 (354038-16) 7:30 - 8:30 pm

### Foundations II

**Advanced Beginner/ Intermediate**  
 Tue, Jan 10 - Jan 31 (354038-17) 7:30 - 8:30 pm

### Foundations I

**Beginner/Advanced Beginner**  
 Tue, Feb 7 - Feb 28 (354038-18) 7:30 - 8:30 pm

### Waltz Social/ Practice

Fee: FREE  
 1st, 2nd & 3rd Thu, Dec 1, 8, 15; Jan 5, 12, 19; Feb 2, 9, 16 (353006) 7 - 8:30 pm

### West Coast Swing

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

### Foundations I

**Beginner/Advanced Beginner**  
 Tue, Dec 6 - Dec 20 (354038-13) 6:30 - 7:30 pm

### Foundations II

**Advanced Beginner/ Intermediate**  
 Tue, Jan 10 - Jan 31 (354038-14) 6:30 - 7:30 pm

### Foundations I

**Beginner/Advanced Beginner**  
 Tue, Feb 7 - Feb 28 (354038-15) 6:30 - 7:30 pm

## Music

[Seymour Center](#)

### Song Swap

Fee: FREE  
 1st Tue, Dec 6; Jan 3; Feb 7 (353017) 7 - 8:30 pm

## EDUCATIONAL OPPORTUNITIES

see pages 30-32 for details  
 Financial Planning  
[Passmore Center](#)

### Standing Guard: Protect What You've Worked For

Fee: FREE  
 Wed, Dec 7 (224013-01) 6:30 - 7:30 pm

### Tax-Free Investing: It's Not What You Make, It's What You Keep

Fee: FREE  
 Wed, Feb 1 (244022-01) 6:30 - 7:30 pm

[Seymour Center](#)

### Improv 101

Fee: \$5  
 Tues, Jan 3 - Feb 7 (354137-04) 6:30 - 8:30 pm

### Pleasures and Perils of Aging

Fee: FREE  
 Wed, Jan 18 & 25 (314036-01) 6 - 7 pm

### Transitioning to the Life You Love

Fee: \$5  
 Wed, Jan 11 (314042-01) 6 - 7 pm

## Financial Planning

### Standing Guard: Protect What You've Worked For

Fee: FREE  
 Wed, Dec 14 (324016-03) 6:30 - 7:30 pm

### Tax-Free Investing: It's Not What You Make, It's What You Keep

Fee: FREE  
 Wed, Feb 22 (334023-02) 6:30 - 7:30 pm

## INTEREST GROUPS

see page 39-40 for details  
[Passmore Center](#)

### Tar Heel Depression Glass Club

1st Mon: Dec 5; Jan 9 (2ND Mon due to holiday); Feb 6 (237001-01) 5:30 - 8 pm

## ORGANIZATIONS & CLUB MEETINGS

see page 40 for details  
[Passmore Center](#)

### NC Central University Alumni Association

Mon, Dec 19; Jan 23; Feb 20 (258005-01) 5 pm

[Seymour Center](#)

### Central NC Mineral Club

Tue, Dec 6; Jan 3; Feb 7 (358001) 7 pm

### Chapel Hill Camera Club

Tue, Dec 13, 20, 27; Jan 10, 17, 24; Feb 14, 21, 28 (358002) 6:30 - 9 pm

### Chapel Hill Camera Club - Digital Imaging Group

Tue, Dec 6; Jan 3; Feb 7 (358000) 6:30 - 9 pm

### Spanish Social Club

Thu 7 - 8:30 pm

### Triangle Weavers Organization

Thu, Dec 1; Jan 26; Feb 23 no meeting in Nov (357004) 6:45 - 8:45 pm

## POTTERY

see page 29 for details  
[Passmore Center](#)

### Advanced Pottery

Fee: \$65  
 Session I: Mon, Dec 5 - Jan 9 (No class Dec 26 & Jan 2) (254015-12) 6 - 8 pm

### Session II: Mon, Jan 23 - Feb 13 (254015-01) 6 - 8 pm

### Open Pottery (for current pottery students only) Tuesdays 6 - 8 pm

### Introduction to Raku Pottery

Fee: \$65  
 Mon, Feb 20 - Mar 13 (214017-01) 6 - 8 pm

## SPECIAL EVENTS

see pages 33-36 for details  
[Passmore Center](#)

### Arsenic and Old Lace - Dinner Theatre

Thu, Feb 23 (213014-01) 7 pm

### Performance Only (concessions will be sold)

\$15 in advance \$18 at the door.  
 Fri, Feb 24 (213014-01) 7 pm

### Performance Only (concessions will be sold)

\$15 in advance \$18 at the door.  
 Sat, Feb 25 (213014-01) 6:30 pm

### Dinner Theatre - Must purchase advanced tickets \$38. Doors open at 6 pm and dinner is 6:30 - 7:30 pm

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

Fee: \$9 per class plus two ingredients  
 Mondays (No class Jan 2 - 23) (233016-12, 01, 02) 5:30 - 8 pm

## A Spoken Word Performance & Special Reception

Fee: FREE  
 Mon, Jan 23 (313074-01) 6:30 - 8 pm

### Artful Sparks: Pop Up Events!

Fee: \$15  
 Wed, Dec 7 - Feb 22 (313064-01) 6:30 - 8:30 pm (will not meet on Dec 28)

### Booming Nights at Seymour Series

Fee: \$15 per class (includes most or all materials - see each class description for directives)

## Ikebana Night with Fung Little and Prilla Boomer

Mon, Jan 30 - (313065-01) 6 - 9 pm

## Interchangeable Jewelry Night with Ceresa Clarke - part 1

Mon, Feb 27 (313067-01) 6 - 9 pm

## Interchangeable Jewelry Night with Ceresa Clarke - part 2

Mon, Mar 6 (313067-02) 6 - 9 pm

## Cajun-Creole Night

Fee: FREE  
 Fri, Mar 31 (323053-01) 6 - 8 pm

## New! Cinema Night at the Seymour Center

My Big Fat Greek Wedding 2 - Wed, Dec 14  
 Creed - Wed, Jan 11  
 Race - Wed, Feb 8

Fee: FREE (movie is free, concessions will be available for purchase)

Wed, Jan 11; Dec 14; Feb 8 (313073-01) 6:30 - 9 pm

## Glamour Me Makeover Before and After Party

Fee: FREE  
 Wed, Dec 14 (313063-01) 6 - 8 pm

## Jazz Night

Fee: FREE  
 Fri, Dec 2 (313071-01) 7 - 8:30 pm

## "LOVE IS IN THE AIR" SWEETHEART BALL

Fee: FREE  
 Fri, Feb 10 (313008-04) 6 - 10 pm

## SUPPORT GROUPS

see page 23-24 for details  
[Seymour Center](#)

### Multiple Sclerosis (MS) Support Group

Last Tue, Nov 29 6:30 - 8 pm

### NAMI Orange County Support Group

4th Tue, Jan 24; Feb 28 (no Dec mtg) 7 - 8:30 pm

## WELLNESS - EXERCISE CLASSES

see pages 18-22 for details  
[Passmore Center](#)

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

Fee: \$8/ class  
 Mon (252008-09, 10, 11) 6 - 6:50 pm

[Seymour Center](#)

### Circuit Training with Alicia Reid

Fee: \$50 per session  
 Wed, Nov 16 - Dec 28 (352045-02) 6:15 - 7:15 pm

Wed, Jan 18 - Feb 22 (352045-03)

### Exercise Boot Camp for Boomers

Fee: \$50 per session  
 Mon, Nov 14 - Dec 12 (352041-02) 5:30 - 6:30 pm

Mon, Jan 9 - Feb 13 (352041-03)

### Simply Yoga

Fee: \$6/class  
 Wednesdays (352023-03) 5:15 - 6:15 pm

### Music Therapy Class

Fee: FREE  
 Tue, thru Dec 20 (352091) 5 - 7 pm

### Pilates for Low to No Vision

Fee: FREE  
 Mondays (352010-34) 6:30 - 7:30 pm

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

Fee: FREE  
 Tue (352005-10) 7 - 8:15 pm

♿ = accessible class



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

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

### 橙郡老年中心 社会工作者服务团队

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

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

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

英文热线：919-968-2087；中文热线：919-259-0232

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

## Come Enjoy the New Memory Cafés

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

Fee: FREE

**Seymour Center** - Café

2nd Mon: Dec 12; Jan 9; Feb 13

1:30 – 3:30 pm

**Passmore Center** - Memory Café

3rd Mon: Dec 19; Jan 23 (due to MLK); Feb 20

2 - 4 pm

RSVP not required, but encouraged.

For RSVPs or Questions

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

## You'll Want to Know

### 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!

### Centers open in the evenings

The Seymour Center is now open 4 nights per week, Mon – Thu, until 9 pm and the Passmore Center is open the same 4 nights per week until 8 pm. Check out the evening programs schedule on page 3.

### Registration Forms Update

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

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

### Join the Senior Centers' Email List

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

### Senior Times is on the Web

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

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

Just a reminder, we have a senior page in the Chapel Hill Herald on Sundays which gives information on some of the events for the upcoming month. Look for it on Sun, Dec 25 and Jan 29.

## COMMUNITY CENTERS

Cedar Grove, Efland-Cheeks,  
& Rogers Road

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

Instructors: Tammy Harkinson, Orange Public Transportation (OPT) and Lisa Berley, OC Dept on Aging, Transportation Specialist

Fee: FREE

**Cedar Grove Community Center**

Thu, Jan 5 1 – 2 pm

### Living Healthy

A FREE 6-week workshop for people who live with chronic disease and/or their caregivers. It offers healthy ways to live with disease while balancing everyday life.

Fee: FREE

**Cedar Grove Community Center**

Late Feb - March TBA

### Gym Walk

Fee: FREE

**Cedar Grove Community Center**

Mon – Fri 1 – 2 pm

As the centers provide services to adult residents age 50+ - we will happily advertise them in this publication as well.

## Medicare Open Enrollment Until December 7 It's Time to Make a Change!

There are only a couple of weeks left! Beginning each January, most Medicare health and 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 2017.

Meet with a trained Seniors' Health Insurance Information Program (SHIIP) counselor to find out if your current Medicare Part C or Part D plan will be the most cost-effective for you next year. Most people can only make a change during **Open Enrollment which ends December 7th**.

Counselors can also help you apply for Medicare's Extra Help Program to lower the cost of your drugs and Part D premiums. You must meet income eligibility requirements to qualify.

Don't be surprised when you go to the pharmacy to pick up your medications in January because you didn't do anything now! Call today to schedule a FREE appointment with a certified SHIIP counselor. For an appointment in Chapel Hill, call the Seymour Center at 919-968-2070; for an appointment in Hillsborough, call the Passmore Center at 919-245-2015.

## 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 six months "window" will be covered - including Medicare Advantage Plans (Part C). For those with qualifying incomes, there will also be information on the Extra Help program which lowers your costs. To register, call Passmore Center 919-245-2015, or Seymour Center 919-968-2070.

**Passmore Center** (223003-02)  
Thu, Dec 8 6 - 7:30 pm

**Seymour Center** (356055-04)  
Sat, Jan 28 1 - 3 pm

**Chapel Hill Library**  
Mon, Jan 9 12 noon - 1:30 pm  
Mon, Feb 13 4:30 - 6 pm

**Orange County Public Library  
(Hillsborough)**  
Tue, Jan 10 1 - 2:30 pm  
Wed, Feb 8 11 am - 12:30 pm

## Care Partner Respite Now Offered at Both Centers

The Care Partner Respite, part of the Orange County (OC) CARES program, offers respite for local family caregivers at both the Chapel Hill and Hillsborough centers. Through group interactions, activities, and exercises, the program provides numerous opportunities for socialization and stimulation to older adults with cognitive impairment. The respite program is limited to 10 participants and is led by dementia care professionals and degree-specialized students. The program is FREE for qualified participants and is held from **11 am to 4 pm on Wednesdays at the Seymour Center in Chapel Hill and on Fridays at the Passmore Center in Hillsborough**. To enroll, please contact the OC CARES team at 919-245-4253.

## Get Extra Help with Medicare Costs

Medicare beneficiaries with limited incomes and resources may be eligible for the federal Extra Help Program. This program 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 Extra Help, the monthly income must be limited to \$1485 for an individual or \$2002 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 Program if completing an application. For an appointment in Hillsborough, call 919-245-2015, for Chapel Hill call 919-968-2070.

## MEDICARE QUESTIONS?

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

Passmore Center, Hillsborough, NC  
919-245-2015  
Seymour Center, Chapel Hill, NC  
919-968-2070  
NC SHIIP: 855.408.1212 (toll free)



## Do you need help paying for Medicare?

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

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

**PASSMORE CENTER: 919.245.2015**  
**SEYMOUR CENTER: 919.968.2070**

## 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 aging issues. These half-hour shows are sponsored by the Department on Aging, UNC Health Care, Carol Woods Retirement Community, the Friends of both the Seymour and Passmore Centers, and Carolina Meadows Retirement Community of Chapel Hill.

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

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

- Channel 8 in Chapel Hill
- Channel 4 in Carrboro and
- Channel 18 in the Durham area

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

On the first Saturday of each month, *IPOA* will be highlighting an inspiring life story on people who've made a difference in the community. This program series will feature: Dec - Ann Johnson, NC pioneer in field of aging; Jan - Ella Carver, long time Orange County resident shares her 105 year old life story; in Feb; William "Bill" Olsen, shares his experience and thoughts as one of North Carolina's oldest practicing realtors.

**Dec 3: "Ann Johnson; a Bountiful Existence"**- Host Jerry Passmore interviews Ann Johnson, long time state and national aging advocate, formerly chair of the Governor's Advisory Council on Aging and Senior Tar Hell Delegate. At 88 years of age, Ann shares her perspective on how advocacy has changed over the years. (OAD-10/31/09) **YouTube**

**Dec 10: "Osteoporosis and Good Bone Health"**. Dr Ingrid Luo-Tseng brings her knowledge and expertise, along with models of the spine, to address one of the more important health and wellness issues for older adults. Hosted by Katherine Leith. (OAD-3/1/05) **YouTube**

**Dec 17: "Life of Darryl: A Musical"** - Darryl Freedman's family and members of the Village Revue celebrated a Musical Comedy story of his life for his 80th birthday. Darryl is a community leader and videographer in Chapel Hill, NC who has made a major contribution over the years in documenting the life of the community through his video. (OAD-12/17/16) **YouTube**

**Dec 24: "Pet Adoption Fashion Show"** - Calling all animal lovers! Don't miss this unique, fun, fashion show of animals modeling their cute attire! Watch pet adoption models, Cody, Ernie and mother with daughter, Sheba and Chiquita walk the runway as they dress to impress and inspire you to adopt from the animal shelter for the New Year. The show was held at the Seymour Center on July 19, 2012 and co-sponsored with the Orange County Animal Services with Sarah Hearn Fallin, Program Coordinator and Program Emcee. (OAD-1/5/13) **YouTube**

**Dec 31: "Living Well: Wellness and Well-Being"** What makes for an enjoyable life? Join Katherine Leith and guest Margie DeWoskin for a discussion of three components and four indicators of "successful living. Start the New Year with a new perspective on life. (OAD- 3/13/04) **YouTube**

**Jan 7: "Ella Carver: Turns 105 Years Old"**- Ms Ella Carver, a long time Orange County resident, shares her life experiences of growing up on a farm, marriage, family, work and her thoughts on how she was able to live to be 105 years old. (OAD- 1/7/17) **YouTube**

**Jan 14: "Jerry M. Passmore Center Renaming Building Ceremony"** - View highlights of the renaming of the Central Orange Senior Center in Hillsborough, NC to the Passmore Center held on Sept 29, 2016. Key speakers were Beverly Blythe, President of the Friends of the Center, Chair Earl McKee, Orange County Board of Commissioners, Tom Stevens, Mayor, Town of Hillsborough and remarks by Jerry Passmore, honoree. (OAD - 1/14/16) **YouTube**

**Jan 21: "Sensible Lives and Sustainable Neighborhoods: Part 1"** - Dave Wann, speaker, filmmaker, and author of *Superbia*, *Affluenza* and *The New Normal*, presented on March 18, 2014 his prescription for transforming or "remodeling" existing neighborhoods into sustainable communities. Instead of simply remodeling our homes to "age in place", the remodeled neighborhood can support, both physically and culturally, the aging process on a personal and community level. (OAD- 8/16/14)

**Jan 28: "Sensible Lives and Sustainable Neighborhoods: Part 2"** - Dave Wann continues his prescription for transforming or "remodeling" existing neighborhoods into sustainable communities. Dave provides numerous examples, by drawing on his own Harmony Village in Golden, CO. (OAD-8/23/14)

**Feb 4: "Orange County's Senior Realtor."** - "William "Bill" Olsen, shares his life and how the community has changed as one of the oldest practicing realtors and being one of the few Chapel Hill natives. (OAD- 4/21/07) **YouTube**

**Feb 11: "Valentine Show"** - The Prime Time Players along with the Seymour Center Tappers, Metrognomas Quartet, singers and storyteller Bobbie Lubker delight the audience with valentine stories, dance and love songs. Program was held in Feb 13, 2010 at the Seymour Center, Chapel Hill, N.C. (OAD-6/4/11)

**Feb. 18: "Remember the 60's -Part 1"**- A 60's musical takes place in a small North Carolina Town, specifically the local police station. Edwin O'Sullivan, who is from out of town and in the music show business is arrested. While he is in jail, everyone in town runs to the station hoping to "audition" for him. The program is performed by the Prime Time Players at the Passmore Center on Nov. 9, 2016. (OAD-2/25/16)

**Feb. 25: "Remember the 60's- Part 2"**- A 60's musical continues in the small North Carolina Town's police station with Edwin O'Sullivan, listing to local's auditioning while he is in jail. (OAD-2/25/16)



## Dementia Friendly Business Campaign

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



As of this printing, **43 local community partners** have completed the Dementia Friendly Business training program. See the updated list in this edition of the Senior Times!

### Charter Members:

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

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

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

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

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

## Dementia Friendly Business Campaign

2016-2017 Trained Partners

The Animal Hospital of Carrboro	Law Offices of Jeffrey G. Marsocci	OC Health Department: Division of Personal Health Service
Baileys Bookkeeping	Maitland Law Firm	OC Health Department: Division of Health Promotion & Education Services
Cameron's Gift Shop	Manor House Renovations	OC Human Resources Department
Carolina Estate Council	Meadowmont Community Association	OC Public Library
Carolina Family Estate Planning	Medical Claims Rx	OC Solid Waste Management
Carrboro Family Pharmacy	Navigate NC	OC/Chapel Hill Visitors Bureau
Chapel Hill-Carrboro Chamber of Commerce	OC Department on Aging	Piedmont Health - Carrboro Clinic
Chapel Hill Fire Dept.	OC Animal Services	SING Board
Chapel Hill Library	OC Board of Elections	State Employee's Credit Union
Chapel Hill Transit	OC Child Support Enforcement	Stuckey and Boyd Financial Services
Chapel Hill-Carrboro YMCA	OC Emergency Services	Walgreens (4 OC Locations)
Edward Jones Financial	OC Department of Housing, Human Rights, and Community Development	
Fidelity Bank	OC Department of Social Services: Intake Unit, Economic Services Division	
Honeysuckle Tea House		
Law Office of Colin K. Austin, PLLC		

We're looking forward to continued work with **Piedmont Health, Meadowmont Wellness, the State Employees Credit Union, Chapel Hill Transit, and YOUR FAVORITE LOCAL BUSINESS** over the next few months!

## 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 2016 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 2016 income was \$44,250 or less, you may qualify for the **Circuit Breaker Tax Deferral Program**.

The **Disabled Veteran Exclusion** allows Veterans who have a permanent and total service-connected disability and whose character of 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 tax assistance programs may be available. This tool may be accessed at the same website. In the event an application is denied, there is an appeal process.

## Live Alone?

The Telephone Reassurance Program gives peace of mind to seniors who live alone. This 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. Trained volunteers call each person at a set time. If calls remain unanswered after 3 tries, this information is relayed to the Aging Transitions staff who follow-up.

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 (VC55+) office at 919-245-4241.

## OC CARES Dementia Education Collaborative

The Orange County (OC) CARES team offers monthly education series for family caregivers and persons with dementia. Continuing on a bimonthly schedule will be 'What Can We Expect?': Dementia Basics, a three-part series with topics regarding brain health, types and stages of dementia, and preparation for the journey ahead. Offered bimonthly beginning in February, 'Everyday Living with Dementia,' is a three-part series focused on communication, activity engagement, and environmental supports.

### What Can We Expect: Dementia Basics

**Passmore Center:** Mon, Jan 17, 24 & 31 10 am – 12 noon

**Everyday Living with Dementia** (357156-01)

**Seymour Center:** Tues, Feb 14, 21 & 28 4 – 6 pm

Please register with the OC CARES team at least one week prior to the first session of each month at 919- 245-4253 or [mdagger@orangecountync.gov](mailto:mdagger@orangecountync.gov). Parallel respite care will be available for loved ones with dementia if requested.

Fee: FREE

## Are you or someone you love facing an Aging Transition? There is help a phone call away! 919-968-2087

The Orange County Aging Transitions Team, located at both the Seymour and Passmore senior centers, is available Monday-Friday to provide information and assistance to all Orange County residents dealing with age-related issues. The Team is made up primarily of social workers and occupational therapists who can help solve problems and support independent living goals. Some of the services available through the Aging Transitions Team include:

- Resource identification and referral
- Aging in Place and long-term care options counseling
- Home safety inspections and home modification recommendations
- Respite and support to caregivers
- Insurance and benefit counseling
- Transportation referral and assistance
- Living alone telephone reassurance program

All services are free to Orange County residents aged 60+. To access, call the Aging Transitions Helpline (919-968-2087) send an email to [agingtransitions@orangecountync.gov](mailto:agingtransitions@orangecountync.gov), or visit the Seymour or Passmore Centers.

## New! Toner Cartridge Recycling Program

You can help! The Passmore and Seymour Centers are starting a used (or out-dated) printer toner cartridges recycling program. Instead of sending your used printer ink cartridges to the landfill, you can benefit your senior center and the environment at the same time. Drop cartridges off in the Toner Recycling Box located inside the front door at both centers. They will be turned in for rewards to be applied for getting much-needed office supplies. Remember, you can help yourself by having a place to easily dispose of your old toner cartridges, help keep them out of the landfill where they do damage - and profit both senior centers.



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Chapel Hill, NC



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FINE TIMEPIECE RESTORATION  
919.942.2253

## 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.ocncgiving.org](http://www.ocncgiving.org)

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

## Kira's Every Occasion Cards – A gift for you.

There is nothing like a home-made card that is eye-catching or has just the right touch on the outside, leaving room for you to write just the right words on the inside. Everyone likes receiving and giving cards to acknowledge an anniversary, birthday, thinking of you, congratulations, and other special moments. Beginning Mon, Nov 28, Kira's home-made cards will be available for you to browse. You will find them displayed in a card stand in our main lobby. The cards are FREE, therefore, we ask that you take no more than one or two a month. In addition, if you have a specific request for a special occasion or would like your card personalized, email Kira at [kirastacia@gmail.com](mailto:kirastacia@gmail.com) or leave a note for her in a designated box by the card rack. She will create a card just for you.

Fee: FREE

**Seymour Center**

Mon, Nov 28 - anytime

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

## Jenitza Pierce

### New Johnson Service Corp Member

Howdy! I'm Jenitza Pierce, the new Johnson Service Corps Member at the Seymour Center. I moved here from Fort Worth, TX. After graduating from LeTourneau Univ in 2015, and working here and there, I decided I'd like a little adventure and service!

This year, I look forward to exploring the east coast, learning how to integrate myself into new communities through service and fellowship, and making lots of friends in the process. I can't wait to spend this service year with all of you!

