

March – May 2026

Endless Possibilities

NEWS AND ACTIVITIES FOR ORANGE COUNTY'S OLDER ADULTS



orangecountync.gov/Aging



WELCOME

Welcome to the *Endless Possibilities News and Activities for Orange County's Older Adults*. We are excited to provide the following information about our many services, programs, and opportunities for older adults.

Plans are beginning for the development of the 2027-32 Master Aging Plan (MAP)

Orange County is beginning work on its next 5-Year Master Aging Plan—2027-32 - a countywide project that will guide policies, programs, and services impacting older adults and further developing Orange County as an age-friendly community. Community input is essential to ensure this plan reflects the issues that matter most in your daily life.

In May, we will be launching a survey that will be used to identify priorities and inform decisions about services, supports, and resources for aging in Orange County. Watch for details in the next *Endless Possibilities* and in our e-newsletters.

Shades of Ireland: April 30 – May 9, 2027

Start your 2027 travel planning now with a 10-Day Tour: The Shades of Ireland, a hassle-free group tour sponsored by the Friends of Passmore in partnership with Collette Group Travel. The trip includes airfare, hotel accommodations, airport and land transportation, tours and entrance fees, and 13 meals. There will also be an optional three-night London pre-tour extension and an optional three-night Edinburgh post-tour extension. Additional information and brochures will be available at the March 3rd Passmore Travel Club Social and Iceland 2026 tour presentation.

To stay posted on travel activities from the Friends of Passmore, please send an email to: PassmoreFriendsTravel1@gmail.com

OUT ON THE EDGE

Join us each week as we celebrate the rich diversity of our 55+ LGBTQ+ community, families, and allies in Orange County. Learn more about who we are, where we came from, and what we continue to bring to the party!

Co-hosted by Judy McCord, Robin Hamilton, and Betty Prioux, members of the Project EngAGE LGBTQ+ Senior Resource Team.

Email us at outontheedgeradio@gmail.com with your questions and suggestions for show topics. For all episodes, go to: orangecountync.gov/OOTE

MONDAYS AT 3PM
Listen live on WCOM 103.5 FM or stream at wcomfm.org

Orange County Department on Aging

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Cover Photo: Friends on Tap perform at Veteran's Breakfast, Passmore Center.

Program Symbols:

- Dementia Friendly
- Project EngAGE Senior Resource Team sponsored events
- Hybrid program offered in-person and virtually
- Multi-lingual friendly program
- Intergenerational program
- Virtual
- Future Programming





DEPARTMENT ON AGING STAFF

Orange County Department on Aging is a one-stop resource where older adults and caregivers can meet their social, mental, physical, financial, and day-to-day practical needs. If you would like to learn more about our services and activities, contact us. We'd love to hear from you!

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FROM THE DIRECTOR

www.orangecountync.gov/Aging



Janice Tyler

Director
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This is the Spring issue of *Endless Possibilities* but today is not feeling very spring like. When I got in my car this morning, my cup of water that I had left overnight was a block of ice. I also had to wear my “big” coat, which is very unusual for me. Let’s hope by the time this is published we will be on our way to warmer days. The Spring issue of *Endless Possibilities* is always filled with new programs. You will notice that this issue is a little larger than usual, as we had so many new things to share. Hope you will find a class or

program of interest, and I will see you at the Centers.

As we go to print, we do not yet have the national theme for Older Americans Month 2026, but you can be assured that we will be celebrating in May. This May we will have lots to celebrate as we start gearing up for the 2027-32 Master Aging Plan (MAP). As I have talked about in this column we have had great success with the 2022-27 MAP. In 2022 we started with 188 indicators and only 7% remains to be addressed in the next year and half. I think that is amazing! Our team, along with our many community partners, have remained committed to making Orange County an age-friendly community. In

late May we will start the community engagement process for the 2027-32 MAP. This will include a survey, focus groups, one-on-one interviews and, of course, lots of workgroup meetings. This is your invitation to be a part of the development of the MAP. We want to hear from you. This is your community and your plan for continuing to make Orange County a great place to age. We have seven workgroups that meet on a quarterly basis. You can follow along on our progress through our website www.orangecountync.gov/MAP. If you are interested in getting involved, please reach out to me and I will get you connected. Just this week I am happy to report that we started our ageism awareness curriculum that was a goal in the 2022-27 MAP. We met with our first 8th grade class and the presentation was well received. If you know an 8th grader in the Chapel Hill – Carrboro or the Orange County School systems, they will be hearing from us this spring.

With the beautiful spring days that are coming I just have to promote the Seymour Center FitLot. We have some folks that have braved the cold and continued to workout through the winter. With spring around the corner, I encourage you to check out the free group classes and join the fun. You are also welcome to workout on your own or gather a group of friends.

As always, I love hearing from you or seeing you at one of our Centers.
Janice Tyler

Endless Possibilities Comment Box

Share your positive comments about your experiences at the Orange County Senior Centers. Staff will select a few to publish in each *Endless Possibilities* edition. To submit a comment, fill out a comment card and drop it in the “EP Comment Box” at either Senior Center, or email your comment to a staff member. You may include your first name only, which we will print with your comment, or remain anonymous.

Compliment/Comment to Seymour Program and Wellness Staff:

What a great assortment of programs and activities coming up! I have lots on my list. Thanks for your great work for Seymour Center and guests!

Compliment/Comment to Passmore Program Staff: I love it at Passmore!

Seymour Program Advisory Committee

“Bee” on the lookout for the “Buzz Table” once a month in the Seymour Center where you can give feedback to the Program Advisory Committee members. We want to hear from you about what new program ideas you might have as well as to learn about the current programs that are happening. If you’re interested in joining the Program Advisory Committee, contact Rachel Whitney at 919-245-2020 or by email at rwhitney@orangecountync.gov.





FROM THE EDITOR

www.orangecountync.gov/Aging

Dear OCDOA family,

I am writing this article as the sun has already set before 5 pm, but I am looking forward to the longer, warmer days ahead in the springtime when you will be reading this! This spring edition of *Endless Possibilities* brings a new program that my Communications Assistant, Parker Perry, will lead. It is called Spring EP Launch Party on February 17, and it is on page 46! Enjoy music, snacks, and community as you can register for your Spring programs instantly- there will also be a RecTrac tutorial! We'd love for you to join us!

If you want to stay the most up to date with all things OCDOA, make sure to connect with us online! We have a bi-weekly e-newsletter and monthly program e-newsletter that goes to your email- please go online to orangecountync.gov/AgingEnews to sign up if you have not already to stay the most up to date on announcements, events, and emergency weather

alerts about changes to our hours. Please also visit our Facebook page to stay connected and see our pictures!

You will see these (and many more) great programs in our e-newsletters and Facebook:

- Mar 14** Efland Egg Hunt
- Mar 21** Fresh Handmade Pasta
- Apr 13** Job Fair!
- Apr 24** AARP Driver Safety
- May 13** Creative Aging and Social Prescribing
- May 20** Passmore Prom

There is a service, program, and/or special event in this edition of *Endless Possibilities* that is waiting for each of you to discover! I hope you find something that brings you joy this Spring.

Sincerely, Marilyn



Marilyn Hohl

*Communications Manager
Department on Aging
Endless Possibilities Editor
mhohl@orangecountync.gov*

Orange County Veterans Services

Veterans Services are available for exploration and explanation of health, financial aid, and other benefits that veterans and/or family members may be eligible to receive. If in need of assistance, here are some key contacts regarding veterans' services and benefits:

Orange County Veterans Services Office 919-245-2890

Brynn Schreiner

Veterans Services Officer

Email: bschreiner@orangecountync.gov

1000 Corporate Drive, Ste. 400, Hillsborough, NC 27278

Al Davis 919-664-1132

Central North Carolina Regional Manager

NC Department of Military and Veterans Affairs

225 Green Street, Suite 903, Fayetteville, NC 38301

Fax: 910-223-2582

VA benefits hotline 800-827-1000

Hours: Monday through Friday, 8 am to 9 pm ET

Notary Services Available

Did you know that notary services are available free of charge at the Passmore and Seymour Centers?

To make an appointment, call the front desk at the Passmore Center at 919-245-2015, the Seymour Center at 919-968-2070, or the Aging Helpline at 919-968-2087. If a witness is required, please bring one with you.



Orange County Community Resource Guide

The Orange County Community Resource Guide lists local services and resources for older adults and their families.

Search or download the Guide: orangecountync.gov/3223





YOU'LL WANT TO KNOW

IMPORTANT: Both the Passmore and Seymour Centers are OPEN for ALL activities and programs. Masks are optional. If you don't feel well, we advise you to stay at home.

Senior Centers will be closed on the following holidays:

Fri, Apr 3; Mon, May 25

Remember to Check-In at the Centers' Kiosks

As a registered user of the Senior Centers, you should have a key fob and check in each day you visit for activities. If you don't have a fob, stop by the front desk to get one assigned to you.

Rules of Personal Conduct at the Senior Centers

The Orange County Department on Aging's Senior Centers are designed to be a safe place for physical and intellectual stimulation and mutual social support for older adults. It is the policy of ALL Orange County Senior Centers that all participants respect the personal and professional boundaries of one another—this means treating all other participants, volunteers and staff with respect at all times. This statement is only a portion of the Rules of Personal Conduct for Participants. These rules are posted in every room of each Center. All Center users agreed to these rules by signing a Senior Center registration form.

Senior Centers Registration

www.orangecountync.gov/MembershipRegistration

"Membership" to our senior centers is FREE. Complete and submit the Senior Centers' Registration Form to become a member. You can complete the Registration Form online at the link above or complete the form in-person at either the Seymour or Passmore Center. Visit our Senior Center Registration webpage to learn more.

View and Register for Programs Online

www.orangecountync.gov/OnlineRegistration

"Login" or "Create an Account," then search by program title or "Activity Number" (only use the first 6 digits). Click on the program title then select the program dates/times that you want to "Add to Selection List." Finally, "Add to Cart" at the bottom of the page to register. You may also call either Senior Center to register. Programs that require a fee must be paid at time of registration to secure reservation.

Virtual and Hybrid Programs

Some programs will continue to be offered virtually or in a hybrid format, both in person and virtually. See the program guide notations to know whether a program has a virtual/hybrid option. Remember, you can participate via phone if the program is offered virtually or hybrid. If you want to participate via phone, request the phone number when registering instead of the virtual platform link.

Subscribe to our E-Newsletters

Endless Possibilities: biweekly events, announcements, programs, and services for older adults: orangecountync.gov/AgingEnews

Community News for Caregivers: helpful information, resources, and events: orangecountync.gov/CaregiverNews

Endless Possibilities is on the Web

To view the current issue of the *Endless Possibilities* Activity Guide, visit: orangecountync.gov/EP

Facebook

The Department on Aging is on [facebook.com/OrangeCountyDepartmentonAging](https://www.facebook.com/OrangeCountyDepartmentonAging)

Subscribe to our YouTube Channel

You will find videos ranging from *Caregiver Support*, *In Praise of Age*, *Project EngAGE*, *Senior Center Programs*, and more. Be sure to subscribe to get all the latest videos at orangecountync.gov/AgingVideos

Ageing Well Together Radio Show

Join us each week as we interview special guests to share information, resources, insights, and stories about the opportunities for *Ageing Well Together!* Listen live every Thu at 2 pm, at WCOM-LP 103.5 FM or stream at www.wcomfm.org. Visit www.orangecountync.gov/AWT-Show to listen to all episodes and learn more about the show.

Orange County Community Resource Guide

The *Orange County Community Resource Guide* lists local services and resources for older adults and their families. Search or download the Guide: orangecountync.gov/Aging/ResourceGuide

OC Alerts - Be Prepared Ahead of a Storm

Want a warning call ahead of a storm? Sign up for OC ALERTS. To complete your free registration, visit www.readyorange.org website and click on "OC ALERTS." If you need help with completion of the notification system, staff at the Orange County Aging Helpline, 919-968-2087, will be able to assist you. To find out if the Passmore Center, 919-245-2015, or the Seymour Center, 919-968-2070, will be open after a storm, call the front desk after 8 am.

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NEWS

Stay up to date with all of the current happenings, information, and new resources through OCDOA and our community.

The Ark Encounter, Creation Museum & Louisville



The Orange County Department on Aging presents a trip to Kentucky where you will experience celebrated attractions including the Ark Encounter, Creation Museum, and the vibrant city of Louisville! Scheduled for June 15–18, 2026, this motorcoach tour offers travelers an immersive blend of history, culture, entertainment, and fellowship.

Travelers will enjoy three nights of hotel accommodation and breakfasts, and three dinners, including a special Broadway-style dinner show at the Derby Dinner Playhouse. Explore the Ark Encounter’s life size Noah’s Ark reconstruction that brings the story to life, followed by the Creation Museum which exhibits world-class displays, botanical gardens, and engaging family-friendly experiences. Travelers will also explore Louisville, KY, known for its booming bourbon culture, culinary excellence, and distinctive Southern hospitality. A guided tour of Churchill Downs and the Kentucky Derby Museum is one of Louisville’s premier attractions.

Trip package price is **\$899 per person** (double occupancy) or **\$1,125 per person** (single occupancy), with optional travel protection available.

For reservations or more information, please contact: Rachel Whitney – 919-245-2020

Upcoming Seymour Friends Travel Opportunities

Christmas in New York City: December 2026

Charleston & Savannah: April 13-16, 2026 \$949 - double

Portugal: Oct 6-13, 2026 -Lisbon, Porto and Douro

River Cruise \$4399 - double

French Riviera - 2027

For travel information, send an email to: seymourfriendstravel@gmail.com



Experience An Adventure Beyond Belief

Let’s journey together to Iceland in Fall of 2026 for an unforgettable experience with mesmerizing landscapes, black sand beaches, geothermal lagoons, awe-inspiring glaciers, thunderous waterfalls, and the shimmer of the northern lights.

Join the Friends of Passmore Center from November 1 - 7, 2026 as we embark on this exciting group tour to experience a world beyond imagination. The 7-day discovery adventure will begin in Reykjavik, Iceland’s capital, where we will be immersed in Iceland’s vibrant culture. We will also explore the Blue Lagoon, Jokulsarlon Glacial Lagoon, Skogafoss Waterfall, Solheimajokull Glacier, the Power of Nature – Golden Circle Tour, and gaze at the night sky in search of the Northern Lights to name a few highlights.



Our Iceland group tour includes transportation to and from RDU airport from the Centers, airfare, motor coach transportation in Iceland, baggage handling, hotel, 6 breakfasts/5 dinners, and experienced tour guide.

For more information on the Iceland Magical Nights Discovery Tour, please visit this link <https://gateway.gocollette.com/link/1373436> or contact The Friends of the Passmore Center Travel Team at PassmoreFriendsTravel1@gmail.com. The travel committee will also be available at the Passmore Center on Monday mornings from 10 am – 12 noon. The committee will also be interested in your ideas for other places to travel both domestic and internationally.

On Tuesday, March 3, 2026, The Friends of the Passmore Center will host an Iceland Information meeting and social at 6 pm for travelers interested in the tour of Iceland and have an opportunity to meet other travel enthusiasts interested in this travel opportunity.

Whether you are an occasional traveler or a globetrotter, we look forward to meeting you and finding out where you want to travel to so we can plan our next destination.

The Friends of Passmore Travel Team





Welcome to our New Staff Members!



Susan Chung, MPH, LCSW

Volunteer Facilitator for Our
Multigenerational Peer Support Group

We are thrilled to introduce Susan Chung, MPH, LCSW, a dedicated volunteer with the Department on

Aging and the new facilitator of our upcoming Mandarin-language Multigenerational Peer Support Group.

Susan is a Licensed Clinical Social Worker practicing in North Carolina, New York, and New Jersey. She brings a deep commitment to community wellness and a wealth of experience supporting individuals across the lifespan. Her background includes work in community clinics, hospital outpatient programs, and college counseling centers, where she has helped create spaces for healing, growth, and self-understanding.

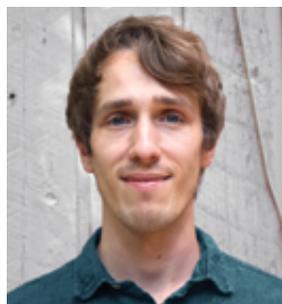
Susan has degrees from UC Irvine (B.A. in Psychology), the University of Southern California (Master of Public Health), and New York University (Master of Social Work). Her clinical interests include anxiety, depression, identity development, trauma, and personal growth. Since 2010, she has also been a passionate advocate for survivors of human trafficking, particularly foreign national massage workers in illicit massage parlors.

As a volunteer with the Department on Aging, Susan is generously offering her time and expertise to lead our new support group, launching in Spring 2026. This group welcomes Mandarin-speaking participants of all ages who are looking for a safe, supportive space to discuss current events, life experiences, and wellness. The group's goal is to foster meaningful, intergenerational dialogue and build a stronger sense of community connection.

Please join us in warmly welcoming Susan and thanking her for her service and dedication!

華語多代同儕支持小組

我們很高興由志工 鍾雨珊, MPH, LCSW 帶領全新的華語多代同儕支持小組。鍾雨珊是一位經驗豐富的臨床社工師, 長期投入心理健康與社區服務工作。此小組歡迎不同年齡層的華語參與者, 一同分享生活經驗、討論時事與身心健康議題, 促進跨世代的交流與支持。小組將於 2026 年春季開始, 每月舉行一次。



Matthew Acomb

Wellness Program Coordinator Assistant

Matthew Acomb is originally from the metro Detroit area and studied fine art and graphic design at the University of Michigan in Ann Arbor, where he earned his BFA.

After graduating, he spent several years in Missoula, Montana, doing graphic design work for local businesses and organizations, working in restaurants, and enjoying as much time outdoors as possible.

Matthew has lived in Chapel Hill since 2019, where he has continued his design work and learned to make artisan cheese at Chapel Hill Creamery, where he still works part-time. He has a passion for cooking and eating good food, fine art, and personal fitness, and is an avid runner.

