

SPECIAL EVENTS

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

A LIGHT FARE AND SOUNDS OF MUSIC AT SEYMOUR

Enjoy great music and a light fare this spring. The center will provide the light meal and you are asked to bring a dessert that will serve 8 to 10 people for the **Jazz Night only. No desserts required for Country Music Night.** Please specify your dessert of choice when you call to register.

Jazz Night with The Marie Vanderbeck Trio

Tonight's light fare will be mini burger sliders, baked fries and coleslaw. Please register for this event by Wed, Mar 4 and be ready to indicate what you will be bringing to our gathering. Limited to 40 participants.

Fee: FREE

Seymour Center

Wed, Mar 11 (323034-01)

5:30 – 7 pm

Country Music Night with Roots and Wings

Tonight's light fare will be rotisserie chicken tortilla wrap with fresh fruit. Please register for this event by Wed, May 6 and be ready to indicate what you will be bringing to our gathering. Tonight you will have an opportunity to get on the mic and sing with the artists in honor of Older Americans Month which this year's theme is **Get into the Act.** This is how to **Get into the Act** country style!! Hope to see you there! Limited to 40 participants.

Fee: FREE

Seymour Center

Wed, May 20 (323035-01)

5:30 – 7 pm

A Veteran's Affair: Wall of Honor New Recipients and Reception

If you have not seen our Wall of Honor honoring veteran participants of the Seymour Center and Central Orange Senior Center, stop by and check it out! The wall is not only a way of expressing our gratitude to those who served our country, it also enables other participants and visitors who frequent the Center to appreciate and learn more about their peers. Our current honorees on the wall are: **Lee Heavlin, Jim McGuire, Herman Lotstein, Jimmy Smith, Ed Rouse, Thomas Suddarth, Jr., Wallace Council and Cliff Crandell.** On Mon, May 11 we will recognize eight new honorees. They are: **Lee Pavao, Bob Roberts, Tommie Swan, Robert T. Watral, Everette (Bud) Hampton, Willie Breeze, Ross Farrington, and George Thomas Weiser.** There will be a small reception and time of reflections.

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

Fee: FREE

Seymour Center (353003-02)

Mon, May 11

10:30 - 11:30 am

ACC Tournament

Join your friends for March Madness Basketball during the month of March. No registration is required - so drop in!

Thurs, Mar 12

12 noon Game 1 #8 ranked team vs #9
2 pm Game 2 #5 ranked team vs #12
7 pm Games 3 #7 ranked team vs #10

Central Orange SC (223000-01)

Seymour Center (323997-05)

Fri, Mar 13

12 noon Game 5 #1 ranked team vs 8/9 winner
2 pm Game 6 #4 ranked team vs 5/12 winner

Fee: FREE

Central Orange SC (223000-02)

Seymour Center (323007-06)

An Afternoon with Friends

New for Spring! Please come join us in the lobby once a month for beverages and conversation with all your friends - and make some new friends while you are at it! We will provide special drinks, while you relax for a few minutes or mingle and share some secrets with your friends. Sparkling waters, refreshing lemonades, fizzy sodas, or dazzling fruity punches... we will have a different beverage each month. This will be a delightful way spend an afternoon!

Fee: FREE

Seymour Center

1st Tues, Mar 3, Apr 7 & May 5 (353028-01)

2:30 pm

Appalachian Style Dance Performance with the Carolina Heartland Cloggers

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

Fee: FREE

Seymour Center

Sat, Mar 7 (323030-01)

2 - 3 pm

Art Show - Central Orange Senior Center

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

Featured Artist - Alan Miller

Alan Miller has traveled the world and his photography has captured beautiful images of birds, flowers, and wildlife from more than 20 countries. You will be impressed with the still action shots he has captured and with his knowledge of the photographed wildlife and flowers. Mr Miller has been the recipient, on several occasions, of the

Orange County SilverArts Blue Ribbon for his photography. Please come and meet the artist and enjoy light refreshments.

