



Orange County
Department on Aging

Orange County Department on Aging Activity Calendar February 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00am - 11:00am Strong and Steady Virtual	2 8:00am - 10:00am Soap Making Pre-Recorded	3 9:00am - 11:00am Watercolor-Greeting Cards Virtual	4 9:00am - 10:30am Let's Exercise - Spanish Virtual	5 8:00am - 10:00am Intarsia Woodcarving Pre-Recorded	6 10:00am - 12:00pm Conversations with a Pharm Virtual
	10:00am - 11:00am Chinese Choir- Hong Yan Virtual	10:00am - 11:00am Tap Dance Virtual	9:30am - 10:00am Strengthen Your Core- Wedn Virtual	10:00am - 11:00am Strong and Steady Virtual	9:30am - 10:00am Strengthen Your Core- Frida Virtual	1:30pm - 3:00pm The Art of Coloring Animals! Virtual
	10:00am - 11:00am Creative Conversations Via t Virtual	10:00am - 11:00am Balance-Virtual-CANCELLE Virtual	10:00am - 12:00pm Wednesdays' Buzz Virtual	11:00am - 12:00pm Bonding over Blankets- Virtu Virtual	10:00am - 11:30am Better than Before- Mature Virtual	
	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	10:15am - 11:15am Dementia -Let's Talk About It Virtual	10:00am - 11:00am Charlie's Social Group Virtual	1:00pm - 3:00pm Google Photos Virtual	10:00am - 11:00am COVID Vaccine - Let's revie Virtual	
	1:00pm - 2:00pm Tune in Daily Virtual	11:00am - 12:00pm Chair Yoga Virtual	10:00am - 11:30am Better than Before- Mature Virtual	1:00pm - 2:00pm Tune in Daily Virtual	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	
	1:00pm - 1:45pm Line Dance Beginners Virtual	11:30am - 12:00pm Hello! Care Partners Virtual	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	2:00pm - 3:00pm Essential Oils-Customizing Virtual	11:00am - 12:00pm Bonding over Blankets- Virtu Virtual	
	1:00pm - 3:00pm Intro to Ancestry.com Virtual	1:00pm - 2:30pm Sewing 101 - Virtual Virtual	11:00am - 12:00pm Care Partners Collaborative Virtual	2:00pm - 3:30pm Visual Journaling for the Rel Virtual	11:00am - 12:00pm Seated T'ai Chi Virtual	
	1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual	1:00pm - 2:00pm Tune in Daily Virtual	11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual	5:30pm - 7:00pm Well Spouse Assoc Support Virtual	12:30pm - 1:30pm Mindful Yoga Virtual	
	2:00pm - 3:30pm Line Dance Virtual	1:00pm - 3:00pm Intro to Ancestry.com Virtual	1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual	6:30pm - 7:30pm Al-Anon Moving Forward Virtual	1:00pm - 2:00pm Tune in Daily Virtual	
	3:30pm - 4:30pm Al-Anon Moving Forward Virtual	2:00pm - 3:45pm Memory Cafe Virtual	1:00pm - 3:00pm Google Photos Virtual		1:00pm - 3:00pm Zoom Class - How to Host & Virtual	
	6:30pm - 7:30pm Zumba - Latina Virtual	2:00pm - 3:30pm Virtual Tour of Intern. Civil Ri Virtual	1:00pm - 2:00pm Tune in Daily Virtual		2:30pm - 3:30pm Virtual Tour of the Poe Hous Virtual	
			1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual		6:00pm - 7:00pm Zumba - Latina Virtual	
			3:00pm - 4:00pm Valentine's Day Spinning He Virtual		7:00pm - 9:00pm Enrichment Life Group Virtual	

Pre-recorded programs may be viewed any time by going to: <http://www.orangecountync.gov/236/Senior-Center-Programs>. Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 or the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes. Thank you.

Orange County Department on Aging Activity Calendar

February 2021 (Continued)