Matthew is excited to be part of the Seymour Center community and to support participants in staying active, curious, and well.



Paul Smoogen

Seymour Front Desk Assistant
Evenings/Saturdays

I am the new Seymour Front Desk Assistant, Evenings/Saturdays, and I have enjoyed working here.

I am a recent alumnus from UNC Greensboro (Class of 2023) with a bachelor's in political science and a minor in psychology.

Previously, I recently served with AmeriCorps NCCC FEMA Corps Class 30C (2024-25), where we responded to Hurricane Beryl in Texas and Hurricane Helene in Georgia and South Carolina and assisted survivors with the recovery process.

I have also been volunteering at the Orange Congregations in Mission Food Pantry, helping to give out food and supplies to those in need.



Upcoming Events E-news Podcast

Thanks to our friends at the North Carolina Reading Service, you can find a podcast of each monthly edition of the Orange County Department of Aging’s OCDOA Upcoming Events e-newsletter by taking the following steps:

- Go to the North Carolina Reading Service website at ncreadingservice.org
- Click on the Listen tab.
- Next to **How to Listen to NCRS**, click on **Skip to Podcasts Section**.
- Under the **Newsletters** column on the far right side of the page, click on **Orange County Dept. on Aging**.

The North Carolina Reading Service (NCRS) is a 24/7 news and information service reading newspapers, magazines, and other forms of printed material for people who are blind or print impaired using the latest audio technology. Volunteers read the local news, editorials, obituaries, literature, and featured articles from daily, weekly, and biweekly newspapers, including the News & Observer and USA Today. They also host original interview programs that discuss specific subjects such as education, community connections, tech tips, legal matters, veteran experiences, and many more. This is made possible by dedicated volunteers who donate more than 8,000 hours annually so people who are blind and print-impaired can receive the same ease of access to current information as their sighted peers.

If you have to choose between buying groceries or paying your Medicare Bills... SHIIP may be able to help.

Extra Help & Medicare Savings Programs are available for those who qualify, but you have to apply. Appointments available in Orange County at the Seymour & Passmore Centers.

919-245-4274

www.orangecountync.gov/Medicare



NC DEPARTMENT OF **INSURANCE**
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

Welcome to Medicare!



If you’re turning 65, you’re probably feeling overwhelmed by all the information “bombarding” you about Medicare. The Seniors’ Health Insurance Information Program (SHIIP) and the Orange County Department on Aging offer FREE monthly group sessions on Medicare. Whether you’re retiring soon, already retired, or continuing to work, you’ll get valuable information including how and when to enroll, Medicare’s costs and benefits, and your many options.

Orange County Public Library, 123 W. Margaret Lane, Hillsborough NC

Monday, March 9, 2026; 5 – 6:30 pm

Monday, May 18, 2026; 5 – 6:30 pm

Register at 919-245-2015

Chapel Hill Public Library, 100 Library Drive, Chapel Hill NC

Monday, April 13, 2026; 5:30 – 7 pm

Register at 919-968-2070

Online via Zoom

Wednesday March 31, 2026; 6 – 7:30 pm

To register, visit www.orangecountync.gov/Medicare101_mar

Thursday, May 28, 2026; 6 – 7:30 pm

To register, visit www.orangecountync.gov/Medicare101_may

MEDICARE QUESTIONS?

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

Make an Appointment at
Passmore Center, Hillsborough, NC
Seymour Center, Chapel Hill, NC
919-245-4274 or

WWW.ORANGECOUNTYNC.GOV/MEDICARE
NC SHIIP: 855.408.1212 (toll free)





FitLot Now Open at the Seymour Center!

Please come try the new FitLot! FitLot at the Seymour Center is officially open for use! This exciting new outdoor fitness space is designed to help our community stay active while enjoying the outdoors. We're thrilled to offer a variety of exercise classes on the FitLot, including Women's Strength Training, Total Fitness at the FitLot, and Exercise with Jacob. (See the Wellness Special Events section for details.) When classes are not in session, the FitLot is open for free use.

Stop by the front desk to complete a waiver and get more information before your first workout. Come explore, get moving, and be part of this new chapter in community wellness!



Free Income Tax Preparation Through VITA

The Volunteer Income Tax Assistance Program (VITA) is a FREE tax service for those with low to moderate income. IRS Certified volunteers prepare Federal and NC state tax returns including free electronic filing. We assist taxpayers regardless of age or county of residence.

In 2026, we are offering three options:

TRADITIONAL IN-PERSON VITA: Make an appointment and meet with a certified preparer at the Seymour Center in Chapel Hill or the Passmore Center in Hillsborough. Most appointments take 2-3 hours to complete. If you file a joint return, both taxpayers must be present. Check our website to make sure you're eligible for the program and for a list of IDs and tax documents to bring to your appointment.

DIGITAL/VIRTUAL VITA: Use your smartphone or tablet to work with our volunteers, who will communicate with you via phone, text and email and prepare your tax returns remotely. If you don't have printed tax forms, or time to come in for an appointment, this option is for you.

MY FREE TAXES: Prepare your own tax returns and e-file for free online. Limited assistance is available.

Visit orangecountync.gov/vita to check if you're eligible for VITA, schedule an appointment or begin your free tax return using our Digital/Virtual VITA program or My Free Taxes. If you prefer to schedule your appointment over the phone, please call 919-245-4242.

VITA is a program of Volunteer Connect 55+ (VC55+), a division of the Orange County Department on Aging. Other sponsors include the IRS, United Way of the Greater Triangle, and Code for America.

Adultos Mayores Activos (AMA) Active Seniors

Acompáñenos los martes y jueves de 9 am – 1 pm para una variedad de actividades ofrecidas en español. Este grupo ofrece la oportunidad de socializar con adultos mayores, hacer ejercicio y aprender algo nuevo. Un día típico incluye pláticas sobre temas de salud, y tiempo para socializar, relajarse y aprender una nueva habilidad. A las 12:00 el grupo participa en el programa de comida. Los requisitos son tener más de 60 años y vivir en el condado de Orange. Si las personas no califican para el programa tienen la opción de comprar su comida por \$8. Podemos tratar de ofrecerle, si lo solicita, transporte. Para más información en español puede contactar 919-245-2010.

Please join us on Tuesdays and Thursdays from 9 am - 1 pm for various activities offered in Spanish. This group offers socialization, exercise, and learning with other seniors in Spanish. Typical gatherings might involve discussing health, relaxing activities, and/or learning a new skill (e.g., navigate social media, computer, or an English conversation). The group participates in the Lunch Program at noon. To participate in the Lunch Program, you must be 60 years or older and reside in Orange County. If you don't qualify for the program, you may purchase a meal for \$8. If you have questions or require transportation, please call 919-245-2010 for more information.

Fee: **FREE**

Seymour Center (357151_01)

Tuesdays & Thursdays, 9 am – 1 pm



Lunch at the Centers

Both Senior Centers offer great food in a welcoming atmosphere and good company. Join us for a hot, dine-in meal Mon – Fri at 12 noon. Meals are catered by local food service provider, Beau Catering, and meet the low salt diet requirements.

- Registration is required to participate in the lunch program and takes 3 – 5 business days to process.
- Pick up a registration form at either senior center; or download at orangecountync.gov/SeniorCtrPrograms. Complete and return the form to the front desk at the senior center where you prefer to have lunch.
- Orange County residents age 60+ are eligible to eat ***FREE**. *Donations are an important part of the program. As a consumer, you may make a voluntary contribution. Contributions will be used to expand the program and are confidential. Services will not be reduced or terminated for failure to contribute.
- Anyone under the age of 60 or non-county residents can purchase a meal for \$8.
- We do not take reservations. Daily meal tickets are distributed from 11:15 to 11:45 am at the kitchen registration desk on a first come, first serve basis. Lunch is served at 12 noon.

For additional information, or questions, please contact our Food Services Coordinator, Robyn Stewart at (919) 245-4256.

The Senior Lunch program is operated by the Orange County Department on Aging and is funded by the federal government's Older Americans Act through the Home and Community Care Block Grant from NCDHHS-Aging and Adult Services; the Towns of Carrboro and Chapel Hill; and the Orange County Department on Aging.

Cedar Grove and Efland-Cheeks

FREE FOOD BOXES:

Commodity Supplemental Food Program

Application Process Required

See the information box on page 70 of this publication. For additional information, or to apply for this **FREE FOOD** program, contact Shenae McPherson at 919-245-4243 or shmcpherson@orangecountync.gov.

Active Outdoor Programs in Orange County

Interactive Trails and Greenway Map

<https://gis.orangecountync.gov:8443/TrailsAndParks/default.htm>. The map allows users to search for trails within Orange County based on different criteria defined by the user.

Interactive Parks Locator Map

<http://gis.orangecountync.gov/parklocator/>

Outdoor Adventures for Adults Age 50+ with Carrboro Parks and Recreation

To register, visit their website at <http://carrbororec.org>, contact dhughes@townofcarrboro.org, or call 919-918-7372 for more information. All the walks are \$4.

Outdoor Adventures with Chapel Hill Parks and Recreation

To register, call 919-968-2784, visit www.chapelhillparks.org, or contact kdodson@townofchapelhill.org, unless otherwise noted. Meeting locations are listed by trip destination. Resident or Non-Resident fees apply. Grandparent, parent, or guardian must accompany children under 12 years old. For more details and a program description, refer to the Chapel Hill Parks and Recreation guide or website: <https://www.townofchapelhill.org/government/departments-services/parks-and-recreation>

Orange County Park Highlight of the Quarter:

Merritt Pasture Trail: Merritt's Pasture is a 32-acre plot of land on the east side of 15-501, located to the right as you cross over the James Taylor Bridge heading into Chapel Hill. Walking the perimeter of the pasture provides about a one-mile route, intended as a peaceful stroll rather than a strenuous workout. The area connects directly to the Town-owned open space through the Morgan Creek Trail as well as the Fan Branch Trail from Southern Community Park. Parking is available in a lot off the eastbound lane of Fordham Boulevard (NC 54), with the access drive located just past Kingswood Apartments and east of Smith Level Road. The parking lot is open from 7:00 a.m. to 6:30 p.m. between November and February, and from 6:00 a.m. to 9:00 p.m. between March and October, and it closes in the evening. Visitors may also park at Southern Community Park and reach the pasture via the Fan Branch Trail. For additional information visit website at townofchapelhill.org/government/departments-services/parks-and-recreation/greenways/merritt-pasture-trail.



SPRING SPOTLIGHT

Department on Aging's Spring Spotlight to highlight seasonal events.

Orange County Senior Games

is much more than a friendly competition in athletics and arts. Participate, stay active, renew old skills, learn new ones and exercise a positive outlook on life. You can choose from numerous athletic events or Silver Arts.



Early Bird Deadline Fee: \$15 by Friday, March 20

Final Registration Deadline Fee: \$20 by Friday, March 27

(Registration deadlines are the same for Athletic and SilverArts Events)

Registration fee includes Kick Off Event, SilverArts Opening, Celebration of the Games, and Participant Gift and Medals.

SPORTING EVENTS

Archery
Badminton
Basketball
Billiards
Bocce
Bowling
Cornhole
Croquet
Cycling
Golf
Horseshoes
Pickleball
Racquetball
Shuffleboard
Swimming
Table Tennis
Tennis
Track and Field

SILVERARTS

Basket-Weaving
Knitting
Quilting
Crocheting
Acrylics
Mixed Media
Pastels
Photography
Oil Painting

PERFORMING ARTS

Cheerleading
Comedy/Drama
Dance
Line Dancing
Instrumental
Vocal

Online Registration opens on Monday, February 2, at www.ncseniorgames.org/Orange



For more information, contact:
Latonya Brown, 919-245-4270 or lbrown@orangecountync.gov
www.orangecountync.gov/SeniorGames



Need Tax Assistance?

Orange County Volunteer Income Tax Assistance (VITA) provides **FREE** federal and state income tax preparation to eligible individuals with low-to-middle income, regardless of age or county of residence.

919-245-4242
orangecountync.gov/VITA



VOLUNTEER CONNECT (VC55+)

Volunteer Connect 55+ seeks to enrich the lives of Orange County residents by engaging our residents as volunteers and/or as recipients of volunteer services. The VC55+ peer-to-peer and intergenerational engagement models encourage enduring and authentic connections between community members to ensure that our residents who are aged 55 and older are aware of, are engaged in, and benefit from the services we provide.

Volunteering possibilities are endless!

Below are just a few from which to choose. Are you looking for a substantive, fun, and meaningful opportunity? Our volunteer opportunities allow you to use or develop leadership skills, socialize with like-minded peers, and make a huge difference! Let us help you find your ideal volunteer match.

To become a volunteer, please email VC55plus@orangecountync.gov or call 919-968-2070 and you will be directed appropriately.

Dementia Friendly Community Team: Each volunteer will receive special training to become a Dementia Friend and join the movement to help create communities where people living with dementia and their care partners are supported to have a good quality of life and be a valuable part of the community. Volunteers will provide Dementia Friendly community trainings to businesses and other sectors by showing ways to create a safe and easy to navigate space, and training staff to understand and accept people living with dementia. **Volunteers must be willing to undergo background and reference checks for this position.*

Lunch Program Assistants: Volunteers assist in all facets of serving daily lunch meals to between 50 and 70 seniors per day, Monday through Friday, at each Senior Center. Volunteers choose their days and location – both Seymour and Passmore need volunteers currently. Lunch shifts are 11 am to 1 pm.

Volunteer Driver Team: Volunteer Drivers are needed to provide safe and direct transportation for older adults who cannot access public transportation. Each driver chooses their available times and receives training, support, and program materials. An hour of your driving time can make a huge difference in someone's ability to remain independent!

Cheerleaders needed for our Jammers Team! Are you looking for a fun way to stay active and show some spirit? Joining our volunteer cheer group, the Jammers, just might be the thing for you! Being a Jammer means you'll help support fundraising events with performances and cheering at our annual Senior Games competition. The Jammers practice weekly at the Seymour Center on Thursdays at 11 am.

Seymour Center Garden Club: The Garden Club at the Seymour Center is in need of more member for the upcoming season! Work with fellow gardening enthusiasts to decide plantings, adopt garden spots, and work on the flower beds at the center.

Tai Chi For Arthritis and Falls Prevention

Community Wellness with Tai Chi - Let's get active and work on improving our balance and muscle strength, decreasing pain, and helping to prevent falls with instructor Marisa Menold. Min: 3/Max: 12. **Must attend a minimum of 10 classes**

Efland Cheeks Community Center, 117 Richmond Rd, Mebane, 27302
Tuesday and Thursday Classes
10 – 11 am Beginner Level Class

Tuesday and Thursday Classes
11 – 11:55 am Intermediate Level Class
Register by February 26 at 919-563-1130

Cedar Grove Community Center, 5800 NC Hwy NC-86, Hillsborough, 27278
Tuesday and Thursday Classes
12:30 – 1:25 pm
Register by February 26 at 919-245-2640

Are You a Handy Person?

Our Handy Helper volunteers help older adults stay in their homes by providing high-quality, home safety repairs of minor maintenance issues for those Orange County homeowners who are unable to afford to complete repairs on their own. Volunteers perform home safety and accessibility repairs such as installing handrails, grab bars and wheelchair ramps and repairing decks, porches and changing out broken porch lights. If you have carpentry, electrical, engineering, or general handyperson skills, join our team today*. Contact Laura Prinzhorn, our Handy Helper Program Manager at (919) 245-4245 for more information. **Volunteers must be willing to undergo background and reference checks for this position.*

R Place Volunteer Team

R Place is a robust social engagement program based on the Respite for All model that runs on Volunteer-Power! Once a week, volunteers and friends living with dementia will have the opportunity to recharge, reconnect, and recreate! Each volunteer will receive special training to become a "Dementia Friend" and complete an orientation of the Respite for All model. Our belief at R Place is that everyone's life has meaning, and we all have something to contribute. As a community, we create a joyful space to socialize and engage fully in meaningful activities that build cognitive resilience, so we all can thrive together! **Volunteers must be willing to undergo background and reference checks for this position.*



Volunteer Voices

Did you know that Orange County Department on Aging has over 300 volunteers and over 50 different volunteer positions?

This incredible volunteer network increases and extends OCDOA's services in the community, and accomplishes meaningful work everyday. It is with gratitude and pride that we recognize a few outstanding volunteers' dedication and service each quarter with Volunteer Voices.



Meet Zixun "Gary" Su! 来认识一下 苏子洵 (Gary) 吧!

Gary is a dedicated OCDOA volunteer and has helped with our food box distribution and even led his own program last winter. He will serve as our Chinese Connections Administrative Volunteer and be available every other Wednesday from 11 am –

1 pm at the Seymour Center to assist staff and Mandarin-speaking participants.

苏子洵 (Gary) 是一位尽职尽责的 OCDOA 志愿者, 曾多次参与我们的食品箱发放活动, 并在去年冬天亲自领导并开展了一个项目。他将担任我们的“中文联络”行政志愿者, 每隔一周的周三上午 11:00-1:00 在西摩中心 (Seymour Center) 值班, 协助工作人员并为讲普通话的参与者提供帮助。

What aspect of the organization makes you proud to work here?

这个机构的哪些方面让你为在这里工作感到自豪?

I am most impressed by the size and level of commitment of OCDOA. Similar organizations exist in China, but they are usually smaller, privately run, and often organized by communities or neighborhoods. Here, the center has a full schedule of activities all week, whereas in China, such centers are often just rented out to hobby classes or tutoring centers. I think it's commendable that local governments are willing to invest resources to provide activity spaces, social opportunities, and health services for older adults in the county.