Central Orange SC

Mon, Apr 6 (253002-02)

3 pm

Art Shows: Seymour Center

If you are interested in exhibiting, please contact Cydnee Sims at 919-245-4250 or csims@orangecountync.gov

Seymour Center is moving to a new style of art receptions...*Mingle with the Artist!* Our new style is sure to please. You will be greeted with a bio of the artist(s), list of artwork in the show and a select beverage for the occasion. The artist(s) will be available to share inspirational stories and receive questions surrounding the show. The first half hour the artist will be on the first floor and the last half hour the artist will be on the second floor (unless there is more than one artist, you will find artists on both levels during the entire reception). The new *Mingle with the Artists* will begin May 11, featuring Japanese art by Cheryl Hill and the Japanese Embroidery Club.

A Closer Look at Wildlife, Flowers and Birds Through Alan's Lens

Alan Miller's photography exhibit will be on display through Thurs, Apr 2 (new closing date of show). Take a closer look at Alan's photographic work which captures birds, flowers and wildlife in more than 20 counties. Stop by and check out the show before Apr 2. You will love what you see!

Orange County Silver Arts Exhibit

SilverArts Exhibit will be on display Apr 13 – May 7. 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 13. Hostesses for this opening will be the Senior Games Committee with Horace Sher on Trumpet.

Seymour Center

Mon, Apr 13 (323036-01)

5:30 – 6:30 pm

Mingle with the Artist! Our new show will get off to a great start featuring Japanese Art. This special collaborative effort will showcase Origami Orchard by Cheryl Hill and eclectic pieces by the Japanese Embroidery Club. This show will be one you will not want to miss, as well as, the opener for the week of activities lined up for Older Americans Month. The show will be on display Mon, May 11 until Thurs, July 9. Art Opening Hostesses will be: Joan Walshaw, Margaret Mays and Linda Watkins with Margareta Thompson on piano.

Come out to see the new style of our art opening and meet several artists this evening.

Mon, May 11 (323037-01)

5:30 – 6:30 pm

Billiards Tournament (323102-02)

APA 8-Ball tournament format will be either double or single elimination based on the number of entries for 1st and 2nd place trophies. Men and Women are welcome to participate. Must register by Fri, Mar 20. For more info contact Corina Riley at 919-245-4251.

Seymour Center

Wed, Mar 25 (323102-02) 5 - 8 pm

Central Orange SC

Thurs, Apr 23 (253005-01) 3 - 5 pm

Birthday Celebration

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

Central Orange SC

Mon, Mar 2; Apr 6; May 4 (253004-03, 04, 05) 12 noon

Seymour Center

Mon, Mar 2; Apr 6; May 4 (353072) 12 noon

Brain Games with Dawn - Q-Bitz

You will have so much fun, you won't even realize your dexterity and brain are improving. Together as a group you will work different patterns which range from simple to complex. Limited space so be sure to register at least one week in advance.

Leader: Dawn Smith

Central Orange SC

Thurs, Mar 5; Apr 2; May 7 (223015-03, 04, 05) 2 pm

Celebration of Womanhood - Mother's Day Tea

In celebration and honor of Mothers, you are cordially invited to a morning Tea. To make it interesting and fun, we would love for you to wear your favorite spring hat and gloves. If you don't have a hat or gloves - no worries just join the festivities for casual motherhood conversations and wonderful treats. Last day to register for the program is Fri, Apr 24.

Central Orange SC

Fri, May 8 (223016-01) 10:30 - 11:30 am

Comedy Hour in Honor of the Older Americans Act: Get into the Act

They say laughter is like medicine and good for the soul. During the month of May we recognize the Older Americans Act (OAA). OAA originally enacted in 1965, supports a range of home and community-based services, such as meals-on-wheels and other nutrition programs, in-home services, transportation, legal services, elder abuse prevention and caregivers support. These programs help seniors stay as independent as possible in their homes and communities. In addition, OAA services help seniors avoid hospitalization and nursing home care, and, as a result, save federal and state funds that otherwise would be spent on such care. Join **Tree Huggers Guild**, a group of people that enjoy doing improv. Join them as they **Get into the Act** of making you laugh!