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday

7	8	9	10	11	12	13
	8:00am - 8:00pm Passmore Pandemic Sequel Pre-Recorded	10:00am - 11:00am Tap Dance Virtual	8:00am - 10:00am Container Gardening for Beg Pre-Recorded	9:00am - 10:30am Let's Exercise - Spanish Virtual	9:30am - 10:00am Strengthen Your Core- Frida Virtual	10:00am - 11:30am Chinese New Year Talent Sh Virtual
	10:00am - 11:00am Strong and Steady Virtual	10:00am - 11:00am Balance-Virtual-CANCELLE Virtual	9:00am - 11:00am Watercolor-Greeting Cards Virtual	10:00am - 11:00am Discovering Our Personality Virtual	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	1:00pm - 2:00pm Concert-IG Silver Music Con Virtual
	10:00am - 11:00am Chinese Choir- Hong Yan Virtual	10:00am - 10:30am Home Safety Chat Virtual	9:30am - 10:00am Strengthen Your Core- Wedn Virtual	10:00am - 11:00am Strong and Steady Virtual	11:00am - 12:00pm Seated T'ai Chi Virtual	1:30pm - 3:00pm The Art of Coloring Animals! Virtual
	10:00am - 11:00am Creative Conversations Via t Virtual	11:00am - 12:00pm Chair Yoga Virtual	10:00am - 11:00am Charlie's Social Group Virtual	11:00am - 12:00pm Bonding over Blankets- Virtu Virtual	12:30pm - 1:30pm Mindful Yoga Virtual	
	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	11:30am - 12:00pm Hello! Care Partners Virtual	11:00am - 12:00pm Alicia's Arthritis Exercise Virtual	1:00pm - 2:00pm Tune in Daily Virtual	1:00pm - 2:00pm Tune in Daily Virtual	
	11:30am - 12:30pm Philosophy Discussion Grou Virtual	1:00pm - 2:30pm Sewing 101 - Virtual Virtual	11:00am - 12:00pm Care Partners Collaborative Virtual	1:00pm - 2:30pm Caregivers' Support Virtual	1:00pm - 3:00pm Photo Edit- I Phone - I Pad-V Virtual	
	1:00pm - 2:00pm Tune in Daily Virtual	1:00pm - 2:00pm Tune in Daily Virtual	11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual	1:00pm - 3:00pm Photo Edit- I Phone - I Pad-V Virtual	3:00pm - 4:00pm Valentines Celebration with Virtual	
	1:00pm - 1:45pm Line Dance Beginners Virtual	1:00pm - 3:00pm Facebook on Iphone & IPads Virtual	1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual	1:00pm - 3:00pm Heart Collage Canvas Virtual	6:00pm - 7:00pm Zumba - Latina Virtual	
	1:00pm - 3:00pm Facebook on Iphone & IPads Virtual	1:00pm - 3:00pm Editing, Intro to Virtual	1:00pm - 2:00pm Tune in Daily Virtual	2:00pm - 3:30pm Visual Journaling for the Rel Virtual	7:00pm - 9:00pm Enrichment Life Group Virtual	
	1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual	3:00pm - 4:00pm Chocolate and Tea with Terr Virtual	1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual	3:00pm - 4:00pm Valentine Candy Making Virtual		
	2:00pm - 3:30pm Line Dance Virtual		1:00pm - 3:00pm Editing, Intro to Virtual	4:00pm - 5:15pm The Case for Green Burial-Vi Virtual		
	2:00pm - 3:00pm Creative Crafts with Helen Virtual		2:00pm - 3:00pm Black History Month Perform Virtual	5:30pm - 7:00pm Well Spouse Assoc Support Virtual		
	2:00pm - 3:00pm TED TALKS Virtual			6:30pm - 7:30pm Al-Anon Moving Forward Virtual		

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Orange County Department on Aging Activity Calendar

February 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

(Continued) 7	(Continued) 8	(Continued) 9	(Continued) 10	(Continued) 11	(Continued) 12	(Continued) 13
	3:30pm - 4:30pm Al-Anon Moving Forward Virtual 6:30pm - 7:30pm Zumba - Latina Virtual					
14	15	16	17	18	19	20
	10:00am - 11:00am Strong and Steady Virtual 10:00am - 11:00am Chinese Choir- Hong Yan Virtual 10:00am - 11:00am Creative Conversations Via t Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 1:45pm Line Dance Beginners Virtual 1:00pm - 3:00pm Intro to the Mac APPS you n Virtual 1:00pm - 3:00pm Windows 10 Virtual 1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual 2:00pm - 3:30pm Line Dance Virtual	10:00am - 11:00am Tap Dance Virtual 10:00am - 11:00am Balance-Virtual-CANCELLE Virtual 10:15am - 11:15am Dementia -Let's Talk About It Virtual 11:00am - 12:00pm Chair Yoga Virtual 11:30am - 12:00pm Hello! Care Partners Virtual 1:00pm - 2:30pm Sewing 101 - Virtual Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm Intro to the Mac APPS you n Virtual 1:00pm - 3:00pm Windows 10 Virtual 3:00pm - 4:00pm Your Next 5 Virtual	8:00am - 10:00am Wholmmovies-Efland and Ce Pre-Recorded 9:30am - 10:00am Strengthen Your Core- Wedn Virtual 10:00am - 11:00am Charlie's Social Group Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Care Partners Collaborative Virtual 11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual 1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual 1:00pm - 3:00pm Intro to the Mac APPS you n Virtual	9:00am - 10:30am Let's Exercise - Spanish Virtual 10:00am - 11:00am Strong and Steady Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 2:00pm Chat and Chew Virtual 1:00pm - 3:00pm Facebook on PC's - Virtual Virtual 1:00pm - 3:00pm Explore Password Managers Virtual 2:00pm - 3:00pm Self Watering Planter-Virtual Virtual 2:00pm - 3:30pm Visual Journaling for the Rel Virtual 5:30pm - 7:00pm Well Spouse Assoc Support Virtual 6:30pm - 7:30pm Al-Anon Moving Forward Virtual	9:30am - 10:00am Strengthen Your Core- Frida Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Seated T'ai Chi Virtual 12:30pm - 1:30pm Mindful Yoga Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm Facebook on PC's - Virtual Virtual 1:30pm - 2:30pm Reminiscing with Google Ma Virtual 6:00pm - 7:00pm Zumba - Latina Virtual 7:00pm - 9:00pm Enrichment Life Group Virtual	1:30pm - 3:00pm The Art of Coloring Animals! Virtual