让我印象最深的是机构的规模和投入程度。中国也有类似的机构, 但通常规模较小、偏私人化, 多由社区或街道负责组织。在这里, 中心从周一到周六都有安排完整的活动, 而在国内, 这类中心更多只是出租给兴趣班或补习班使用。我认为地方政府愿意投入资源, 为社区的老年居民提供活动空间、社交机会和健康服务, 是非常难得的。此外, 像 food box program 这样的项目不仅考虑到娱乐, 也考虑到生活成本压力, 这让我觉得机构在做的事情很务实。

What experiences and past roles have led you to where you are today?

哪些经历和过往的角色促成了你走到今天的位置?

The most impactful experience for me was teaching at a local primary school for a week in Hainan, China. Initially, I viewed it more as a travel experience than a true act of volunteer service, since I doubted having an impact in only a week. However, I realized the scarcity of local educational resources, such as a shortage of teachers, high teacher turnover, and limited curriculum. Compared to big cities, it's difficult to attract teachers to stay long-term, so many courses are taught by recent teacher trainees -- inexperienced but burdened with heavy responsibilities.

During that week, I didn't systematically teach any particular subject. Instead, I introduced a few subjects I was relatively familiar with, hoping to broaden their understanding of different

disciplines. Although short, it was the first time I realized that volunteer service doesn't require grand goals or long-term commitments; it can start with very specific small things, such as explaining a concept, encouraging a child, or leaving behind a new idea. This made me seriously consider what I could do as a volunteer and prompted me to participate in more different types of volunteer activities afterward.

对我影响最大的是我在中国海南参与的一次短期支教经历。当时我在当地一所中心小学支教了一周。起初我把这件事更多地看成是一次旅行式的体验, 而不是严格意义上的志愿服务, 因为一周的时间并不足以改变什么。但到了现场之后, 我才意识到当地教育资源的匮乏, 比如师资不足、教师流动频繁, 以及课程设置有限等问题。相比于大城市, 那里很难吸引教师长期留下来, 因此很多课程是由刚毕业的师范生负责, 经验不足但责任很重。

那一周里, 我没有系统地教授某一门课程, 而是选择把自己相对熟悉的几门科目简单介绍给他们, 希望至少能够拓宽他们对不同学科的认知。虽然时间短, 但我第一次意识到, 志愿服务并不需要宏大的目标或长远的承诺, 它也可以从非常具体的小事情开始, 例如解释一个概念、鼓励一个孩子、留下一个新的思路。这让我开始认真思考自己能在志愿领域做些什么, 也促使我之后陆续参与更多不同类型的志愿活动。

Who has had the most positive impact on your life?

谁对你的人生产生了最积极的影响?

The people who have influenced me the most are my parents. They aren't necessarily the kind of people who are particularly good at expressing themselves or deliberately educating others, but their behavior, their way of handling conflicts, and their perspectives on things have profoundly influenced me. This influence wasn't imposed, but rather formed gradually in daily life. Spending time with them made me realize early on that stable, consistent, and simple influences are often more transformative than particularly dramatic experiences. Many of my habits, such as patience, consideration for others, and attention to detail, were naturally formed in the family atmosphere, rather than being suddenly learned one day. I believe this fostered influence has shaped my personality as it is today and has also influenced my motivation to dedicate myself to volunteer service and helping others.

对我影响最大的人是我的父母。他们不一定属于那种特别善于表达或刻意进行教育的人, 但他们的行为方式、处理矛盾的方式, 以及看待事情的角度, 对我影响都很深。这种影响并不是强加的, 而是在日常生活中慢慢形成的。与他们相处让我更早意识到, 稳定、持续、简单的影响往往比特别戏剧性的经历更能改变一个人。我很多处事习惯, 例如对事情的耐心、对他人的体贴, 以及对细节的注意, 都是在家庭氛围中自然形成的, 而不是某一天突然学会的。我觉得这种长期的影响塑造了我今天的性格, 也影响了我选择投身志愿服务和帮助他人的动力。

To nominate a volunteer, email vc55plus@orangecountync.gov



Project EngAGE & Senior Resource Teams

Project EngAGE Senior Leader Training: Project EngAGE is a 13-session senior leadership program whose mission is to recruit and train Orange County older adults to become community resource leaders and ultimately make their communities the ideal places to age. Project EngAGE graduates have formed self-directed Senior Resource Teams (SRTs) to fill resource gaps with their own unique projects. These teams currently play an integral role in helping achieve the mission of making Orange County an ideal place to age well. If you are interested in participating in a semester-long Project EngAGE training, contact Volunteer Connect 55+ Administrator, Shena McPherson, at shmcpherson@orangecountync.gov or Volunteer Connect 55+ Volunteer Coordinator, Samantha Pell, at spell@orangecountync.gov.

Senior Resource Teams (SRTs): VC55+ aims to get interested community volunteers, who are not Project EngAGE graduates, directly involved in existing SRTs and their activities. This can include both direct participation in the development of projects or initiatives of a given SRT and/or working on the ground to make the SRT's mission a reality. Time commitments vary and generally depend on how much time an individual volunteer wants to commit. Project EngAGE volunteer opportunities are listed below:

■ **SRT: Community Visitation/SALT Team**

Mission: To improve the quality of life for isolated Orange County seniors by nurturing the development of resources adequate to mitigate the more extreme risks of isolation.

Hours: Part-time (flexible, set hours once scheduled, 6 month minimum commitment)

Position Summary: Volunteers Visitors are trained with a retired SALT (Seniors & Law Enforcement Together) County Deputy and choose a route 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, refer them to relevant services, and provide companionship. Available referrals and services are covered in the training process. **Prospective and current volunteers must be willing to undergo background checks.*

Meetings: 4th Thursday of each month 10 – 11:30 am, Virtual and Orange County Sheriff's Office

■ **SRT: Faith-Based Outreach Team**

Mission: To serve as an outreach channel and resource between our aging congregation and the Department on Aging. We will assist older adults with aging safely in community by distributing information, education and opportunities to faith-based communities.

Position Summaries: Congregational Liaison: Orange County faith-based organization members interested in helping to disseminate the services and opportunities offered by the Department on Aging in order to enrich the lives of those in faith communities and living within Orange County.

Team Member: Members of this team are expected to participate in once-monthly meetings plan and activities that support aging congregations, such as Faith & Aging Symposiums, and senior hunger initiatives in the faith-based setting.

Meetings: TBD

■ **SRT: Falls Prevention & Health Promotion Team**

Mission: Supporting OC older adults to reduce fall risk with education, outreach, community engagement, and equitable access to resources through the lens of health promotion.

Position Summary: Members of this team are expected to participate in once-monthly meetings to plan and implement primary falls preventions to older adults within the Orange County community

Meetings: 1st Friday of each month 10 – 11:30 am, Virtual and Passmore Center

■ **SRT: End of Life Choices Team**

Mission: To enable seniors in Orange County to make choices that maximize their quality of life in their final years and around how their lives end.

Position Summary: Members of this team are expected to participate in once-monthly meetings to plan programs and initiatives designed to increase end of life planning for seniors, and to advocate for maximizing end of life choices.

Meetings: 4th Tuesday of each month 10 – 11:30 am, Virtual and Seymour Center

■ **SRT: Neighborhood Connections Team**

Mission: To foster within Orange County a vibrant and engaging quality of life for seniors living in community by building trusted and reciprocal relationships through social engagement, education, practical support and assistance.

Position Summary: Members of this team consist of individuals interested in forming community within their own, individual neighborhoods. Members are expected to participate in once-monthly meetings to support one another's efforts, and to help plan the "Engaging Issues" speakers series around aging-in-community related resources.

Meetings: 2nd Tuesday of every other month 10 – 11:30 am, Virtual and Seymour Center

■ **SRT: Intergenerational SRT**

Mission: To always create a bridge that connects the energy of our youth with the wisdom of our elders and to provide a path for the spirit of togetherness. By creating, supporting and implementing intergenerational programs we encourage generations to embrace one another and share something impactful.

Position Summary: Members are expected to participate in once-monthly meetings to plan and implement projects and initiatives to support intergenerational activities.

Meetings: 1st Monday of each month 4:15 – 5:15 pm, Virtual

■ **SRT: Mental Wellness and Aging SRT**

Mission: To support the mental health of seniors and their families through training and other initiatives provided for Project EngAGE SRTs, volunteers, and the community to increase their understanding of the symptoms and treatments of mental illness while helping to alleviate the associated stigmas.

Position Summary: Members are expected to participate in once-monthly meetings to plan and implement projects and initiatives to support mental wellness support and information accessibility for Orange County's aging population.

Meetings: 4th Friday of each month 10 – 11:30 am, Virtual and Seymour Center

■ **SRT: LGBTQ and Aging SRT**

Mission: To support Orange County LGBTQ older adults and their families by creating a welcoming and inclusive environment, advocating for equality, and providing instrumental resources.

Position Summary: Members are expected to participate in once-monthly meetings to plan and implement projects and initiatives to support Orange County's aging LGBTQ population and their allies.

Meetings: 1st Tuesday of each month 2 – 3:30 pm, Virtual and Seymour Center



ART CLASSES

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Acrylic Painting - Beginners	Session I: Tue, Mar 3 - 24 Session II: Tue, Mar 31 - Apr 21 Session III: Tue, Apr 28 - May 19 2 - 3:30 pm	Passmore	919-245-2015	254008 03, 04, 05	Tue, Feb 24; Mar 24; Apr 21	\$40.00

Join artist Dan Eubanks and learn the basics of painting with acrylics. You don't need to be able to draw to learn how to paint and create beautiful artwork. Composition will be a picture of your choice. Students will supply all tools and materials. A supply list will be available at time of registration. Min: 4/Max: 10.

Pottery - Beginning/ Intermediate	Session I: Wed, Mar 4 - 25 Session II: Wed, Apr 1 - 22 Session III: Wed, Apr 29 - May 20 12:30 - 2:30 pm	Passmore	919-245-2015	254030 03, 04, 05	Wed, Feb 25; Mar 25; Apr 22	\$75.00
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Each class begins with a 40-minute demonstration, including surface decorating; slab and coil building; and wheel throwing. Remaining class time focuses on student projects. Open studio time and firing are included in the class fee. Students will supply all tools and materials. Supply list available at time of registration. Instructor: Russell Knop. Class Min: 4/Max: 6.

AfterSchool Puppetry Building	Thu, Mar 5 & 12 3:30 - 5:30 pm	The ArtsCenter	919-968-2070	314071_43	Thu, Feb 26	FREE
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↔ ★ From ancient shadow puppets to current boundary-breaking digital and animatronic Puppetry, the world of puppetry is diverse and full of different possibilities. In two sessions we'll use our historical overview as the foundation for our puppet building process in a unique intergenerational program. The end of our workshop will conclude with a performance demonstration by 1,2,3 Puppetry. Instructor: Sol Ramirez. This program is in partnership with the ArtsCenter's AfterSchool program and Project EngAGE's Intergenerational Senior Resource Team. Address for The ArtsCenter: 400 Roberson St, Carrboro, NC. Min: 10/Max: 20.

Mixed Media Art	Fri, Mar 6 - May 29 (No class Apr 3 & May 1) 10 am - 12 noon	Passmore	919-245-2015	244013	Fri, Feb 27	FREE
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These mixed media classes teach a variety of techniques at each session that can be used and applied to create a final project to enjoy. When registering, please let us know if you want to sign up for a few or all classes. Class detail list and supply list available at registration. Instructor: Maria Justice. Min: 5/Max: 10.

Pottery - Beginning/ Intermediate	Session I: Mon, Mar 9 - 30 Session II: Mon, Apr 6 - 27 12:30 - 2:30 pm	Passmore	919-245-2015	254018 03, 04	Mon, Mar 2; Mar 30	\$75.00
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Each class begins with a 40-minute demonstration, including surface decorating; slab and coil building; and wheel throwing. Remaining class time focuses on student projects. Open studio time and firing are included in the class fee. Students will supply all tools and materials. Supply list available at time of registration. Instructor: Pip Merrick. Min: 4/Max: 10.

Ikebana-Traditional Japanese Flower Arranging	Wed, Mar 11; May 20 10 - 11 am	Seymour	919-968-2070	313043 08, 09	Wed, Mar 4; May 13	\$35.00
	Thu, Apr 9 2 pm	Passmore	919-245-2015	243102_01	Thu, Apr 2	

Let's create an authentic seasonal Ikebana arrangement and explore the basics and techniques of Ikebana. Class fee covers fresh flowers and a take-home plastic frog. Containers are provided for in-class use. To take your arrangement home, please bring a shallow container (a pie dish or deep plate) at least 8 inches wide. Instructor: Keiko Kono, Micho-ryu Certified Instructor. Min: 3/Max: 6.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟩 Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



ART CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Still Life Photography	Wed, Mar 18 10 am – 12 pm	Seymour	919-968-2070	358000_07	Wed, Mar 11	FREE

We will use a one-light system to teach basics of setting up "still life" images to photograph your favorite item. Bring an item(s) to photograph and your DSLR or iPhone. Sponsored by Chapel Hill Camera Club. Instructor: Barney Kasalka. Min: 4/Max: 20.

Basic Drawing	Session I: Mon, Mar 23 – Apr 13 Session II: Mon, May 4 – Jun 1 (No class May 25) 10 am – 12 noon	Passmore	919-245-2015	254021 03, 05	Mon, Mar 16; Apr 27	\$50.00
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You will be introduced to line, form, shading, perspective, composition, and the use of various drawing materials. Students will supply all tools and materials. A supply list will be available at time of registration. Instructor: Joan Cecil. Min: 5/Max: 10.

Watercolor-Intermediate	Session I: Mon, Mar 23 – Apr 13 Session II: Mon, May 4 – Jun 1 (No class May 25) 2 – 4 pm	Passmore	919-245-2015	254070 03, 05	Mon, Mar 16; Apr 27	\$50.00
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This class is for individuals who have basic knowledge of brush strokes, background washes, etc. to create different effects. Students will supply all tools and materials. A supply list is available at time of registration. Instructor: Joan Cecil. Min: 5/Max: 12.

Watercolor - Beginning	Session I: Wed, Mar 25 – Apr 15 Session II: Wed, May 6 – Jun 3 (No class May 27) 10 am – 12 noon	Passmore	919-245-2015	254052 03, 05	Wed, Mar 18; Apr 29	\$50.00
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This course introduces students 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 textural effect will also be taught. Students will supply all tools and materials. A supply list will be available at the time of registration. Instructor: Joan Cecil. Min: 5/Max: 10.

Oil Painting - Beginning	Session I: Wed, Mar 25 – Apr 15 Session II: Wed, May 6 – Jun 3 (No class May 27) 3 – 4:30 pm	Passmore	919-245-2015	254014 03, 05	Wed, Mar 18; Apr 29	\$50.00
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Come prepared to be creative. Learn basic oil painting techniques and create a composition of your choice. Students will supply all tools and materials. A supply list will be available at the time of registration. Instructor: Joan Cecil. Min: 5/Max: 10.

Pottery - Beginning/Intermediate Evening	Session I: Mon, Mar 30 – Apr 20 Session II: Mon, May 4 – Jun 1 (No class May 25) 5:30 – 7:30 pm	Passmore	919-245-2015	254015 03, 05	Mon, Mar 23; Apr 27	\$75.00
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This is a class for anyone who has always wanted to try their hand at clay work. We will have both wheel and handbuilding instruction. Students will also have time to work on their own projects. You will need to bring your own mid-range clay and basic tools. Open studio time and firing are included in the class fee. Min: 3/Max: 6.

Sports Photography	Wed, Apr 15 10 – 11 am	Seymour	919-968-2070	359032_25	Wed, Apr 8	FREE
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Learn the basics of taking sports action shots using your DSLR / iPhone. Sponsored by Chapel Hill Camera Club. Instructor: Mark Herboth. Min: 4/Max: 20.



ART CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Blackout Poetry	Mon, Apr 20 1 – 3 pm	Seymour	919-245-2026	313092_09	Mon, Apr 13	FREE

Explore the art of finding poetry in unexpected places. Using old book pages, markers, and imagination, participants will create striking visual poems by choosing meaningful words and shading out the rest. This relaxing, supportive class encourages creativity, mindfulness, and personal expression. Min: 5/Max: 15.

Rock Painting	Tue, Apr 21 10 – 11 am	Passmore	919-245-2015	224023_04	Tue, Apr 14	FREE
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Enjoy a morning of rock painting. With each rock a little different, each one will be quite unique. Instructor: Paula Hindman. Min: 3/Max: 10.

Japanese Embroidery	Sat & Sun, Apr 25 & 26 9 am – 4 pm	Seymour	919-968-2070	353050_06	Contact Instructor	\$80 plus materials
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This technique, over 1,600 years old, uses silk and metallic fibers on silk fabrics to produce traditional and modern designs. Potential students are welcome but MUST contact the instructor before enrolling. New students must buy kits and supplies from the instructor. At least 30 days of advance notice are needed. Instructor: Pam Reading. Phone: 919-815-2249. Email: preading@gmail.com. Min: 5/Max: 50.

How to Take Shadow Images	Wed, May 13 10 – 11 am	Seymour	919-968-2070	359032_26	Wed, May 6	FREE
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This class covers basic instructions on taking shadow images using DSLR or iPhone. Sponsored by Chapel Hill Camera Club. Instructor: Mark Herboth. Min: 4/Max: 20.

Step by Step: Basic Spring Art	Thu, May 28 6 pm	Passmore	919-245-2015	223073_05	Thu, May 21	\$3.00
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Join us for some refreshments and a basic painting experience that is simple to follow with a supportive environment for beginners.

Open Art Studio	Thursdays 11 am – 1 pm	Seymour	919-968-2070	351004_09	Not Required	FREE
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For artists seeking time and space to paint, draw, sculpt, or practice visual arts with like-minded peers. Drop in to work with others and exchange tips and techniques. Artists must clean your stations after use and be responsible for your own supplies. Art Studio Host: Susan Violante.

Dementia friendly program Intergenerational program Project EngAGE Virtual program Hybrid program Future programming Multi-lingual friendly program

Key fobs needed to sign in at Senior Centers

Do you have a RecTrac key fob? If you've been issued one before, it still works. If you've lost it or never received one, we'll provide a new one at no cost. Register at either Senior Center's front desk to have your photo taken and your information entered into our reservation system to receive your fob.