Fee: FREE

Seymour Center

Thurs, May 21 (323038-01) 6 - 7 pm

Connections Concierge

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

Seymour Center

1st & 3rd Mon: Mar 2, 16; Apr 6, 20; May 4, 19 (353012) 10 am – 12 noon

Cooking and Dinner with David Sovero – The Art of Cooking

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

*Co-sponsored with OLLI at Duke.

Fee: \$9 per class plus two ingredients

Central Orange SC

Mon,	Mar	(233016-03)	5:30 – 7:30 pm
	Apr	(233016-04)	5:30 – 7:30 pm
	May	(233016-05)	5:30 – 7:30 pm

Seymour Center

Thurs, Mar 5-	Apr 2	(353019-03)	2:30 - 5:30 pm
Apr 9 -	May 7	(353019-04)	2:30 - 5:30 pm
May 14 -	Jun 11	(353019-05)	2:30 - 5:30 pm

Fee: \$9 per class plus two ingredients

Farmers' Markets at the Senior Centers

Yes, the Farmers' Market is at the Senior 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 Centers' doors. Come shop and get extra fresh food and outstanding quality.

Central Orange SC

Mondays 9 am – 12 noon

Seymour Center

Tues and Thurs (353060) 9 am - 12 noon

FOOD AND FELLOWSHIP AT CENTRAL ORANGE

Renaissance Adventure

Lords and Ladies come hither and join us for this most splendid occasion as we enjoy belly timber (food) together. Beef or fowl, served by the senior center wenches, will depend on our hunter and how well his arrow flies! This month we are asking for a few special items so please contact the center, no later than Mar 19, and let us know what you plan to bring. We have many medieval costumes available, if you are interested in borrowing one, or if you have your own, be sure to wear it. We begin at 5:30 pm so you will have to "kiss the hare's foot" (eat what is left over) if you are late!

Central Orange SC (253007-03)

Thurs, Mar 26 (**one week later than our regular scheduled date**) 5:30 pm

50's Dance with the David and Friends Band

We are going to *Rock and Roll!* It's all about Poodle skirts, rolled up jeans, and penny loafers. There is only one thing better than the clothes of the 50's and that is the music! You are sure to have a "blast" as you join all the other "cool cats" for a night of food, music, and dance! Be sure to wear your dancing shoes as we welcome back David and Friends for our May potluck. The center will serve Hamburgers, all the way, and you bring the sides. Our Soda Shop will be open during the dance and if you miss this you will be so "frosted"! Please register by May 14.

Central Orange SC (253007-05)

Thurs, May 21

5:30 pm

Due to Las Vegas Night we will not have a special dinner in April. We encourage everyone to join us for this special event. Tickets on sale now.

Food Truck Rodeo!!

Help us celebrate our Senior Games participants at this festive affair, as well as, enjoy a variety of food truck vendors and live entertainment. This event is open to all center participants and the surrounding communities. If you came to the first one we had, you will surely enjoy our second rodeo!! Feel free to invite your neighbors, family and friends.

Fee: FREE

Seymour Center

Wed, Apr 29 (343021-02)

4:30 - 8 pm

FRIENDS OF THE CENTRAL ORANGE SENIOR CENTER AND SEYMOUR CENTER'S ANNUAL MEETINGS

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

Central Orange SC

Fri, May 15 (223002-01)

10 - 11 am

Seymour Center

Thurs, May 21 (323012-03)

1 - 2 pm

Fun Bingo with Cards

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

Central Orange SC

Fri, Mar 6; Apr 10; May 1 (257024-01)

10:30 – 11:30 am

Garden Party – Dedication and Naming of the Garden Statue

We will have music, provided by Horace Sher, and games on the front patio as we enjoy gazing at our beautiful flower garden. During this time we will reveal the winner of the, *Name Our Garden Statue*, as well as her name as we dedicate her. Light refreshments will be served.

Please RSVP prior to May 20.