Thanks to the support from the Friends of the Seymour Center, a Johnson Service Corp (JSC) member services annually at the Seymour Center as a program and administrative assistant. Johnson Service Corps is a diverse, ecumenical community of young adults dedicated to service and social justice in Chapel Hill and Durham. The mission of the Corps is to develop young-adult servant leaders through participation in a year of social justice engagement, intentional community living, servant leadership training, and spiritual formation. The vision is to offer transformative opportunities for young adults to re-imagine vocational discernment and pursue a life-long journey of community engagement sustained by spiritual practice. This philosophy helps young adults discern a vocation and lifestyle that flow from each individual's unique calling. Their philosophy rests on the following four pillars: Servant Leadership, Social Justice, Intentional Community Living and Spiritual Formation. To learn more about the Johnson Service Corps, please visit their website at <http://johnsonservicecorps.org>



## Orange County Clinic for Community Living at The Passmore and Seymour Centers

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

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

- Mood and Memory
- Mobility and Fitness
- Medication use
- Nutrition and diet
- Home Safety
- Falls Prevention

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

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

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

#### When and where is the clinic held?

<b>Passmore Center:</b>	Thursday, January 12	9 am – 12 noon
<b>Seymour Center:</b>	Thursday, January 26	9 am – 12 noon
	Thursday, February 23	9 am – 12 noon

*Clinic sessions take about 90 minutes.*

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

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

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

### LIEAP – Low Income Energy Assistance Program

Orange County Department of Social Services (DSS) is currently taking applications for the Low Income Energy Assistance Program (LEAP). Social workers at both the Passmore and Seymour Centers can assist people in **completing applications through March 2017**. Eligible households will have a payment made directly to their heating provider.

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

### Florence Gray Soltys Adult Day Health Program

An Enriching Day Program for  
Adults and Seniors

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

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

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

105 Meadowlands Dr  
Hillsborough, NC 27278

## BATHROOM SAFE? GRAB BAR INSTALLATION



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Wrought Iron  
Railings**

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# CAROLINA S·P·R·I·N·G

*Affordable Senior Living For  
Independent Adults 55 and Over*

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Carrboro, N.C. 27510  
**919-942-9559**

## Lunch at the Centers

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

### PASSMORE CENTER - Thursdays Tell All

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

#### Passmore Center

Thu: Dec 8, 22; Jan 12, 26; Feb 9, 23 (257030-01) 12 noon

### LUNCH AT THE SEYMOUR CENTER - Wednesdays' Buzz

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 in the know!

**Seymour Center** (353053) 10:30 am

Wed, Dec 7; Jan 4, 18; Feb 1, 15  
(meet and greet 1st Wed in Dec)

### 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!

**Passmore Center** (253004)  
1st Mon: Dec 5; Jan 9 (2nd Mon due to holiday); Feb 6 12 noon

**Seymour Center** (353072)  
1st Mon: Dec 5; Jan 9 (2nd Mon due to holiday); Feb 6 12 noon

## 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 Saturday 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, Walgreens - Hwy 54. Outdoor Racks: Chapel Hill Transit - Main Office, Flyleaf Books, Hargraves Recreation Center, Harris Teeter (Chapel Hill North & University Place), Kinetix Health Club, Orange County Dept Social Services (DSS) on Homestead Rd, Park & Ride Lot Old Fayetteville Rd, Seymour Center, Trading Post Market & Grill-New HWY 86, UNC Ambulatory Care Center (Mason Farm Rd), and University Place

**Hillsborough/Central Orange Area:** Balloons Above Orange, Brookshire Nursing Home, Cardinal State Bank, Carillon Senior Living, Carolina Vision, Central Orange Senior Center, Chamber of Commerce, Dentist Dr Sam Chang (N Churton St), Dentist Dr Berry Holly (Meadowlands), Duke Family Practice, Durham Tech-OC campus student break room, Hillsborough Medical Clinic-Corbin St, Hillsborough Pharmacy (Daniel Boone Village), Loving Hands Food Pantry - Efland, OCIM (Orange Congregations in Mission) Meals on Wheels and Thrift Shop, Orange County Government (West Campus on Margaret Lane), Orange County Health Dept, Orange County Library, Orange County Manager's Office lobby, Orange County School Board, Service Department (New Hwy 86), State Employees' Credit Union (both locations), Town of Hillsborough Mayor's office, UNC Family Medicine (Old Hwy 86), UNC Hospitals-Hillsborough Camput, 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



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

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

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

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

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

## Healthy IDEAS

### Mood Screening and Management

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

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

## Spanish Social Club

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

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

Fee: FREE

**Seymour Center** (357151-01)

Thursdays 9 - 11:45 am;

7 - 8:30 pm

Fridays 12 noon - 2 pm

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

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

## Be Safe - Be Prepared!

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

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

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

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

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

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

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

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

**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
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- motivate you during your treatment
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A Medicare certified practice — we bill Medicare for you!

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DURHAM CENTER FOR SENIOR LIFE,  
AND PASSMORE CENTER

919-614-1923

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



## Center Program Advisory Committees

Are you looking to make a difference? Do you enjoy creating and sharing community and outreach ideas? Are you great at promoting social interaction? If so, the Program Advisory Committee at Passmore or Seymour Centers would love to talk with you about serving on this committee.

### Passmore Center

Meetings are held the second Thu, quarterly.

Please contact Terry Colville, Programs and Operations Manager, 919-245-2015, or [tcolville@orangecountync.gov](mailto:tcolville@orangecountync.gov)

### Seymour Center

Meetings are held the fourth Tue in each month, except for the months of Dec, Jun and Jul.

Please contact the chair, Lewis Atwater, [latwater1946@att.net](mailto:latwater1946@att.net) or Cydnee Sims, Programs and Operations Manager, 919-245-2050, or [csims@orangecountync.gov](mailto:csims@orangecountync.gov).

Please join the Seymour Program Advisory Committee at the **Meet and Greet Social Event** for prospective members on **Tue, Jan 24 at 1:30 pm**. Hope to see you there!

## It's Our 10th Anniversary! The Seymour Center

Can you believe it will be 10 years this May when we opened our center's doors? Time really flies when you're having lots of fun! Why stop here? Let's have a little more fun planning this milestone celebration, which will be here in no time. Would love to have your input for this significant occasion. Email Cydnee (Cyd) Sims at [csims@orangecountync.gov](mailto:csims@orangecountync.gov) with ideas of what you would like this event to look like by Fri, Dec 9. If you do not have email, feel free to submit your suggestions in writing to Cyd's attention and drop it off at the front desk. Looking forward to another great celebration!



## HILLSBOROUGH PHARMACY

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110 Boone Square St., Suite 29  
Hillsborough, NC

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

PHONE: 919-245-1212 • FAX 245-1210



## Friends of the Senior Centers

### FRIENDS OF THE JERRY M PASSMORE CENTER

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

### YELLOWSTONE NATIONAL PARK

For more information, see Seniors on the Road, page 42.

### MONTHLY MEETINGS

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

### LEGACY WALL

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

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

### FRIENDS OF THE ROBERT AND PEARL SEYMOUR CENTER

The Friends of the Seymour Center is a nonprofit, tax-exempt organization that pursues avenues of financial support for programs and other needs at the Center beyond what Orange County is able to provide. Friends is not a part of county government. Board membership includes seniors and aspiring seniors who use and support the services of the Center. Many people, old and young alike, enjoy the extra programming and exercise equipment that the Friends make possible.

### GET INVOLVED

You are welcome to attend the monthly meetings (the 3rd Thu of the month at 1 pm) and better yet, join the Board of the Friends of the Seymour Center. You can be a part of providing some of the "extras" that make the center so special. For more information call Ken Moore at 919-423-4735 or email: [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu).

### WATCH FOR:

The end-of-year appeal for support through gifts to the Friends of the Seymour Center will appear in early Dec. In addition, mark your calendar to visit 10,000 Villages at East Gate Shopping Center on Thu, Dec 1 from 4 – 8 pm. 15% of purchases made during this time will be donated to the Friends of the Seymour Center.

### HONOR A LOVED ONE

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

### HELP THE SEYMOUR CENTER—DONATE A VEHICLE

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

### CALLING ALL ONLINE SHOPPERS

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

June 2017 – Plan Ahead!

### RESORTS OF THE CANADIAN ROCKIES PLUS VANCOUVER

See details in Seniors on the Road, page 42-43.

Friends of the Seymour Center Website: <https://sites.google.com/site/friendsseymourcenter/>

## Tribute to the Honorable Horace Johnson

In 1989, Horace Johnson, Sr. was elected Mayor of Hillsborough, and became the first African-American mayor of the town. His 12-year term in office was part of a decades-long history of activism for civil rights and justice, particularly during the days of segregation. *Free Spirit Freedom*, in cooperation with the Jerry M. Passmore Center, will pay tribute to the Honorable Horace Johnson on Sat, Feb. 4, 2017 from, 2 pm to 4 pm. Friends, colleagues and family members of all ages will revisit the life and times of Horace Johnson. This event, free and open to the public, will be held at the Passmore Center, 103 Meadowlands Drive, Hillsborough, NC. Please join us as we take a trip down memory lane and discover more about the history of Hillsborough and Orange County, and about some of the people who contributed to making this a wonderful place to live.

## Transportation Information

### Are you stuck in the house with no way to get places?

- Lisa Berley, Transportation Specialist, has the information you need to get out and about.

Call the Transportation Help Line: 919-717-1853 (Mon – Fri, 9 am – 4 pm)

- Visit the Transportation Information Tables

**Seymour Center** – First Tue of each month; **Passmore Center** – First Wed of each month 9:30 – 11 am. Ask at the front desk for exact location.

### What are bus riders saying about what motivates them to ride?

Horace Sher says "I ride the bus because I love to be driven and hate to drive. I save money on gas and I pollute the environment less by riding the bus."

### Classes:

#### Uber and Lyft

Are you curious about these popular transportation services? Wondering about the drivers and how to tell if they are trustworthy? How much does a ride cost? How to get started? Get all your questions answered by Bob Johnson, an actual Uber and Lyft driver, and Lisa Berley, Transportation Specialist and Uber user. Registration is suggested.

#### Passmore Center

Thu, Feb 9 (214015-01)

10 – 11 am

#### Seymour Center

Thu, Feb 23 (347005-02)

3 – 4 pm

### Assisting a User of a Wheelchair or Walker

Many of us have friends or family members who use walkers, wheelchairs or other mobility devices. How can we best assist them when they are moving from a sitting to standing position, or are attempting to mobilize themselves in difficult situations? This session will cover how to safely assist someone moving from sitting to standing in various situations, as well as assisting someone who is using a wheelchair. Getting in and out of an automobile will be included, weather permitting.

Instructor: Vicki Tilley, Physical Therapist and owner of ElderFit

Fee: FREE

#### Passmore Center

Wed, Jan 18 (214016-01)

10 – 11 am

#### Seymour Center

Wed, Jan 25 (347005-04)

3 – 4 pm

### Bus Riding 101

This class is back by popular demand at the Cedar Grove Community Center. Participants will learn how to combine the Orange Public transportation bus service with Chapel Hill and Go Triangle buses to travel far and wide. There will be information about door to door services available as well.

Fee: FREE

#### Cedar Grove Community Center

Thu, Jan 5

1 – 2 pm

### Public Transportation Options in Orange County

A dialogue with administrative staff at Orange Public Transportation (OPT)

#### Passmore Center

Thu, Jan 12 (244037-02)

10:30 – 11:30 am

Local Trips on Public Buses will resume in the spring

## Orange County (OC) CARES

A Dementia-Capable Community Project

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

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

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

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

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

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

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

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

For more information:

For client referrals call: 919-968-2087 (Aging Helpline)

OC CARES Staff office: 919-245-4253

## Chapel Hill's Senior Real Estate Specialist



**Tony Hall**  
& ASSOCIATES

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

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

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

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



## VC55+

### VC55+ Volunteer Opportunities

We Need You! Become a volunteer today and make a big difference in someone else's life – and your own! To learn more about these and our many other opportunities, please contact Shenae McPherson, VC55+ Volunteer Coordinator, at 919-245-4243, or [shmcperson@orangecountync.gov](mailto:shmcperson@orangecountync.gov).

### Volunteer in Your Community!

**Handy Helpers Team:** Handy Helpers provide both minor and major repairs for local community members who are not able to complete or afford repairs on their own, but want to age in place. Examples of small jobs include changing a light bulb, fixing a broken screen, or unclogging plumbing. Larger jobs include working on a Handy Helper team to build ramps or stair railings. No experience necessary (though we welcome skilled helpers) – just a desire to get your hands dirty and help!

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

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

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

**Seymour Center Front Desk Volunteer:** We are seeking patient & kind evening Seymour Center front desk volunteers for our new extended hours (Monday through Thursday, until 9 pm). Volunteers greet & assist seniors & visitors, answer phones, assist seniors in filling out forms, making appointments, and directing them to appropriate activities. Understanding the workings of the Senior Centers, and an ability to work with a diverse set of seniors and department staff is important.

### Dementia Support Teams

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

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

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

### Become a VC55+ Volunteer!

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

#### Passmore Center

Thursday: 9 am – 2 pm  
Or by appointment  
Call: 919-245-4243

#### Seymour Center

Tuesdays: 9 am – 2 pm  
Or by appointment  
Call: 919-245-4243



## Free Tax Help for All Ages

Volunteer Income Tax Assistance (VITA), a FREE tax service, provided February 1 – April 15, 2017 for clients of any age whose income is low to moderate and who meet eligibility guidelines. IRS Certified volunteers prepare federal and state tax returns including free electronic return transmission. The service will be available Monday through Saturday at various sites on different days.

Beginning Tues, Jan 17, 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: Chapel Hill & Hillsborough 919-245-4242
- Compass Center for Women & Families: 919-968-4610.
- Chatham County: 919 542-4512
- Orange County & Chatham County Spanish Service:

Español – Las personas que hablan Español pueden llamar 919 245-2010 por Orange y 919 742-1448 por Chatham (Deje su nombre y número, y un voluntario bilingüe le llamará para hacer una cita). Spanish-speaking clients call: 919-245-2010 for Orange & 919 742-1448 for Chatham (leave your name and number and a bilingual volunteer will call to make your appointment).

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)

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, Compass Center, and the towns of Chapel Hill and Carrboro.

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 (Tuesday Only for Foreign Students)
- **Hillsborough:** The Passmore Ctr - 103 Meadowlands Dr.  
Wednesday & Saturday
- **Chatham County Senior Centers:** Tuesday, Wednesday & Saturday  
Pittsboro & Siler City: Call for an Appointment

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

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

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

## Volunteer Intake Receptionist & Appointment Schedulers Needed

VC55+ VITA FREE Tax Service is looking for Volunteer Intake Receptionists and Appointment Schedulers for the 2017 tax season Jan-Apr. VITA (Volunteer Income Tax Assistance) is an IRS volunteer tax preparation program for eligible low-to middle-income clients of any age. The VITA program provides a broad range of volunteer opportunities at its sites across Orange and Chatham counties.

You may serve as an Intake Receptionist at a site to assist clients with the intake and checkout processes, or volunteer for the Telephone Team to schedule appointments, or make reminder calls. You may serve as a volunteer tax preparer, which requires IRS training and testing. Other volunteer opportunities are administrative assistants, computer specialists or statisticians. Bilingual volunteer support is useful on all levels. ALL POSITIONS ARE VITAL TO THE SUCCESS OF VITA. Note: Computer programs are used for tax preparation and appointment scheduling.

VC55+ VITA provides free training in Oct and Jan for 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 a session or to discuss other options:

### Orientations: Seymour Center VITA (new volunteers)

- o Thu, Oct 27 10 am – 12 noon
- o Tue, Nov 1 3 - 5 pm
- o Thu, Nov 3 6 - 8 pm

### New Tax Preparer Training :

- Early Intro to VITA & Software: Attend one 3 hour session: Fri, Nov 11 (9 am -12 noon); Tue, Nov 15 (1 - 4 pm); Sat, Dec 3 (9 am -12 noon).  
Location: Seymour Computer Lab
- o Tax Law: Tue, Jan 3 & Wed, Jan 4 (9 am - 4 pm)
- o Software Training: Jan 5 – 6 (9 - 4 pick a day)

### New & Current Intake Receptionist:

One 3 hr session; Thu, Dec 8 (9 am – 12 noon); Tue, Jan 10 (1 – 4 pm); Fri, Jan 27 (1 – 4 pm) Location: Seymour Center in the Ashe Room

### Appointment Schedulers and Intake Receptionists:

One 2 hr session 10 am – 12 noon on Tue, Dec 6 or Tue, Dec 13

## New Things Coming to the Wellness Program at Seymour!

Let's Spring into Fitness and Age Well!!

We are excited to announce starting the month of January 2017 we will be lowering our Fitness Center Membership prices to be competitive in today's market. The new monthly fees are now \$15!! Please sign up at the front desk. Don't forget to sign up for your **FREE** Functions Screening.

**Do you want to win some free months? Challenge time!!**

We are challenging you to stay a current fitness center member for 6 months and work out at least two days a week. If you can complete this challenge you will be placed in a drawing for a **FREE 6 month Fitness Center Membership!!!**

You can do this!! We know you can!

On June 30th we will announce a winner for this awesome challenge! We appreciate all our members and want to meet your needs. Good Luck!

## 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.

### GETTING THE MOST OUT OF YOUR PHARMACY

Most of us have visited a pharmacy, however very few people are aware of all of the services that pharmacists and a pharmacy can provide. What goes on behind the pharmacy's glass partition? Why does it take so long to get a prescription filled? Come discuss the role of the community pharmacist/pharmacy in providing healthcare, and advice, so you can obtain the most out of each visit.

#### Passmore Center – Walgreens

Wed, Nov 30 10 am – 12 noon

#### Seymour Center – Kroger

Wed, Nov 30 10 am – 12 noon

### RAW FOOD PREP 4 LIFE!

Great nutrition and amazing flavor can, and should, go together. Robert Wadley is known for creating tasty, nutritious plant-based recipes that anyone can quickly make. All of the recipes' ingredients are raw and totally

uncooked. It is thought that cooking and heating food to over 105 degrees kills all of the nutrients and enzymes.

Join Robert's class will demonstrate how to create tasty, nutritious plant-based recipes that anyone can quickly make. Demonstration will include making salad dressing, salad in a jar, and cucumber smoothie. For future lectures and classes go to [www.rawfoodprep4life.com](http://www.rawfoodprep4life.com).

Fee: \$10

Instructor: Robert Wadley (Certified Living Foods Educator)

#### Passmore Center

Thu, Feb 16 (212002-01) 4 – 6 pm

#### Seymour Center

Tues, Feb 7 (352354-01) 3 – 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. Lunch will be provided by Panera bread. For more information, please call 919-245-2381.

**Fee:** Medicare (no co-pay), Medicaid (\$3 copay) and some private insurance companies will pay for this program. There is a sliding scale fee based on income.

**Southern Human Services, Center, Chapel Hill or Whitted Services Center, Hillsborough** Thu, Dec 8, 15; Jan 12, 19; Feb 9, 16 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 on-line 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)

### MOBILE PRESCRIPTION DRUGS DROP BOX AT SEYMOUR CENTER

Orange County Department on Aging is partnering with the Chapel Hill Police Department to provide a Mobile Prescription Drug Drop. You will be able to dispose of expired, unused and unwanted medications in a safe and easy way through a mobile prescription drug drop at the Center. Just drive up in front of the Seymour Center and give an officer your bag of expired or un-needed prescription as well as over the counter medications. They will be safely destroyed without harming the environment, landfill, or water supply.

Fee: FREE

**Seymour Center**

TBA

### 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 medications 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

#### Orange County Sheriff Department

Margaret Lane,  
Hillsborough, NC 27278

### NAMI FAMILY-TO-FAMILY EDUCATION PROGRAM

This is a 12-week series structured to help family members understand and support their ill relative while maintaining their personal 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 Library

Sun, Jan 8 – Mar 20 2 – 4:30 pm

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

The National Institutes of Health (NIH) offers a 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/quitting-smoking/quittingwhenyoureolder>

### 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 is motivating you to quit. 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 of this program is to increase successful completions of participants who want to quit smoking, and to stay that way. To register for the Freshstart program call 919-245-2480 or email us at [smokefreeoc@orangecountync.gov](mailto:smokefreeoc@orangecountync.gov). Provider: Orange County Health Department

Fee: FREE

**Seymour Center** (332000-05)

Wed, Jan 4, 11, 18, 25 12 noon – 1 pm

## STRESS MANAGEMENT THE MINDFULNESS WAY - "LIVE YOUR LIFE MORE FULLY"

Learn Mindfulness techniques to help you manage Stress, Pain, Sleep Problems, Anxiety, Depression and Chronic Disease. Identify Stress Triggers, Stress Indicators, and Stress Coping Mechanisms as you learn more skillful ways to cope with the Stressors in your life. Learn and practice simple mindfulness techniques that will help you learn how to draw on your own inner resources to access your natural capacity for self-care and healing. This course will introduce you to the concepts of mindfulness, allowing some of its benefits to begin to seep into your life. Benefits of practicing mindfulness techniques include learning how to:

- Quiet and calm 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
- Research studies also suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression.
- Learn simple practices that can help to:
  - Help Relieve Stress
  - Lower Blood Pressure
  - Reduce Chronic Pain
  - Improve Sleep
  - Alleviate Gastrointestinal Difficulties
  - Lower Blood Sugar

This course is based on the model developed by Jon Kabat-Zinn, who in the 1970's created a program for helping participants learn to develop skills for living life to its fullest.

### What do Mindfulness Practices include?

- Mind-Body awareness
- Breath Awareness for Stress Management
- The Breathing Space
- Mindfulness Seated Meditation with Attention to the Breath
- Mindful Movement in the form of simple stretching
- Mindful Eating
- Thought and Emotion Awareness
- Learning how to Step out of "Auto Pilot" and live your life to its fullest

### How will this Program Work?

Attend 5 weeks of classes which last 1 hour each. You will receive handouts for each week. Course will be led by Paula Huffman BS.RN, ERYT, Mindfulness Instructor. Paula has been in the Healthcare field for 30 years. She currently teaches Mindfulness Based Stress Reduction and Pain Management Classes with the Program on Integrative Medicine at UNC-Chapel Hill and in the Community through various organizations. She also teaches Yoga and other Stress

Management classes in the area. This program is sponsored by Paula doing business as Carolina Wellness Institute.

This 5 week mini-course will be based on these same 8 week programs whose content was developed by Jon Kabat Zinn at the Univ of Mass Hospitals in the 1970's.

**Fee: \$65 for 5 week program: \$65** (Pre-registration is required).

### INTRODUCTION TO MINDFULNESS BASED STRESS AND PAIN MANAGEMENT TECHNIQUES - TWO HOUR WORKSHOP

This two hour workshop will introduce you to the prospect of managing stressors in your life through the use of Mindfulness Practices. Those who can benefit from this program might be coping with large stressors such as the 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 to 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

**Cost for this 5 week program is \$65**

**Cost for the Workshop only: \$35**

**Sign up for both and get a discounted cost of \$90 Registration required**

**Seymour Center**

**Workshop** (334026-05)

Wed, Jan 4 9 – 11 am

**Regular Course** (334026-06)

Wed, Jan 11 - Feb 8 9 – 10 am

Chapel Hill

(350250)

# SeniorStriders

## University Place Walking Program

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

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

**Dec 13**

### Do you know about Orange County (OC) Cares and the Dementia Friendly Program?

Kim Lamon-Loperfido, MSW/MPH, Social Worker with Orange County Department on Aging will provide important information about these two programs. Come and find out how these programs could be beneficial to you and your family.

**Jan 17**

### Healthy Choices for Your Lifestyle

Are you interested in learning about healthy choices for your lifestyle? Meet with Robert Wadley, Certified Living Foods Educator to discuss the benefits of making healthy choices. To be completely whole and healthy, we must balance the body, mind and spirit.