Fobs are required for checking in at both Centers each time you visit for classes, programs, and activities. Please scan your fob at the kiosk and check in for your activity. Staff and volunteers are available to assist you at both centers.

Fit Feet Nurses Needed

Registered Nurses Needed for Part-Time Fit Feet Program

Orange County Department on Aging – Wellness Program is seeking Registered Nurses to join our Fit Feet program as service providers at the Seymour and Passmore Centers. This is a part-time position, with the Fit Feet service operating every Wednesday.

As a Nurse in our Fit Feet program, you will play a vital role in providing foot care and education to our patients. This is an excellent opportunity to make a positive impact on your community while gaining valuable experience in a specialized area of care.

Interested candidates should contact Latonya Brown at 919-245-4270 or email lbrown@orangecountync.gov for more information.



ATHLETIC ACTIVITIES & LESSONS

Promoting physical activity through individual and group sports and lessons for lifelong health and wellbeing. Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. All athletic activities and lessons are multilingual-friendly . **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
PicklePals Pickleball	Mon, 9 am – 1 pm Wed, 3 – 6 pm Fri, 1 – 4:30 pm	Seymour	919-968-2070	352886 23, 24, 25	See Description	FREE

Novice pickleballers, enjoy the friendly open play of America's fastest growing sport. Court shoes and athletic clothing are ***REQUIRED.*** Paddles and balls are provided. An orientation for first time players is available on the first Friday of each month to a limited number of players. ***New players, please call 919-968-2070 to register. Min: 4/Max: 12.**

Badminton	Mon, 1 – 5:45 pm Wed, 4:30 – 7:30 pm Sat, 1 – 4:30 pm	Seymour	919-968-2070	351022 11, 12, 13	Not Required	FREE
	Tuesdays 3:30 – 4:30 pm	Passmore	919-245-2015	251004_03		

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

Walking Outdoors on the Turf	Mon – Fri 6 – 10 am	OC Sportsplex	N/A	N/A	Not Required	FREE
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Join others for a safe morning walk on the Sportsplex turf field. Non-Sportsplex members can use their Passmore key fob for admission to the Field House front desk. Scheduled activity times are subject to change without notice.

Billiards	Mon – Fri 9:30 am – 4 pm	Passmore	919-245-2015	251005_03	Not Required	FREE
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Bring a friend and enjoy shooting a round of pool.

Pickleball	Mondays & Fridays	OC Sportsplex	919-644-0339	N/A	Not Required	FREE
	Mondays 3 – 8 pm Fridays 2 – 4:30 pm	Passmore	919-245-2015	251016_03		

The Sportsplex pickleball courts allow you to enjoy extra play by using their facilities. Passmore members who are not Sportsplex members will need to present their Passmore key fob at the Field House front desk for admission. ***Scheduled times may vary. Please call the Sportsplex for specific hours.** The Orange County Sportsplex is located at 101 Meadowlands Drive in Hillsborough. **Passmore:** Our court is open for you to enjoy a friendly game of pickleball. If needed, paddles are available for your use while playing at the Passmore Center court. Min: 4/Max: 12.

Table Tennis	Tue & Thu, 1 – 5 pm Sat, 12 – 4 pm	Seymour	919-968-2070	351008 08, 09	Not Required	FREE
	Thursdays 11 am – 1 pm Fridays 8 – 11 am	Passmore	919-245-2015	251008_03	Not Required	FREE

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.

Women's Basketball	Tue, 5:15 – 7 pm Thu, 5:15 – 7:30 pm	Seymour	919-968-2070	357247_12	Not Required	FREE
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This program is for all women who enjoy playing basketball with their peers, so lace up your sneakers and come hit the court!



ATHLETIC ACTIVITIES & LESSONS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Pickleball for Parkinson's	Wednesdays 1:30 – 3:50 pm	Seymour	919-968-2070	352885_13	Contact Instructor	FREE

Known as a great way to enhance eye and hand coordination, this growing sport of Pickleball will keep you active and ease symptoms of Parkinson's Disease. Give it a try and connect with a welcoming community for a few games on the court. All levels are welcome, but space is limited. Please contact Anne at anniewhiz@gmail.com for additional information. Min: 10/Max: 20.

Drop-In Basketball	Fridays 9 – 10:15 am	Seymour	919-968-2070	357022_11	Not Required	FREE
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Drop-in basketball time for anyone who wants to come out and enjoy time on the court!

Table Tennis Lessons	By Appt. via Instructor	Seymour	919-968-2070	351014 29, 30, 31	Not Required	FREE
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Table Tennis - a great way to sweat, exercise, and smile. Learn the basics of the game, various serves, and different strokes. Learn the rules or improve your current game. For lessons contact Priya Kannan, certified USATT Club Coach and Umpire. She will give directives and additional information. You may also email grinnyawn@gmail.com or contact 919-360-6118.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟩 Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



You may qualify for Tax Assistance!

Are you 65 years or older or permanently disabled?

Is your income for the preceding calendar year not more than \$38,800?

Are you a permanent Orange County Resident?

Do you own and reside in your Orange County property?

If you answered **YES** to these questions, you may be eligible for a tax exemption that could help lower the taxes you pay.

Contact our office at
taxassistance@orangecountync.gov
or **919-245-2100** for more information.

Check out our Tax Assistance Evaluator here:
orangecountync.gov/TaxAssistance





CARDS & GAMES

Programs without registration dates may be attended without reservations at the meeting times listed below. Call the Center where the program is offered if you have additional questions. **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**.

NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Mah Jongg for Beginners	Mon, Mar 9 – 30 4 – 6 pm	Passmore	919-245-2015	214037_02	Mon, Mar 2	\$55 class & card

This game of skill and luck originated in China many centuries ago and was brought to the West in the 1920's. Participants must commit to all four lessons in a session. This is the minimum time it takes to learn this challenging game. \$15 of the fee is for a current, official Mah Jongg card. If you already have one, please let us know. Purchase cards from the National Maj Jongg League to avoid counterfeit cards. Instructor: Carol Marcus. Min: 4/Max: 6.

Board Game Party	Wed, Mar 11 2 – 5 pm	Seymour	919-968-2070	353066_02	Wed, Mar 4	FREE
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Join us for an afternoon of laughter, friendly competition, and classic fun at our Board Game Party! We'll have a variety of games to choose from—everything from Scrabble and Bingo to cards and dominoes. Whether you're a seasoned player or just learning the rules, there's something for everyone. Snacks and good company included! Bring a friend—or make a new one! Min: 5/Max: 40.

Billiards	Mon – Sat 9 am – 4 pm	Seymour	919-968-2070	351000_01	Not Required	FREE
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Bring a friend and enjoy shooting a round of pool.

Contract Bridge	Mon & Wed 11:30 am – 3 pm	Passmore	919-245-2015	257004_03	Not Required	FREE
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Come enjoy a game of contract bridge. Newcomers are always welcome. Min: 10/Max: 25.

Afternoon Bridge	Mon & Thu 1 – 4 pm	Seymour	919-968-2070	357068_03	Not Required	FREE
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Casual contract bridge in a relaxed and friendly setting.

Mah Jongg	Mondays 1 – 4 pm	Seymour	919-968-2070	351001_03	Not Required	FREE
	Mon, 5 – 8 pm Tue, 11 am – 2 pm Thu, 10 am – 12:30 pm Fri, 1 – 4 pm	Passmore	919-245-2015	257005_03		

This ancient Chinese game is challenging and fun! Passmore Friday open play is for more advanced players. Min: 4/Max: 20.

Hand and Foot Canasta	Mon, Wed, & Fri 9 – 4 pm	Passmore	919-245-2015	251017_04	Not Required	FREE
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Drop by and we will show you how to play this fun game! It's a great time to meet people and socialize. Min: 4/Max: 18.

Hand-Knee-Foot Card Game for Beginners	Fridays 8:30 am	Passmore	919-245-2015	251030_03	Ongoing	FREE
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A canasta-type game that incorporates 3 deals of cards (hence hand-knee-foot). Easy to learn, all levels welcome. Min: 4/ Max: 12

Bridge for Beginners	Fridays 12 – 2 pm	Passmore	919-245-2015	257080_03	Not Required	FREE
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Have fun and learn to play the exciting game of Contract Bridge in a most supportive environment. Small classes help you meet new people and make friends quickly. Max: 12.

♥ Dementia friendly program
 ↔ Intergenerational program
 ★ Project EngAGE
 ■ Virtual program
 ☁ Hybrid program
 ➡ Future programming
 👥 Multi-lingual friendly program



CRAFT CLASSES

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need.

NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
St. Patrick's Decor	Tue, Mar 3 1 – 3 pm	Seymour	919-968-2070	354018_121	Tue, Feb 24	\$5.00
	Thu, Mar 5 1 – 3 pm	Passmore	919-245-2015	254034_12	Thu, Feb 26	\$5.00

We make a green foliage circle and glue a glass holder in center. A tea-light is added for a soft glow. Sparkly shamrocks and gold coins finish the look. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Fused Glass: Project Support	Session I: Thu, Mar 5 – 26 Session II: Thu, Apr 9 – 30 Session III: Thu, May 7 – 28 11 am – 1:30 pm	Passmore	919-245-2015	254081 03, 04, 05	Thu, Feb 26; Apr 2; Apr 30	\$15.00
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This time will allow students to continue to work independently on fused glass projects with assistance as needed for help or ideas. Student will supply their own materials. Prerequisite: Fused Glass Workshop for Beginners. Instructor: Lee Hethcox. Min: 3/Max: 8.

Fused Glass Workshops for Beginners	Session I: Thu, Mar 5 – 26 Session II: Thu, Apr 9 – 30 Session III: Thu, May 7 – 28 1:30 – 3 pm	Passmore	919-245-2015	254020 03, 04, 05	Thu, Feb 26; Apr 2; Apr 30	\$50.00
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Our one-month workshops are for beginners who are interested in learning the art of fused glass. You will learn how to cut and arrange Bullseye glass to make earrings, pendants, bracelets, and belt buckles. Supplies for small project provided at first class. Larger pieces and customizing will need to be purchased by student at Carolina Stain Glass. Instructor: Bruce Gillooly. Min: 3/Max: 8.

Soul Collage	Session I: Thu, Mar 5 – 26 Session II: Thu, Apr 9 – 30 Session III: May 7 – 28 6 – 8 pm	Passmore	919-245-2015	234062 03, 04, 05	Thu, Feb 26; Apr 2; Apr 30	\$40.00
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SoulCollage® is an easy, enjoyable, intuitive collage process for self-discovery and community. People make their own decks of collaged cards for their personal use from found images. The SoulCollage® method helps people discover their unique inner/outer guides and challenges, and access their own wisdom to answer their life questions. Each session is independent from the other so sign up for one session or all sessions. Instructor: Mickey Reed. Min: 5/Max: 10.

Springtime Beads	Tue, Mar 10 1 – 3 pm	Seymour	919-968-2070	354018_122	Tue, Mar 3	\$5.00
	Thu, Mar 12 1 – 3 pm	Passmore	919-245-2015	254034_13	Thu, Mar 5	

Using a colorful pastel selection of wooden beads, make either a selection of jewelry or a hanger for a wall or door. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.



CRAFT CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Any Hand Stitching	Sat, Mar 14 Apr 11; May 9 1 – 3 pm	Seymour	919-968-2070	344003_08	Not Required	FREE

Join our monthly stitchers' gathering on the 2nd Saturday of each month. This fun group welcomes any form of stitching, including cross stitching, crocheting, knitting, etc. Bring your projects and enjoy an afternoon of chatting, exchanging techniques, and meeting new friends. Group Contact: Alexis Pojafsky. Min: 5/Max: 12.

Lidded Glass Jar	Tue, Apr 14 1 – 3 pm	Seymour	919-968-2070	354018_126	Tue, Apr 7	\$5.00
	Thu, Apr 16 1 – 3 pm	Passmore	919-245-2015	254034_21	Thu, Apr 9	

Paint a glass jar in any design of your choice. When dry, place a metal lid to close and sit in your kitchen or bathroom. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Easter Plate	Tue, Mar 17 1 – 3 pm	Seymour	919-968-2070	354018_123	Tue, Mar 10	\$5.00
	Thu, Mar 19 1 – 3 pm	Passmore	919-245-2015	254034_14	Thu, Mar 12	

Create a beautiful Easter plate using Styrofoam eggs and animals made from kits. It will be a perfect centerpiece. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Crafts with Jeanine	Wed, Mar 18 1:30 pm	Passmore	919-245-2015	223073_03	Tue, Mar 11	\$5.00
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Join us as we create a lovely seasonal craft together for Spring. We will be making a spring centerpiece that is versatile enough for Easter or just a special dinner. Min: 4/Max: 10.

Clothing Repair for Beginners	Fri, Mar 20 & 27 10 am – 12 noon	Seymour	919-968-2070	354204_06	Fri, Mar 13	FREE
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Learn essential clothing-repair skills in this hands-on class where you'll practice mending, darning, hemming, and sewing buttons. Perfect for beginners, it teaches simple techniques to extend the life of your favorite garments. Instructor: Susan Collins. Min: 4/Max: 10.

Candy Making-Turtles & Buckeyes	Thu, Mar 26 1 – 3 pm	Passmore	919-245-2015	254034_18	Thu, Mar 19	\$5.00
	Tue, Mar 24 1 – 3 pm	Seymour	919-968-2070	354018_124	Tue, Mar 17	

Recreate these favorite candies to enjoy yourself or give as an Easter gift. Mmmm, good! Instructor: Helen Frederick. Passmore Min: 6/Max: 8. Seymour Min: 2/Max: 6.

Decorative Pens	Thu, Apr 30 1 – 3 pm	Passmore	919-245-2015	254034_23	Thu, Apr 23	\$5.00
	Tue, Apr 28 1 – 3 pm	Seymour	919-968-2070	354018_128	Tue, Apr 21	

Enjoy creating your own decorative beaded writing pen and a box to make the perfect gift. Instructor: Helen Frederick. Min: 6/Max: 8.



CRAFT CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Make Some Seed Bombs	Tue, Apr 7 1 – 3 pm	Seymour	919-968-2070	354030_11	Tue, Mar 31	\$5.00

Celebrate spring and help support pollinators by making your own native wildflower seed bombs! Learn how to create small, plantable balls of seeds and soil that can be tossed into gardens, planters, or community spaces to grow beautiful, eco-friendly flowers. Instructor: Jacob Toomey. Min: 4/Max: 10.

Wire Basket	Tue, Apr 7 1 – 3 pm	Seymour	919-968-2070	354018_125	Tue, Mar 31	\$5.00
	Thu, Apr 9 1 – 3 pm	Passmore	919-245-2015	254034_20	Thu, Apr 2	

Using an oval wire basket, you will put in a plastic lining and add a colorful ribbon around edge of basket. Use in your bedroom or bathroom. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

DIY Kindness Jar	Mon, Apr 20 10 am	Passmore	919-245-2015	258011_01	Mon, Apr 13	FREE
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Bring a special jar from home or we will provide one to you. Learn how to make these special treasures to share with family, grandchildren or just for yourself. Be kind to yourself and others with inspirational messages. Min: 4/ Max: 10.

Glass of Candy	Tue, Apr 21 1 – 3 pm	Seymour	919-968-2070	354018_127	Tue, Apr 14	\$5.00
	Thu, Apr 23 1 – 3 pm	Passmore	919-245-2015	254034_22	Thu, Apr 16	

Using a plastic margarita glass, wrapped hard candies will be added to give a special look for yourself or gift. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Flower Frame	Tue, May 5 1 – 3 pm	Seymour	919-968-2070	354018_129	Tue, Apr 28	\$5.00
	Thu, May 7 1 – 3 pm	Passmore	919-245-2015	254034_24	Thu, Apr 30	

Paint a wooden frame with flower cutouts surrounding the photo opening. Now you are ready for your favorite photo. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Crafting With a Cop	Tue, May 5 2 pm	Passmore	919-245-2015	251021_05	Tue, Apr 28	FREE
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Join police officers from the Hillsborough Police Department and create a spring craft. Leader: Officer Scott Foster. Min: 5/Max: 10.

Flower Mat	Tue, May 12 1 – 3 pm	Seymour	919-968-2070	354018_130	Tue, May 5	\$5.00
	Thu, May 14 1 – 3 pm	Passmore	919-245-2015	254034_50	Thu, May 7	

Using a 12 inch woven circular mat either white or natural, large silk flowers will be glued to the center. It can be hung on a wall or laid on a table. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.



CRAFT CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Decorate Dish Towels	Tue, May 19 1 – 3 pm	Seymour	919-968-2070	354018_131	Tue, May 12	\$5.00
	Thu, May 21 1 – 3 pm	Passmore	919-245-2015	254034_64	Thu, May 14	

Using fabric markers, you will add your own design on one end of pastel checked dish towels to use in your kitchen. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Neck Scarf Creation	Tue, May 26 1 – 3 pm	Seymour	919-968-2070	314071_132	Tue, May 19	\$5.00
	Thu, May 28 1 – 3 pm	Passmore	919-245-2015	254034_85	Thu, May 21	

Create a one-of-a-kind scarf using bandanas in pastel colors and adding colorful beads to keep it tied. Instructor: Helen Frederick. Seymour Min: 2/Max: 6. Passmore Min: 6/Max: 8.

Seymour Quilters	Mondays 10 am – 12 noon	Seymour	919-968-2070	354024_09	Contact Instructor	FREE
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Are you looking to quilt with a fun group of ladies? You can work on your own or help with a group project. Most of the group quilts are donated to charity. Donations of 100% cotton fabric and/or batting accepted! Contact Susan Zeisel at 919-932-9080, or Shirley Ahmed at 919-240-7199. Min: 4/Max: 8.