Central Orange SC

Wed, May 27 (223007-01)

10 – 11:30 am

Get Into the Act – Scavenger “Read”

You don’t even have to run from place to place to take part in this scavenger hunt! We want you to become more familiar with our publication, the Senior Times, and find out what is taking place here at the Central Orange Senior Center. Stop by the front desk and we will give you clues to different programs and all you have to do is tell us which programs we are talking about. This is an open book scavenger read so you will be able to take your time. Easy right! We will give you clues and if you don’t know the program we are talking about you can find it in the Senior Times. Turn in your form and that makes you eligible for our drawing which will take place on Fri, May 29.

Central Orange SC

Get Into the Act – Theme for Older Americans Month

We want to empower you to “Get into the Act” and find out what is taking place here at the Central Orange Senior Center. In recognition of Older Americans month we will have representatives from our different programs available to spend individual time with you. You will learn what we are doing and how you can become involved. We look forward to giving you the starring role in whichever act you choose.

Central Orange SC (223001-01)

Mon, May 4	10:30 – 11:30 am
Tues, May 12	10:30 – 11:30 am
Wed, May 20	10:30 – 11:30 am
Thurs, May 28	10:30 – 11:30 am

Identity theft and Current Scams – NC Attorney General Office

In this day and age, personal information is hard to keep personal but it's important that you do! Identity theft continues to be one of the fastest growing crimes in America. Join us on March 24th at 11 am as Carol Young, outreach specialist with the Victims and Citizens Services Section of the NC Department of Justice, shares information on identity theft and other types of scams that target NC’s older adults. Become scam smart – learn the facts on scams and easy tips to avoid becoming a victim! Be sure to register prior to Mar 18.

Fee: FREE

Central Orange SC

Tues, Mar 24 (223023-01)

11 am

In the Kitchen with Pat!

A new and tasty series! Learn to make all sorts of treats for the sweet. Try a class or two.

Congo Bars

Join Pat as she shares how to make her infamous Conga Bars. These bars will actually melt in your mouth and are terribly addictive. Space is limited to 10 participants Must have 5 to have the class. Register by Wed, Apr 15.

Instructor: Pat Farrington

Fee: FREE

Seymour Center

Wed, Apr 22 (323039-01)

2 - 4 pm

Chocolate Chip Pound Cake

Let's bake a cake! This class calls for all pound cake lovers! If you want to learn how to bake a pound cake, this class has your name on it. Join Pat for another adventurous time in the kitchen. Space is limited to 10 participants Must have 5 to have the class. Register by Wed, May 13.

Instructor: Pat Farrington

Fee: FREE

Seymour Center

Wed, May 20 (323040-01)

2 - 4 pm

International Jazz Day with Ironing Board Sam

Join us for a day of Jazz we will share the history of how and when we began to celebrate it nationally as well as enjoy dancing and listening to the smooth sounds of Ironing Board Sam.

Fee: FREE

Central Orange SC

Thurs, Apr 30 (223009-01)

10:30 am - 1 pm

Afternoon Social (223009-02)

1 - 3 pm

Jenga Party!!

In honor of Older Americans Month, with the theme "Get into the Act", join the Senior Center Management Team for an afternoon of Jenga! If you've never played it or wonder what it is, come **Get into the Act** of playing this fun tower building game. No experience necessary, just great team spirit. We will see you in the lobby!! Prizes will be given to the winning team.

Fee: FREE

Seymour Center

Tues, May 19 (323041-01)

2- 4 pm

Las Vegas Night

This event sold out the last few years so get your tickets fast! Your ticket will include music, dancing, dinner, and \$10,000 in gaming money (Black Jack, Roulette, etc) to use for bidding on prizes. Call the senior center for additional information and ticket sales. Event co-sponsored with the Friends of Central Orange.

Fee: \$20 (\$25 at the door)

Central Orange SC

Sat, Apr 18 (213002-1)

6 pm

Last Tuesdays - Dance Bash

Join us in the great hall as we dance to the electric slide, cupid shuffle, and much more. Don't worry, if you don't know these dances, we will teach you. Just come ready to have some fun!