**Feb 21**

### Diabetes

Do you or a family member have Diabetes? Would you like to learn more about how to manage this disease? Tyler Patterson, PharmD, RPh, Pharmacy Clinical Services Manager from Walmart will provide basic diabetes information to help you manage diabetes.

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

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

**8:45 am – Educational Session**

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

Program supported with funding from:

**UNC HEALTHCARE**

Program sponsored by:

Chapel Hill Police Department's Cop Shop at University Mall

Orange County Department on Aging

University Place



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

## 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 exercises 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, Latonya Brown and/or 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.**

### TAI CHI FOR ARTHRITIS PROGRAM – ARTHRITIS FOUNDATION

Orange County Department on Aging has a new program schedule for the Tai Chi for Health and Balance programs, intended for seniors who are interested in improving or maintaining strength and staying independent. Tai Chi is proven to improve balance, agility and flexibility while increasing pain free range of motion for persons with arthritis, lupus, fibromyalgia and other inflammatory joint conditions (Centers for Disease Control and Injury Prevention). Older adults managing chronic conditions such as high blood pressure, diabetes, Parkinson's, MS, heart disease, lower back pain and depression also experience benefits from this gentle activity (Harvard Medical School Guide to Tai Chi). Evidence shows Tai Chi can prevent falls up to 55% and recurrent falls by 75%.

**Beginner classes – run for 8 weeks: (No previous Tai Chi experience necessary – can be done seated or standing).**  
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 throughout the year. In this 6-week program, participants meet three times a week in groups of up to 15. The class begins with a health education session on an arthritis - or exercise - related topic, followed by stretching activities and a 10–35 min walk. To participate in this walking program please call the Seymour Center at 919-968-2070.

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

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



## ARTHRITIS FOUNDATION EXERCISE PROGRAM CLASSES

### AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

#### Passmore Center

Mon & Wed (252001-1) 10 – 10:50 am

### INSPIRED MOVEMENT

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

Instructor: Kathleen ("Kacky") Campbell Hammon.

Fee: FREE

#### Seymour Center

Mon & Wed (352008) 10 – 10:50 am

or

Tue & Thu (352008) 2:15 – 3:05 pm

## WELLNESS INTEREST GROUPS

### PASSAGE MEDITATION (SATSANG)

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

Fee: FREE

#### Seymour Center (352047)

2nd Sat: Dec 10; Jan 14; Feb 11  
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: Anastasia 919-475-2426 for more information.

Fee: First visit is FREE.

#### Passmore Center

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

## WELLNESS EXERCISE CLASSES

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

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

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

♿ = accessible class

### ♿ AEROBICS – ARTHRITIS FOUNDATION EXERCISE PROGRAM

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

Instructor: Sandy Wolfe.

Fee: FREE

#### Passmore Center

Mon & Wed (252001-1) 10 – 10:50 am

### ♿ AGELESS GRACE

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

Instructor: Salli Benedict, Ageless

Grace certified instructor, 919-929-8621 and 919-218-6660 (cell)  
 Fee: FREE (donations encouraged)  
**Passmore Center**  
 Wednesdays (252013-01)  
 11:15 am – 12 noon

### **BETTER BACK CARE EXERCISE CLASS**

This class is for people with low back pain. It is a 4 week class that meets in a small group setting. We will work on stretching and strengthening the back, hips, legs, and abdomen. We will do exercises on yoga mats, chairs, and/or standing. If you are unable to do a certain exercise, there is always an alternate one for you! **Registration due 1 week prior to start date, if minimum numbers are not reached, class will be cancelled and participants notified.**

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**

Tue & Fri, Nov 29 – Dec 20  
 (312001-05) 12 noon – 1 pm  
 Tue & Fri, Jan 10 - Feb 3  
 (312001 -06)

### **CIRCUIT TRAINING WITH ALICIA REID**

This circuit training exercise class provides a full body workout. Participants exercise independently in a group setting under the leadership and direct contact of our qualified fitness staff Alicia Reid. The class consists of stretching and range of motion exercises, resistance training to improve muscular strength and endurance, and an aerobic workout to increase cardiovascular endurance. **Registration due 1 week prior to start date, if minimum numbers are not reached, class will be cancelled and participants notified.**

Fee: \$50 per session

#### **Seymour Center**

Wed, Nov 16 – Dec 28  
 (352045-02) 6:15 – 7:15 pm  
 Wed, Jan 18 – Feb 22  
 (352045 -03)

### **EXERCISE BOOT CAMP FOR BOOMERS**

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

**Registration due 1 week prior to start date, if minimum numbers are not reached, class will be cancelled and participants notified.**

Fee: \$50 per session

#### **Seymour Center**

Mon, Nov 14 – Dec 12  
 (352041-02) 5:30 – 6:30 pm  
 Mon, Jan 9 – Feb 13  
 (352041-03)

### **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 improve your sense of well-being. Yoga is an ideal form of exercise because its movements are smooth and adaptable offering opportunities to promote good bone health as well as gain strength and flexibility to your spine and joints. Class begins with stretching and breathing exercises designed to relieve stress and calm the mind. Class continues with a wide range of poses that enhance strength, mobility, range of motion, balance, and body awareness. The poses used are adapted to everyone at any level of health and fitness and are done either standing or seated. Chairs and props keep everyone safe and supported. Yoga does get better with age - and age gets better with yoga!! Joy has practiced yoga for many years and received her Yoga Teacher Certification in May 2011. She completed a Certificate of Therapeutic Yoga for Seniors from Duke Integrative Medicine in April 2013.

Instructor: Joy Gornto, RYT

Fee: \$6/class

#### **Passmore Center**

Mon & Thurs  
 (252012-12, 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**

Mon & Wed (352008) 10 – 10:50 am  
**or**  
 Tues & Thurs (352008) 2:15 – 3:05 pm

## Hillsborough

(252254)

# Senior Striders

## Walmart Walking Program

**\* 3RD THURSDAY EACH MONTH \***

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

**Dec 15**

### **Falls Prevention**

#### **UNC Physical Therapy- Dr Carol Giuliani**

Are you worried about falling? Do you have problems with balance? Does this stop you from exercising? Dr Carol Giuliani, PT, PhD from the UNC School of Medicine Program on Physical Therapy will share strategies for maintaining and improving your balance with exercise. She will also provide some interventions that can reduce falls and help older adults live better.

**Jan 19**

### **Healthy Choices for Your Lifestyle**

Are you interested in learning about healthy choices for your lifestyle? Meet with Robert Wadley, Certified Living Foods Educator to discuss the benefits of making healthy choices. To be completely whole and healthy, we must balance the body, mind and spirit.

**Feb 16**

### **Diabetes**

Do you or a family member have Diabetes? Would you like to learn more about how to manage this disease? Tyler Patterson, PharmD, RPh, Pharmacy Clinical Services Manager from Walmart will provide basic diabetes information to help you to manage diabetes.

**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

**MUSIC THERAPY CLASS**

10-week long community music therapy groups FREE OF CHARGE to patients with Parkinson's Disease (PD) and their caregivers (one group will meet in Raleigh, while the other will meet in Chapel Hill). The groups are scheduled to begin in Oct and will focus on maintaining or improving vocal functioning for group members, and will provide tools for continued vocal rehabilitation outside the sessions. For families living with Parkinson's Disease. Call Latonya Brown for information at 919-245-4270  
Instructor: Atlantic Music Therapy, LLC  
Fee: FREE

**Seymour Center**

Tuesdays, thru – Dec 20  
(352091 -05)

5 – 7 pm

**NIA (NEUROMUSCULAR INTEGRATIVE ACTION)**

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

Instructor: Marty Broda, certified NIA instructor.

Fee: \$24/4 weeks; \$48/8 weeks; or \$72/12 weeks – Coupon books available.

**Seymour Center**

Wednesdays (352016)

4 – 5 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

**PILATES FOR LOW TO NO VISION**

A first of its kind class for people with low to no vision. Combines classic Pilates and strength-based movements to produce effective fullbody results. Led by a certified Pilates instructor, class is conducted on chairs and/or mats, as participants wish. Beginners welcome.  
Instructor: Rena Springer  
Fee: FREE

**Seymour Center**

Mondays (352010-34)

6:30 – 7:30 pm

**RETURN TO RECESS**

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

Fee: \$ 8.00/class

**Seymour Center**

Wednesdays (342002)

2:30 – 3:30 pm

**♿ SALLI'S SENIOR WORKOUT**

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

Instructor: Salli Benedict, MPH, certified fitness and yoga instructor and health educator  
919-929-8621 and 919-218-6660 (cell).

Fee: \$3/class

**Seymour Center**

Wed & Fri

(352011 – 05, 06, 07)

9:30 – 10:30 am

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

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

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

**Seymour Center**

Tues & Fri

10:30 – 11:30 am

**SIMPLY YOGA**

This new one hour class is targeting folks who may still be working. This all levels class will get down on the mats and use props to access poses as needed. There will be time to settle down and focus on the breath sensation. The asanas or poses will be explained and modeled so that each person can gain

strength, balance and flexibility. Simply Yoga is a way to invite awareness of your inner strength in a simple caring way. 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

**Seymour Center**

Wednesdays (352023-03)

5:15 – 6:15 pm

**♿ 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 at home daily. 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

Fee: FREE (donations encouraged)

**Seymour Center**

Mondays (352019)

11 – 11:50 am

**STRENGTH TRAINING – ADVANCED**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class minimum 5, maximum 30.

Instructor: Kevin Kirk, MS, Exercise Physiologist/Fitness Trainer.

Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Arrive early to secure equipment. Coupon books available.

**Seymour Center**

Mon & Thurs (352021- 12, 13, 14)

10:40 – 11:35 am

**Passmore Center**

Instructor: Carson Stuart

Wednesdays (252018-12, 01, 02)

10 – 11 am

**♿ STRENGTH TRAINING – INTRODUCTION**

Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. Class minimum 5, maximum 30.

Instructor: Kevin Kirk, MS, Exercise Physiologist/Fitness Trainer.

Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Arrive early to secure equipment. Coupon books are available.

**Seymour Center**

Mon & Thurs (352000-12, 13, 14)

9:40 – 10:30 am

**STRENGTH TRAINING AND MOVEMENT**

Balance training, strength training, stretching, and abdominal strengthening exercises. The program's goal is to improve cardiovascular fitness, muscle strength, balance, and total well-being. Class minimum 5, maximum 30.

Instructor: Stephanie Yost, BSN, RN, ESA, AFFA, ACLS certified instructor.

Fee: \$35/month

**Seymour Center**

Tues & Thurs (352006 – 14, 15, 16)

8:20 – 9:20 am

**♿ STRONG AND STEADY**

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

Class minimum 5, maximum 20.

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

Fee: FREE (donations encouraged)

**Passmore Center**

Tues & Thurs (252007-01)

10 – 11:15 am

**T'AI CHI – BEGINNING**

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

Instructors: Bill Meyers

Fee: \$8 per session/class

**Seymour Center**

Wednesdays (352002 – 07, 08, 09)

2:30 – 3:20 pm

**T'AI CHI - CHEN BEGINNER**

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

Instructor: Nina Maier - 919-732-2722

Fee: \$8/ class

**Passmore Center**

Mondays (252016-12, 01, 02)

4:30 – 5:30 pm

**T'AI CHI – WU/HAO BEGINNER**

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

Instructor: Nina Maier, 919-732-2722.

Fee: \$8/ class

**Passmore Center**

Mondays (252008-12, 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 noncompetitive environment. The sword form will also be taught and practiced.

Instructor: Frank Pruett

Fee: FREE

**Seymour Center**

Tuesdays (352005-10) 7 – 8:15 pm

**⦿ TONE, BALANCE & TIGHTEN – TBT**

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

Instructor: Becci Ritter

Fee: FREE (donations encouraged)

**Seymour Center (352025-01)**

Wed & Fri 11 – 11:50 am

## 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 are available.

## Physical Therapy Clinics at Senior Centers

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

Has your healthcare provider prescribed it?

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

Private Insurance and Medicare accepted.

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

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

## FITNESS STUDIO- SEYMOUR CENTER

 Department on Aging - Wellness Program

**\* New Lower Rates, effective January 2017 \***

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

The fitness area's exercise machines were donated by UNC Health Care.

**Eligibility:** Orange County Residents age 55 and older are eligible to join.

Membership Fees	Individuals	Couple
Annual Rate:	\$180 (one lump sum)	\$240
Semi-Annual Rate:	\$100 (paid on joining & 6 month intervals)	\$140
Quarterly Rate:	\$55 (paid quarterly – Jan, April, July, Oct)	\$65
Monthly Rate:	\$15 (paid by the 10th of each month)	\$25

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

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

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

**Operational Hours**

Mon, Wed, Fri: 8 am – 4:30 pm

Tues & Thur, 8 am – 8:30 pm

Saturdays, 9 am – 5 pm

**Personal Trainer Staff Hours**

9 - 11:30 am - Fri.

9 - 11:30 am

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

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

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

## SENIOR CENTER SportsPlex Membership

**Department on Aging - Wellness Program:** A special Membership fee is being offered exclusively to members joining through the Senior Center. It includes Fitness and Cardio Centers, Group Exercise Classes (land and water) offered at the SportsPlex facility and Aquatics Center. The SportsPlex is a Silver Sneakers facility. (To qualify, you must be a Medicare-eligible member of a health plan that offers the Silver Sneakers Fitness program.) More than 40 Medicare health plans offer the program as a benefit to members across the nation. Individuals should check with their insurance providers for availability/eligibility. This fitness program is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity. 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 \$50 new membership fee is waived upon completion of the physical function screen and payment of the membership fee for county residents. Non-county residents may join the SportsPlex at the following rates along with the initiation fee of \$50:

Individual: \$35.99 – monthly; \$431.88 – annually

Couple: \$49.99 – monthly; \$599.88 – annually

Scholarships are available.

Direct requests to Latonya Brown, Wellness Coordinator, 919-245-4270

**Operational Hours**

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

**Personal Trainer Appointments**

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

**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 Passmore Center with friends.

Fee: FREE  
**Passmore Center**  
 Tuesdays (25000-01) 2:30 pm

**WALKING - INDOORS**

Walk in the Northside Gym at the Hargraves Center

Fee: FREE  
**Hargraves Center**  
 Wed & Fri 9:30 am – 12:30 pm

**WALKING MEDITATION**

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

**Seymour Center**  
 Fridays TBA

**WALKING – OUTDOORS**

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

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

**YOGA**

This gentle physical form of Yoga has an emphasis on flexibility and movement, as well as breathing. Research shows that Yoga is excellent for good bone health as well. Please arrive a few minutes early to secure a place in class. Class minimum 6, maximum 12.

Instructor: Barbara Lang  
 Fee: \$24/4 classes; \$48/8 classes; or \$72/12 classes. Coupon books are available.

**Seymour Center**  
 Mon & Wed (352003 – 03, 04, 05)  
 1 – 2 pm

**ZUMBA! - INICIATIVA LATINA DE BIENESTAR**

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

Romina Boyle, monitora de Zumba titulada; Sarah van der Horst, directora- 919- 260- 6899  
 Precio: GRATIS

**Seymour Center** (354155)  
 Sábados 3:30 – 5:30 pm

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

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

Romina Boyle, Zumba certified instructor; Sarah van der Horst, director- 919- 260- 6899

Fee: FREE  
**Seymour Center** (354155)  
 Saturdays 3:30 – 5:30 pm

**SILVER SNEAKERS AND SPORTSPLEX CLASSES FOR OLDER ADULTS**

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

**SILVER SNEAKERS CLASS**

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

**SILVER SNEAKERS CHAIR YOGA**

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

**SILVER SNEAKERS CARDIO**

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

**SILVER SNEAKERS STRENGTH**

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

**PACESETTER CLASS**

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

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

A volunteer RN or LPN is on-site to take blood pressures. VC55+ provides the volunteers. Free automated blood pressure machines are available at both Senior Centers. These machines are provided by the Orange County Wellness Program.

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

**CHAIR MASSAGE**

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

Fee: \$10/15 minutes. Gift certificates available.  
**Seymour Center**  
 1st Thu, Dec 1; Jan 5; Feb 2 (352502)  
 9:30 am – 1 pm

**ESTHETIC /NATURAL SKIN CARE SPA/WAXING**

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

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

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

**"FIT FEET" PROGRAM**

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

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

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

**Passmore Center**, 919- 245-2015  
 2nd & 4th Wed, Dec 14, 28  
 (252502) 9 am – 4 pm  
 2nd & 4th Wed, Jan 11, 25  
 (252502) 9 am – 4 pm  
 2nd & 4th Wed, Feb 8, 22  
 (252502) 9 am – 4 pm

**Seymour Center**, 919- 968-2070  
 1st & 3rd Wed, Dec 7, 21  
 (352508) 9 am – 4 pm  
 1st & 3rd Wed, Jan 4, 18  
 (352508) 9am – 4pm  
 1st & 3rd Wed, Feb 1, 15  
 (352508) 9 am – 4 pm  
 2nd Wed, Dec 14; Jan 11; Feb 8  
 (352508) 9 am – 1 pm

**MEDICATION MANAGEMENT**

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

Fee: FREE

**OTAGO PROGRAM THROUGH ORANGE COUNTY SENIOR CENTERS:**

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

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

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

**PERSONAL TRAINER SERVICES**

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

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

**Seymour Center**

Call 919-968-2070 for an appointment (353595)

**PHYSICAL FUNCTION SCREEN**

THIS FREE ASSESSMENT IS A REQUIREMENT FOR EVERYONE BEFORE THE INITIAL USE OF THE FITNESS STUDIO; AND BI-ANNUALLY THEREAFTER, AT THE SEYMOUR CENTER; AND TO GET THE PASSMORE CENTER'S SPORTSPLEX MEMBERSHIP RATE. Participants [receive recommendations for individual improvements.](#) Do you want

to know how you can improve your strength, balance and agility over time, or how your fitness levels compare with others your age? A physical therapist will give you a written report with your functioning levels. The assessment will take about 45-minutes to complete, including your personal feedback. If you have any questions about the program, contact Latonya Brown, Wellness Coordinator, 919-245-4270. This service is provided in part by the UNC Division of Physical Therapy, Department of Allied Health in the UNC School of Medicine. Call 919-968-2070 for the Seymour Center, and 919-245-2015 for the Passmore Center for an appointment and to receive your forms.

Fee: FREE

**Passmore Center**

Fri, Dec 9, 16; Jan 13, 20; Feb 10, 17 (252503) 9 am – 4 pm

**Seymour Center**

Fri, Dec 2; Jan 6; Feb 3 (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.

Provider: Toni Shaw, Certified

**Reflexologist**

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

**Passmore Center**

Last Mondays (252513) 9 am – 2 pm

**Reiki**

Would you like to increase your energy and circulation? Relieve stress and pain, or improve sleep? Reiki can help with all of these - and more. It adjusts according to the needs of the recipient while supporting the body's natural healing abilities and balancing body energy. Dr Oz says Reiki is one of his favorite alternative medicine remedies, and that he and his family have been using it for years. What should you expect? During a Reiki session the recipient lies comfortably and fully clothed on a massage table while listening to soothing music. This creates a relaxed state while allowing the body to use its natural healing abilities. Call Lorraine Lewis at 919-967-2215, a Reiki practitioner for 25 years or

e-mail: [lorrainelewis@earthlink.net](mailto:lorrainelewis@earthlink.net). Call the Seymour Center at 919- 968-2070 to make an appointment.

Fees: \$55/1 hr; \$65/1.5 hrs

**Seymour Center**

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

**THERAPEUTIC MASSAGE**

Dede Banks is a licensed Massage and Bodywork Therapist #2009. She has extensive experience working with older adults. Focus on problematic areas, or get a total body massage. Call 919-968-2070 for appointment. Fees: \$50/50 minutes; \$55/1 hour; \$65/ 1.5 hours. Gift certificates are available. Please note the "no-show" fee policy.

**Seymour Center**

Thursdays (352512) 9 am – 2 pm

**Therapeutic Massage**

Michael A Savino, CTRS (Certified Therapeutic Recreation Specialist), is a licensed Massage and Therapeutic Bodywork Therapist #00703. Swedish, Shiatsu, and Reiki technique massage. Call 919- 967-1043 for information, or to schedule a Sat appointment. Call 919-968-2070 for a week day appointment. Fees: \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**

Mondays (352515) 9 am – 2 pm  
Tue & Thu evenings (352521) Appointments only

**THERAPEUTIC MASSAGE**

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

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

**Passmore Center**

Mondays (252509) 9 am – 2 pm

**TRAGER – GENTLE BODY THERAPY**

Lorraine Lewis, certified Trager Practitioner, provides one-on-one sessions based on work done by Dr Milton Trager. You will experience greater ease, comfort, joy, mobility (it helps to "oil" the joints), balance and peaceful relaxation in your mind/body/spirit. Call 919-968-2070 for an appointment. Fees: \$55/1 hour; \$65/1.5 hours. Please note the "no-show" fee policy.

**Seymour Center**

2nd & 4th Wed (352514)

Appointments only

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

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

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

**Seymour Center (357070)**

Wednesdays 3 pm

**CAREGIVERS' SUPPORT GROUPS**

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

**Passmore Center (255005-1)**

1st Tue, Dec 6; Jan 3; Feb 7

4 – 5:30 pm

**Seymour Center (352755)**

2nd & 4th Fri, Dec 9; Jan 13, 27;

Feb 10, 24

10:30 am – 12 noon

**HEARING LOSS ASSOCIATION OF CHAPEL HILL**

Call Ruth Miller, 919-622-8467.

**FTD (FRONTOTEMPORAL DEGENERATION) SUPPORT GROUP**

A regional support group for caregivers with a loved one diagnosed with Frontotemporal Degeneration. For more information about the group contact Kathy LaFone, 919-632-8083, or [timla-fone@yahoo.com](mailto:timla-fone@yahoo.com)

**Burlington/Mebane area**

3rd Tue, Dec 20; Jan 17; Feb 21

**LOW VISION SUPPORT GROUP**

For more info for Seymour group contact Carol Tickle at 919-643-2620. For more information for Passmore group contact Kim Tyler at 919-560-8633.