Passmore Piece Makers – Tuesday Quilters	Tuesdays 9 am – 12 noon	Passmore	919-245-2015	257011_03	Not Required	FREE
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Work on your own or a group project. Experienced quilters will help with quilting. New quilters are encouraged to join. All quilts created by the group are donated to UNC Hospital, Duke Hospital, Veterans, nursing homes, and shelters. Min: 2/Max: 30.

Open Craft Studio @ Seymour	Tuesdays 10 am – 1pm	Seymour	919-968-2070	351028_03	Not Required	FREE
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A unique social hub designated for craft lovers to come together in a DIY, self-guided atmosphere. This special time will enable participants to share beading and jewelry projects; to create and inspire; and to form new friendships. Min: 3/Max: 12.

Nifty Knitters	Tuesdays 11:45 am – 1:15 pm	Passmore	919-245-2015	234026_03	Not Required	FREE
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Bring your own project and work with others. Beginners are always welcome, as there is usually someone willing to teach you. This is a great way to get motivated and learn from one another. It is also a good way to meet people and make new friends. Min: 3/Max: 12.

Chapel Hill Charity Knitting	Tuesdays 1 – 2:30 pm	Seymour	919-968-2070	354859_03	Not Required	FREE
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We are a group that creates handmade treasures using crochet, knitting, and other forms of needlework. Most of our work is donated to local charities. If you wish to join us, just show up! For more information, contact Emily Olson at gardyloo1@gmail.com. Min: 10/Max: 20.



CRAFT CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Passmore Center Carvers (Woodcarving)	Wednesdays 1 – 4 pm	Passmore	919-245-2015	254033_03	Not Required	FREE
Sew What – Sewing Group	Wednesdays 1 – 4 pm	Passmore	919-245-2015	257046_03	Not Required	FREE
Open Studio for Arts and Crafts	Thursdays 10 am – 12 noon	Passmore	919-245-2015	251019_03	Not Required	FREE
Knitting & Crochet in the Commons	Fridays 10 am – 12 noon	Passmore	919-245-2015	251011_03	Not Required	FREE

Learn the woodcarving skills of safety, sharpening, wood grain, stop cuts, and center lines. Use our tools through your first project, which will be a boot! Cost: \$1 for the boot cutout. We are currently making comfort birds; small, stylized birds we give to Senior Center regulars as they face sickness or stress in their lives. Min: 3/Max: 10.

Here is your chance to join others and work on whatever you like. Many people are sewing crafts to sell in the future, and others are working on their own personal projects. If you have a portable sewing machine, please bring it with you. Come and join the fun! Min: 3/Max: 10.

Bring your project from home and spend time socializing with folks while you complete your project. This is a self-led class and open to a variety of crafts, art, or beading projects. Min: 4/Max: 10.

Come join the knitting and crochet group in the commons while socializing with others. If you have these skills and would like to help others, this is a great way to meet people and make new friends. Min: 3/Max: 12.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE ■ Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program

Caregiver Support Services

Do you help support an aging friend, or family member?

We Can Help! Contact the Aging Helpline

For aging-related information and assistance, call 919-968-2087 or email agingtransitions@orangecountync.gov to talk to a trained staff member. Mon - Fri, 9 am - 4 pm.

Caregiver Support Groups

Join a caregiver support group to connect with other caregivers for support, encouragement, and/or guidance.

Dementia Education Programs

Join OCDoA's dementia care specialists for a conversation around topics related to dementia education, living with cognitive change, and being a dementia caregiver. We will provide 15 - 30 minutes of education at the start of the hour and the remaining time will be spent in conversation, Q&A, and resource-sharing on the day's topic. Grab your preferred morning beverage and join us!

Options Counseling

Meet with trained staff to discuss transitions for you or your loved one from their current home to a new one or to a higher level of care. Make a plan for these changes, looking at cost, location and personal preferences/limitations.

Chromebook Laptop Loaner Program

Center participants now have access to borrow Chromebook laptops for onsite use only.

Laptops may be checked out and returned to our front desk from 9 am - 4 pm, Mon - Sat.

This innovative outreach is made possible thanks to our partnership with Orange County Public Library.



Large Equipment Connections

This program seeks to connect community members who want to donate and receive larger medical equipment items like hospital beds, scooters, or lifts. If you hope to make a connection, reach out to the Aging Transitions team at 919-968-2087 or agingtransitions@orangecountync.gov



EDUCATIONAL OPPORTUNITIES

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Make the Connection: Transit 101	Mon, Mar 2; Apr 6; May 4 10 – 11:30 am	Virtual	919-717-1853	351126_07	Thu, Feb 26; Apr 6; Apr 30	FREE

Join Brandi Beeker, the Department on Aging's Transportation Specialist, on the first Monday of each month when the center is open from 10–11:30 am. We'll explore transportation options and plan trips together after a brief presentation on available services in Orange County. Register at 919-717-1853 or bbeeker@orangecountync.gov

Library Tech Help	Thu, Mar 5; Apr 2; May 7 10 am – 12 noon	Seymour	919-968-2070	323125_05	Not Required	FREE
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Need a hand using your smartphone? Have questions about new technology or setting up online accounts? Need help downloading an eBook? Unsure how to navigate social media? Chapel Hill Public Library staff will be available to answer questions and help with your tech needs on the 1st Thursday of the month.

The Power of Budgeting	Thu, Mar 5 10 am	Passmore	919-245-2015	254064_03	Thu, Feb 26	FREE
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Join Cynda Beauchamp with Edward Jones Financial for this interactive seminar that will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings, and debt repayment. Min: 3/Max: 15.

Greek Plays	Thu, Mar 5 – May 14 3 pm	Passmore	919-245-2015	224070_03	Thu, Feb 19	FREE
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This is a course on the Greek tragedies, which occupy an important place at the heart of Western literature. The course will cover at least four plays—*Oedipus the King* and *Antigone* (Sophocles), *Agamemnon* and *The Eumenides* (Aeschylus). Michael Corrado is retired from the Law School at UNC. He has both a Ph.D. in philosophy and a J.D. in law. Min: 5/ Max: 12.

TechKnowledge	Sat, Mar 7, 21; Apr 4, 18; May 2, 16 10 am – 12 noon	Seymour	919-968-2070	324063_10	Wed, Mar 4	FREE
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This program connects older adults to tech-savvy students for one-on-one assistance with devices or applications. Whether it's a smartphone, tablet, computer, or a social media outlet, get the individual help you need to stay connected and feel confident! Focus is on digital literacy and intergenerational programming. Contact Jacob Toomey at 919-245-2026 to make an appointment.

Genealogy Exploration	Mon, Mar 9; Apr 13; May 4 10 am	Passmore Hybrid	919-245-2015	257081 03, 04, 05	Mon, Mar 2; Apr 6; Apr 27	FREE
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Meet and explore who we are, where our family came from and what makes us unique in personality, culture and genetics. We will share this journey together and help each other discover these remarkable connections. Min: 3/Max: 15.

Science Café	Mon, Mar 9; Apr 13; May 11 10 – 11 am	Seymour	919-968-2070	332203_09	Contact Instructor	FREE
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If you want to stay informed on the latest in science and technology, check out our new Science Café! Dive into fascinating topics such as vaccines, antibiotics, and how the microbiome impacts health. We look forward to lively discussions for curious minds of all ages. For more information contact Kate Brilakis at katebrilakis@gmail.com Min: 4/Max: 20.



EDUCATIONAL OPPORTUNITIES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Welcome to Medicare!	Mon, Mar 9 5 – 6:30 pm	Orange County Public Library	919-245-2015	254054_02	Fri, Mar 6	FREE
	Mon, May 18 5 – 6:30 pm		919-245-2015	254054_03	Fri, May 15	

Feeling bombarded by information about Medicare? This session will explain how and when to enroll, Medicare's costs and benefits, and give an overview of your many options. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a Division of the NC Dept of Insurance. Session will be held at the Orange County Public Library, 137 W. Margaret Lane, Hillsborough. Min: 3/Max: 20.

Transportation Info Table – Passmore	Tue, Mar 10; Apr 14; May 12 10 – 11:30 am	Passmore	919-717-1853	257041_03	Not Required	FREE
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Stop by the transportation information table on the second Tuesday of every month for information about public transportation, door-to-door services, and more. Call the Transportation Help Line, 919-717-1853, for transportation information, travel training, volunteer driver program, and advocacy.

Four Pillars of the New Retirement	Tue, Mar 10 11:30 am – 12:30 pm	Seymour	919-968-2070	314058_51	Not Required	FREE
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We will take an in-depth look at "The Four Pillars of the New Retirement" (health, family, purpose, and finances). You will be empowered to think through your own circumstances, goals, and challenges so that you can take actions today that impact your quality of life in retirement. Instructor: Lili Engelhardt, Financial Advisor, Edward Jones. Min: 3/Max: 20.

Our Backyard Birds	Tue, Mar 10 1 – 2 pm	Seymour	919-968-2070	332203_10	Tue, Mar 3	FREE
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Welcome Spring and join the Seymour Garden Club in welcoming Jennifer Aiton of Wild Birds Unlimited. Join us for a fun and informative talk on our backyard birds and preparing for the upcoming feeding and nesting season. Come with questions or your own tips to share. Min: 5/Max: 25.

Strength Training and Mental Wellness	Tue, Mar 10 4 – 5:30 pm	Seymour	919-968-2070	352355_17	Mon, Mar 9	FREE
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★ You already know that exercise can improve your health, cognitive function, and elevate your mood but did you know that adding resistance training to your exercise routine can positively impact your cognition, memory, and alleviate symptoms of depression and anxiety? Join us for a presentation on the effects of strength training on mental wellness, followed by hands-on activity. Hosted by the Project EngAGE Mental Wellness Senior Resource Team. Min: 10/Max: 84.

What's hAPPening in Transit	Wed, Mar 11; Apr 8; May 13; 1 – 2:15 pm	Seymour Hybrid	919-717-1853	351126_08	Mon, Mar 9; Apr 6; May 119	FREE
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☁ There's an app for everything these days, even for the bus. Join Brandi Beeker, the Department on Aging's Transportation Specialist on the second Wednesday of every month to learn about smartphone applications used by Chapel Hill Transit, Orange County Transportation, GoTriangle, and more. Register at 919-717-1853 or bbeeker@orangecountync.gov

Kidney Wise: Understanding Chronic Kidney Disease	Wed, Mar 11 4 – 5:30 pm	Passmore	919-245-2015	224071_03	Mon, Mar 9	FREE
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★ Join us for an engaging and educational discussion focused on Chronic Kidney Disease (CKD)—a silent but serious condition affecting millions worldwide. Whether you're living with CKD, supporting a loved one, or simply interested in preventative care; this program will offer valuable insight into early signs and risk factors, managing and slowing the progression, and lifestyle and treatment options. Empower yourself with knowledge and support. Hosted by Falls Prevention and Health Promotion Senior Resource Team. Min: 10/Max: 48.



EDUCATIONAL OPPORTUNITIES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Navigating Today's Tech	Wed, Mar 11 4 – 5:30 pm	Seymour	919-968-2070	344079_14	Mon, Mar 9	FREE

What is artificial intelligence (AI) and how is it shaping everyday technology? Join us for panel-led discussion surrounding the current and future landscape of tech, including the use of AI, with leaders of UNC's Community Workshop Series. Min 7/Max 75.

Transportation Info Table – Seymour	Thu, Mar 12; Apr 9; May 14 10 – 11:30 am	Seymour	919-717-1853	351126_09	Not Required	FREE
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Stop by the transportation information table on the second Thursday of every month for information about public transportation, door-to-door services, and more. Call the Transportation Help Line, 919-717-1853, for transportation information, travel training, volunteer driver program, and advocacy.

YouTube Made Simple: From Watching to Creating for Seniors	Fridays, Mar 13 – May 22 (No class on Apr 3) 10 am	Passmore	919-245-2015	224072_03	Mon, Mar 2	FREE
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This ten-week series is designed to guide you through learning YouTube step-by-step. We'll start with the basics and move toward more advanced skills. Each section to include detailed instructions, space for notes, and practice activities. Min:6/Max: 15.

Daylight Death Café	Mon, Mar 16; Apr 20; May 18 9:30 – 11 am	Seymour	919-968-2070	355001 26, 27, 28	Thu Mar 12; Apr 16; May 14	FREE
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★ Join John Chase as he encourages discussions of all aspects of death, dying, and mortality. The Chapel Hill/Carrboro Death Café offers a safe place to discuss difficult topics, find self-awareness, develop compassionate connections, and identify resources. Sponsored by the Project EngAGE End of Life Choices Senior Resource Team. Min: 6/Max: 20.

Chapel Hill Library Services	Thu, Mar 19; Apr 16; May 21 10 – 11:30 am	Seymour	919-968-2070	323125_06	Not Required	FREE
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Seymour Center has partnered with the Chapel Hill Public Library to bring library services to you! You can sign up for a library card, browse our selection of books, including large print and bestsellers, return materials, learn how to access eBooks and audiobooks on your electronic device, and more! You may also request materials to be delivered on the Library's next visit to Seymour on the 3rd Thursday of each month.

Pet Ownership-What to Expect With a New Pet	Thu, Mar 19 10 am	Passmore Hybrid	919-245-2015	243105_09	Thu, Mar 12	FREE
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☁ Are you thinking of adopting a pet? This is a great time to learn aspects of new pet ownership such as preparing your home, adjustment periods, crate training, common issues, and vet care. There will be a virtual option with a link sent after registration. Instructor: Elizabeth Overcash from Orange County Animal Services. Min: 5/Max: 20.

Fresh Handmade Pasta	Sat, Mar 21 2 – 4 pm	Seymour	919-968-2070	343078_12	Sat, Mar 14	\$5.00
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Learn how simple it is to make your own fettuccine pasta from scratch! We will make it together and enjoy eating together. Instructor: Annalisa Volpe. Min: 4/Max: 10.

AARP Driver Safety	Mon, Mar 23 9 am – 1 pm	Passmore	919-245-2015	214002_03	Mon, Mar 16	See Description
	Fri, Apr 24 9 am – 1 pm	Seymour	919-968-2070	354081_03	Fri, Apr 17	

Learn research-based strategies to help keep you safe on the road. After taking the course, you may be eligible for a multi-year discount on your car insurance! Cost of class for AARP members is \$20 and for non-members \$25. Fee paid to instructor. Min: 5/Max: 25.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟩 Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



EDUCATIONAL OPPORTUNITIES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Do Not Resuscitate (DNR) Program	Thu, Mar 26 10 – 11 am	Passmore	919-245-2015	255021_03	Thu, Mar 18	FREE
	Wed, Apr 1 1 – 2:30 pm	Seymour	919-968-2070	334092_31	Wed, Mar 25	

Learn about the DNR program with Orange County Emergency Medical Services, that allows you to communicate your end-of-life care wishes to emergency responders. This program provides official documentation and identification bracelets so paramedics and EMTs can honor your decision to decline resuscitation in the event of cardiac or respiratory arrest. You'll still receive full comfort care for pain, breathing difficulties, and other symptoms. Discover how to enroll, what's required, and how to ensure your wishes are respected. Min: 20/Max: 80.

LGBTQ+ Death Café	Thu Mar 26; Apr 23; May 28 2 – 3:30 pm	Seymour	919-968-2070	357103 66, 67, 68	Tue, Mar 24; Apr 21; May 26	FREE
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★ Join Tsyrr Han Chow as he encourages discussions of all aspects of death, dying, and mortality and offers a safe space to find self-awareness, develop compassionate connections, and identify resources. The LGBTQ+ Death Café is actively committed to broadening all end of life environments, we are increasing the possibility that all of our care receivers feel better seen and met. Co-sponsored by the Project EngAGE LGBTQ+ and End of Life Choices Senior Resource Team. Min: 6/Max: 20.

Welcome to Medicare!	Wed, Mar 31 6 – 7:30 pm	Virtual	919-968-2070	See Description	Tue, Mar 30	FREE
	Thu, May 28 6 – 7:30 pm				Wed, May 27	

■ Feeling bombarded by information about Medicare? This session will explain how and when to enroll, Medicare's costs and benefits, and give an overview of your many options. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a Division of the NC Dept of Insurance. Links to register: March link: www.orangecountync.gov/Medicare101_mar. May link: www.orangecountync.gov/Medicare101_may. Min: 3/Max: 20.

Rules of the Road in Investing	Thu, Apr 2 10 am	Passmore	919-245-2015	254064_04	Thu, Mar 26	FREE
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Join Cynda Beauchamp with Edward Jones Financial for this seminar to learn the most common investing mistakes and how to avoid them, investing strategies to help reach your long-term goals, and what you can do now to prepare for retirement. Min: 3/Max: 15.

Healthy Debate Workshop	Tue, Apr 7, 28; May 12 2 – 4 pm	Seymour	919-245-2046	334092_30	Tue, Mar 31	FREE
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Join us for a supportive session on how to navigate differing opinions with kindness and clarity. Together, we'll explore tools for listening, speaking thoughtfully, and engaging in meaningful dialogue. This program encourages connection, understanding, and positive communication within our community. Min: 6/Max: 14.

Medicare Basics	Mon, Apr 13 5:30 – 7 pm	Chapel Hill Public Library	919-968-2070	322500_23	Sat, Apr 11	FREE
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Feeling bombarded by information about Medicare? This session will explain how and when to enroll, Medicare's costs and benefits, and give an overview of your many options. Sponsored by the Seniors' Health Insurance Information Program (SHIIP), a Division of the NC Dept of Insurance. Session will be held at the Chapel Hill Public Library, 100 Library Drive, Chapel Hill, NC. Min: 3/Max: 20.