Central Orange SC (253000-01)

Tues, Mar 31; Apr 28; May 26

11 am

Let's Talk About Death and Dying

We will all die, so why is it so hard to have a conversation about it? While in general we find thinking about death uncomfortable and scary, new research shows that learning to practice mindfulness neutralizes fears of death. Mindfulness is being open, receptive, and attentive to whatever is unfolding in the present moment. Join us for a series of talks on Death and Dying sponsored by the Orange County Department on Aging.

- Thurs, Mar 5: How do we die? Preparing for approaching death by understanding the physiological, mental, and social dimensions of the dying process
- Thurs, Mar 19: Mindful dying – learning to practice mindful acceptance as we approach the end of life. Speakers will include Roland Silverson, RN; Heather McKay, OT and Ethan Lechner, MSW. The panel will be moderated by Pam Tillett, MSW

Fee: FREE

Seymour Center (313000)

Thurs, Mar 5

6 - 7:30 pm

Thurs, Mar 19

6 - 7:30 pm

Lunar New Year Celebration!! Year of the Sheep!!

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 region throws itself into celebrating and eating. Come enjoy a variety of entertainment followed by a reception with traditional snacks to celebrate.

Fee: FREE

Seymour Center

Thurs, Feb 19 (353045- 05)

2:30 - 6 pm

May Day Celebration

Let's leap around the May pole once again with laughter and fun. This year's May Day Celebration will offer a morning of bingo, games, prizes, lunch, wrapping the May pole and musical entertainment. Co-sponsored with Chapel Hill Parks and Recreation. Transportation will leave the Seymour Center at 10 am and will return at 1 pm. **Please register by Fri, Apr 24.**

Fee: FREE

Hargraves Center

Fri, May 1 (320333-01)

10 am - 1 pm

Medicare - for Those Turning 65

Are you turning 65 in the next six months, and eligible for Medicare? Do you feel overwhelmed by all the information "bombarding" you? If so, come to a seminar offered by the Seniors' Health Insurance Information Program (SHIIP) and the Orange County Department on Aging to learn about Medicare and all of its parts - applies to those who are retired, and those who are working. See page for more information..

Central Orange SC

Wed, Apr 1	(223003-01)	6 - 7:30 pm
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Seymour Center

Wed, Apr 8	(357055-06)	1 - 3 pm
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Newcomers' Coffee

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

Fee: FREE

Central Orange SC

Thurs, Mar 12	(253008-03)	2 pm
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Thurs, Apr 9	(253008-04)	2 pm
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Thurs, May 14	(253008-05)	2 pm
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Seymour Center

Thurs, Mar 12	(353023-07)	10 am
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Thurs, Apr 9	(353023-08)	10 am
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Thurs, May 14	(353023-09)	10 am
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Passover Holiday Meanings and Traditions

Join Lisa Berley as she shares the history, food and music of the up-coming holiday of Passover. It is her favorite of the Jewish holidays because of the special customs that guide the celebration in the home.

Central Orange SC

Tues, Mar 31	(223005-01)	10 am
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Pre- St Patrick's Day Celebration with Irish Dancing Performance Troop: Inis Cairde

This dedicated group of dancers is sure to put you in a festive Irish mood for the upcoming St. Patrick's holiday. Inis Cairde has competed at a Regional, North American, and World competitions, and regularly gives back to the local community through performance. The program strives to teach not only dance technique; but also, gives their students valuable life lessons of sportsmanship, teamwork, discipline, and perseverance. Please come out to support this amazing group of dancers, and get ready to enjoy a dynamic performance. Light refreshments following the performance.

Fee: FREE

Seymour Center

Mon, Mar 16	(323031-01)	5:30 - 6:30 pm
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Tiny Housing: Aging in Community Series

Tiny house tour: 6 - 7 pm. Presentation: 7 - 8:30 pm. See article on page for more information.