**Passmore Center** (252752-01)  
2nd Mon Jan 9 10 am  
**Seymour Center** (352777)  
1st Tue, Dec 6, Jan 3, Feb 7 10 am

**MEMORY CAFES**

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

**Passmore Center**  
3rd Mon, Dec 19; Feb 15  
2 - 4 pm  
**Seymour Center**  
2nd Mon, Dec 13; Jan 9; Feb 13  
1:30 - 3:30 pm

**NAMI ORANGE COUNTY SUPPORT GROUP**

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

**Seymour Center** (357009)  
4th Tue, Jan 24; Feb 28  
7 - 8:30 pm

**PARKINSON'S DISEASE CAREGIVERS OPEN DISCUSSION GROUP**

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

**Seymour Center** (352851)  
1st Tue, Dec 6; Jan 3; Feb 7  
12:30 - 1:30 pm

**PARKINSON'S DISEASE PATIENT OPEN DISCUSSION GROUP**

Join other people who have been diagnosed with Parkinson's disease in this support group. Share your experiences and learn new skills. Facilitated by UNC-CH Dept of Neurology. For information, contact: Jessica L. Shurer, MSW, LCSW Center Coordinator & Clinical Social Worker, National Parkin-

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

For questions, contact the support group leader, Jessica Shurer, at 919-843-1657 or [jshurer@neurology.unc.edu](mailto:jshurer@neurology.unc.edu).  
**Seymour Center** (352879)  
1st Tue, Dec 6; Jan 3; Feb 7  
1:30 - 3 pm

**PARKINSON'S DISEASE SUPPORT AND EDUCATION GROUP**

Open to both the person with Parkinson's and/or the caregiver. Includes an educational presentation and/or topic discussion. Care partners will meet separately to discuss topics they choose, while the people with PD meet in a different room to share concerns, tips, etc. People with PD and their caregivers meet together for informal coffee on second Wednesdays at 11:15 a.m. at Weaver St Market, Hillsborough.  
**Passmore Center** (255004-1)  
4th Wed, Dec 28; Jan 25; Feb 22  
11:15 am - 1 pm

**PULMONARY HYPERTENSION (PH)**

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

**Seymour Center** (352833)  
Sat, Dec 17; Feb 25  
11:30 am - 1:30 pm

**STROKE SUPPORT GROUP**

Contact Kelly O'Brien at 919-966-2029  
**UNC Wellness Center @ Meadowmont**  
2nd Wed, Dec 14; Jan 11; Feb 8 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 GRIEF/LOSS SUPPORT GROUP**

Group is for those experiencing grief or loss of a loved one. To register for this group, please call or email Gail Smith, 919-218-7995 or [CynthiaSmith@unchealthcare.unc.edu](mailto:CynthiaSmith@unchealthcare.unc.edu)

**Passmore Center** (242505-02)  
Tue, Feb 21-Mar 28 1:30 - 3pm  
**Seymour Center** (3527521-03)  
Fri, Feb 23-Mar 31 1 - 2:30 pm

**SEYMOUR TECH CENTER PERSONAL TECHNOLOGY CLASSES**

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

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

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

**GENERAL INFORMATION**

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

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

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

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

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

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

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

**WINTER SPRING 2017 CLASSES**

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

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

**Editing & Sharing Your Photos** - We will explore three popular & free desktop photo editors - Picasa, Windows Photo Gallery and Windows 10 Photos. We will organize and edit photos & videos. We will create amazing collages, panoramas and movies. We will fuse into one perfect photo the best smiles and open eyes from a collection of similar shots. Then we will learn to use Google Photos to upload our photos to the cloud from a PC, Mac, smartphone or tablet. From there we can keep editing, create albums, and share them with friends & family, using Google's

free cloud storage. Notes: Picasa and Windows Photo Gallery are no longer supported, but your instructor will have a copy for you to install on your computer. All students should bring a digital camera and flash drive to class. Bring a smartphone or tablet if you have one. Mac users should bring their Mac laptops to class. **Class fee \$25.**

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

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

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

**Introduction to Android Smartphones & Tablets** - This 6-session class will show you how to use your Android Smartphone or Tablet. Except for phone calls, these devices work the same way. We'll show you how to use the Home screen and Settings. Phone users will learn to make and answer calls and manage your contacts. Then we'll explore texting and email. We'll search the Web, play with YouTube, set up calendars, tasks & alarms. We'll use

the camera for photos and videos. And, we'll show you how to find free & fee apps - including games - to personalize your Phone or Tablet. **Class fee \$25.**  
**Introduction to Facebook** - Facebook is used and enjoyed by people of all ages. Facebook provides easy ways to exchange communications with friends and family. You will learn how to view and post your own photos, video, and messages. You will learn about posting on friends' "Timeline," "Commenting" on friends' pictures, and real-time Chat. Personal security recommendations are also covered. If you do not have a current account, please tell the desk and plan to arrive 15 minutes early for the class. **Class fee \$15.**

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

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

**Introduction to Your Mac & OS X** - This 3-session class is for current Mac owners who would like to learn more about using their Mac, and prospective Mac owners who want to know more before buying their first Mac. We will introduce you to the variety of Macs available today and then look at many of the Mac's basic features. We will examine the elements of the desktop, dock, and menu bar; the Finder and OS X folder structure; system preferences (settings for, hardware, internet, printer); setting

up user accounts; setting up and syncing iCloud; and give you an overview of the key software on your Mac. Please note: Our classroom is set up only with PCs. Our instructor will be demonstrating using a Mac laptop and classroom projector. Bring your own Mac laptop and follow along or simply watch the demonstrations. **Class fee \$15.**

**iPhone, iPad, and iPod Touch for the Vision Impaired** - The iPad, iPod Touch, and iPhone, especially with iOS 8.1 or above, 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.**

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

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

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

In this class we will start by helping you connect your own computer or tablet to the internet. Then we will explore Skype's key features. If you bring your own laptop or tablet to class, you must have Skype already installed with a Skype account name and password already checked out. To install Skype and set up your Skype account: On computers: Go to [www.skype.com](http://www.skype.com), click the Download button, and follow the instructions.

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

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

- Personalizing and using the new Start screen
  - Using Windows 10 Settings: Updates, Security and Privacy
  - Managing your PC using the File Explorer
  - Creating a Microsoft account and browsing in the Windows Store
- Exploring the new Windows features Edge and Cortana



**FALL COURSE SCHEDULE \*****COURSE****JAN FEB MAR APR MAY**

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

\* Courses meet for 2 hours twice a week for 4 weeks, except as noted.

S = Free Seminar, 1 session; C = Fee Class, 1 to 8 sessions. ✓ = Available Course

**January**

Introduction to Facebook (359008-01)	Mon & Wed (Jan 23 & 25)	1-3 pm
Computer Fundamentals using Windows 10 (359000-01)	Tues & Thurs (Jan 24 to Feb 16) 9-11 am	

**February**

Introduction to Android Smartphones & Tablets (359040-01)	Fri (Feb 3 to Mar 10)	1-3 pm
Windows 10 Workshop-(359052-01)	Fri (Feb 10)	9-Noon
Open Computer Lab (359038-04)	Wed (Feb 22)	9-Noon
File Management (359001-01)	Tues & Thurs (Feb 21 & 23)	9-11 am
Computer Security & Backup (35905-01)	Fri (Feb 24)	9-11 am

**March**

Skype (359004-02)	Fri (Mar 3)	9-11 am
Windows 10 Workshop(359052-02)	Mon (Mar 6)	1 to 4 pm
Introduction to Word Processing (359033-02)	Tues, Thurs, Tues (Mar 7, 9 & 14)	1-3 pm
Everything Google (359006-02)	Fri (Mar 17)	9-11 am
Introduction to the iPad & iPhone (359050-02)	Mon, Wed & Fri (Mar 27, 29 & 31)	1-3 pm
Open Computer Lab (359038-05)	Tues (Mar 28)	1 to 4 pm

**April**

Introduction to Ancestry.Com (359027-01)	Mon & Wed (Apr 10 & 12)	1-3 pm
Introduction to Your Mac & OS X (359030-01)	Tues (Apr 11, 18 & 25)	1-3 pm
Editing & Sharing Your Photos (359030-01)	Mon & Wed (Apr 17 to May 3)	9 to 11 am
Pinterest.Com (359036-01)	Fri (Apr 21)	1 to 3 pm
Windows 10 Workshop (359052-03)	Tues (Apr 25)	9 to Noon

**May**

iPhone, iPad & iPod Touch for the Vision Impaired (359050-01)	Mon, Wed, Fri (May 1 to 10)	1-3 pm
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**REGISTRATION FEES****Class fees:****Seminars - FREE.****1 to 3 sessions - \$15****4 to 8 session - \$25**

**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.*

**ART CLASSES**

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

**ACRYLIC PAINTING CLASS - BEGINNERS**

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

Fee: \$40 per session

**Passmore Center**

Session I: Tue, Dec 6 - Jan 3 (254008-13)	2 - 3:30 pm
Session II: Tue, Jan 10 - Jan 31 (254008-01)	2 - 3:30 pm
Session III: Tue, Feb 7 - 28 (254008-02)	2 - 3:30 pm

**ARTISTS TOGETHER: OPEN ART STUDIO**

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

**Passmore Center**

Fridays (254009-01) 10 am - 1 pm

**Seymour Center**

Most Wed, Thu and Fri afternoons (357061) 1 - 5 pm

**BASIC DRAWING**

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

Instructor: Joan Cecil

Fee: \$40

**Passmore Center**

Session I: Mon, Dec 5 - Jan 9 (no class Dec 26 & Jan 2) (254021-12)	6 - 8 pm
Session II: Mon, Jan 23 - Feb 13 (254021-01)	6 - 8 pm
Session III: Mon, Feb 20 - Mar 13 (254021-02)	6 - 8 pm

**CHINESE BRUSH PAINTING**

Chinese brush painting is a traditional art form that shows the beauty of both the simplicity and complication of nature using ink and color. Students will learn to paint various subjects such as flowers, birds, vegetables, fruits, landscapes and animals. The instructor will help each student according to their level and needs. Both beginners and experienced artists are welcome.

**Required materials:** A pad of newsprint and a roll of rice paper, a small bottle of black ink or ink stone and dry ink stick, a set of Chinese brush painting color or water colors, a small dish to hold the ink and a plastic container to hold water and small and medium sized brushes. The instructor has good quality brushes, rice paper, ink stone and dry ink from China that students may purchase, if desired.

Instructor: Jinxiu Alice Zhao studied Chinese Brush Painting for 20 years in Hubei Province, China.

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

**Seymour Center**

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

Session II: Tue, Jan 3–Feb 21 (8 weeks) (354007-02)

**CHINESE CALLIGRAPHY CLASS**

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

Instructor: Mr Xuan & Lihong Luo

Fee: FREE

**Seymour Center**

Thursdays (354065-01) 9:45–10:45 am

**OIL PAINTING**

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

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

Fee: \$60 per session (5 weeks)

**Passmore Center**

Session I: Mon, Nov 21–Dec 19 (254014-11) 3–5 pm

Session II: Mon, Jan 30–Feb 27 (254014-01) 3–5 pm

**Seymour Center**

Session I: Mon Nov 21–Dec 19 (354002-10) 10 am–12 noon

Session II: Mon Jan 30–Feb 27 (354002-11) 10 am–12 noon

**PASTEL PAINTING**

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

Fee: \$75 (5 weeks)

**Seymour Center**

Session I: Mon, Oct 17–Nov 14

(353051-02) 1–3 pm

Session II: Mon, Jan 9–Feb 13 (no class Jan 16) (353051-03) 1–3 pm

Session III: Mon, Feb 20–Mar 20 (355051-03) 1–3 pm

**WATERCOLOR - ADVANCED**

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

Instructor: Luna Lee Ray

**Passmore Center**

Fee: \$30 (3 weeks)

Session I: Thu, Jan 12–Feb 9 (254010-01) 1:30–3:30 pm

Session II: Thu, Feb 23–Mar 23 (254010-02) 1:30–3:30 pm

**WATERCOLOR PAINTING**

Italian Door combines many exciting techniques to create a beautiful painting. Learn the tricks and techniques to create these effects: worn buildings with rough stone and peeling paint, weathered wood, and old pottery. A cat sits on a stone wall outside the door, and thick vegetation spattered with wild flowers line the pathway.

Instructor: Carol Fynn

Fee: \$60

**Seymour Center**

Wed, Feb 15–Mar 15 (no class Mar 1) (354010-02) 9 am–12 noon

**WATERCOLOR PAINTING - BEGINNING**

**New!** This course introduces the student to watercolor painting. Basic brush strokes, background washes and techniques will be taught. The use of a

sponge and brushes for spattering to create a textual effect will be taught and used. Students will supply all tools and materials. Tools and material list will be given at first class along with a demonstration of their uses.

Instructor: Joan Cecil

Fee: \$40

**Passmore Center**

Session I: Thu, Dec 1–22 (254039-12) 5:30–7:30 pm

Session II: Thu, Jan 5–26 (254039-01) 5:30–7:30 pm

Session III: Thu, Feb 2–23 (254039-02) 5:30–7:30 pm

**ZENTANGLE®, INTRODUCTION**

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

Fee: \$35 per session

**Seymour Center**

Session I: Wed, Jan 18 (324008-04) 1–3:30 pm

Session II: Sat, Feb 18 (324008-05) 1–3:30 pm

**CRAFT CLASSES**

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

**3-D MORAVIAN STAR**

Let's upcycle our old Christmas or any greeting cards you have and make a unique Moravian star. The star is about ten inches when completed, and will make a beautiful centerpiece, hanging display or gift. Participants are required to bring a large selection of old Christmas cards (at least 20–25). Class limited to 10 participants.

Instructor: Priscilla Boomer

Fee: FREE

**Seymour Center**

Mon, Dec 12 (314044-01) 6–9 pm

**BASKETRY**

Join Susan and Sarah, mother and daughter team and owners of Heart-song Baskets, for an exciting class in basketry making. No experience is necessary. You can expect to make a fun and colorful functional basket. Men are encouraged to come and have a great time as well. All materials are provided. Make sure you wear old clothing. It will be a unique experience. Please feel free to bring snacks. This will be a 4 hour class with breaks in between. Space is limited. Must have 4 participants for class to take place and no more than 8. Register early or no later than Sat, Jan. 28.

Instructors: Susan Laswell and Sarah Corcoran

Fee: \$35 (materials included)

**Seymour Center**

Sat, Feb 4 (324033-04) 1–5:30 pm

**BOBBIN LACE MAKING**

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

**Seymour Center**

1st & 3rd Mon (356004) 11 am–1 pm

**BUSY BEADERS OF PASSMORE CENTER - JEWELRY MAKING**

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

Instructor: Kayla Zaragoza

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

**Passmore Center**

Fridays (244005) 3–5 pm

**CARD MAKING – WORDS OF KINDNESS**

Words of kindness, birthday and get well wishes, encouragement and many more of our deepest thoughts – all have the power to lift up someone's day! Come and join us in creating unique and customized greeting cards. Bring a friend and spend the afternoon sharing wonderful conversations as you create your own greeting cards. No experience is necessary. Everyone must register one week prior to each class.

Instructor: Lucy Lenkewicz  
Fee: FREE

**Passmore Center**

Mondays, Beginning Jan 23  
(254005-01) 1 – pm

**CREATIVE CRAFTERS**

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

Instructor: Helen Frederick  
Fee: FREE (plus supplies)

**Passmore Center**

Thursdays (254034) 9 am – 12 noon

**Seymour Center**

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

**CROCHET AND KNITTING**

The weather is changing and it's time to get to your crochet and knitting needles and begin working on all those warm accessories and holiday gifts. Bring your own project and work together with others. This is a great way to get motivated and learn from one another. It is also a great way to meet people and make new friends.

**Passmore Center**

Fridays (254009-01) 10 am – 1 pm

**DIY- RE-PURPOSED SWEATER**

Bring your old sweater and your imagination and create an awesome treat bag or a décor for your mantle or shelf. Bring 1 sweater (will be cut) a sewing needle and thread  
Limited to 8 participants. Registration required by Dec 1.

Fee: FREE

Leader: Corina Riley

**Seymour Center**

Wed, Dec 7 (314037-01) 2 – 4 pm

**FUSED GLASS JEWELRY & OTHER ARTWORK**

Many things can be made with fused glass. You can make jewelry such as ear rings, pendants, bracelets or belt buckles. You can also make plates and bowls in various shapes and sizes. Share your work with friends and family. Here is your chance to do all of the above while

experimenting with fused glass. The instructor will guide you through the step by step process during a 4-week class during which you can make several unique pieces. Once you have taken this class, you will want to take it again and again. We also melt wine bottles into interesting serving plates and bowls.

Instructor: Bruce Gillooly  
Fee: \$10 per class + \$10 material fee payable to instructor.

**Passmore Center**

Thursdays  
(254020-12, 01, 02) 4 – 5:30 pm

**GEMSTONE MOSIAC BROOCH: 5TH TUESDAY SPECIAL PROJECT**

Create a unique jewelry piece with assorted mini-chips real gemstones including peridot, rose quartz, lapis, coral, and variety of other stones. You will receive step by step instructions of different ways to set your design. Once you complete your eye catching masterpiece, wear it in style on a nice sweater, coat or blazer.

Fee: \$5 (includes all supplies)

Instructor: Helen Fredrick

**Seymour Center**

Tues, Jan 31 (314045-01) 1 – 3 pm

**GOURD DECORATING**

Join us for this great indoor winter project and decorate a gourd for the birds. Gourds and decorating materials will be provided.

Fee \$10 payable to instructor  
Limited to 10 participants. Registration required by Jan 19.

Leader: Delores Evans

**Passmore Center**

Thu, Jan 26 (214018-01)  
10 am – 12 noon

**JAPANESE EMBROIDERY**

Come and learn this specialized art form! Traditional Japanese Embroidery is 1,600 yrs old and only came to the US in 1985. Learning this special art can take up to 10 yrs to complete. The embroidery is done with silk filaments from a cocoon and metal threads on silk fabric. Some pieces have superimposed embroidery (embroidery over embroidery). Motifs are usually flowers, birds, and sometimes human figures. Instructor: Pam Reading, certified instructor by Kurenai Kai in Atlanta, GA. Contact her at 919- 815-2249 or preading@gmail.com for information on the materials you'll need.

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

**Seymour Center**

Jan 28 & 29 (353050-15) 9 am – 4 pm

**KAI MEI KNITTERS**

Come and join our growing knitting community. All levels of ability are wel-

come. Experienced knitters help beginners with basic knit and purl stitches. Beginning kits are available. Although some materials will be available, you are welcome to bring your own yarn and needles. Please call Maret Garard at 919-619-1142 or Beth Buttitta at 919-542-2194.

Fee: FREE

**Seymour Center**

1st & 3rd Thu, Dec 1, 15; Jan 5, 19; Feb 2, 16 (324067) 1:30 – 3 pm

**LEATHERWORKS - BEGINNING**

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

Instructor: Sam Truax

Fee: FREE (plus supplies)

**Passmore Center**

Wednesdays (234000-01) 9 – 11 am

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

Wikipedia describes it best! Papercutting is the art of cutting paper designs. The art has evolved uniquely all over the world to adapt to different cultural styles. Jianzhi is a traditional style of papercutting in China and has been practiced in China since at least the 6th century AD. Jianzhi has a number of distinct uses in Chinese culture, almost all of which are for health, prosperity or decorative purposes. Red is the most commonly used color. Come learn how to cut intricate patterns in paper and turn it into art. This interesting technique involves using scissors or paper cutting knives. Once you get into it, you will pleasantly surprise yourself with an ornate masterpiece. Class is limited to 15 participants. Must have 10 registered for this class to take place. Materials provided by instructor. Register by Wed, Jan 18.

Instructor: Jinxiu Alice Zhao

Fee: \$20

**Seymour Center**

Wed, Jan 25 (314024-01)  
12:30 – 2:30 pm

**PASSMORE CENTER CARVERS (WOODCARVING)**

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

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

Fee: FREE (plus supplies)

Instructor: Steve Zamerski

**Passmore Center**

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

**PASSMORE CENTER CARVERS - INTARSIA WOODCARVING**

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

Instructor: Dean Pricer

Fee: FREE (plus supplies)

**Passmore Center**

Wednesdays (254033-01) 1 – 4 pm

**PASSMORE CENTER QUILTERS**

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

Fee: FREE

**Passmore Center**

Tuesdays (257011-1) 10 am – 2 pm

**PERFUME OIL CLASS**

This class will have a mini discussion to explain how perfumes are made and their ingredients. We will limit the discussion to the floral and citrus categories of scent, explain how perfume, cologne and body spray are different. Then we will have hands on workshop and make a roll-on perfume. Space limited to 15 participants. Register by Tues, Jan 31.

Instructor: Regina Dozier

Fee: \$20

**Seymour Center**

Tues, Feb 7 (324036-02)

**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 Susan Zeisel at 919-932-9080 or Hein Chu at 919-357-5471

Fee: FREE

**Seymour Center**

Mondays (354024) 10 am – 12 noon

## POTTERY CLASSES

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

### ADVANCED POTTERY

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.

Instructors: Pip Merrick and Russell Knop (evening class instructor)  
Fee: \$65

#### Passmore Center

Session I: Mon, Dec 5 – Jan 9 (No class Dec 26 & Jan 2) (254018-12)

12:30 - 2:30 pm

Session II: Mon, Jan 23 – Feb 13

(254018-01) 12:30 – 2:30 pm

Session III: Mon, Feb 20 – Mar 13

(254018-02) 12:30 – 2:30 pm

or

Session I: Mon, Dec 5 – Jan 9

(No class Dec 26 & Jan 2)

(254015-12) 6 – 8 pm

Session II: Mon, Jan 23 - Feb 13

(254015-01) 6 – 8 pm

### BEGINNING POTTERY

This class is set for those who are beginners or just needs to brush up on their skills. Each class will begin with a demonstration followed by hands on instruction.

Instructors: Pip Merrick  
Fee: \$65

#### Passmore Center

Session I: Wed, Dec 7 – Dec 28

(254030-12) 12:30 – 2:30 pm

Session II: Wed, Jan 4 – Jan 25

(254030-01) 12:30 – 2:30 pm

Session III: Wed, Feb 1 – Feb 22

(254030-02) 12:30 – 2:30 pm

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

#### Passmore Center

Mondays 10 am – 12:30 pm

Tuesdays 6 – 8 pm

Wednesdays 12 noon – 2:30 pm

Fridays 1:30 – 3:30 pm

### INTERGENERATIONAL POTTERY FOR GRANDPARENTS AND GRANDCHILD.

Focus will be on hand building. The grandparent / grandchild duo may elect to complete one project together or two

individual projects. **Please note that this class is designed for middle school age children**, however, a second class can be arranged for elementary age children. No prior pottery experience is required. Come and enjoy this unique opportunity with your grandchild.

Instructor: Russell Knop

Fee: \$65

#### Passmore Center

Session I: Sat, Jan 7 - 28

(224003-01) 9 – 11 am

Session II: Sat, Feb 4 - 25

(224003-02) 9 – 11 am

### INTRODUCTION TO RAKU POTTERY

This class is for students who have completed a minimum of one beginning pottery session. During the first two classes you will build your pottery pieces. You will glaze your work during the third class and on the last class you will go on a field trip to fire your work. The last class will be a 4 – 6 hour workshop. Class is limited to 6 people.

Instructor: Russell Knop

Fee: \$65

#### Passmore Center

Mon, Feb 20 – Mar 13

(214017-01) 6 – 8 pm

## BRIDGE AND OTHER GAMES

### BRIDGE CLASSES

#### BEGINNING BRIDGE: STANDARD AMERICAN BIDDING 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. Student text is *Play of the Hand in the 21st Century*, available through Amazon or Baron Barclay. Further questions may be directed to [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com).

#### Fee: \$125 (9 weeks)

#### Seymour Center

Tue, Jan 10 - Mar 7 (35 4116-03)

9:30 am – 12 noon

### BRIDGE GAMES

#### BRIDGE LAB

A drop-in Duplicate Bridge game designed for fun and practice. Open discussion is encouraged during and after each hand. This is a great opportunity to enhance your bridge skills in a friendly atmosphere. A basic knowl-

edge of Duplicate Bridge is desirable. No partner is needed.

Fee: FREE

#### Seymour Center

Wed & Fri (351017) 9:30 am – 12 noon

### CONTRACT BRIDGE

Newcomers are always welcome.

#### Passmore Center

Mon & Wed (257004) 1 – 4 pm

### DUPLICATE BRIDGE

Newcomers are invited to play bridge every Wed afternoon. Welcoming atmosphere and friendly people. You do not need to be an ACBL member to play. Come see for yourself, tell a friend, and play the Fascinating Game of Bridge. A great way to earn Master Points, sharpen your skills and have fun at the same time. Partners are not needed.

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

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

Fee: \$8

#### Seymour Center

Wednesdays (351015) 1 pm

### MONDAY MORNING BRIDGE

Start your week with a fun and stimulating game of bridge where you can socialize and challenge yourself in the company of friendly and competitive people. Need help with bidding? Just ask. This is where you can apply the lessons, discover the modern bidding methods, make new friends, and literally feel your brain working! Here's a place to workshop with a new partner, to learn and practice new conventions or strategies - to practice, practice, practice. If you need a partner contact Valerie Roberts at [vjroberts3@gmail.com](mailto:vjroberts3@gmail.com) at least a week ahead of time so she can help you find one.

Director: Valerie Roberts, Certified

Bridge Teacher and Director.