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February 2021 (Continued)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(Continued) 14	(Continued) 15 3:30pm - 4:30pm Al-Anon Moving Forward Virtual 6:30pm - 7:30pm Zumba - Latina Virtual	(Continued) 16 3:00pm - 4:00pm Holiday Bingo Virtual	(Continued) 17 1:00pm - 3:00pm Pinterest- Virtual Virtual 1:30pm - 2:30pm Caregivers Education Series Virtual	(Continued) 18	(Continued) 19	(Continued) 20
21	22 10:00am - 11:00am Strong and Steady Virtual 10:00am - 11:00am Chinese Choir- Hong Yan Virtual 10:00am - 11:00am Creative Conversations Via t Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:30am - 12:30pm Philosophy Discussion Grou Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 1:45pm Line Dance Beginners Virtual 1:00pm - 3:00pm Photo Edit- With Windows 10 Virtual 1:00pm - 1:30pm Gyrokinesis Happy Moves Virtual 2:00pm - 3:30pm Line Dance Virtual	23 8:00am - 10:00am Pressed Flower Canvas Pre-Recorded 10:00am - 11:00am Tap Dance Virtual 10:00am - 10:30am Home Safety Chat Virtual 10:00am - 11:00am Basic Info about the COVID Virtual 11:00am - 12:00pm Chair Yoga Virtual 11:30am - 12:00pm Hello! Care Partners Virtual 1:00pm - 2:30pm Sewing 101 - Virtual Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm Photo Edit- With Windows 10 Virtual 2:00pm - 3:00pm TED Talks-Feb Virtual	24 9:30am - 10:00am Strengthen Your Core- Wedn Virtual 10:00am - 11:00am Charlie's Social Group Virtual 10:30am - 11:30am Book Club Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Care Partners Collaborative Virtual 11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual 1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 1:30pm Gyrokinesis Happy Moves W Virtual 2:00pm - 3:00pm Candied Coated Pretzels Virtual	25 8:00am - 10:00am Passmore Pandemic Perfor Pre-Recorded 9:00am - 10:30am Let's Exercise - Spanish Virtual 10:00am - 11:00am Strong and Steady Virtual 11:30am - 1:00pm Lunch & Learn-Investment Fr Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 2:30pm Caregivers' Support Virtual 1:00pm - 3:00pm iTunes and iCloud on PC's Virtual 2:00pm - 3:00pm NC Museum of Art - Live Virt Virtual 2:00pm - 3:30pm Visual Journaling for the Rel Virtual 2:00pm - 3:00pm Story Time for Grown Folks Virtual	26 9:30am - 10:00am Strengthen Your Core- Frida Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Seated T'ai Chi Virtual 12:30pm - 1:30pm Mindful Yoga Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm iTunes and iCloud on PC's Virtual 6:00pm - 7:00pm Zumba - Latina Virtual 7:00pm - 9:00pm Enrichment Life Group Virtual	27 1:30pm - 3:00pm The Art of Coloring Animals! Virtual

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February 2021 (Continued)

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(Continued) 21	(Continued) 22 2:00pm - 3:00pm Creative Crafts with Helen Virtual 3:30pm - 4:30pm Al-Anon Moving Forward Virtual 6:30pm - 7:30pm Zumba - Latina Virtual	(Continued) 23	(Continued) 24	(Continued) 25 5:30pm - 7:00pm Well Spouse Assoc Support Virtual 6:30pm - 7:30pm Al-Anon Moving Forward Virtual	(Continued) 26	(Continued) 27
28						

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