Fee: FREE Register through the Charles House website: www.charleshouse.org or call the Aging Transition's Help Line at 919-968-2087.

Seymour Center

Wed, March 25		6 - 8:30 pm
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Tour Your Local Senior Center with the Program Advisory Committee

Seymour Program Advisory would like to take you on a special tour in honor of the Older Americans Act. The theme is **Get into the Act!** That is exactly what this committee wants you to do. Don't stay at home, come out and learn what the Center has to offer. Join a tour and learn how to **Get into the Act** by getting involved.

Fee: FREE

Seymour Center

Fri, May 22 (323042-01)

2 - 4 pm

Triangle Chinese Singer's Club

A group of singing and dancing lovers will come to the Robert and Pearl **Seymour Center** to present the beautiful Chinese, non-Chinese songs! You will experience the opera, dances and Chinese "Qi-Pao" fashion show. Please join us to enjoy the music and fun.

Fee: FREE

Seymour Center

Sat, Mar 21 (343023-01)

1 -2 pm

Trinkets & Treasures Costume Jewelry Fundraiser is Coming Back - Bigger and Better!

The Friends and Program Advisory Committee of the Seymour Center are excited to announce the Second Annual Costume Jewelry Fundraiser this coming May. This year, the fundraiser will include raffle tickets to win a designer Dooney and Bourke Bag with the matching wallet, key fob and purse cover. The bag was offered by a generous donor as a way of honoring women and all Mothers. Men, you are welcome to join in on the fun as well. You never know, you just might win that bag to give as a nice gift to someone. The raffle tickets are \$1 each. This will be a great way to win a nice bag for Mother's Day. All proceeds will go towards program and services. **Once again, in order for this event to be a huge success, your help is wanted! If you have gently used jewelry that you are no longer wearing and would like to donate to a great cause, we welcome your support.** Please drop off donated jewelry at the front desk of the Seymour Center beginning, Mon, Jan 26. Donations will be accepted Mon - Fri during the time the Center's open. Last day donations will be accepted will be on Sat, Apr 18. You will be given a tax deduction form when you make your donation. The sale will be held on Sat, May 2 at the Seymour Center from 10 am -2 pm. This will be a great time to pick up one of kind jewelry and handcrafted items for Mother's Day.

Admission to the sale is FREE.

Seymour Center

Sat, May 2 (313039-01)

10 am - 2 pm

Vegetarian Delight - Cooking with Makeda

Have you ever wondered what tofu tastes like? How about your favorite greens or beans not seasoned with ham? Imagine preparing a burger made from beans. Is your DNA saying this can't be possible? Open your mind and try something NEW! Learn alternative methods to great tasting food. Replenish your body by allowing more protein in your diet and lowering your blood pressure. Come, learn, and partake in healthy vegetarian meals. Makeda is delighted to share her knowledge in creating delicious and nutritious low-cost meals. She has been a vegetarian for years and looks forward to sharing her knowledge. *Everyone must register one week in advance. Class minimum applies. Sponsored by Weaver Street Market
Fee: \$5 per class

Central Orange SC

Thurs, Mar 12	(233012-06)	2 - 3:30 pm
Thurs, Mar 19	(233012-07)	2 - 3:30 pm
Thurs, Apr 2	(233012-08)	2 - 3:30 pm
Thurs, Apr 9	(233012-09)	2 - 3:30 pm
Thurs, May 7	(233012-10)	2 - 3:30 pm
Thurs, May 14	(233012-11)	2 - 3:30 pm

Wednesdays' Buzz

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

Seymour Center (353053) 10:30 am
Mar 4, 18; Apr 1, 15; May 6, 20

What's in Lisa's Lunch Box?

Lisa brings a lunch and 2 snacks to work just about every day. Over the years, she has experimented with all kinds of sandwich ingredients, dairy concoctions, vegetable snacks and more. People say they never know what she'll pullout of her lunch box but they do know it will probably be healthy! Come listen, eat and share ideas for lunch. Must register by May 1.

Central Orange SC

Thurs, May 7 (223004-01) 12 noon