Fee: \$7

#### Seymour Center

Mondays (351002) 9:15 am – 12 noon

### SARAH WEST SOCIAL CONTRACT PROGRESSIVE BRIDGE

This is a friendly game of bridge. New players are always welcome.

Fee: FREE

#### Seymour Center

Wed & Fri (351012) 1 – 5 pm

### SOCIAL BRIDGE

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

Fee: FREE

#### Seymour Center

Mondays (351003) 1 – 4 pm

## OTHER GAMES

### CANASTA

Leader: June Weatherley, 919-918-3542

#### Seymour Center

Mon and Thu (351013)

12:45 – 4 pm

### BACKGAMMON AND CHECKERS FOR BEGINNERS

**New!** Begin the New Year by learning a few new games. It is good for your brain as well as meeting new people and making new friends. You will learn the different strategies for playing both Backgammon and Checkers taught by a champion player, William Tart. Everyone must register one week prior to each lesson.

Instructor: Willie Tart

Fee: FREE

#### Passmore Center

Thursdays, beginning Jan 12

(257043-01) 1 – 2:30 pm

### CHESS LESSONS

**New!** Lean to play chess, a thinking man and women's game! Be the "commander" of your pieces. You will face an opponent and do your best to win the match or game. Your "army" will include pawns, rooks, knights, bishops, a queen, and a king. We will take time to introduce you to all the moves these pieces can make. You will learn to go on offense and defense and work hard to protect your king. Instructor, Willie Tart is a trophy winning player, upper class A. He will teach the fundamentals and advanced strategies. If you enjoy checkers, you will enjoy chess. Everyone must register one week prior to each lesson. \*Individual lessons can be made by appointment.

Instructor: Willie Tart

Fee: FREE

#### Passmore Center

Session I Tue, Jan 10 - 31

(257044-01) 1 – 2:30 pm

Session II Tue, Feb 7 - 28

(257044-02) 1 – 2:30 pm

### DOMINOES

Join us for a morning of dominoes and other games.

#### Passmore Center

Mon – Fri (251000)

10 am -12 noon or 1– 4 pm

#### Seymour Center

Mon – Fri (351021)

10 am – 3:30 pm

### GAME DAY

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

#### Seymour Center

Wednesdays (351009)

1 – 3 pm

**GAMES**

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

**Passmore Center**

Mon – Fri (251001) 9 – 11 am

**HAND AND FOOT CANASTA**

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

**Seymour Center**

Mon & Thu (351026) 12:45 – 4 pm

**HAND AND FOOT CARD GAME**

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

**Passmore Center**

Mon - Fri (251017) 1 – 4 pm

**MAH JONG**

This ancient Chinese game is challenging and fun.

**Passmore Center**

Tuesdays and Fridays (257005) 1 – 4 pm

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

**Seymour Center**

Mondays (351001) 12:30 – 5 pm

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

Thursdays (351001-01) 7 – 9 pm

Call the Seymour Center or Rebecca Hauser at 919-942-5703

(evenings) to sign up to play on Monday afternoons.

**ROOK**

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

**Passmore Center**

Fridays (257007) 9:30 – 11:30 am

**RUMMIKUB**

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

**Passmore Center**

Mon – Fri (257008) 9 – 11:30 am

**SCRABBLE CLUB**

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

**Seymour Center**

Tuesdays (351005) 1 – 5 pm

**SCRABBLE TALK**

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

**Passmore Center**

Thursdays (253016)  
10:30 am – 12 noon

**VARIOUS CARD GAMES**

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

**Seymour Center**

Tue – Fri (351010) 2 – 5 pm

**LANGUAGE CLASSES**

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

**ENGLISH AS A SECOND LANGUAGE - BEGINNER**

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

Fee: FREE

**Seymour Center**

Wed & Fri (354067) 9:30 – 11:30 am

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

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

Fee: FREE

**Seymour Center**

Tuesdays (354066) 9 am – 12 noon

**INTERMEDIATE/ADVANCED SPANISH CHAT GROUP**

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

group and its activities, check our web site on [Meetup.com](http://Meetup.com). We are the Chapel Hill Spanish Language Meet up group.

Facilitator: Edwin Nirdlinger

Fee: FREE

**Seymour Center**

Fridays (357151-01) 12 noon – 2 pm

**MANDARIN CONVERSATION CLUB**

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

Instructor: Mr Wang

Fee: FREE

**Seymour Center**

Tuesdays (354041-03) 10 – 11 am

**SPANISH (LEVEL I) - BEGINNERS**

An introduction to Spanish, for those with no previous experience in the language

Fee: \$120 (8 weeks)

Fee: \$90 (6 weeks)

Book Fee payable to Instructor: \$15

Seymour Center

Session I: Fri, Nov 4 - Dec 16 (6 weeks)

(no class Nov 25) (354013-02)

Session II: Fri, Jan 6 - Feb 24 (8 weeks)

(354013-03) 10:15 – 11:15 am

**SPANISH (LEVEL II) - BEGINNERS**

This class is for people who have had at least one previous one in Spanish.

Fee: \$105 (7 weeks) No Class Jan 16

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Nov 7 - Dec 19 (7 weeks) (354013-12)

Session II: Mon, Jan 9 - Feb 27 (7 weeks)

(354013-13) 12 noon – 1 pm

**SPANISH (LEVEL III) - BEGINNERS**

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

Fee: \$105 (7 weeks) No Class Jan 16

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Nov 7-Dec 19 (7 weeks) (354014-02)

Session II: Mon, Jan 9 - Feb 27 (7 weeks)

(354014-03) 10:30 – 11: 30 am

**SPANISH (LEVEL IV) – EARLY INTERMEDIATE**

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

Fee: \$105 (7 weeks) No Class Jan 16

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Mon, Nov 7- Dec 19 (7 weeks) (354015-02)

Session II: Mon, Jan 9 – Feb 27 (7weeks) (354015-03) 9:30 – 10:30 am

**SPANISH (LEVEL V) – INTERMEDIATE TO ADVANCED**

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

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

Fee: \$ 120 (8 weeks)

Fee: \$90 (7 weeks)

Book Fee payable to Instructor: \$15

**Seymour Center**

Session I: Fri, Nov 4 – Dec 16 (6weeks)

(354016-02) (no class Nov 25) 9 - 10 am

Session II: Fri, Jan 6 – Feb 24 (8 weeks)

(354016-03)

**EDUCATIONAL OPPORTUNITIES**

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

**AGING FOR KNOWLEDGE MEET-UP (MANDARIN ONLY)**

Who will you call in an emergency? Who should you see for your illness if you do not have health insurance? What is Dementia? How can you prevent falling? Is Hospice relevant to you? What services can you access? If you have any of the doubts or simply just want to learn more, please join us for a fun and educational session! 您身处美国是否常有困惑? 是否不知该去何处看病? 该如何申请医疗保险? 如何预防摔倒? 是否对于美国的老年服务不够了解? 不用担心, 从2016年开始我们每月都会有关于“老龄服务”的小讲堂, 让大家能够更舒适更轻松的生活在美国!

Facilitator: Zhenzhen Yu

Fee: FREE

**Seymour Center**

3rd Thu, Dec 15; Jan 19; Feb 16

(357152) 10 – 11 am

**ASSISTING A USER OF A WHEELCHAIR OR WALKER**

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

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

Instructor: Vicki Tilley, Physical Therapist and owner of ElderFit  
Fee: FREE

#### Passmore Center

Wed, Jan 18 (214016-01) 10 – 11 am

#### Seymour Center

Wed, Jan 25 (347005-04) 3 – 4 pm

#### PERFUME OIL CLASS

This class will have a mini discussion to explain how perfumes are made, what they are made with, and discuss the various categories of scent - how perfume, cologne and body spray are different. Then we will have hands on workshop and make a natural body oil or roll-on perfume. Space limited to 15 participants. Register by Tues, Jan 31.

Instructor: Regina Dozier

Fee: \$20

#### Seymour Center

Tue, Feb 7 (324036-02) 2 – 4 pm

#### BRIDGING THE GAP: STORYTELLING WORKSHOP

In a dynamic combination of theater, writing, and art, this workshop encourages participants to write, design, and share a children's story with local children. Over the course of several weeks, we'll brainstorm story ideas, write, create, perform and practice our individual stories before presenting them to our audience. If you enjoy getting your creative juices flowing, fun, and interacting with children, then you'll love contributing to this workshop.

Program Leader: Jenitza Pierce

Fee: FREE

#### Seymour Center

Thu, Dec 15; Jan 12, 26; Feb 9, 23; Mar 9, 23 (354063-11) 1 – 2:30 pm

#### BUS RIDING 101 – GETTING THE MOST OUT OF THE TRANSIT SYSTEM

This class is for people who don't have a car or no longer drive. It is also for people who want to save money. Participants will learn how to map out bus trips to places in the county and elsewhere. Individuals who qualify to be picked up at home will learn how to travel to many more places by combining transit services. Make your life better by understanding the transit system. Learn from the experts!

Instructor: Tammy Harkinson, Orange Public Transportation (OPT) and Lisa Berley, OC Dept on Aging, Transportation Specialist

#### Cedar Grove Community Center

Thu, Jan 5 1 – 2 pm

#### HONORING YOUR LIFE STORIES: A MEMOIR WRITING WORKSHOP FOR BEGINNERS

What gives your life meaning? Which events, personal and global, shaped the person you are today? What life lessons have you learned?

Each life contains millions of stories. In this class, come prepared to create personal narratives from your own life stories, from the everyday to the extraordinary. With the help of prompts as well as excerpts and writing advice from well-known non-fiction essayists, we will cover such topics as: battling writing perfectionism, dialogue, brainstorming, organization, editing and more. Participants will have the optional opportunity to share their work in a welcoming and fun workshop setting. This class promises to be a wonderful way to make your own stories into keepsakes, to hone your writing skills, and an opportunity to get to know others in your community and to hear and learn from their stories. This class is open to writers of all genres and levels of experience, but will be tailored particularly for beginners. Please bring a journal and writing utensil (or a laptop if you prefer) for in-class exercises.

Instructor, Allison Kirkland, graduated from Duke Univ with a degree in English and earned her Masters of Fine Arts in Creative Non-fiction Writing at The New School in NYC. She has worked in publishing and arts administration, but her passion is showing others how to craft their own life stories. Registration Deadline: Tue, Jan 3.

Fee: \$45 for a six week class

#### Seymour Center

Tue, Jan 10 – Feb 14 (354062-04) 1 – 3 pm

#### IMPROV 101

Welcome to the world of Improv. In this introductory class you will learn the basic concepts of improvisational acting. You will learn what makes a good scene and how to make stuff up. Improv is fun. Improv is creative. This class will be short on lecture and filled with fun. You will perform. You will play. You will laugh. You will discover a world that you and your classmates create. Improv classes have been called Romper room for adults. Classes are 6 consecutive sessions and will be limited to 10 to allow each person plenty of practice. Accommodations will be made for any physical needs.

Instructor: Bob Chernow

Fee: \$5

#### Seymour Center

Tue, Jan 3 - Feb 7

(354137-04)

6:30 - 8:30 pm

#### IMPROV THEATER BASICS: DISCOVER YOUR CREATIVITY

Improv is a popular, informal theater art form that uses a playful mindset and the accepting environment of 'Yes...and' to unleash creativity, discovery, and fun. This class is designed for you to 'play' while learning how to create imaginary scenic worlds.

Your Improv journey includes warm-ups/exercises that promote living in the present moment through self-discovery, laughter, mindfulness, and collaboration. You will learn how to build memorable scenes with your classmates in the here and now. Many people find that taking improv classes helps them build social confidence, improve memory, and renew energy. Then again, just having fun may be the best takeaway. Be ready for active physical participation including frequently alternating between standing and sitting, plus physical movement. Have you taken this class before? Take it again! Improvisers often repeat classes to build their improv skills and keep the fun going! Instructor, Carolyn Cole, performs long-form improv as a 'Lunatic' at Moonlight Stage Company, Raleigh. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto is "Try Improv. You will become ageless." Textbook suggested for course *Truth in Comedy: The Manual for Improvisation*, by Charna Halpern, Del Close, and Kim Howard Johnson. Books may be purchased online for approximately \$6 - \$16. Please order the textbook and register for course by Tue, Dec 20. Class size is limited to 14, must have 8 for course to proceed. Course is co-sponsored with OLLI at Duke.

Sessions are 2 hours. Course runs 5 weeks. For additional questions or details, you may contact the instructor at comet2000@nc.rr.com.

Instructor: Carolyn Cole

Fee: FREE

#### Seymour Center

Tue, Jan 10, 17, 24, 31; Feb 7 (314039-01) 9 – 11 am

#### IMPROV THEATER GAMES

Theater Games are exercises that let your playfulness emerge. They encourage spontaneity and creativity and incorporate the "Yes...and" Improv philosophy. Games are easy to learn and fun to play without any reason other than to have a good time. The pace will be geared to the comfort level of the class. We will have an attitude of "let's just play and have fun." This two-session workshop includes a number

of theater games developed by Viola Spolin, whose work is recognized for promoting spontaneity, awareness, and focus in actors. If you are a budding improviser, each game can be used to build your improv muscles. Important note: While rests and breaks are built into the workshop, you will be physically active, frequently alternating between standing and sitting, plus engaging in some physical movement. Wear comfortable, sturdy shoes and dress for ease of movement. Instructor, Carolyn Cole, performs long-form improv as a 'Lunatic' at Moonlight Stage Company, Raleigh. She also teaches improv at the Durham Arts Council. Trained at Second City, iO, and UCB/NYC, Carolyn believes that improv wisdom can make a positive difference in your everyday life. Her motto is "Try Improv. You will become ageless." Register for course by Tue, Feb 7. Class size is limited to 14, must have 8 for course to proceed. Course is co-sponsored with OLLI at Duke. Two-session workshops are 2 hours.

Instructor: Carolyn Cole

Fee: FREE

#### Seymour Center

Tue, Feb 28; Mar 7 (314040-01) 9 – 11 am

#### PLEASURES AND PERILS OF AGING

This unique discussion group will enable you to share your pleasures of aging, family relations, developing new interests, budgeting, and a host of diverse gravitating topics. The concept is to create a setting where people exchange how they cope with the aging process. This group will be kept to 12 participants or less. What is shared among the group stays among the group. Participants should attend both sessions and are encouraged to fully engage in the discussions to make this a successful experience for all.

Moderator: Emily Gordon

Fee: FREE

#### Seymour Center

Wed, Jan 18 & 25 (314036-01) 6 – 7 pm

#### PUBLIC TRANSPORTATION OPTIONS IN ORANGE COUNTY

A dialogue with administrative staff from Orange Public Transportation (OPT) This program will cover the current and future bus options in the county and is a great opportunity to ask questions, make comments and suggestions.

Fee: FREE

#### Passmore Center

Thu, Jan 12 (244037-02) 10:30 – 11:30 am

**SLAM THOSE SCAMS!**

Scammers are smart and are always coming up with new ways to get into your pocketbook. Protect yourself by learning about the newest scams happening in our area. A short presentation will take place followed by a question and answer period. Discussion will be about general techniques to recognize scams - the most important facet of maintaining credit and personal integrity (preventing identity theft) today. Everyone must register one week prior to each lesson.

Instructor: Bruce Gayliard

Fee: FREE

**Passmore Center**

Wed, Jan 11 (234021-01) 1 - 2:30 pm

**TED TALKS AT SEYMOUR**

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a nonprofit, non-partisan 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 19; Jan 16; Feb 20 (353020) 2 - 3 pm

**Mon, Dec 19** - The Surprising Science of Happiness, Dan Gilbert, Psychologist, Happiness Expert, and Author Harvard psychologist, and author of *"Stumbling on Happiness,"* Dan Gilbert challenges the idea that we'll be miserable if we don't get what we want. Our beliefs about what will make us happy are often wrong — a premise he supports with intriguing research. When actually, our "psychological immune system" lets us feel truly happy even when things don't go as planned.

**Mon, Jan 16** - Living A Life of Meaning, Norman Lear - Producer and Activist, In the 1970s (and decades following), TV producer Norman Lear touched the lives of millions with culture-altering sitcoms like *All in the Family*, *The Jeffersons* and *Good Times*, pushing the boundaries of the era and giving a primetime voice to under-represented Americans. In an intimate, smart conversation with Eric Hirshberg, he shares with humility and humor how his early relationship with "the foolishness of the human condition" shaped his life and creative vision.

**Mon, Feb 20** - How Singing together Changes the Brain- Tania de Jong AM, Founder and Chair of Creativity Australia's With One Voice Choir Program Tania makes the case that people singing together can change the brain. Pushing the idea that creativity is the strategic tool of the 21st century, she says how our voices have been silenced and that it's not doing us any good. She explains how singing is a survival mechanism, how it makes our hearts beat together and can help heal strokes and depression.

**TELLING YOUR STORY**

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

Fee: FREE

**Passmore Center**

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

**TO LOVE, NOT HATE: A HOLOCAUST SURVIVOR'S TALE**

At the age of 14, Sol Lurie had no idea that he was about to be murdered with other Jewish prisoners by Nazis. Mr Lurie can only describe what happened next as a miracle. He now shares his Holocaust experience in which he endured at least 6 concentration camps. In spite of all he faced, he shares his inspiration of hope and forgiveness as he revisits chapters of his life that were not easy, nor pleasant. The horrors he withstood would have broken ones spirit, but his case, it did the opposite. It gave him the will power to live and not die, and ultimately to love and not hate. Join Mr Lurie as he shares his stories of triumph during difficult times.

Motivational Speaker: Sol Lurie

Fee: FREE

**Seymour Center**

Tue, Jan 29 (314041-01) 10 - 11 am

**TRANSITIONING TO THE LIFE YOU LOVE**

Transitions in life are a part of living. How we handle them will determine how we feel about the life that we live. It is supposed to be good. We will discuss and offer possibilities that will make your transition easier. You will be encouraged and be able to shift to a state where you accept that sometimes transition is a gift to you and the life you love. Bring a notepad and a writing tool to take notes. Space is limited to 20 people. Register by Wed, Jan 4.

Instructor: Regina Dozier

Fee: \$5

**Seymour Center**

Wed, Jan 11 (314042-01) 6 - 7 pm

**UBER AND LYFT**

Are you curious about these popular transportation services? Wondering about the drivers and how to tell if they are trustworthy? How much does a ride cost? How to get started? Get all your questions answered by Bob Johnson, an actual Uber and Lyft driver, and Lisa Berley, Transportation Specialist as well as Uber user. Registration is suggested.

**Passmore Center**

Thu, Feb 9 (214015-01) 10 - 11 am

**Seymour Center**

Thu, Feb 23 (347005-02) 3 - 4 pm

**FINANCIAL PLANNING****RETIREMENT FOR BOOMERS AND RETIREES**

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

Note: Tue sessions will be held at the Seymour Center from 2 - 3:30 pm. Call 919-968-2070 to register by Tue, Jan 3. Thu sessions will be held at the Passmore Center from 2 - 3:30 pm. Call 919-245-2015 to register by Thu, Jan 5.

Fee: FREE

**Passmore Center**

Thu, Jan 12 Foundations of Investing

Thu, Jan 19 Focus on Fixed Income

Thu, Jan 26 Stocks: The Nuts and Bolts

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

Thu, Feb 9 What Happens After the Paychecks Stop?

Thu, Feb 16 Preparing Your Estate Plan

**Seymour Center**

Tue, Jan 10 Foundations of Investing

Tue, Jan 17 Focus on Fixed Income

Tue, Jan 24 Stocks: The Nuts and Bolts

Tue, Jan 31 An Investor's Tour of Mutual Funds

Tue, Feb 7 What Happens After the Paychecks Stop?

Tue, Feb 14 Preparing Your Estate Plan

**Passmore Center**

Thu, Jan 12 - Feb 16 (254003-) 2 - 3:30 pm

**Seymour Center**

Tue, Jan 10 - Feb 14 (334004-64) 2 - 3:30 pm

**RETIREMENT: MAKING YOUR MONEY LAST**

Have you retired recently? Are you planning to retire soon? This presentation discusses ideas to help build a

reasonable and sustainable strategy for managing income and expenses during retirement. We'll explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected. Must register by Wed, Dec 28 for Passmore Center. Must Register by Wed, Jan 18 for Seymour Center.

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

**Passmore Center**

Wed, Jan 4 (234009-01) 12 noon - 1:30 pm

**Seymour Center**

Wed, Jan 25 (334021-02) 12 noon - 1:30 pm

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

You've worked hard to provide for your family. Whether you're approaching retirement or have recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. This presentation discusses proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. Must register by Wed, Nov 30 for Passmore Center, and Wed, Dec 7 for Seymour Center.

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

**Passmore Center**

Wed, Dec 7 (224013-01) 6:30 - 7:30 pm

**Seymour Center**

Wed, Dec 14 (324016-03) 6:30 - 7:30 pm

**TAX-FREE INVESTING: IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP**

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. Must register by Wed, Jan 25 for Passmore Center. Must register by Wed, Feb 15 for Seymour Center.

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

**Passmore Center**

Wed, Feb 1 (244022-01) 6:30 - 7:30 pm

**Seymour Center**

Wed, Feb 22 (334023-02) 6:30 - 7:30 pm

## SPECIAL EVENTS

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

### A SPOKEN WORD PERFORMANCE & SPECIAL RECEPTION

In honor of Dr King, this unique and unforgettable evening will be like no other. Let's welcome a group of talented and vibrant poetry and spoken word lovers. They too, have a dream and will share their powerful interpretation through original creations, songs and stories. Be inspired! Be encouraged! Be open! And mostly, be there! Heavy hors d'oeuvres reception will follow performance giving you a chance to meet the artists. Performers: Soteria Shepperson and Friends

#### Seymour Center

Fee: FREE  
Mon, Jan 23 (313074-01)  
6:30 – 8 pm

### A TASTE OF CHINA - THE YEAR OF ROOSTER

Which animal of the Chinese calendar are you? Are you a dragon, Tiger, or Ox? Come and learn more about the Chinese culture during our special celebration. We will have a special performance by The Hong Yan Chinese Choir. You will experience their culture through dance and music. After the performance, we will gather for a traditional Chinese meal. The center will provide the main dish and all you need to do is bring a dessert to share. Registration is required prior to Jan 20.

Fee: FREE

#### Passmore Center

Thu, Jan 26 (213017-01)  
2:30 – 5:30 pm

### ARSENIC AND OLD LACE – DINNER THEATRE

Performed by the Orange Community Players, Arsenic and Old Lace is a comedy that will have you laughing throughout the performance. Theater critic and longtime bachelor Mortimer Brewster finally proposes to his long suffering girlfriend. Returning to their respective family homes to deliver the news, Brewster finds a corpse hidden in a window seat. Chaos and comedy ensue. With his eccentric aunts, Abby and Martha, disturbed brother Teddy (who believes he is Theodore Roosevelt), and

homicidal brother, Jonathan, Mortimer starts to realize that his family is even crazier than he thought!

You won't want to miss this performance. Tickets will go on sale Mon, Jan, 9. Gift Certificates will be available beginning Mon, Nov 28. They will make a great holiday or special occasion gift. Audiences will have a choice of attending a traditional production on Thu or Fri night. The Dinner Theatre production is only on Sat night at 6:30 pm with a special dessert matinee on Sun at 2 pm. Adverse weather dates are Mar 2 - 5. \*Cosponsored with The Friends of The Passmore Center.

#### Passmore Center (213014-01)

Thu, Feb 23 7 pm  
Performance Only (concessions will be sold) \$15 in advance \$18 at the door.  
Fri, Feb 24 7 pm  
Performance Only (concessions will be sold) \$15 in advance \$18 at the door.  
Sat, Feb 25 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 26 2 pm  
\*Dessert Theatre – Tickets are \$20 in advance and \$25 at the door. Doors open at 1:30 pm and play begins at 2 pm. Dessert served during intermission.

### ARTFUL SPARKS: POP UP EVENTS!

Are you ready to explore your creativity? Expand your imagination? Make cool stuff?