Investing Rules of the Road	Tue, Apr 14 11:30 am – 12:30 pm	Seymour	919-968-2070	314058_52	Not Required	FREE
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This presentation introduces Edward Jones's 10 Rules of the Road to Investing. Participants will learn the most common investing mistakes and how to avoid them; investing strategies to help reach their long-term goals; and what they can do now to prepare for retirement. Instructor: Lili Englehardt, Edward Jones Financial Advisor. Min: 3/Max: 20.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE ■ Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



EDUCATIONAL OPPORTUNITIES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Setting Healthy Boundaries	Tue, Apr 14 4 – 5:30 pm	Seymour	919-968-2070	352355_18	Mon, Apr 13	FREE

★ How do we set healthy boundaries that help us maintain our wellbeing? How do we reclaim old boundaries as we go through the many transitions throughout our lives? Join us for this facilitated discussion to learn techniques and methods of creating and maintaining healthy boundaries, and discussing how healthy boundaries can impact your life and mental wellness. Hosted by the Project EngAGE Mental Wellness Senior Resource Team. Min: 10/Max: 48.

How to Hire Contractors	Wed, Apr 15 4 – 5:30pm	Seymour	919-968-2070	337044_41	Mon, Apr 13	FREE
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Wondering how to hire reliable contractors without the worry of overpaying or being taken advantage of? Join us for a panel hosted by representatives from the Handy Helpers of the Department on Aging, Hope Renovations, and the Home Builders Association of Durham, Orange & Chatham Counties. Min: 8/Max: 75.

Lunch & Learn	Thu, Apr 16 11:30 am – 1 pm	Seymour	919-968-2070	353112_20	Thu, Apr 9	FREE
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Join us for a presentation from Ich-Kien Lao as he shares his story of coming to the US and staying active through volunteering. Lunch is on us! Min: 15/Max: 20.

Cart to Table Savings: Food Budgeting 101	Thu, Apr 23 2 – 3:30 PM	Passmore	919-245-2015	253067_04	Wed, Apr 22	FREE
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★ Join Cooperative Extension to explore strategies for controlling food spending. You will practice developing a food budget using low and moderate food plans. Topics include Needs vs. Wants, expense tracking, and maximizing your budget. Get the guidance to start saving today! Hosted by Falls Prevention and Health Promotion Senior Resource Team. Min: 7/Max: 24.

Foundations of Investing	Thu, May 7 10 am	Passmore	919-245-2015	254064_05	Thu, Apr 30	FREE
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Join Cynda Beauchamp with Edward Jones Financial for this educational program for people who are either new to investing or need a refresher. Participants will learn the importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals. Min: 3/Max: 15.

The Markets Today	Tue, May 12 11:30 am – 12:30 pm	Seymour	919-968-2070	314058_53	Not Required	FREE
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Today's stock market shows mixed movement. While some sectors are seeing gains, others are struggling due to concerns over interest rates and inflation. This class will help you stay informed and focus on long-term goals rather than short-term fluctuations. Instructor: Lili Englehardt, Edward Jones Financial Advisor. Min: 3/Max: 20.

Over-the-Counter Medications: What to know for Healthy Aging	Tue, May 12 4 – 5:30 pm	Seymour	919-968-2070	357096_22	Mon, May 11	FREE
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★ Join UNC geriatrician Dr. Emmy Yang for an informative session on common over-the-counter medications and how they can affect older adults. We'll discuss which drugs to use with caution—such as pain relievers, acid reflux medications, and sleep aids—and why some “everyday” remedies like Benadryl can have surprising side effects on balance and memory. Learn how to make safer choices and get the most benefit from your medicines. Hosted by Falls Prevention and Health Promotion Senior Resource Team. Min: 15/Max: 84.



EDUCATIONAL OPPORTUNITIES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Creative Aging and Social Prescribing	Wed, May 13 4 – 5:30 pm	Seymour	919-968-2070	352355_19	Tue, May 12	FREE

★ Do you ever wish that your doctor would prescribe a daily walk in the park or a tap-dancing class? Social prescribing is a movement that seeks to connect people to non-clinical activities to combat isolation and improve overall quality of life. Hosted by the Project EngAGE Mental Wellness Senior Resource Team. Min: 10/Max: 48.

Learning Lounge	Thu, May 14 10 am	Passmore Hybrid	919-245-2015	223083_04	Thu, May 7	FREE
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☁ Mind-blowing geography facts from around the world. Min: 5/Max: 15.

Advance Care Planning and Dementia	Wed, May 20 10:30 – 11:30 am	Virtual	919-968-2087	333000_02	Tues, May 19	FREE
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■ This online discussion invites individuals to explore how advance care planning may fit into the dementia journey, blending brief education with space for shared dialogue. Please bring your questions and concerns to work through during this virtual roundtable discussion. Min: 2/Max: 25.

End of Life Planning with Raleigh Memorial	Thu, May 28 4 – 5:30 pm	Seymour	919-968-2070	355001_30	Wed, May 27	FREE
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★ Join Raleigh Memorial for a compassionate and informative end-of-life planning event designed to help you make confident, thoughtful decisions for the future. Their experts will guide you through the essentials of pre-planning and the benefits of documenting your wishes in advance. Whether you're starting the conversation for yourself or supporting a loved one, this program will offer clarity, comfort, and the opportunity to plan with intention. Hosted by the Project EngAGE End of Life Choices Senior Resource Team. Min: 15/Max: 84.

Wednesdays@One Poetry	Wednesdays 1 – 2:30 pm	Seymour	919-968-2070	334075 29, 30, 31	See Description	\$5.00
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A poetry salon of intermediate to advanced poets that meet in person weekly to critique each other's work. If you are interested in joining, please contact Seymour Center Front Desk to be added to the list as this group fills up quickly. Facilitators: Rebecca Watts and John Plymale. Min: 6/Max: 10.

慈心分享： 互助陪伴 Compassionate Sharing: Support and Connection (for Mandarin Speakers)	Fridays 9:30 am – 11 am	Seymour	919-968-2070	357152_05	Not Required	FREE
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在這個溫馨的聚會中，讓我們一同探索生命中的深刻情感，學習如何溫柔地陪伴自己與他人。透過分享與交流，觸碰內心深處的思緒，學習自在地面對與表達。我們也將體驗正念冥想，在呼吸間找到心靈的平靜。本課程由美華慈心關懷聯盟支持。專為在美華人社群設計，並以中文進行。In this heartfelt gathering, we'll explore life's deep emotions and learn to support ourselves and others with kindness. Through sharing, we'll connect with our inner thoughts and find comfort in expressing them. We'll also experience the calming power of mindfulness meditation, finding peace in each breath. This class, supported by CACCC, is more than one class. It's a chance to build a supportive community where every feeling is understood and every voice is heard.

Bible Q&A	Fridays 12:30 – 2 pm	Seymour	919-968-2070	357010_15	Not Required	FREE
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This group's purpose is for learning about the historical, cultural & geographical background of different books of the Bible in a relaxed setting among friends. Bring your questions or just drop in to hear the latest discussion. Instructor: Joseph Kim. Min: 4/Max: 15.



INTEREST GROUPS

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Poetry Workshop: Read, Record Beauty and Share 诗歌工作坊：阅读，记录美好和分享 (for Mandarin Speakers)	Mon, Mar 2 3 – 4:30 pm	Seymour	919-968-2070	313092_08	Mon, Feb 23	FREE
	Thu, Apr 2 3 – 4:30 pm					
	Fri, May 8 11 am – 12:30 pm					

China is a poetic country. For over 3,000 years, words and rhythm have carried our sincere love to the world. In the “Poetic Memories” Workshop, we will, in a seminar-style, read representative classical poems, explore their meanings and allusions, learn poetry-writing techniques, and turn our own everyday experiences into short poems and share them with each other. At the same time, we will use poetry as a vessel to tell our cherished life stories and to make new friends. 中国是诗歌的国度。三千年来，汉字和韵律承载了代代国人对人世间的真挚爱意。在“诗忆”工作坊中，我们将会以研讨会的形式一起阅读具有代表性的历代古诗，探讨诗歌涵义与典故，讲授诗词写作技巧，并尝试将自己的日常所见所闻写成小诗，分享阅读。同时，我们还将以诗歌为载体，讲述我们珍贵的人生记忆并结交朋友。

German Kaffeeklatsch Group	Thu, Mar 5 – May 28 3 – 4:30 pm	Seymour	919-245-2026	354104_10	Thu, Feb 26	FREE
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Are you a native or fluent German-speaker looking for community in Orange County? Join our German Kaffeeklatsch Group on Thursdays for a very German afternoon tradition of coffee, cake, and good conversation! This group is not intended to teach the German language but welcomes those wishing to engage in German conversation.

Writers’ Group	Tue, Mar 10 & 24 Apr 14 & 28; May 12 & 26 2 – 4 pm	Seymour	919-968-2070	357003_16	Contact Instructor	FREE
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This group meets on the 2nd and 4th Tuesdays of the month and is open to writers of fiction, non-fiction, and poetry. All are welcome to read their writings for helpful hints from the other members. No experience needed. Contact Lance Haworth at owzat133@gmail.com or Winnie Morgan at w1932innie@icloud.com. Min: 5/Max: 20.

Garden Club	Tue, Mar 17; Apr 21; May 19 1 – 2 pm	Seymour	919-968-2070	357002_09	Contact Instructor	FREE
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Join our group of garden enthusiasts who enjoy planting, tending, and beautifying the gardens at the Seymour Center! We welcome all who love to garden, regardless of experience. For the bird lovers, we also maintain the feeders and birdbaths at the Center. We meet the 3rd Tuesday of the month February to June and September to November from 1 – 2 pm. If interested in joining or attending a meeting, please inquire at the front desk.

NC Chinese Opera Society	Sat, Mar 21; Apr 18; May 23 1 – 5 pm	Seymour	919-968-2070	357147_05	Not Required	FREE
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NC Chinese Opera Society is one component of the Traditional Chinese Music Foundation, a nonprofit organization. The Society is a group of people who are interested in and have a passion for Chinese opera. We have professional instructors and musicians, and we invite these experts to give lectures. All interested are welcome to join. Program Contact: Riu Qi. Min: 20/Max: 80.

Solo Agers	Wed, Mar 25; Apr 22; May 27 4 – 6 pm	Seymour	919-968-2070	324843_46	Tue Mar 24; Apr 21; May 26	FREE
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Solo agers are older adults who are making decisions about their future independently. Come meet other solo agers, learn together, and get involved! Upcoming presentations are: 3/25 – Substance Abuse; 4/22 – Palliative Care and Hospice; 5/27 – Emergency Planning for Seniors. Please register individually for each session. For more information visit: www.soloagersorangenc.org Min: 7/Max: 48.

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INTEREST GROUPS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Garden Club Meet and Greet - Passmore Center!	Fri, Apr 24 10 am	Passmore	919-245-2015	257014_04	Fri, Apr 17	FREE

The Passmore Center Garden Club is open to all who love to garden. Don't know a lot about gardening? That's okay because we range from amateurs to master gardeners and all helping hands are welcome. You will learn about plants, flowers, and shrubs from other volunteers as you commune with nature and beautify the entrance to our Passmore Center. If you are interested in volunteering but can't make it to the scheduled date, please inquire at the front desk.

Issues of Faith	Wednesdays 10 – 11 am	Passmore	919-245-2015	257079_03	Not Required	FREE
	Thursdays 10 – 11 am	Seymour	919-968-2070	357010_03	Contact Instructor	

Issues of Faith is a special time for those who enjoy gathering for scriptures, songs, and uplifting words of encouragement. Join this group for inspirational and healthy discussions. **Passmore leaders:** Dennis and Ellen Derr. **Seymour leader:** Mark at mroyster2@nc.rr.com. Min: 4/Max: 20.

Petals with a Purpose	Wednesdays 1:15 – 2:15 pm	Seymour	919-968-2070	354094_09	Contact Instructor	FREE
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Triangle Disability and Autism Service's Petals with a Purpose connects flowers to people, all the while making a positive difference for the environment. Using items destined for the landfill and with support from the community, weekly bouquets of fresh flowers are made and delivered to local partners in our community. To learn more, contact Michelle Foy at mfoy@arctriangle.org. Min: 8/Max: 16.

Enrichment Life Group (for Mandarin Speakers)	Thursdays 10 – 11 am	Seymour	919-968-2070	357171_22	Not Required	FREE
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A fun and educational group for Mandarin-speaking seniors who are seeking spiritual well-being and a healthy life. Come to our meetings for singing, prayers, Bible study, and faith-related activities. Min: 5/Max: 20. 欢迎参加专门为华人长者准备的基督徒团契小组 我们会唱赞美诗、读经和祷告，探讨基督教信仰相关的话题。

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How to Register Online

You can register for programs and classes of the OC Department on Aging at www.orangecountync.gov/OnlineRegistration.

At the RecTrac Activity Search page, "search" by title or Activity Number. (This is the number located by many of Endless Possibilities activities. Use only the first six digits.)

In order to register from the RecTrac Activity Search page, you will need to either log in with an account you created or create an account (see login details in the Activity Search description). If you are already registered in the RecTrac system (You probably are if you've registered for something at either Senior Center.) and you haven't used WebTrac before, the initial password is the phone number you used to register. If you need help, call either the Passmore Center at 919-245-2015 or the Seymour Center at 919-968-2070.

Soltys Adult Day Health Program

An enriching day program for adults and seniors providing respite for family caregivers. The program 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:

Call: 919-245-2017 or Fax: 919-245-2018. Located adjacent to the Jerry M. Passmore Center, behind the Orange County SportsPlex at 105 Meadowlands Dr., Hillsborough, NC 27278.



LANGUAGE

Seymour Center in Chapel Hill at 919-968-2070 or CHICLE at 919-933-0398 or www.chi-cle.com. Fee waivers/reductions are available based on assessed financial need for all classes/programs for Orange County residents. Transportation Specialist available at both Centers: 919-717-1853. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Complete Beginner Spanish	Mon, Mar 2 – May 18 9 – 10 am	Seymour	919-933-0398	354014_07	See Description	\$60/month

This class is for complete beginners to learning Spanish. Class fee is \$60/ month (4 weeks). For more information, contact CHICLE at Chicle@chi-cle.com or call 919-933-0398. All registration and payments are handled through CHICLE. Min: 4/Max: 15.

American Sign Language III	Session I: Tue, Mar 3 - Apr 7 Session II: Tue, May 5 – Jun 9 3:30 – 4:30 pm	Passmore	919-245-2015	254049 03, 05	Tue, Feb 24; Apr 28	\$15.00
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During this class you will build your conversational skills within a variety of topics and mini-lessons. To participate in this class, American Sign Language II is a prerequisite. Instructor: Vicki Robertson. Min: 5/Max: 10.

American Sign Language I	Session I: Wed, Mar 4 – Apr 8 Session II: Wed, May 6 – Jun 10 3 – 5 pm	Passmore	919-245-2015	244044 02, 03	Wed, Feb 25; Apr 29	\$25.00
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During this class, you will be introduced to the language of the Deaf Community, Deaf culture, and communicating in a visual-gestural modality. Instructor: Vicki Robertson. Min: 3/Max: 10.

Advanced Spanish	Fri, Mar 6 – May 29 9:30 – 10:30 am	Seymour	919-933-0398	354014_04	See Description	\$60/month
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This class focuses on speaking and working out the nuances of self-expression in Spanish. Includes videos and aural comprehension exercises to help students sharpen their listening skills. Sessions are cumulative. The class fee is \$60/ month (4 weeks). For information, contact CHICLE at Chicle@chi-cle.com or call 919-933-0398. All registration and payments are handled through CHICLE. Min: 4/Max: 15.

Intermediate Spanish	Fri, Mar 6 – May 29 10:40 – 11:40 am	Seymour	919-933-0398	354014_05	See Description	\$60/month
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This class is for those who know present & future tenses & are ready to learn the use of "por" and "para;" the perfect tense; and the subjunctive mood. Students should know reflexive verbs and direct/indirect pronouns. Sessions are cumulative. For more information, contact CHICLE at Chicle@chi-cle.com or call 919-933-0398. All registration and payments are handled through CHICLE. Min: 4/Max: 15.

Beginner Spanish	Fri, Mar 6 – May 29 11:50 am – 12:50 pm	Seymour	919-933-0398	354014_06	See Description	\$60/month
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For those who already know the basics of Spanish (daily vocabulary and regular verbs). Sessions are cumulative. Class fee is \$60/ month (4 weeks). For more information, contact CHICLE at Chicle@chi-cle.com or call 919-933-0398. All registration and payments are handled through CHICLE. Min: 4/Max: 15.



CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
American Sign Language II	Session I: Mon, Mar 9 – Apr 13 Session II: Mon, May 4 – Jun 22 (No class May 25 & Jun 15) 5 – 7 pm	Passmore	919-245-2015	214027 03, 05	Mon, Feb 23; Apr 27	\$25.00

For participants who have completed American Sign Language I. Participants will expand their expressive and receptive visual language skills as they learn basic ASL sentence structures. Instructor: Vicki Robertson. Min: 5/Max: 10.

Joyful Chinese: Beginner Mandarin Class for Seniors	Fridays 1:30 – 2:30pm	Seymour	919-968-2070	327002 12, 13, 15	Fri, Mar 6; Apr 3; May 1	Fee: \$10/ week (4 weeks/ month)
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Are you curious about the Chinese language and culture? Join our “Joyful Chinese” class, specially designed for seniors who want to learn Mandarin in a fun, friendly, and relaxed environment all under the guidance of a certified international Chinese language teacher. Whether you're learning for travel, communication, or simply for fun, this course is a wonderful way to begin your Chinese language journey! For more information, contact cerelia612@gmail.com. Min: 4/Max: 10.

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Are you interested in *where* and *how* new development happens?

Do you care about Orange County’s environmental resources and where and how they are preserved?

Help to help guide the future of Orange County!



LEARN MORE, PARTICIPATE & RECEIVE UPDATES!



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ORGANIZATIONS & CLUB MEETINGS

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Triangle Collectors Club	Mon, Mar 2; Apr 6; May 4 12 – 1:30 pm	Passmore	919-245-2015	257082_03	Not Required	FREE

Are you a collector? Do you enjoy sharing your collection with others? Are you interested in learning about other people's collections? Then this club is for you! We meet the first Monday of the month and take turns telling the group about some of our favorite pieces in our collections. Contact Neal126@yahoo.com for more information. Min: 15/Max: 25.