Join Debbie Suchoff for ARTFUL SPARKS - a curiously fun experience. How does it work? Every Wed evening, Deb will set up a surprise project. No special skill will be required. Projects come with simple instructions and all materials will be provided. Just show up with an open mind and \$15 (covers cost of project supplies). This is a great opportunity to step outside the box and discover the pleasure of creative process. Bring a friend or two!  
Program Leader: Debbie Suchoff  
Fee: \$15

#### Seymour Center

Wed, Dec 7 - Feb (313064-01)  
6:30 - 8:30 pm  
(will not meet on Dec 28)

### ART SHOW – PASSMORE CENTER

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

### PASSMORE CENTER QUILTERS

This exhibit will display the many talents of local people who create beautiful handmade quilts. Many of their quilts are donated to the UNC and Duke Children's Oncology Departments, and Quilts of Valor Organization for Veterans. The quilters meet on Tues

mornings and will be at the art opening to share information on how you can get involved. Come experience these beautiful and timeless works, and meet the quilters during the art reception on Mon, Jan 9. Please contact the center to register before Thu, Jan 5.

#### Passmore Center

Mon, Jan 9 (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

### 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.

### LIVING LONG LIVES EXHIBIT WITH CHRIS ADAMCZYK

Living Long Lives is a personal photography project undertaken by Chris Adamczyk to meet people who are living long lives and to explore how they stay engaged and nurture their passion and vibrancy. The photographs in this exhibition will introduce you to the people Chris met on her journey and show you why they became role models for her as she grows into her own long life. It is her hope that these images will convey a sense of vitality and reality that is often unnoticed because it is overshadowed by our current stereotypes and biases about aging and the elderly. Exhibit will be on display from Mon, Dec. 5 until Thurs, Jan. 19. Art Opening Hostesses will be: Irene Ferguson, Margaret Mays, Maret Gerard and Ceresa Clark with live music by Margarita Thompson.

#### Seymour Center

Mon, Dec 5 (353003-09) 3 – 4 pm

### BEAUTY IN THE CAROLINAS: PANORAMAS AND PEOPLE EXHIBIT

An exploration of Carolina landscapes and street photography showing the serenity of nature and the human character of the people who make this area exceptional. Photographer, Steven C. Broscious' colorful images of Jordan Lake, Hanging Rock and other natural settings will calm and sooth you. In addition, his edgy street photos in black and white will inspire you by showing the uniquely human dimension of this place we call home. Steven's photography collections will be on display from Mon, Jan 23 until Thu, Feb 23. Art Opening Hostesses will be: Becci Ritter, Irene Ferguson, Pat Farrington and Fung Little with **live music by Emily Davisson**.

#### Seymour Center

Mon, Jan 23 (353003-10) 3 – 4 pm

### COLLABORATIVE EXPRESSIONS EXHIBIT WITH SUSANNA RAY

Susanna E. Ray is a self-taught artist with 25 years of experience and has won numerous awards, including Best of Show. She enjoys watercolor and acrylic, and especially enjoys working on Yupo (plastic) paper. While discovering the challenges of Yupo paper, Ms Ray found the joy and freedom of abstract painting. Professional organizations include the Pittsburgh Watercolor Society, Watercolor Art Society of Houston and various small groups of collaborative artists. Ms Ray enjoys diversity and freedom of expression. Exhibit will be on display from Mon, Feb 27 until Thu, Apr 6. Art Opening Hostesses will be: Irene Ferguson, Margaret Mays, Ann Wilkerson and Ceresa Clark with live music by Margarita Thompson.

#### Seymour Center

Mon, Feb 27 (353003-11) 3 – 4 pm

### ORANGE COUNTY SILVER ARTS EXHIBIT

SilverArts Exhibit will be on display Mon, Apr 10 – Thu, Apr 27. SilverArts is a celebration of creative expression and a major component of the traditional athletic competition of NC's Senior Games. SilverArts unites the athlete and artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments. There will be an opening reception on Mon, Apr 10. Hostesses will be the Senior Games Committee with musical performance by Jimmy Smith and John Sparks. Please note: SilverArts Exhibit will be on display for 2 weeks.

#### Seymour Center

Mon, Apr 10 (353003-12) 3 – 4 pm

### BINGO

BINGO! Join our caller Joseph De-graffenridt 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, Dec 6; Jan 25; Feb 22  
(353041- 01,02, 03) 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.

#### Passmore Center

Mon, Dec 5; Jan 9; Feb 6  
(253004-12, 01, 02) 12 noon  
(Will celebrate Mon, Jan 9 due to Jan 2 holiday)

#### Seymour Center

Mon, Dec 5; Jan 9; Feb 6  
(353072- 10, 11, 12) 12 noon  
(will celebrate Mon, Jan 9 due to Jan 2 holiday)

## 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 Thu, Jan 26.

Fee: FREE

### Hargraves Center

Thurs, Feb 9 (350019-03)  
10:30 am – 1 pm

## BOOMING NIGHTS AT SEYMOUR SERIES

Connect with new friends, relax your mind and body from life experiences, and express yourself through meaningful and engaging outlets. Light refreshments provided during the social break. Space limited to 8 participants. Classes will be held on the last Mon of the month (except for Dec due to the holiday). Encourage a friend or two or an adult child to join you. Register for each session two weeks prior to class date as classes are sure to fill up fast. Men, get ready, we have some unique booming nights lined up for you coming this Spring!

Fee: \$15 per class (includes most or all materials - see each class description for directives)

### Seymour Center

**Mon, Jan 30** - Ikebana Night with Fung Little and Pricilla Boomer

Have you ever noticed the unique floral arrangements throughout the center? Notice how each are unique with its own shape and form. What you are seeing is a floral arrangement called Ikebana, which is the ancient Japanese art of flower arranging. The name comes from the Japanese ike, meaning 'alive' or 'arrange' and bana meaning 'flower.' This practice became popular when Buddhism was first introduced to Japan from China and Korea centuries ago. These arrangements have now become secular and displayed in peoples' homes versus temples for which they were initially created. It's considered a process that helps one develop closeness with nature. You will create a beautiful arrangement to take home.

(313065-01) 6 – 9 pm

**Mon, Feb 27** - Interchangeable Jewelry Night with Ceresa Clarke part 1: Session 1- Making a pendant for the interchangeable necklaces.

Enjoy making a pendant for your interchangeable necklaces. Choose from various pendant options to create your own style.

(313067-01) 6 – 9 pm

**Mon, Mar 6** - Interchangeable Jewelry Night with Ceresa Clarke part 2: Session 2 – Making the necklaces. With a quick switch, you will leave this class with a pendant and 3 interchangeable necklaces. Pattern designs will be easy and simple. Once you have completed your own unique piece, you may wish to gift to a family member or friend, or simply keep for yourself. Make sure you bring your pendant for session two.

(313067-02) 6 – 9 pm

## CAJUN-CREOLE NIGHT

Join us in a celebration of the REAL Melting-Pot Cultures! Louisianan Cajun and Creole culture incorporates language, food, music, and art from French, African, Asian/Native American, Portuguese, and Spanish heritage. Learn more about this wonderful combination of cultures at the Cajun-Creole Night crawfish boil, a Louisianan community tradition. Be sure to dress down; community meals can get a little messy in de bayou, Chèri!

Fee: FREE

### Seymour Center

Fri, Mar 31 (323053-01) 6 – 8 pm

## CENTERS' PROGRAM ADVISORY COMMITTEES

Are you looking to make a difference? Do you enjoy creating and sharing community and outreach ideas? Are you great at promoting social interaction? If so, the Program Advisory Committee members at Passmore or Seymour would love to talk with you about serving on this committee.

Passmore Center meetings are held the second Thu, quarterly. Please contact Terry Colville, Programs and Operations Manager, 919-245-2015, or tcolville@orangecountync.gov

Seymour Center meetings are held the fourth Tue in each month, except for the months of Dec, Jun and Jul. Please contact the chair, Lewis Atwater - latwater1946@att.net or Cydnee Sims, Programs and Operations Manager, 919-245-2050, or csims@orangecountync.gov

Please join the Seymour Program Advisory Committee at the **Meet and Greet Social Event** for prospective members on **Tue, Jan 24 at 1:30 pm**. Hope to see you there!

### Seymour Center

Tue, Jan 24 1:30 pm

## CHINESE LUNAR NEW YEAR CELEBRATION!!—THE YEAR OF ROOSTER

The most important Chinese holiday is the Lunar New Year, which is known in China as Spring Festival, and in other

Asian cultures 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. Registration required

Fee: FREE

### Seymour Center

Thu, Jan 19 (343031-02) 2:30 – 6 pm

## CHOCOLATE DECADENCE WITH STEVE TOLL

What says Valentines better than chocolate and your favorite love song? A chocolate fountain with dozens of things to dip! One of our favorite musicians, Steve Toll, will entertain us with a variety of love songs as well as songs throughout the years. So come dressed in red and be ready to celebrate. The center will provide the chocolate fountain and you to bring the items to dip. Everyone must register prior to Feb 10 and let us know what you plan to bring. If you are unsure what to bring, just ask the front desk for suggestions when you register.

### Passmore Center

Tue, Feb 14 (213006-01) 3 pm

## NEW! CINEMA NIGHT AT THE SEYMOUR CENTER

Co-sponsored with the Program Advisory Committee, come out on the 2nd Wed evenings and enjoy a recently released movie. Concessions will be available for purchase from 6 - 6:30 pm.

**Movies will begin promptly at 6:30 pm.** If you have movie suggestions, speak with a Program Advisory Committee member for future viewings.

Fee: FREE

## MY BIG FAT GREEK WEDDING 2 – WED, DEC 14

Sixteen years after Toulas Portokalos and Ian Miller got married in a wild Greek wedding, Toulas is still working in her parents' Greek restaurant, and Ian strives to raise their rebellious teenage daughter, Paris, who is graduating from high school. Toulas and Ian are also dealing with marital issues of their own. The whole Portokalos clan is brought together again when the elder Portokalos discover that the Priest never signed their wedding certificate from decades ago and so they must plan an even bigger and "Greekier" wedding! Rated PG-13 by the Motion Picture Association of America for some suggestive material.

## CREED – WED, JAN 11

Adonis Johnson never knew his famous father, world heavyweight champion Apollo Creed, who died before he was born. Still, there's no denying that boxing is in his blood, so Adonis heads to Philadelphia, the site of Apollo Creed's legendary match with a tough upstart named Rocky Balboa. Once in the City of Brotherly Love, Adonis tracks Rocky down and asks him to be his trainer. Despite his insistence that he is out of the fight game for good, Rocky sees in Adonis the strength and determination he had known in Apollo—the fierce rival who became his closest friend. Agreeing to take him on, Rocky trains the young fighter, even as the former champ is battling an opponent more deadly than any he faced in the ring. With Rocky in his corner, it isn't long before Adonis gets his own shot at the title but can he develop not only the drive but also the heart of a true fighter, in time to get into the ring? Rated PG-13 by the Motion Picture Association of America for violence, language and some sensuality.

## RACE - WED, FEB 8

As a student and athlete in Depression-era America, Jesse Owens bears the weight of family expectations, racial tension at college, and his own high standards for competition. At Ohio State Univ, Jesse finds a savvy coach and stalwart friend in Larry Snyder, who is unafraid to push the young man to his limits. Bolstered by the love and support of Ruth Solomon, with whom he has a young daughter, Jesse's success in inter-collegiate competitions earns him a place on the US Olympics team - if there is to be a team going to the 1936 Olympics at all. The American Olympics committee weighs a boycott in protest against Hitler with committee president Jeremiah Mahoney and millionaire industrialist Avery Brundage debating the issue. Once Brundage prevails with the committee and US participation is confirmed, Jesse enters a new racial and political minefield after he arrives in Berlin with his fellow athletes. Rated PG-13 by the Motion Picture Association of America for thematic elements and language.

Fee: FREE (movie is free, concessions will be available for purchase)

### Seymour Center

Wed, Jan 11; Dec 14; Feb 8  
(313073-01) 6:30 – 9 pm

### COFFEE WITH CORINA – NEWCOMERS WELCOME

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

Fee: FREE

#### Passmore Center

Thu, Dec 1 (253008-12)	10 am
Thu, Jan 5 (253008-01)	10 am
Thu, Feb 2 (253008-02)	10 am

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

\*Co-sponsored with OLLI at Duke.

Fee: \$9 per class plus two ingredients

#### Passmore Center

Mondays (No class Jan 2 – 23)	
(233016-12, 01, 02)	5:30 – 8 pm

### DECK THE HALLS WITH DAVID WEAVER AND MORE

Join us for a morning of music as we decorate the center for the upcoming holidays. Get into the spirit of the season as David Weaver leads our group singing. This year we will be treated with special guest singers from the SportsPlex pre-schoolers. Come and join the music and a hot cup of cider as we transform our center. Must register by Nov 28.

#### Passmore Center

Thu, Dec 1 (213008-01)	10:30 am
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### 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.

Fee: FREE

#### Passmore Center

Fri, Dec 16 (213023-01)	10:30 am
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### “DO I HAVE TO” WORKSHOP

Holidays are hard after the loss of a loved one with many changes and emotions. “Do I Have To” will be a thought many people have this time of year. This workshop is about making good decisions for yourself during the holidays with information, guidelines, and resources. Registration required in advance. For more information contact Gail Smith 919-218-7995 with UNC Healthcare.

Fee: FREE

#### Passmore Center

Tue, Dec 13 (213028-01)	1 – 2:30 pm
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### 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.

Fee: FREE

#### Seymour Center

Wed, Feb 15 (353342-01)	
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10 am – 12:30 pm	
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### DR MARTIN LUTHER KING JR CELEBRATION

Join us for a special celebration as we honor and remember “The Dream.” Our guest speaker will be Dr Freddie Parker, topic “Equity and Opportunity in Education”. 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.

Fee: FREE

#### Passmore Center

Fri, Jan 13 (213003-01)	
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10:30 – 11:45 am	
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### FARMERS’ MARKETS AT THE SENIOR CENTERS

Yes, the Farmers’ Market is at both centers. It’s a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Center. No

longer do you have to stand in a long grocery line when you have your local friendly farmers right outside the Center’s door. Come shop and get extra fresh food and outstanding quality.

#### Passmore Center

Tuesdays (253013)	
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9 am – 12 noon	
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Seymour Center	
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Thursdays (353060)	
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9 am – 12 noon	
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### FAT TUESDAY - MARDI GRAS DINNER WITH THE DECATUR STREET BEAT DIXIELAND BAND

Enjoy the sounds of Bourbon St as we celebrate Fat Tuesday with the Decatur Street Beat Dixieland Band. Come dressed in Mardi Gras colors of purple, gold and green and if you don't have a mask to wear, we will provide you with one. After the performance we will enjoy a hot bowl of Chicken Gumbo, Creole style and traditional King Cake. The center will provide the soup and you bring a dessert to share. Everyone must register prior to Feb 22.

#### Passmore Center

Tue, Feb 28 (223011-01)	
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3:30 – 5:30 pm	
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### FUN BINGO

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

#### Passmore Center

Fri, Dec 2; Jan 6; Feb 3 (257024-01)	
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10:30 – 11:30 am	
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### GETTING TO KNOW YOU – NEW YEAR ENCORE

Start the New Year by making new friends and getting to know others who attend the center. We had such a great time with this program that we decided to offer it again. This is a time to get to know new people, or find out how much you think you know about your friends. If you are not comfortable talking and are just curious about what we are doing, that's fine. Come and join us. Everyone must register prior to Dec 29.

Instructor: Deb Gayliard

Fee: FREE

#### Passmore Center

Thu, Jan 5 (233021-01)	
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1:30 – 3 pm	
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### GLAMOUR ME MAKEOVER BEFORE AND AFTER PARTY

Change your look at the fingertip of Mary Kay Beauty Consultant, Estelle Johnson. Be amazed as you witness your natural beauty and see that a hint of make-up will be noticeably stunning. The atmosphere will be filled with great energy, lots of tips, upbeat music and tasty treats. You will receive a before and after photo, courtesy of Walgreens.

Each participant will also receive a beauty gift. Come to the party with no make-up and leave looking like a million bucks! What a fabulous way to kick off the holidays. Party limited to 10 participants. Register by Wed, Dec 7.

Beauty Consultant: Estella Johnson

Fee: FREE

#### Seymour Center

Wed, Dec 14 (313063-01)	
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6 – 8 pm	
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### HOLIDAY CHOCOLATE CANDY MADE SIMPLE

Marc Lemmerman has been making chocolate candy for a number of years and sharing his creations at Triangle StarDusters Ballroom Dances, Playmakers Cast Dinners, and other events in the Triangle area.

For this exclusive class, he will teach very simple techniques to make delicious Holiday Candy (mostly chocolate) treats at home. All you need to bring is an apron and a willingness to get your hands dirty making chocolate candy with ease and a smile.

Marc will explain the different types of chocolate to use and how they can be blended together to make great tasting candy at home. You will learn candy melting techniques, including the proper way to melt chocolate in a microwave oven.

During this hands-on experience, you will make different types of chocolate candy:

- Peppermint and Chocolate Bark -an adult version of the famous “Chunky Bar” (made in a way that will totally amaze you)
- Individual pieces of molded chocolate candy with fillings (friends will ask you if you bought them at Southern Season or brought them home from Belgium)
- Cake based Chocolate Raspberry Truffles
- Chocolate Holiday Pops and other Holiday themed chocolates

Let Marc impress you with how easy and economical it is to create professional looking and flavorful candy at home, using candy molds and other food prep tools, some of which you probably already have in your house.

If you have ever wanted to learn how to easily make great tasting chocolate candy at home, this class is the experience for you!

Fee: \$8 (payable to the instructor on the day of the class)

#### Passmore Center

Wed, Dec 7 (233032-02)	
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1:30 – 5:30 pm	
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#### Seymour Center

Fri, Dec 16 (313072-01)	
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1:30 – 5:30 pm	
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**HOLIDAY LUNCHEON**

Celebrate another holiday luncheon with the Alston and Boldin Family while we enjoy traditional dishes and entertainment. Limited to 60 participants. Fee: FREE

**Hargraves Center**

Thu, Dec 8 (310050-06) 11 am – 2 pm

**JAZZ NIGHT**

Let's Fall In Love even though there may be Stormy Weather ahead, Come Rain or Come Shine, we'll have a grand night of jazz music with Marie Vanderbeck Jazz Trio (Marie on vocals, Ken Broun on piano, Mike Chrzanowski on bass). It's Just One Of Those Things where your feet are tapping and you're singing along to the old standards. Every Time You Say Goodbye we really do cry a little. So, How About You? Will you join us? Jazz –sweet and sassy as it was meant to be heard.

Fee: FREE

**Seymour Center**

Fri, Dec 2 (313071-01) 7 – 8:30 pm

**NEW! JEWELRY SHOW**

Seymour is launching a new program to give individual jewelry designers a chance to showcase their works of art throughout the year. Come celebrate with Virginia Davis as she showcases crystal, chainwork, cloisonne, and a variety of unique beading designs. Reception accompanies show. Show will be on display until Thu, Mar 30. Hostesses will be: Ann Wilkerson and Pat Farrington with live music by Jimmy Smith.

Fee: FREE

**Seymour Center**

Mon, Feb 27 (343040-02) 3 – 4 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 or call Lorie Clark at 919-260-4555.

Fee: FREE

**Seymour Center**

Fri, Feb 10 (313008-04) 6 – 10 pm

**PEKING OPERA GROUP**

Peking Opera has more than 200 years history in China, and is very popular around the Beijing Area. Our RTP Peking Opera group has about 20 Peking Opera lovers, and is trained by a professional Peking Opera teacher. Join us we enjoy solo, duet and group performance; some performers will perform with makeup and beautiful costumes.

Leader: Qingfen Yang

Fee: FREE

**Seymour Center**

Sat, Feb 25 (313056-01)  
2:30 – 4:30 pm

**SANTA PHOTO EXPERIENCE WITH  
A MERRY CAUSE!**

Santa and Mrs Claus are coming to Seymour! They're not checking to see if you have been naughty, but they're hoping you will do something super nice. Join them for cider, cookies, candy canes, holiday tunes, as well as, take a keepsake photo with Santa or Mrs Claus for a merry cause! One breakfast food donation is all you will need to receive your photo with this jolly team. Join the festivities and great effort. Remember, you can never be too old to take a photo or selfie with Santa. All breakfast food items will be delivered to the IFC Women's Shelter. Donations should be dry breakfast food items with an extended shelf life. Suggested items include cereal, instant oatmeal or grits, pop tarts, pancake mix, syrup, jelly, honey, canned fruit, cereal bars, granola and other items that will keep without refrigeration.

Fee: FREE (1 breakfast food item to donate)

**Seymour Center**

Mon, Dec 12  
(313068-01) 10 am – 1 pm

**SPADES PLAY**

Spades is a trick-taking card game devised in the US in the 1930s. The object is to take at least the number of tricks that were bid before the play of the hand began. Spades is a descendant of the Whist family of card games, which also includes Bridge, Hearts, and Oh Hell. Its major difference as compared with other Whist variants is that, instead of trump being decided by the highest bidder or at random, the Spade suit always trumps, hence the name.

Registration required

Fee: FREE

Leader: Corina Riley

**Passmore Center**

Thu, Feb 23 (217005-01) 2 – 3 pm

**TABLE TENNIS DAY**

Playing table tennis for fun is easy - but learning how to play to a high standard requires much more than just learning the rules of the game. Join our senior games medalists as they share some basic techniques. Registration required by Jan 27.

Fee: FREE

**Passmore Center**

Fri, Feb 17 (213029-01) 1:30 – 3 pm

**TOOL SWAP**

Four screw drivers or three hammers too many of the same tools - what to do? Bring them to the center and swap them for another. For each tool you bring, you will be given a ticket to swap for another tool you just have to have.

Registration Required

Leader: Corina Riley

Fee: FREE

**Passmore Center**

Fri, Jan 27 (213030-01) 2 – 3 pm

**WEDNESDAYS' BUZZ**

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

Fee: FREE

**Seymour Center**

Wed, Dec 7; Jan 4, 18; Feb 1, 15  
(353053) 10:30 am

**WOMEN'S WINTER SPA DAY**

This is all about you ladies! Take time out of your busy day to pamper yourself! Enjoy light hors d'oeuvres while learning how to use ingredients from your kitchen, along with essential oils, to soften and protect your hands and feet. Using your favorite fragrance you will make your own body powder as well as a facial cleaner and toner. Plan to spend the afternoon with friends as well as making new ones as you start the New Year taking care of yourself with a little tender loving care. This is a perfect way to begin your weekend! Everyone must register prior to Fri, Jan 13. Space is limited.

Instructor: Toni Shaw

Fee: FREE

**Passmore Center**

Fri, Jan 20 (243023-01)  
1:30 – 4:30 pm

**ATHLETIC  
ACTIVITIES &  
LESSONS**

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

**ACTIVITIES****BADMINTON**

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

Seymour Center

Tuesdays (351022) 4:30 – 6:45 pm

Wednesdays (351022) 7:30 – 9:00 pm

Saturdays (351022) 9:15 – 11:45 am

**BASKETBALL – SHOOT AROUND**

Community Center

Tuesdays & Thursdays 8 – 10:30 am

**Northside Gym**

Mondays 9 – 10 am

**Seymour Center**

Wed & Fri (351016) 8 – 9:30 am

Thu (357022) 5:30 – 7 pm

**BILLIARDS**

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

**Passmore Center****Seymour Center****BOCCE BALL**

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

**Seymour Center**

Mondays (351020) 10 am

Wednesdays (351020) 10 am & 1:30 pm

**CORNHOLE**

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

**Seymour Center**

Tuesdays (351006) 10 am

**PICKLE BALL**

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

**Passmore Center**

Mondays (251016-01) 5 – 8 pm

Wednesdays\*\* & Fridays\*

(251016-03) 2 – 4 pm

\*No Friday Pickle Ball: Jan 20, 27; Feb 17, 24

**PICKLE BALL PLAY**

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

**Community Center gym**

Mon, Wed, Fri (Mar – May only)

10 am – 2 pm

Sat (Mar – May only)

1:30 am – 4 pm

Sun (Mar – May only)

6:45 – 9:45 pm

**Hargraves Community Center**

Thu, Aug 20 - June 9 only

9:30 am – 12:30 pm

**SHUFFLEBOARD**

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

**Northside Gym**

Wednesdays 10 am – 12 noon

**SHUFFLEBOARD PLAY**

A game in which players use cues to push weighted discs, sending them gliding down a narrow and elongated court, with the purpose of having them come to rest within a marked scoring area. Join us for an afternoon on our indoor court; a fun way to spend a chilly day! No experience necessary to play. Leader: Corina Riley

**Passmore**

Thu, Feb 2, 16 (251006-1) 2 – 3 pm

**TABLE TENNIS**

You may bring your own paddles and balls, or use the equipment available at the Center. All skill levels are welcome. Contact: Sherry Graham, 919-636-2264, or Alan Tom, 919-933-8972, or alantom@mindspring.com

**Seymour Center**

Tue & Thu (351008) 2 – 4 pm

1st Fri (351008-06) 1:30 – 4:30 pm

Saturdays (351018) 12 noon – 2:45 pm

**TABLE TENNIS AT PASSMORE CENTER**

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

**Passmore Center**

Fridays\* (251008-1) 9:30 am – 12 noon

\*No Table Tennis on Dec 2, Jan 6, 13, & Feb 3

**WALKING – INDOORS**

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

**WALKING – INDOORS**

Walk in the Passmore Center with friends.

Fee: FREE

**Passmore Center**

Tuesdays (25000-01) 2:30 pm

**WALKING - INDOORS**

Walk in the Northside Gym/Hargraves Center at 216 N Roberson St, Chapel Hill  
Fee: FREE

**Hargraves Center**

Wed & Fri 9:30 am – 12:30 pm

**WII – OPEN PLAY**

Instructor: Interested in leading? If so, contact Corina Riley at 919-245-4252

**Passmore Center**

Thursdays (251010) 12 noon

**WII GAMES: STAY ACTIVE AND FIT**

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

Contact Corina Riley at 919-245-4252

**Seymour Center**

Tuesdays (351069) 1:30 - 2:30 pm

**LESSONS****BADMINTON LESSONS**

Lessons are for beginners or those who would like to brush up on their game.

Instructor: CD Poon (cdpoon@gmail.com)

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 DAY**

Playing table tennis for fun is easy- but learning how to play to a high standard requires much more than just learning the rules of the game. Join our senior games medalists as they share some

basic techniques. Registration required by Jan 27.

Fee: FREE

**Passmore**

Fri, Feb 17 (213029-01) 1:30 – 3 pm

**TABLE TENNIS INSTRUCTION**

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

Instructor: Bob Ross

Fee: 1 person - \$12 per session  
2 person group - \$8 per session,  
per person

**Seymour Center (351014)**

Mondays and Wednesdays

1 – 2 pm, and 2– 3 pm

**DANCE, MUSIC & THEATER**

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

**DANCE****ARGENTINE TANGO DANCE**

Learn this vibrant and playful dance which is based on improvisational movement. Although tango is a "leader" and follower" style of dance, no partner is necessary. Come and embrace harmony and connect with upbeat music that is sure to be fun and exciting. For more information, contact Katherine Polk at 919-967-4967.

Facilitator: Bill Caspary

Fee: FREE

**Seymour Center**

4th & 5th Thu, Dec 22; Jan 26; Feb 23 (353007-04) 7 – 8:30 pm

**CHINESE DANCE FOR ACTIVE ADULTS**

The class is free and open to the public. Chinese Dance is famous for its varieties. There are 56 officially recognized ethnic groups in China, and each one has its own folk dances. This class will

tailor different Chinese dancing movements to meet active adults' needs. With relative slow speed, people can enjoy the gracefulness of Chinese dance. Accompanied with Chinese music and songs, performers entertain themselves while dancing. For more information, please contact Hui Di at hui.di@jmp.com for the Dance Instructor: Hui Di

Fee: FREE

**Seymour Center**

Tuesdays (354045-08) 9 – 10 am

Thursdays (354045-00) 7:45 – 8:45 pm

Saturdays (354045-09) 10:30 – 11:30 am

**CHINESE FOLK DANCE**

This is fun, low-impact cardio dance class suitable for women 45+ years old. This fitness dance class will combine beautiful music, Chinese folk dance elements, Latin dance techniques, and ethnic culture. Popular Chinese and international songs will be used to accompany the dances, so you can enjoy beautiful music while you dance. The choreography for this class is simpler and the moves are less intense. Julie will break down the moves to make sure they are easy for you to learn and master.

The typical format of a class is: 2 warm-ups, 5 - 7 cardio routines, 2 cool-downs and 1 full stretch, in total 10 - 12 songs played one after another. We would like to build a supportive and friendly community to stay physically fit and mentally sharp by dancing together. Swing gracefully to the lively folk music. For more information, please contact Julie Gu at xiaojungu@yahoo.com or 919-397-3648.

Dance Instructor: Julie Gu

Fee: FREE

**Seymour Center**

Mondays (354103-01) 7 – 8:45 pm

Saturdays (354103-02) 9 – 10:15 am

**IRISH SET DANCING**

Irish set dancing is a form of community dance popular in Ireland. The sets are danced to Irish traditional music and our dances use a mixture of recorded and live music provided by local musicians. Beginning set dancers follow instructions from a caller as they move from place to place, whereas advanced dancers add footwork and have memorized the dances so that no calling is needed. For more information, videos, and a calendar see [www.wildmusette.com](http://www.wildmusette.com).

Facilitator: Tyler Johnson

Fee: \$5 per session

**Seymour Center**

2nd Wednesdays (353034-01)

7 – 9:30 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. \*There's a new beginner's class on Mondays.

Fee: FREE

Instructor: Becky Walker

**Passmore Center**

Mondays (Beginners class)

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

**LINE DANCING**

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

Instructor: Esther Booker

Fee: FREE

**Passmore Center**

Thursdays (254006-3) 9:30 – 11 am

**NIGHTCLUB TWO STEP DANCING**

The Nightclub Two Step is a great alternative for dancers who want to go beyond a simple slow dance with their partner. It's a great dance to learn how to dance to slow music. It is often danced to pop, smooth jazz, and R&B music. The Nightclub Two Step is a popular style with wedding couples because of its romantic, slow, and relaxed characteristics. The Nightclub Two Step is also popular with country music fans as well as a common dance at West Coast Swing dance events because the music shares the same emphasis on the second beat as West Coast Swing Music, only at a slower tempo.

Instructor: Wesley Boz

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-Ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center**

Foundations I Beginner/Advanced Beginner

Tue, Dec 6 – Dec 20

(354038-16) 7:30 – 8:30 pm

**FOUNDATIONS II ADVANCED BEGINNER/ INTERMEDIATE**

Tue, Jan 10 - Jan 31

(354038-17) 7:30 – 8:30 pm

**FOUNDATIONS I BEGINNER/ ADVANCED BEGINNER**

Tue, Feb 7 – Feb 28

(354038-18) 7:30 – 8:30 pm

**TAP DANCING**

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

Instructor: Katie Moorehead

Fee: \$52 for the first four lessons

**Seymour Center**

Thu, Dec 1- Dec 22 (354032-08)

Beginners

11 am – 12 noon

Intermediate/Advanced

10 am – 11 am

Thu, Jan 5 - Jan 26 (354032-09)

Beginners

11 am – 12 noon

Intermediate/Advanced

10 am – 11 am

Thu, Feb 3 - Feb 23 (354032-10)

Beginners

11 am – 12 noon

Intermediate/Advanced

10 am – 11 am

**TAP DANCING**

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

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

Fee: FREE

**Passmore Center**

Tuesdays - Beginners

(254007-1) 9 – 10 am

Tuesdays - Intermediate

(254007-2) 10 – 11 am

**URBAN SOUL LINE DANCING**

Ever been to a party, reunion or wedding reception where people were line dancing and having a good time? Want to learn those dances as well? Here is your chance. Dance routines will include the cupid shuffle, the wobble, sanctified slide, cha-cha and much more. Come with your dancing shoes, dance requests and have a great time to popular and upbeat R & B music. Class will meet on the last Thu of the month. Must have 10 participants for class to take place and participants must register a week in advance of each class. Mark your calendar and don't miss out!

Instructor: Debbie Ramsey

Fee: \$5 per class

**Seymour Center**

Thu, Dec 29; Jan 26; Feb 23

(354072-02) 1 – 2 pm

**WALTZ SOCIAL/ PRACTICE**

For those who love to waltz, and for those learning. On 1st and 3rd Thu there will be waltzing; 2nd Thu there will be mostly waltzing as well other dances, such as Swing, Scandinavian, Tango, etc. All ages welcome. For more information, contact Katherine Polk at 919-967-4967.

Fee: FREE

**Seymour Center**

1st, 2nd & 3rd Thu, Dec 1, 8, 15; Jan 5, 12, 19; Feb 2, 9, 16

(353006) 7 – 8:30 pm

**WEST COAST SWING**

Requisite - Some basic west coast swing experience necessary, no partner necessary. Learn to dance to Blues, R&B, Top 40 Swing music. This is a slow, sexy style swing dance that's very popular across the country. Join award winning instructor Wesley Boz for this 4 week series. Space is limited.

Instructor: Wesley Boz

Fee: \$50 for 4 lessons (Pay for the full session - \$12.50 per class) Drop-Ins: \$15 \*for drop-ins after the second week, Couples: \$90 for couples, please call Debbie Ramsey at 919-274-4400 or Wesley Boz, 919-749-3030 for additional information.

**Seymour Center**

Foundations I Beginner/Advanced

Beginner

Tue, Dec 6 – Dec 20

(354038-13) 6:30 – 7:30pm

Foundations II Advanced Beginner/

Intermediate

Tue, Jan 10 - Jan 31

(354038-14) 6:30 – 7:30pm

Foundations I Beginner/Advanced

Beginner

Tue, Feb 7 – Feb 28

(354038-15) 6:30 – 7:30pm

**MUSIC****Chorus at Passmore Center**

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

**FINDING YOUR VOICE**

No, you didn't lose it!!! Wouldn't you like to have more fun with it? Join us for 6 weeks and get more joy out of singing. Each class starts with vocal exercises. It's important that vocalists use every body muscle to achieve the sound they want. We'll do full body stretches, facial gestures, tongue exercises, lip and tongue trills, head, neck, and face exercises, etc. We will learn how to "place the sound forward" to get the fullest sound.

In addition, there will be tongue twist-ers, catchy songs and harmonic exercis-

es. Then comes the good stuff – songs. We'll learn new songs and refine them as the class progresses. The rate of progression depends on the desire of the group.

Here are some types of songs we'll cover:

- Folk
- Country
- Blues
- Gospel

Within your comfort level, each participant is encouraged to bring a song to class to sing – this is the fun part because we'll all be sharing a song with each other. Instructor will teach new skills and some harmony and also invite input from participants as to what they'd like to cover.

Must have a minimum of 5 students; maximum of 10 for class to take place.

Register for this class by Wed, Dec 28.

Instructor: Marie Vanderbeck

Fee: \$50 for 6 week sessions

**Seymour Center**

Wed, Jan 4 – Feb 8

(354063-11) 2 – 3:30 pm

**HONG YAN CHINESE CHOIR 鸿雁华人合唱团**

Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet regularly on Mon and Fri to enjoy popular songs. You are welcome to sit in and sing along! Come to share their joy and happiness! Language is not a barrier.

Fee: FREE

**Seymour Center**

Mondays and Fridays

(354051-01) 12:45 – 1:30 pm

**INTRODUCTION TO KEYBOARD THEORY AND PERFORMANCE**

This introductory class will enable you to play simple tunes with your right hand. You will need to bring a keyboard to each session and purchase the recommended textbook, *Alfred's Self-teaching Adult Piano Course*. The textbook can be purchased at Music and Arts, located at 3603 Witherspoon Blvd, Suite 11, Durham, NC. The book's price is \$26.74 which includes tax. To reinforce what you learn in class, you will have homework assignments each week. Classes will be an hour long and will run for 10 weeks. Full payment for all 10 classes must be received prior to the first class meeting. Register for this course by Sat, Dec 17. If you are interested in private lessons with Mr. Smith, you may contact him at 919-338-9049.

Instructor: Jimmy Smith

Fee: \$200 for 10 classes (\$20 per class)

**Seymour Center**

Sat, Jan 7 - Mar 4 (314043-01)

10 - 11:30 am

**KARAOKE SING-A-LONG**

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

Fee: FREE

**Passmore Center**

Wednesdays (257003-01) 10 – 11 am

**OPERA AT THE SEYMOUR CENTER**

Your local opera group presents a classic opera usually on the 3rd Sat of the month. Details about the schedule and upcoming performances are available at [www.meetup.com/Chapel-Hill-Opera/](http://www.meetup.com/Chapel-Hill-Opera/). Come and join other opera lovers in a wonderful afternoon of romantic and dramatic drama with some of the best singers and orchestras in the world. After the passionate and beautiful Tosca in Nov, we will show a delightful performance of *The Magic Flute* by Mozart in Dec. This performance features glorious music, a magical fairy tale and life-size puppets of birds and bears and snakes. In Jan we'll be amused and musically charmed by Rossini's version of *Cinderella* and her wicked stepsisters. Feb brings *Fidelio*, Beethoven's only opera. It tells of how the faithful Leonore rescues her husband from death in a political prison. It's a great lineup. Put the following dates on your calendar now!

Opera Coordinator: Evelyn Daniel, [Daniel@ils.unc.edu](mailto:Daniel@ils.unc.edu)

Fee: \$3 per family

**Seymour Center**

Sat, Nov 19 – *Tosca* by Puccini (353031-05) 1 – 5 pm

Sat, Dec 17 – *The Magic Flute* by Mozart (353031-06) 1 – 5 pm

Sat, Jan 21 - *La Cenerentola* (*Cinderella*) by Rossini (353031-07) 1 – 5 pm

Sat, Feb 18 - *Fidelio* by Beethoven (353031-08) 1 – 5 pm

**THE RETROS**

The Retros is a close harmony performance group that sings oldies from the 50's and 60's. They are seeking to expand, if interested call Lisa Berley at 919-717-1853 for more information.

**Seymour Center**

Mondays 1 – 2 pm

**SONG SWAP**

Bring your favorite songs and/or your acoustic instruments, and let's make some music! Folk, blues, old time, bluegrass, or original songs - whatever suits your mood or your style, all are welcome.

Leader Ralph Besser

**Seymour Center**

1st Tue, Dec 6; Jan 3; Feb 7 (353017)

7 – 8:30 pm

**THEATRE****PRIME TIME SPRING READER'S THEATER**

Be a Star! The Prime Time Players will hold auditions for their spring play on Mon, Feb 6 in the Seymour auditorium from 3 to 5 pm. The spring production is a chance for seniors who want to be on stage but may feel hampered by mobility or intimidated by a lot of lines: the show will be a reader's theater production that promises plenty of laughs and surprises. Some songs will be needed also, so please come by the audition if you think you'd want to add some music to the production. Performances are set for Mar 29 and 30, as well as Apr 1.

**Seymour Center**

Mon, Feb 6 (323001-03) 3 – 5 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 6 *Hilary and Jackie*  
Dec 13 *An Angel at My Table*  
Dec 20 *It's a Wonderful Life*  
Jan 3 *All of Me*  
Jan 10 *Emma*  
Jan 17 *Miracles from Heaven*  
Jan 24 *Marty*  
Jan 31 *The Next Big Thing*  
Feb 7 *Corrina Corrina*  
Feb 14 *The Lost Valentine*  
Feb 21 *Something To Sing About*  
Feb 28 *The Great Debaters*

Free popcorn is available.

Fee: FREE

**Seymour Center**

Tuesdays 1 pm

**DVDs:** We are collecting DVDs at both the Passmore Center and the Seymour Center. Please bring in one or two of your favorite DVDs to show as part of our Tuesday Cinema series and Friday Flicks. We will choose our movie selections for the upcoming year based on your favorites. Please let us know if you are willing to donate them to our DVD library, or if you would prefer to loan them to us for a few months.

**FLICKS AT PASSMORE CENTER**

Join us for our movie series showing currently released movies. Popcorn will be provided by the center. If you like, you are welcome to bring your favorite lawn chair or chair in a bag. Come ear-

lier and join us for lunch prior to the film. If you have never enjoyed lunch with us before, you will need to complete the appropriate form one week before the movie. The form will cover you for all future programs and events. Lunch tickets are disturbed on a first come first serve basis beginning at 11 am. Contact the front desk at 919-245-2015 for selection and to register. Registration required at least one week in advance.

**Passmore Center** 1:15 pm  
Thu, Dec 8 *Miracle on 34th Street*  
(253015-12)

Jan 12 *Me Before You*  
(253015-01)

Feb 9 *Race*  
(253015-02)

**INTEREST GROUPS****CHESS**

Do you play chess? If not, are you interested in learning how to play? See page 30 – Bridge and Other games.

**Passmore Center****CHESS MEET-UP GROUP**

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

**Seymour Center****GARDEN CLUB - PASSMORE CENTER**

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

**Passmore Center**

Wed (257014-01) 10 am

**GARDEN CLUB – SEYMOUR CENTER**

Meet the volunteers who love to garden. These volunteers welcome more folks who garden or want to learn to garden. They design and maintain, plant, weed, water and deadhead all those glorious flowers, ferns and woody plants that greet visitors to the front entrance of the Seymour Center. And the entire garden is a "Pollinator Garden." Contact Ken Moore at 919-967-5734 or [kmoore3@email.unc.edu](mailto:kmoore3@email.unc.edu) for more information.

**Seymour Center (357002)**

1st Mon:

Dec 5; Jan 9 (2nd Mon, due to holiday);

Feb 6 1:30 pm

Planning meetings and gardening

Thursdays - Weekly

planting and workday 9:30 – 11:30 am  
Individuals are welcome to do garden tending at other times to suit their schedules.

**INSPIRATIONAL TOPICS FOR PRACTICAL LIVING**

Join us for this discussion series to uplift and encourage you throughout the week. If you have questions about the topics or materials, call 919-245-2015.

Leaders: Walter Faribault &

Madeline Riley

Fee: FREE

**Passmore Center**

Tuesdays (254000-01) 10 – 11 am

**ISSUES OF FAITH**

This time is for those who enjoy gathering together for scriptures, songs and uplifting words of encouragement. Join Annie Cotton as she leads these inspirational discussions.

Leader: Annie Cotton and

Nancy Rogers

Fee: FREE

**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**

Thu, Dec 1- Feb 23 (324024)

10 am - 12 noon

**SUDOKU**

Keep your brain sharp with this game that is sure to offer a challenge. If you have never tried Sudoku, or would like to learn tips to advance from the basic puzzle to the "evil" one, come join us. Sudoku game sheets provided; however you are welcome to bring some to share. Coach: Beverly Sanders

Fee: FREE

**Seymour Center**

Thu (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 (WV, OH, and PA). This is an open group and new members are always welcome. For additional information contact the center or ncglassclub@hotmail.com

Fee: FREE

**Passmore Center**

1st Mon: Dec 5; Jan 9 (2nd Mon due to holiday); Feb 6  
(237001-01) 5:30 – 8 pm

**WRITERS' GROUP**

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

Fee: FREE

**Seymour Center**

1st and 3rd Tue: Dec 6, 20; Jan 3, 17;  
Feb 7, 21 (357003) 2 – 4 pm

**ORGANIZATIONS & CLUB MEETINGS****CENTRAL NC MINERAL CLUB**

Meetings are on the first Tues of every month. Guests are always welcome. Web site is www.CentralNCMineralClub.org and has monthly updates on the first Tues meetings, etc.

Contact: Joseph Mack (josephmack@austintek.com)

**Seymour Center**

Tue, Dec 6; Jan 3; Feb 7  
(358001) 7 pm

**CHADER: CHAPEL HILL AND DURHAM ELDERCARE RESOURCES GROUP**

Organization meets every other month and represents various agencies serving older adults. Meetings have a guest speaker and time for networking. People in the community are invited to attend. Contact: www.chadernc.com

**Seymour Center**

Thu, Dec 15; Feb 16  
(357050) 8:30 – 10 am

**CHAPEL HILL CAMERA CLUB**

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

**Seymour Center**

Tues, Dec 13, 20, 27; Jan 10, 17, 24;  
Feb 14, 21, 28  
(358002) 6:30 – 9 pm

**CHAPEL HILL CAMERA CLUB - DIGITAL IMAGING GROUP**

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

**Seymour Center**

Tue, Dec 6; Jan 3; Feb 7 (358000)  
6:30 – 9 pm

**CHARLIE'S SOCIAL CLUB**

Come and join Charlie Tsui's social club! Charlie has a lot of stories to share with you! You will meet new friends, practice English and Chinese and of course, you will have a lot of fun!

Instructor: Charlie Tsui

Fee: FREE

**Seymour Center**

Tue (354050) 10 – 11 am

**GOLDEN AGE HAPPY CIRCLE CLUB**

Contact: Lula Alston at 919- 967-5706

**Seymour Center**

Tue, Dec 13; Jan 10; Feb 14  
(358004) 10:30 am

**JOLLY 79ERS**

Contact: Geraldine Fennell at 919-732-1503

**Passmore Center**

Mon, Dec 5; Jan 9 (2nd Mon due to holiday); Feb 6 (258001-01) 10 am

**MANDARIN CONVERSATIONAL CLUB**

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

Instructor: Mr Wong

Fee: FREE

**Seymour Center**

Tue (354041) 10 – 11 am

**NC CENTRAL UNIVERSITY ALUMNI ASSOCIATION**

All NCCU Alumni are invited to join this organization. Keep informed about ongoing community projects, scholarships for students, and other updates for Alumni. Meetings are held the third Monday of each month. Contact: Dorothy Bumphus at 919-943-9300

**Passmore Center**

Mon, Dec 19; Jan 23; Feb 20  
(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, Dec 2 - Holiday Luncheon at Nantucket Grill  
Fri, Feb 24 – meeting at 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 (such as how to navigate social media, the computer, or English conversation). If you have any questions, require transportation, or childcare to attend, please contact 919-245-4279 for additional information.

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 919-245-4279.

Fee: FREE

**Seymour Center (357151-01)**

Thursdays 9 – 11:45 am  
Thursdays 7 – 8:30 pm  
Fridays 12 noon – 2 pm

**STATE EMPLOYEE ASSOCIATION**

State Employees are invited to join this organization. Keep informed about State benefits and other changes that may take place. Meetings are held the 4th Tue of each month. Contact: Hazel Lunsford at 919-732-4410

**Passmore Center**

Tue, Jan 24; Feb 28  
(257010-01) 9 – 11 am

**TRIANGLE WEAVERS ORGANIZATION**

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

**Seymour Center**

Thu, Dec 1; Jan 26; Feb 23 no meeting in Nov  
(357004) 6:45 – 8:45 pm

**SENIORS ON THE ROAD****LOCAL DAY TRIPS**

Meals on the trips will be on your own, unless otherwise stated.

**TRIP REGISTRATION - PLEASE READ CAREFULLY**

Registration for the following trips will be taken on, or after, Mon, Nov 21. To register, call the Passmore Center at 919-245-2015. **You may register yourself, and ONE other person, with addresses and phone numbers. Payment must be received within one week,** or you will forfeit your spot and be moved to the waiting list. Please make checks payable to: Orange County Dept on Aging and mail to: Passmore Center, PO Box 8181, Hillsborough, NC 27278, or to the Seymour Center, 2551 Homestead Rd, Chapel Hill, NC 27516. Please inquire regarding accessibility for assistive walking devices. Remember, trips fill quickly! Transportation refunds will be made only if you call the center and cancel your reservation three (3) working days before the trip. If the minimum number of people doesn't register for a trip, by one week prior to the trip's departure, it will be cancelled and refunds will be issued for the full amount.