Seymour Friends Travel Club	Tue, Mar 3; Apr 7; May 5 5 – 7 pm	Seymour	919-968-2070	313113_17	Contact Instructor	FREE
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The first Tuesday of each month, the Seymour Friends will host a Travel Club for those interested in upcoming travel opportunities or who have ideas to contribute for future of overnight trips. For more information contact seymourfriendstravel@gmail.com

The Travel Tribe at Passmore Center (Passmore Center Travel Club)	Tue, Mar 3 5:30 pm	Passmore	919-245-2015	258002_03	Tue, Feb 24	FREE
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This club meets to learn about forthcoming travel opportunities offered through the Friends of Passmore Center, discuss ideas on future domestic and international travel, share travel tips, international culinary experiences, and meet others who enjoy traveling. The club will launch its first gathering at 5:30 pm on Tuesday, March 3, 2026, at the Passmore Center. Join us and meet new travel friends. There will be a presentation at 6:30 pm on the 2026 Iceland Adventure and preview of 2027 travel. Please mark your calendars for an enjoyable evening of travel! For more information or travel questions, Contact: Barb Guidos PassmoreFriendsTravel1@gmail.com

Tell Me a Story	Tue, Mar 10, 24 Apr 14, 28; May 12, 26 1:30 – 3 pm	Passmore	919-245-2015	257002_03	Not Required	FREE
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Write essays about moments or events in your life to create wonderful memories for your family. At the next session you can read it aloud for all to enjoy or ask for private input. Dr. Michael Joseph will lead the group. Min: 2/Max: 12.

NC Central University Alumni Association	Mon, Mar 16; Apr 20; May 18 6 – 8 pm	Seymour	919-968-2070	357130_03	Not Required	FREE
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All NCCU Alumni are invited to join on the 3rd Monday of each month. Keep informed about ongoing community projects, scholarships for students, and other Alumni updates. For information contact James Harris harris4100@aol.com

Page Turners Book Club	Fri, Mar 20; Apr 17; May 15 10 – 11 am	Seymour	919-245-2026	357001_16	Fri, Mar 13; Apr 10; May 15	FREE
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Orange County Public Library hosts a book club at Seymour every 3rd Friday of the month. The OC Library and the Chapel Hill Public Library own the books in different formats. Contact Maureen Socha at msocha@orangecountync.gov or 919-245-2537. Min: 3/Max: 12.

State Employees of NC Association	Tue, Mar 24; Apr 28; May 26 10 am – 12 noon	Passmore	919-245-2015	257010_03	Not Required	FREE
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State employees are invited to join. Keep informed about state benefits and other changes that may take place. Contact Phyllis C. Fearrington at 919-929-2284.

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ORGANIZATIONS & CLUB MEETINGS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Book Club	Wed, Mar 25; Apr 22; May 27 10:30 am – 12 pm	Passmore	919-245-2015	258000_03	Wed, Mar 18; Apr 15; May 20	FREE

Book clubs are the perfect way to keep reading, talk about what you read, and make new friends. Mar 25 - *By Any Other Name* by Judy Picolt. April 22 - *I Seek A Kind Person* by Julian Borger. May 27 - *Prophet Song* by Paul Linch. Check for the book selections through your local library, book app, or local bookstore.

Solo Agers Book Club	Wed, Mar 25; Apr 22; May 27 3 – 4 pm	Seymour	919-968-2070	324843_45	Tue Mar 24; Apr 21; May 26	FREE
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Join the monthly book club to read, share, and socialize with other solo agers! Meets on the 4th Wed of the month before Solo Agers Interest Group. Min: 3/Max: 24.

Triangle Weaver's Guild	Thu, Mar 26; Apr 23 6:30 – 8:30 pm	Seymour	919-968-2070	357604 08, 09	Not Required	FREE
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Guild meetings are held either at the Seymour Center in Chapel Hill or at the Triangle Fiber Arts Center in Durham. Most meetings begin with a brief "show-and-tell" and are planned to educate, inspire, and create interest in fiber-related topics. Members often come early to visit and exchange materials. Guests are welcome.

Chapel Hill Camera Club	Sat, Mar 28 11 am – 1 pm	Seymour	919-968-2070	358000_06	Not Required	FREE
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Interest group for photographers doing nature photography including animals, flowers, landscapes and digital imaging. Now meets quarterly in person! This meeting session will focus on "Night Photography" planning, equipment needed, settings, simple post processing, and steps to create star trails with 3 top Camera Club instructors. Group contact: Mark Herboth, mlherboth@gmail.com. Min: 10/Max: 80.

Investor's Coffee Club	Tue, Mar 31; Apr 28; May 26 9 – 10 am	Seymour	919-968-2070	314058_50	Not Required	FREE
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Find answers to common investing questions and learn tips and tricks from other investors over a cup of coffee. Hosted by Edward Jones Financial on the last Tuesday of each month. Min: 3/Max: 20.

Adultos Mayores Activos / Spanish Social Club	Tue & Thu 9 am – 1 pm	Seymour	919-968-2070	357151_07	Not Required	FREE
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Acompáñenos los jueves de 9 am – 1 pm para una variedad de actividades ofrecidas en español. Este grupo ofrece la oportunidad de socializar con adultos mayores, hacer ejercicio y aprender algo nuevo. Un día típico incluye pláticas sobre temas de salud, y tiempo para socializar, relajarse y aprender una nueva habilidad. Min: 6/Max: 24.

Charlie Social Club 社交英文班	Wednesdays 10 – 11 am	Seymour	919-245-4275	354050_16	Not Required	FREE
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Come and join this conversation club started by Charlie Tsui. You can make friends, practice English and Chinese, and of course, have a lot of fun! 这是专为华裔老人准备的社交英文班 您可以在我们中英双语老师的带领下，练习基本的英语口语和会话，学习英文单词和表达。

Mandarin Conversation Club	Thursdays 11:15 am – 12:45 pm	Seymour	919-968-2070	354041_15	Not Required	FREE
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Join this group of lifelong learners on Thursdays to practice beginner and intermediate skill levels of Mandarin language. Registration not required. For information or questions, contact Kim McNeary at kimmcneary@earthlink.net

Español sin Fronteras	Fridays 10 – 11:30 am	Passmore	919-245-2015	257077_03	Not Required	FREE
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A group for Spanish-speaking older adults to gather for activities and socializing in Spanish. This is not a Spanish class. Este es un grupo para hispanohablantes donde nos reuniremos para hacer actividades en Español. Ofreceremos clases, actividades, y la oportunidad de socializar con otros adultos mayores que hablan Español. Esto no es una clase de Español.

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PERFORMING ARTS

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
New to Ukulele Workshop	Mon, Feb 16, Mar 16 or May 20 5:30 – 6:15 pm	Passmore	919-245-2015	213054 13, 14, 15	Mon, Mar 9; Apr 13	FREE
	Fri, Mar 13; Apr 24 or May 22 11:30 am – 12:30 pm			213054 03, 04, 05	Fri, Mar 6; Apr 17; May 15	

Whether you are new to ukulele or have previous experience, this workshop will allow you to get a feel for the instrument and instructor before an upcoming class. It is a great time to ask all your questions and find out where to buy or borrow an instrument. *This workshop is required for new students before registering for a class. Instructor: Mickey Reed. Min: 5/Max: 12.

Beginning Ukulele Class-Evening	Session I: Mon, Mar 2 – 23	Passmore	919-245-2015	254084 03, 04, 05	Mon, Feb 23; Mar 23; Apr 27	\$50.00
	Session II: Mon, Mar 30 – Apr 27 (No class Apr 13)					
	Session III: Mon, May 4 – Jun 1 (No class May 25)					
	6:30 – 7:30 pm					

The ukulele is easy to learn and fun to play. Mickey Reed is the self-proclaimed Ukulele Lady of NC and has launched over 500 people up and down the East Coast in ukulele playing. You will learn simple songs in the key of C, G, D, A, and F. The cord may be repeated until you are comfortable with changing chords smoothly in those keys. Min: 4/Max: 10.

Argentine Tango Lessons	Mon, Mar 2 – May 18 6:30 – 8:30 pm	Seymour	919-968-2070	354029_12	Not Required	FREE
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Explore the basic concepts of the Argentine Tango, the most popular "it takes two" dance. Dance lessons are open to drop-ins of all ages! Come with a friend or alone and enjoy the benefits of social dancing for the body and the mind! Dance shoes optional. Instructors: David & Libby Parins. Min: 4/Max: 30.

Waltz Plus	Mon, Mar 2; Apr 6; May 4 7:30 – 8:45 pm	Seymour	919-968-2070	353006_14	Contact Instructor	FREE
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Come waltz to beautiful live music by the group Scandimonium on the 1st Mondays of the month. We will occasionally do a hambo and schottis/swing. No partner is necessary. For more information and questions, contact Katherine Polk at 919-967-4967 or katherine.polk@unc.edu. Min: 8/Max: 30.

Ukulele Lessons - Chorders	Session I: Tue, Mar 3 – 24	Passmore	919-245-2015	254072 03, 04, 05	Tue, Feb 24; Mar 24; Apr 28	\$50.00
	Session II: Tue, Mar 31 – Apr 28 (No class Apr 14)					
	Session III: Tue, May 5 – 26					
	9 – 10 am					

The ukulele is easy to learn and fun to play. Mickey Reed is the self-proclaimed Ukulele Lady of NC and has launched over 500 people up and down the East Coast in ukulele playing. You will learn simple songs in the key of C, G, D, A, and F. The cord may be repeated until you are comfortable with changing chords smoothly in those keys. Min: 3/Max: 12.



PERFORMING ARTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Ukulele Lessons - Strummers	Session I: Tue, Mar 3 – 24	Passmore	919-245-2015	254071 03, 04, 05	Tue, Feb 24; Mar 24; Apr 28	\$50.00
	Session II: Tue, Mar 31 – Apr 28 (No class Apr 14)					
	Session III: Tue, May 5 – 26					
	10:15 – 11:15 am					

You will learn rhythmic strumming patterns to add musicality to your playing. Students will bring their favorite songs to class to learn. This class can be repeated as many times as you need to become comfortable with strumming patterns. *Pre-requisites: Should be comfortable changing cords smoothly in keys of C, G, D, A, and F. Instructor: Mickey Reed. Min: 3/Max: 12.

Ukulele Lessons - Intermediate	Session I: Tue, Mar 3 – 24	Passmore	919-245-2015	254073 03, 04, 05	Tue, Feb 24; Mar 24; Apr 28	\$50.00
	Session II: Tue, Mar 31 – Apr 28 (No class Apr 14)					
	Session III: Tue, May 5 – 26					
	11:30 am – 12:30 pm					

This class performs in the community. It covers advanced chords, embellishments and various playing styles, jam etiquette, playing in parts, finger picking, and reading tablature. *Pre-requisites: should be able to maintain at least 3 different strumming patterns in a group song session. Instructor: Mickey Reed. Min: 3/Max: 18.

Scottish Country Dancing	Thu, Mar 5 – May 28 7:30 – 8:45 pm	Seymour	919-968-2070	353033_02	Contact Instructor	FREE
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Come learn the social dance which originated in Scotland but is now enjoyed by people around the world! This vigorous dance form exercises the body and mind to the Scottish traditional music. Small groups of coupled dancers learn a sequence of figures and can change partners with each new dance. You don't need to bring a partner, just wear shoes with soft soles that allow for easy movement! For questions, contact Pam Stephens at pamvictor1@att.net Min: 6/Max: 20.

NC Chinese Arts Ensemble	Sat, Mar 7 & 21; Apr 4 & 18; May 2 & 16 9 am – 12:45 pm	Seymour	919-968-2070	313069_31	Not Required	FREE
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North Carolina Chinese Arts Ensemble (NCCA) is a nonprofit art performance group that regularly sings or dances at community events. The group meets to practice every first and third Saturday of the month.

20th Century Film Musical with Primetime Players	Wed, May 13 2 pm	Passmore	919-245-2015	223019_04	Wed, May 6	FREE
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Enjoy this lively musical with music from 20th Century films. Donations encouraged for the Friends of the Passmore Center to help support programs. Min: 20/Max: 100.

St. Patrick's Day Concert	Mon, Mar 16 6:30 – 8:30 pm	Seymour	919-968-2070	313058_20	Mon, Mar 9	FREE
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Celebrate St. Patrick's Day with a lively concert featuring a dynamic live band playing traditional Irish tunes and festive favorites. Enjoy an evening filled with vibrant music, spirited energy, and the joyful charm of Ireland. Min: 20/Max: 80.

Piano Lessons	Mondays & Thursdays 12 – 2:30 pm	Seymour	919-968-2070	333050 39, 41, 42	By Appointment	See Description
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Individual piano lessons for all experience levels. Lessons focus on steady progress and enjoyable learning. No experience is required — beginners and returning students are welcome! Instructor: Tugba Weisert. Fees: \$35 for 30-minute lessons, \$50 for 45 minutes, and \$60 for 1 hour.

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PERFORMING ARTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Line Dance - Beginners Plus	Mondays 1 – 2:30 pm	Passmore	919-245-2015	254001_03	Not Required	FREE

Join this Beginners Plus class as you continue to learn the line dance steps from the basic class while getting a great workout. If you are new to line dance, refer to the Basic Beginners class description. Instructor: Becky Walker. Min: 10/Max: 40.

Singing and Talent Development Group with Musical Accompaniment	Mondays 1 pm	Passmore	919-245-2015	254082_03	Ongoing	FREE
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This is a singing group for fun and practice. Piano accompaniment and possibly some instruments from time to time. Open to all skill levels. Various styles and genres of music. Will sing to improve our singing skills in a casual, supportive atmosphere. Might do some performances once we have an adequate repertoire. Min: 5 Max: 20.

Clogging	Mondays 5:30 – 8 pm	Passmore	919-245-2015	254004_03	See Description	FREE
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Come join the Apple Chill Cloggers, a dance group that has been in existence 49 years that is dedicated to the preservation and enjoyment of traditional clogging. We perform locally, statewide and internationally! New participants welcome and reach out to joanilev@earthlink.net for details about instruction. 5:30 – 6:10 pm is new student instruction.

Ballroom Dance Drop Ins	Mondays 7:30 – 8:45 pm	Seymour	919-968-2070	353006_03	Not Required	FREE
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The Seymour Center Great Hall is reserved for ballroom dance practice drop-ins on Monday evenings this fall! A live band will be here on the first Monday of each month for Waltz Plus! All other Monday evening sessions you can bring your own music and use the time and space to practice and exercise with other social dancers.

Tap Dance - Beginner	Tuesdays 9 – 10 am	Passmore	919-245-2015	254007_03	Tue, Feb 24	FREE
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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: CJ Regnerus. Min: 2/Max: 10.

Dance Your Way to Fitness: Chinese Classic Dance Class 中国经典舞蹈班：舞动欢乐! (Bilingual Class)	Tuesdays 10 – 11:45 am	Seymour	919-968-2070	354045 20, 21	Not Required	FREE
	Thursdays 9:45 – 11 am					

Discover the joy of movement in our vibrant Chinese classic dance class! Enjoy a great workout while learning beautiful dance moves. Language is not a barrier, everyone is welcome! Under the expert guidance of Instructor Chaoyang Yin, you'll explore a variety of captivating classical and ethnic dances. 一起来，一边跳舞，一边锻炼身体吧！老师会教各种古典舞和民族舞。

Hong Yan Chinese Choir 鸿雁华人合唱团	Tue & Fri 10 – 11 am	Seymour	919-968-2070	354051_31	Not Required	FREE
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Singing is one of the most wonderful and beautiful things in the world! Our Chinese older adults meet on Tuesdays and Fridays to enjoy popular songs. You are welcome to sit in and sing along. Come to share their joy and happiness! Language is not a barrier. Min: 5/Max: 50. 唱歌是世界上最美妙的事情之一。欢迎参加我们的合唱团，起学唱经典和流行的歌曲，中文歌和英文歌都有。



PERFORMING ARTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Line Dance - Basic Beginner	Tuesdays 10 – 11 am	Passmore	919-245-2015	254062_03	Not Required	FREE

This is the perfect class if you are brand new to line dancing. The basic line dance steps will be taught to get you ready to join the Beginners Plus line dance class. Instructor: Becky Walker. Min: 10/Max: 70.

Tap Dance - Intermediate	Tuesdays 10 – 11 am	Passmore	919-245-2015	254059_03	Tue, Feb 24	FREE
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This group digs deeper into the tap experience with more complicated steps and choreography. Instructor: Bruce Gillooly, who has been dancing for 70 years! Min: 3/Max: 12.

Line Dance- Intermediate	Tuesdays 1 – 3:30 pm	Passmore	919-245-2015	254068 03, 04, 05	Tue, Feb 24; Mar 31; Apr 28	\$20.00
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If you are an experienced line dancer, having mastered both beginner and improver levels, this class is for you! Popular current (and classic) dances are taught along with technique to make your dancing easier and seamless! Instructor: Bonnie Mathews. Min: 2/Max: 12.

Village Revue – Rehearsals	Tuesdays 1:30 – 3:30 pm	Seymour	919-968-2070	357000_26	Not Required	FREE
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Are you someone who enjoys singing, playing instruments, and/or making others happy? The group began about the time the Orange County Department on Aging was formed over 43 years ago. We perform at assisted living centers, in nursing homes, and for any senior group who would like us to entertain. Contact Jane Underhill for questions at underhilljane@gmail.com. Min: 5/Max: 20.

Round Dance	Tuesdays 4 – 6 pm	Seymour	919-968-2070	354246_16	Contact Instructor	FREE
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Learn international ballroom dance steps in a casual teaching environment. You will be taught choreographed dancing, also known as round dancing, with the aid of a cue. Come with a partner and start a lifelong hobby. Instructor: Barbara Bibb. Min: 10/Max: 30.