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

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

Fri, Dec 2 (2460005-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

The Fri Favorite are the *Messiah* choruses with the North Carolina Master Chorale. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)

**Passmore Center**

9:30 am – 4:30 pm

**Seymour Center**

10 am – 4 pm

**Fri, Dec 9** (246006-01)  
**SHOPPING AT TRIANGLE TOWN CENTER**

Pick up those last minute holiday gifts as we travel to one of our favorite shopping malls. There are 80 plus stores to find that special something. You can enjoy lunch at one of the many restaurants or the food court and enjoy the holiday decorations.

Fee: \$15 (transportation)

**Passmore Center**

9 am – 4:30 pm

**Seymour Center**

9:30 am – 4 pm

**Thu, Jan 19** (246007-01)

**CLASSIC NASHVILLE ROADSHOW, TEMPLE THEATRE IN SANFORD**

Starring Jason Petty and Katie Deal, **Classic Nashville Roadshow** features renowned duets, such as *Golden Ring*, *Louisiana Woman*, *Mississippi Man*, and *Jackson*; poignant tunes like *Crazy* and *He Stopped Loving Her Today*; and gospel traditions such as *Will The Circle Be Unbroken*. Get swept back in time with songs made famous by Dolly, Hank, Patsy, Tammy, George, Merle, and many, many more! We will enjoy lunch at the Pittsboro Roadhouse before heading to Sanford.

Cost: \$36 (Lunch not included)

**Passmore Center**

10:30 am – 6 pm

**Seymour Center**

11 am – 5:30 pm

**Fri, Feb 3** (246008-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

Come enjoy everything Mozart for this Friday Favorite with Jinjoo Cho performing on the violin. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)

**Passmore Center**

9:30 am – 4:30 pm

**Seymour Center**

10 am – 4 pm

**Thu, Feb 9** (246009-01)

**RINGLING BROS. AND BARNUM & BAILEY CIRCUS, GREENSBORO**

**The Greatest Show on Earth** presents Circus X-TREAM! You will be amazed by all the X-TRAORDINARY things you know and love about America's favorite live family entertainment experience. You will be astonished by the UN-XPECTED circus spectacles you've never seen before and that can't be seen anywhere else but at the **Greatest Show on Earth!** Lunch will be a little later than usual; however, you are allowed to bring a lunch or snack to eat during the circus. After the performance we

will head to Four Seasons Mall for shopping and lunch in one of the many restaurants in the food court.

Cost: \$27 (Lunch not included)

**Passmore Center**

8:30 am – 5 pm

**Seymour Center**

9 am – 4:30 pm

**Fri, Feb 24** (246010-01)

**NORTH CAROLINA SYMPHONY, RALEIGH**

Hear the performance of lves and vocalist Scott MacLeod at this Friday Favorite performance. We will arrive in time for the pre-concert lecture at 11 am and have a late lunch at a local restaurant following the concert.

Cost: \$33 (ticket and transportation)

**Passmore Center**

9:30 am – 4:30 pm

**Seymour Center**

10 am – 4 pm

**Fri, Mar 24** (246011-01)

**THE ANDREWS BROTHERS, TEMPLE THEATRE IN SANFORD**

A USO performance from the Andrews Sisters is in jeopardy of cancellation when they fail to appear shortly before curtain. Thankfully three earnest stagehands are determined to go on with the show! The Andrews Brothers is filled to the brim with over 25 songs made famous by the Andrews Sisters, including the showstoppers: *Boogie Woogie Bugle Boy*, *Slow Boat to China*, *Don't Sit under the Apple Tree*, and *Ac-Cent-Tchu-Ate the Positive*. Mistaken identities and madcap adventures—imagine Bing Crosby and Bob Hope in a road movie of *Some Like It Hot*—along with the music of an entire generation highlight this wonderful valentine to the heroes of World War II. We will enjoy lunch prior to the show at the General Store in Pittsboro.

Cost: \$36 (Lunch not included)

**Passmore Center**

10:30 am – 6 pm

**Seymour Center**

11 am – 5:30 pm

**PUBLIC BUS LOCAL DAY TRIPS**

Public bus trips will resume in the spring. See page for special information on public transportation.

**SATURDAY GETAWAYS**

If you have questions or concerns and want to register for a tour, call the main number of the Seymour Center at 919-968-2070 or Corina Riley, Tour Leader, at 919-245-4251. Our refund policy is: To receive a refund on the Saturday Getaways, cancellations must be made 7 days before the trip leaves.

**Sat, Dec 3** (316013-01)  
**MCADENVILLE CHRISTMAS TOWN, USA AND CONCORD MILLS**

Enjoy shopping time at Concord Mills, the shopping entertainment destination of the Carolinas. It has over 200 stores including manufacturer and retail outlets, off-price retailers, category dominant stores, and unique specialty stores. A festive food court, themed restaurants, and interactive retailers are also part of the shopping adventure. A few of the featured stores are Bass Pro Shops Outdoor World, Burlington Coat Factory, Old Navy, Off SAKS Fifth Avenue, and more. Then on to see a town that looks like CHRISTMAS LAND! Each year as Christmas draws near, the small textile town is transformed into "Christmas Town, USA" The number of trees has increased each year until there are now more than 300,000 red, green, and

white bulbs on some 248 trees. One of the favorite spots for viewers is the lake situated near the heart of town. There are 75 trees, ranging in size from 11 to 15 ft, which ring the lake. The reflection of the lights on the water adds to the beauty of the scene. A fountain located in the center of the lake jets water 75 ft into the air at a rate of 3,000 gal per minute. Lights shining on the fountain go through a sequence of red, green, blue, and amber about once every ten seconds.

**Checks should be made payable to OCDOA. We must have 25 participants for this trip to take place.**

Leader: Corina Riley

Cost: \$ 90

**Passmore Center**

9:30 am - 10 pm

**Seymour Center**

10 am – 10:30 pm

## ORANGE COUNTY SENIOR GAMES

### Registration Opens



Senior Games is a year-round health promotion program for adults ages 50 +. Activities include clinics, sports competitions/tournaments, social activities, SilverArts – including visual, heritage (wood working, basket weaving, ceramic glass and etc.), and performance –dance - as well as local and state competitions. For more information call Dana Hughes, Senior Games Coordinator, 919-918-7372. The Recreation and Parks Departments of Carrboro, Chapel Hill, and the Orange County Department on Aging are the local sponsors.

**The 2017 Orange County Senior Games' Athletic Events will be held Sat, April 1 – Sat, April 29. SilverArts performance competition will be held at a date to be announced later and will be a judged show and the SilverArts visual/heritage art show will go on display beginning Mon, April 10 – April 27 at the Seymour Center.** For the Senior Games' on-going activities events schedule, please refer to the Athletics section on pages 36-37 for more information.

### REGISTRATION INFORMATION

Registration forms will be mailed to last year's participants at the beginning of 2017. New participants may pick up a registration application from the following locations: both the Passmore and Seymour Centers, recreation departments, and at the locations of each event in Orange County. You can also call a Center or Recreation Department and ask to have one mailed to you. Be sure to check the application for the "early bird" savings. **The early bird deadline is Fri, March 3 and the final deadline is Fri March 17 (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 Dana Hughes, 919-918-7372. For information about SilverArts, call Cydnee Sims at 919-245-4250.

### SILVERARTS

SilverArts Visual Art Show is a juried art show, and will be at the Seymour Center. Please complete the Senior Games SilverArts registration form in the Senior Games registration packet. **All artwork should be brought to the Seymour Center on Tue, April 4, between 9 am – 12 noon.**

Sat. Jan 14 (316014-01)  
**BARN DINNER THEATRE,  
 GREENSBORO - DREAMS OF A  
 KING**

Shirley Jean Glover Mitchell Johnson tells her story of a time well spent with a famed King - Dr Martin Luther King, Jr. This musical drama, with a cast of 6, will have you singing the praises, laughing and crying tears of joy as they take you on this emotional journey of his Accomplishments, his Determination - HIS DREAM!

**Checks should be made payable to ODDA. We must have 25 participants for this trip to take place.**

Leader: Corina Riley

Cost: \$ 65

**Passmore Center**

5:30 – 10 pm

**Seymour Center**

5 – 10:30 pm

Coming Soon in Spring (316016-01)  
**NATIONAL MUSEUM OF AFRICAN  
 AMERICAN HISTORY AND CULTURE  
 AND NATIONAL HARBOR**

Join us as we travel to DC for an overnight stay at the National Harbor and a guided tour of the Museum. Mark your calendars to check the next Senior Times issue for more info. This is a wonderful opportunity to have a guided tour of this special, and new, museum.

**We must have 25 participants for this trip to take place.**

Leader: Corina Riley

## MORE TRIPS

Mon, Dec 5 – Tues, Dec 6  
**MYRTLE BEACH SHOPPING AND  
 CHRISTMAS SHOW SPECTACULAR**

Mon, Dec 5:

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

Tues, Dec 6:

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

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

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

Make checks payable to: Friends of the Jerry M. Passmore Center PO Box 8181 Hillsborough, NC 27278. Limited

Space, so book early. Indicate on check your roommate if double occupancy and contact telephone number. Trip offered by Friends of the Passmore Center. For further information, call the Passmore Center at 919-245-2015 and ask for a Friends' board member.

**Passmore Center**

Depart: 7 am

**Seymour Center**

Depart: 7:30 am

Mon, Jun 19 – Sun, Jul 2, 2017

## YELLOWSTONE NATIONAL PARK

Enjoy the splendor and beauty of Yellowstone National Park along with many other stops along the way. This itinerary has something for everyone all from the comfort of a coach bus with oversized windows.

**Day 1:** Depart Hillsborough and travel through beautiful mountain country to Louisville, KY. Enjoy dinner at the Huber's Family Restaurant in Starlite, ID.

**Day 2:** Have Breakfast before our ride to Davenport, IA which is located beside the Mighty Mississippi Rv.

**Day 3:** After breakfast we depart for Sioux Falls, SD.

**Day 4:** Highlights include Corn Palace in Mitchell, the SD Badlands, with colorful hills and canyons, plus the world famous Wall Drug. We head to Deadwood, S D for a two night stay.

**Day 5:** We visit Crazy Horse monument and Mt Rushmore. We also visit Bear Country, USA where you can see the many animals as we ride through on our motor coach followed by a visit to Saloon #10 where Wild Bill Hickok was killed or visit Mont Moriah where Wild Bill and Calamity Jane are buried.

**Day 6:** On our way to Cody, WY passing through some of the most beautiful country you will ever see as we head into the Bighorn Mountains. In Cody, we will visit the Buffalo Bill Center.

**Day 7:** We depart for Yellowstone National Park passing through Shoshone National Park and Sylvan Pass. We enter Yellowstone and proceed to the Grand Canyon of Yellowstone where our home for the next two nights will be at a Yellowstone National Park Lodge.

**Day 8:** We will see the Fountain Paint Pots, Gibbon Falls, and Mammoth Hot Springs.

**Day 9:** Depart for Jackson Hole with beautiful views of the Grand Teton Mountains. Jackson Hole is a quaint little western town and we will have plenty of time to shop and look around. That evening we will go to the Bar J Chuck wagon & Western Music show.

**Day 10:** Depart the hotel and head to Cheyenne, WY passing through the Rocky and Medicine Bow Mountain Ranges.

**Day 11:** We follow the Platte Rv and head to the Platte River Rd Archway Monument. The eight-story high Archway Monument structure houses two levels of history of the Great Platte Rv from OR Trail days.

**Day 12:** We tour the Arch, "gateway to the West". The 630 ft Gateway Arch is the nation's tallest and most elegant memorial.

**Day 13:** This evening, we will go to The Nashville Nightlife Theater, to attend "The Best of Country music Show," voted Nashville's #1 Dinner and Show.

**Day 14:** After breakfast we will start our return trip to NC. We travel through the Smokies and Blue Ridge Mountains as we return.

Price includes: Deluxe motor coach transportation; Tour manager; (13) night's lodging; (13) breakfasts; Huber's Family Restaurant; ticket to Bear Country, USA, Arch St Louis, Buffalo Bill's Center; The Corn Palace, Badlands, Mt Rushmore, Yellowstone National Park, The Great Platte River Road Archway monument; Bar J Chuck wagon Supper & Western Show; Nashville Nightlife dinner and show; and baggage handling.

**Cost: Single: \$3660 per person; Double: \$2,520 per person; Triple: \$2,220 per person; Quad: \$2,060 per person**

**\*Special notice:** A \$100 deposit per person is required to reserve your seat. Balance is due 60 days prior to departure. Cancellation within 60 days of departure will result in payment forfeiture. Make checks payable to: Friends of the Jerry M Passmore Center PO Box 8181, Hillsborough, NC 27278.

**Passmore Center**

Mon, Jun 19

Depart 6 am

Sun, Jul 2

Return 9:30 pm

Wed, Jul 26 – Wed, Aug 2, 2017

## CANADIAN ROCKIES - VICTORIA TO BANFF - 8 DAYS ALL INCLUSIVE

World- famous sites and spectacular scenery. PLUS a classic and memorable overnight rail excursion into the awe-inspiring Canadian Rockies.

Fly into Vancouver (no long, exhausting cross country road travel). Arrive refreshed and roaring to go. There is ample time to experience Vancouver's glittering skyline and views of the Pacific Ocean before a **Welcome Dinner** that first evening. Ferry through the scenic Gulf Islands to **Vancouver Island**. Stroll through 55 acres of the colorful and famous **Butchart Gardens**, with its fountains and meandering paths. Embark on a sightseeing tour of **Victoria**, British Columbia's beautiful capital, featuring the **Inner Harbor**, the

imposing **Parliament Building**, the heritage area with the Empress Hotel, and free time to enjoy this turn-of-the-century Victorian city. Next day enjoy a **Vancouver City Tour**, including **Stanley Park** with its painted totem poles, North America's largest **Chinatown**, and cobblestoned **Gastown** with its restaurants and shops. After dinner in Vancouver, board the gleaming and refurbished train, **The Canadian**, for a memorable 1/2 day and overnight rail excursion into the breathtaking Canadian Rockies. Explore the train before settling into your comfortable berth in the Sleeper Plus train car for the evening. Breakfast and dinner are included plus exclusive access to the Park Car with its lounges and 360 degree panoramic views. The Canadian winds along the North Thompson River, passing towering peaks and glacial valleys in a vast wilderness. Marvel at the incredible views of Mt. Robson, the highest peak in the Canadian Rockies. Cross the Continental Divide, arriving in **Jasper** for a 2 night stay .Discover **Jasper National Park**, whose incredible scenery is comprised of carefully protected ecosystems, and is a photographer's paradise. Visit **Maligne Canyon**, a Jasper landmark. Watch for wildlife as you drive to see sparkling **Maligne Lake**, the largest natural lake in the Rockies. The rest of the day is yours to explore and enjoy Jasper. Travel south the next day along the **Ice-fields Parkway** , linking Jasper to Lake Louise, one of North America's most spectacular drives. You may see elk, deer, bighorn sheep or bear as the road winds between snow-covered peaks and hanging glaciers. Stop to see the raw power of the **Athabasca Falls**. Ride in a specially-designed **Ice Explorer** on the 1000-foot thick **Athabasca Glacier** part of the Columbia Icefield, one of the largest ice masses outside of the Arctic Circle. Later, scale **Bow Pass** and see turquoise blue **Peyto Lake**. Travel into Banff National Park and enjoy a brief **Banff Area Tour** including Mt. Rundle, Bow Falls, Tunnel Mountain & the Hoodoos. Arrive in quaint Banff for a two-night stay. View two of the crown jewels of the Canadian Rockies the following day: **Moraine Lake** and the **Valley of the Ten Peaks** before visiting **Chateau Lake Louise**, located within a UNESCO World Heritage Site. Capture marvelous views and photos of **Lake Louise** and **Victoria Glacier**. Go through Kicking Horse Pass into Yoho National Park to see the **Natural Bridge**, the remarkable **Spiral Tunnels** and cross the Continental Divide before returning to Banff to enjoy a **Farewell Dinner** with your fellow travelers.

Fly home from Calgary. Trip rated "2" out of "4" for level of activity. Average pace with seniors in mind.

**8 day all inclusive;** (2 nights in Vancouver, 1 via rail, 2 in Jasper, 2 in Banff) 12 meals, airfare, taxes, Sleeper Plus Class on train, land tour, daily sightseeing, professional tour director, deluxe motorcoach, baggage handling, hotel transfers. transportation to and from airport. \$3899 each, double occupancy. \$500 deposit required with reservation. If you make your final payment with a check, you will receive a \$100 discount, bringing cost of trip down to \$3799.

**Trip presentation and social: Thu, Nov 17 (2 pm)**

**Seymour Center**

**Trip offered by Friends of the Seymour Center.**

Contact Linda Mews, **919-967-4728**, **Lmews2@gmail.com**.

## CARRBORO RECREATION AND PARKS DEPARTMENT

Call 919-918-7364 for senior program information.

### DAY TRIPS

Walk In Registration Only. Carrboro Recreation and Parks trips are known for their fine company, back road ambuling, and interest-piquing destinations. Take advantage of a one-day outing and leave the driving to someone else! Transportation is by van, **departing from Carrboro Town Hall** and return times are approximate. Please inquire regarding wheelchair accessibility. In order to receive a refund you must cancel 2 weeks prior to the trip.

### TEMPLE THEATRE – A CHRISTMAS CAROL

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: \$28

Thu, Dec 8 10:30 am – 5 pm

### TEMPLE THEATRE – CLASSIC NASHVILLE ROADSHOW

*Classic Nashville Roadshow* brings you some of the most unforgettable songs in country history just as they ought to be, just as you remember them from

the radio! Remember when June fell for Johnny and Loretta was just a coal miner's daughter? Let *Classic Nashville Roadshow* take you on a journey down memory lane with your favorite classic hits honoring the world's most beloved country greats! Bring money for lunch at Mrs Lacy's Teahouse.

Fee: \$28

Fri, Jan 20 10:30 am – 5:30 pm

### THE GALLERY PLAYERS – RAGTIME

An upper-class wife, a determined Jewish immigrant and a daring young Harlem musician unfold - set in turn-of-the-century New York - all three united by their desire and belief in a brighter tomorrow. Winning Tony Awards for best book and best musical it's sure to be a crowd pleaser!

Fee: \$16

Sun, Feb 19 1 – 5:15 pm

### BINGO

Take a break from your busy schedule and join friends at the Century Center for an afternoon of bingo. You may play 10 games. Enjoy a snack, try your luck and win prizes! Must call 919- 918-7364 to register.

Fee: FREE

### Century Center

2 - 3:30 pm

Tue, Dec 20; Fri, Jan 27; Tue, Feb 28

### GAME DAYS AT COVENANT PLACE CO-SPONSORED WITH COVENANT PLACE

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

1 – 2 pm

Thu, Dec 15; Jan 19; Feb 16

### 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. Call 918-7364 to register.

Fee: FREE

### Century Center

Fri, Feb 10 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 UNC Children's Hospital. Materials and a

snack will be provided. However, we need you to help do the work. Please call 919-918-7364 if you would like to help.

Fee: FREE

### Covenant Place

Tue, Feb 21

2 – 4 pm

### POET'S OPEN MIC NIGHT

Join Carrboro Recreation and Parks Department and Open Eye Cafe the first Tue 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 please call 919- 918-7364.

Fee: FREE

### Open Eye Café

1st Tue, Dec 6 – Feb 7

7 – 9 pm

### BASKET WEAVING CLASSES

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

Fee: \$122

### Carrboro Century Center

Mon, Jan 23 – Mar 6

6:30 – 9 pm

### TAI CHI

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

Fee: \$34

### Carrboro Century Center

Sun, Feb 12 - Mar 19

3:30 – 4 pm

### PILATES

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

Fee: \$56

### Carrboro Century Center

Wed, Jan 25 – Mar 15 8:30 – 9:30 am

### SLOW FLOW YOGA

Slow flow yoga involves practicing Sun Salutations and flowing sequences to increase flexibility, strength and stamina. We will also practice some standing poses and finish with restorative poses. Ideal for those who have been practicing yoga and want a more challenging class than Gentle Yoga.

Fee: \$48

### Carrboro Century Center

Wed, Jan 25 – Mar 15

7 – 8 pm

### Gentle Yoga

The practice of Yoga can help you release tension, stretch and strengthen your body, relax your mind and lift your spirits. Wear comfortable clothing and bare feet and bring an exercise mat, blanket or beach towel (some available for class use).

Fee: \$36

### Carrboro Century Center

Tue, Jan 24 – Mar 7

6 – 7 pm

### NIA Dance

Nia is a sensory-based movement practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are taken barefoot to soul-stirring music. Step into your own joyful journey with Nia, and positively shape the way you feel, look, think and live. Every person can discover, explore, unleash and enhance their individual potential to live a fulfilling and meaningful life – by engaging their senses and listening to their bodies. Come experience the Joy of Movement!

Fee: \$56

### Carrboro Century Center

Wed, Jan 25 – Mar 15

5:45 – 6:45 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.



## 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

**Shenae McPherson**, 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.



## PASSMORE CENTER

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

Mailing Address: PO Box 8181, Hillsborough, NC 27278

Mon - Thu, 8 am – 8 pm

Fridays, 8 am - 5 pm

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

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

**Dawn Smith**, Facility Manager, 919-245-2021

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

**Terry Colville**, Center Operations Manager, 919-245-2016, 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 **PASSMORE CENTER**, CALL: 919-245-2015.

## Are You Experiencing an Aging Transition?

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

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

**Keisha Andrews**, MSW, Social Worker

**Lisa Berley**, MSW, Transportation Specialist

**Marie Dagger**, MA, OTR/L, Occupational Therapist

**Tierra Daniels**, MSW, Social Worker

**Anshu Gupta**, MBA, Administrative Assistant

**Kim Lamon-Loperfido**, MSW/MPH, Social Worker

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

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

**Pam Tillet**, MSW, Social Worker

**Jenny Womack**, MA, OTR/L, Occupational Therapist

**Zhenzhen Yu**, MSW, Bilingual Social Worker



## SEYMOUR CENTER

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

Mon, - Thu 8 am – 9 pm, Fridays 8 am - 5 pm, Saturdays 8:30 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

**Julie McManus**, Evenings & Saturdays Facility Manager, 919-968-2070

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

**Cydnee Sims**, Center Operations Manager, 919-245-4250, Email: [csims@orangecountync.gov](mailto:csims@orangecountync.gov)

**Isabel Jackson**, Food Services Coordinator, 919-245-4256, Email: [ijackson@orangecountync.gov](mailto:ijackson@orangecountync.gov)

**Latonya Brown**, Wellness Coordinator, 919-245-4270, Email: [lbrown@orangecountync.gov](mailto:lbrown@orangecountync.gov)

**Myra Austin**, Senior Centers Administrator, 919-245-2020, Email: [maustin@orangecountync.gov](mailto:maustin@orangecountync.gov)

**Janice Tyler**, Director, Department on Aging, 919-245-4255, Email: [jtyler@orangecountync.gov](mailto:jtyler@orangecountync.gov)

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

Aging Transitions Help-Line: 919-968-2087

Chinese Help-Line: 919-259-0232

Spanish Help-Line: 919-245-4279

Mon - Fri 9 am – 4 pm

## OC Web site: [www.orangecountync.gov/departments/aging](http://www.orangecountync.gov/departments/aging)

On-line registration is available for many of our programs at the above website.

Program fees may be paid by using a credit card.

Both Centers will be closed Fri, Dec 23 through Tue, Dec 27; Mon, Jan 2 & 16 for the holidays