Song Swap	Tuesdays 4 – 5:30 pm	Seymour	919-968-2070	353017_21	Not Required	FREE
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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. For additional information, please email group leader, Alice Taylor, at atao47@gmail.com. Min: 4/Max: 20.

Passmore Singing Group	Wednesdays 12:30 – 1:30 pm	Passmore	919-245-2015	251023_03	Not Required	FREE
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If you enjoy singing and socializing, you will like this group. We sing for fun and health, both mental and physical. Choose your favorite songs and we will sing together. For more information, contact Ruth at 919-967-6687 or Jan at 919-360-5478. Min: 3/Max: 12.

Asian Dance for Active Adults (Bilingual Class)	Wednesdays 7:15 – 8:30 pm	Seymour	919-968-2070	354103_17	Contact Instructor	FREE
	Saturdays 10:30 – 12 noon					

Chinese Dance, also known as Asian Dance, is famous for its variety. This class will tailor different Chinese dance movements to meet active adults' needs. With relatively slow speed, people can enjoy the grace of Chinese dance accompanied by Chinese music and songs. For more information, please contact Hui Di at hui.di@jmp.com. Min: 10/Max: 30.



PERFORMING ARTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Intro to Round Dance	Thursdays 1 – 3 pm	Seymour	919-968-2070	354246_17	Contact Instructor	FREE

Interested in ballroom dancing, but not sure where to start? Join us to learn the choreographed dancing known as round dancing in a casual teaching environment. Come with a partner and start a lifelong hobby. This class is targeted for beginners. No experience is necessary. Instructor: Barbara Bibb. Min: 10/Max: 30.

Line Dance - High Level Beginners	Thursdays 1 – 2:30 pm	Passmore	919-245-2015	254006_03	Not Required	FREE
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This class is for more experienced line dancers. You will improve your memory & get the benefits of exercising while having fun. Instructor: Becky Walker. Min: 5/Max: 40.

Line Dance - Extra Help	Thursdays 2:45 – 3:45 pm	Passmore	919-245-2015	254074_03	Thu, Feb 26	FREE
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This class is for dancers who might need a little extra help with certain steps or dances. Join this smaller group for more individual instruction. Instructors: Janet Nelson and CJ Regnerus. Min: 4/Max: 8.

Passmore Folk and Bluegrass Group	Thursdays 3 – 5 pm	Passmore	919-245-2015	258010_01	See Description	FREE
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This is a group of experienced musicians who have a particular love for folk and bluegrass music. This program does not offer instruction, but rather the opportunity for more seasoned players in the genre to gather and perform. Interested participants, please email Mike Strub at raindancefarm@gmail.com. Min: 5/Max: 10.

Golden Age Karaoke 黃金年華卡拉OK (Mandarin speakers)	Fridays 11 am – 12 pm	Seymour	919-968-2070	351025_11	Not Required	FREE
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Join us for a joyful karaoke event at the Senior Center! Share your love of music, sing your favorite songs, and connect with friends in a warm and supportive environment. All skill levels are welcome! Let's make some wonderful musical memories together. 加入我們, 在長者中心同樂唱卡拉OK! 分享你對音樂的熱愛, 唱你最喜歡的歌, 在溫馨和支持的環境中結識新朋友。歡迎所有程度的愛好者! 讓我們一起創造美好的音樂回憶吧!

Seymour Folk Dance Fridays	Fridays 11 am – 12:50 pm	Seymour	919-968-2070	343026_09	Not Required	FREE
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Engage and connect at our replica of a taverna, kafana, or wedding as we celebrate folk dances from around the globe! Comprised primarily of circle and chain line dances, this class requires no prior dance experience. Instructors provide learning resources, music, and basic footwork. You provide the brain, heart, and feet! Instructors: Sally & Mark McIntee. Min: 5/Max: 40.

Chinese Folk Dance 中国民间舞蹈 (Bilingual Class)	Saturdays 9:15 – 11:45 am	Seymour	919-968-2070	354103_11	Not Required	FREE
	Tuesdays 7 – 9 pm					

This fun, low-impact fusion dance class offers an effective and creative way to learn Chinese folk dance. While the primary focus is on classical and ethnic Chinese folk dances, the class also incorporates Latin dance techniques. Dance to popular Chinese and international songs. Instructor: Julie Gu. 这是一节有趣的、低强度的舞蹈课, 提供了一个有效且有创意的方式来学习中国民间舞蹈。虽然这门课主要集中于经典和民族的中国民间舞蹈, 但也融合了拉丁舞技巧。



SENIORS ON THE ROAD

Local Day Trips & Saturday Getaways

Trip Registration – Please Read Carefully: You may register yourself, and ONE other person. Payment is due at the time of registration either online or at either center’s front desk. NOTE: Mandatory 3% fee on all credit and debit card payments. Please inquire regarding accessibility for assistive walking devices. Refunds will be made only if you cancel your enrollment 7 business days before the trip departs. If the minimum number of people is not met, the trip will be cancelled and refunds issued. **Please arrive 30 minutes before scheduled trip departure. Meals are on your own unless otherwise stated.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Temple Theater-Parton Me! Celebrating Dolly	Thu, Mar 5 10 am – Passmore pick up 10:30 am – Seymour pick up	Sanford, NC	919-245-2015	256000_02	Thu, Feb 19	\$35.00

Katie Deal will be taking you on a musical adventure of Dolly Parton through the years. We will enjoy lunch before the 2 pm show. Fee is for ticket only. Please bring money for lunch. Min: 12/Max: 27.

Trip to Duke Gardens	Tue, Mar 17 9 – 1 pm	Durham, NC	919-968-2070	336020_10	Tue, Mar 10	FREE
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Join us for a beautiful spring outing to Sarah P. Duke Gardens as the cherry blossoms reach their peak! Enjoy a peaceful stroll through the gardens, take in the breathtaking blooms, and soak up the fresh spring air. This gentle, scenic trip is perfect for photography, relaxation, and simply appreciating nature’s beauty. Min: 5/Max: 13.

Day of Golf: Putt Putt or Driving Range	Tue, April 7 10 am – Seymour pick up 10:30 am – Passmore pick up	Haw River, NC	919-245-2015	256000_04	Tue, Mar 31	\$6.00- \$12.00
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Your choice of putt putt or driving range at Randy’s Golf Center and Range! We will be picking up at Seymour at 10 am followed by Passmore at 10:30 am for a short ride to Haw River. Golfing senior discount applied. Fee payable at range. Lunch is not included in the cost, but we will be eating locally on our return. Min: 8/Max: 12.

Charleston & Savannah	April 13 –16	Charleston, SC & Savannah, GA	919-968-2070	N/A	N/A	See Description
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The Friends of the Seymour Center are hosting a trip to Charleston and Savannah, South Carolina. \$949 – double. For travel information, send an email to: seymourfriendstravel@gmail.com. The Seymour Friends Travel Group also meets on the first Tuesday of each month from 5 - 7 pm to provide updates on travel opportunities, as well as meet potential travel friends.

Playmaker’s Theater Matinee	Wed, Apr 15 9:30 am – Passmore pick up 10 am – Seymour pick up	Playmaker’s Theater, Chapel Hill	919-968-2070	336020_07	Thu, Jan 29	\$10.00
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Join us for a matinee performance of Steel Magnolias at Playmaker’s Theater. Pull up a chair as six sassy southern spitfires spill the sweet tea in their weekly beauty salon ritual. You’ll laugh and cry in this celebration of love, loss, and the fierce friendships that see us through. Matinee showtime is at 10:30 am. Min: 13/Max: 27.

Gone Fishing	Sat, May 9 8:30 am – Passmore pick up 9 am – Seymour pick up	Falls Lake, Raleigh, NC	919-245-2026	336020_09	Sat, May 2	FREE
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Spend a peaceful afternoon enjoying nature on our group fishing outing. We’ll provide the gear, good company, and a beautiful spot to cast your line. This is a wonderful chance to unwind, socialize, and maybe even reel in a great catch! No previous fishing experience needed. Min: 6/Max: 13.

Spring Haven Farm	Thu, May 14 9:30 am – Seymour pick up 10 am – Passmore pick up	Chapel Hill, NC	919-245-2015	256000_05	Thu, Apr 30	\$14.00
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Enjoy a morning of the farm life animal encounters and hands on fun. Spring Haven Farm works to build connections with animals and deepen understanding of agriculture and farm life. Dress comfortably for close experiences with animals and be prepared for some uneven surfaces. We will enjoy a late lunch after the farm experience. Min: 12/Max: 27.



SENIORS ON THE ROAD, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
The Ark Encounter, Creation Museum & Louisville	June 15 – 18	Kentucky	919-245-2020	N/A	N/A	See Description
Alaskan Cruise	Sep 12 – 20	Alaska	919-245-2020	N/A	N/A	See Description
Portugal River Cruise	Oct 6 – 13	Lisbon, Porto and Douro	919-968-2070	N/A	N/A	See Description
Iceland's Magical Northern Lights Discovery	Nov 1 – 7	Iceland	919-245-2015	N/A	Sat, May 2	See Description

➔ The Orange County Department on Aging presents a trip to Kentucky where you will experience celebrated attractions including the Ark Encounter, Creation Museum, and the vibrant city of Louisville! Scheduled for June 15–18, 2026, this motorcoach tour offers travelers an immersive blend of history, culture, entertainment, and fellowship. For more information, please see The Ark Encounter, Creation Museum & Louisville article on page 7.

➔ Orange County Department on Aging will depart for a 9 day/8 night trip and Alaskan Cruise aboard Royal Caribbean's "Serenade of the Seas." From breathtaking ocean coasts to majestic mountain peaks and the wilderness in between, Alaska is a land of natural wonders. We will spend the first night in a hotel in Vancouver, BC, and the next morning depart for a guided tour of the city before arriving at the cruise pier.

➔ The Friends of the Seymour Center are hosting a trip to Portugal: Lisbon, Porto and Douro River Cruise. \$4399 – double. For travel information, send an email to: seymourfriendstravel@gmail.com. The Seymour Friends Travel Group also meets on the first Tuesday of each month from 5–7 pm to provide updates on travel opportunities, as well as meet potential travel friends.

➔ The Friends of Passmore are hosting a trip to Iceland to see the Northern Lights. This 7 day trip highlights Reykjavik, Northern Lights Cruise, Thingvellir National Park, Lava Exhibition Center, Vik, Jokulsarlon Glacial Lagoon and Blue Lagoon. Our Iceland group tour includes transportation to and from RDU airport from the Centers, airfare, motor coach transportation in Iceland, baggage handling, hotel, 6 breakfasts/5 dinners, and experienced tour guide. More information and to register can be found at <https://gateway.gocollette.com/link/1373436>. Tour deposit is due May 2, 2026, so sign up soon. This trip is open to ages 18+.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟢 Virtual program ☁ Hybrid program ➔ Future programming 👥 Multi-lingual friendly program

Stay Connected

with **Orange County Department on Aging**

- Register for classes:
orangecountync.gov/OnlineRegistration
- facebook.com/OrangeCountyDepartmentOnAging
- orangecountync.gov/AgingVideos
- orangecountync.gov/Aging



Orange County Department on Aging
endless possibilities



SEYMOUR TECH

Technology classes are offered by Seymour Tech volunteers. For beginners, we offer **Windows PC Refresher** and **Introduction to Mac**. A loaner laptop PC can be provided during classes, but we strongly suggest you bring your own Windows laptop if you have one. When you enroll, please let the front desk know that you require a loaner PC. The loaner laptops must remain in the Seymour Tech lab. Students must bring their own equipment for all iPad, iPhone, Mac, Android phone and Android tablet in-person classes and clinics.

Each class has a deadline for enrolling. Register for In-Person Seymour Tech Lab classes by calling the Seymour Center at 919-968-2070. Please provide your email address for all in-person classes and clinics. Register for Virtual (Zoom) classes on our website: www.seymourtechcenter.org. Click the Enroll link at the bottom of the description for each Virtual class to get your Zoom link.

Each in-person class costs \$10. Pay at the front desk. These classes are limited to 8 students. In-person clinics and Zoom classes are free. Questions? Send an email to seymourtechcenter@gmail.com.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Intro to iPhone	Tue & Wed, Mar 10 & Mar 11 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_12	Fri, Mar 6	\$10.00

iPhone is an all-in-one tool for phone calls, email, text, photos, music, and videos. It is also a camera, e-book reader, internet browser, and gaming device. Learn about gestures, Control Center, Settings, Contacts, email, iCloud, the App Store, some useful third party apps, and how to get help from Apple. NOTE: We will NOT cover iPad in this class. Instructor: Glick Schultz. Min: 3/Max: 8.

Computer Clinic for PCs & Macs	Thu, Mar 12 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_11	Mon, Mar 9	FREE
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Free in-person clinic for PC or Mac users. When you call the Seymour Center Front Desk to register, PLEASE give them your email address. We'll send you an email to learn the questions you have. We'll reply with the specific time between 1 – 3 pm to meet with a volunteer. Bring your computer hardware, questions, power cords, passwords, etc. Min: 3/Max: 8.

Camera & Photos on iPhone	Wed, Mar 18 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_13	Fri, Mar 13	\$10.00
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iPhone has one of the best point-and-shoot cameras you'll find. In this class, you'll learn how to best use the camera and to make your pictures even better with the Photos app before you share them with friends and family. Instructor: Glick Schultz. Min: 3/Max: 8.

Windows PC Refresher	Tue, Wed & Thu, Mar 24, 25 & 26 1 – 3 pm	Seymour Tech Lab	919-968-2970	359006_18	Thu, Mar 19	\$10.00
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3-day PC computer class. Brush up on basic skills. We'll look at key Windows 10 & Windows 11 fundamentals, including Start screen plus folder and file organization. You'll look at word processing, comparing Microsoft Word and the free LibreOffice. We'll cover web browsers and choices for doing e-mail on your PC, and review how to setup wireless printers. Instructor: Dave Curtin. Min: 3/Max: 8.

Clinic for iPhone & iPad	Tue, Mar 31 1 – 3 pm	Seymour Tech Lab	919-968-2070	344079_12	Thu, Mar 26	FREE
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Free in-person clinic for iPad & iPhone. When you call the Seymour Center Front Desk to register, PLEASE give them your email address. We'll send you an email to learn the questions you have. We'll reply with the specific time between 1-3 pm to meet with a volunteer. Bring your hardware, questions, power cords, passwords, etc. Min: 3/Max: 8.

Intro to iPad	Wed & Thu, Apr 1 & 2 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_15	Fri, Mar 27	\$10.00
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iPads are great tools for email, text, photos, music and videos. They are also a camera, e-book reader, internet browser, and gaming device. You will learn how to set up and use your iPad as a general-purpose computer replacement. NOTE: Due to the differences in the software, we will NOT be covering iPhone in this class. Instructor: Glick Schultz. Min: 3/Max: 8.

Dementia friendly program Intergenerational program Project EngAGE Virtual program Hybrid program Future programming Multi-lingual friendly program



SEYMOUR TECH, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Windows 11	Fri, Apr 10 & Fri, Apr 17 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_14	Tue, Apr 7	\$10.00

In this 2-day class on consecutive Fridays, you will become more effective with Windows 11's features. We'll cover your Start screen and Desktop, organizing and finding folders and files, using the Windows Store, setting up security and backup, and many more features. Instructor: Prasad Imandi. Min: 3/Max: 8.

Google Docs & Google Drive	Mon & Tue, Apr 13 & 14 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_19	Thu, Apr 9	\$10.00
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2-day class. Google Docs is a free, easy-to-use Cloud app compatible with Word and great for creating, updating, downloading, and sharing documents. Google Drive is a safe place for your files in the Cloud. Your documents are organized in folders, accessible, and shared from any device. Please sign up for this class giving your Gmail/Google account. Instructor: Mike Gilliom. Min: 3/Max: 8.

Zoom: How to Participate and Host	Wed, Apr 22 1 – 3 pm	Virtual	See Description	N/A	Fri, Apr 17	FREE
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 Learn to attend Zoom meetings, and to set up and host your own Zoom meetings. This is a virtual class. To register, go to www.seymourtechcenter.org, find the description for this class and click the ENROLL bar to get a Zoom link. Your instructor will send you the Zoom link the day before class. Instructor: Dave Curtin. Min: 3/Max: 8.

Intro to Mac	Tue & Wed, May 5 & 6 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_20	Thu, Apr 30	\$10.00
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In this 2-day class, we will cover the basics of Mac hardware, the Desktop and Dock, Finder, LaunchPad, System Preference, iCloud, the App store, avoiding malware, using backup solutions, and keeping your software up to date. Bring your Mac, power cord, Apple ID, and all your passwords. Instructor: Glick Schultz. Min: 3/Max: 8.

Getting Organized with Folders & Files	Thu & Fri, May 7 & 8 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_17	Mon, May 4	\$10.00
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In this 2-day, in-person class you will learn how to organize your PC files and folders so you can find documents later. Course stresses fundamentals and has some homework exercises. Instructor: Steve Weiss. Min: 3/Max: 8.

Google Photos	Thu & Fri, May 14 & 15 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_16	Mon, May 11	\$10.00
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A 2-day class. Back up your photos and videos to the Cloud from any device. 15 GB of free Cloud storage. Edit your photos and videos, create albums, and share them. We will start with our Mobile devices; then switch to our computers during day 2. Give your Google/Gmail account when you call to register. Instructor: Mike Gilliom. Min: 3/Max: 8.

iCloud for Apple Users	Thu, May 21 1 – 3 pm	Seymour Tech Lab	919-968-2070	359006_22	Mon, May 18	\$10.00
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iCloud allows you to share information with all your Apple devices, friends and family, and back up your iPhone and iPad. Learn how iCloud can keep your info in sync and safe. Instructor: Glick Schultz. Min: 3/Max: 8.

 Dementia friendly program  Intergenerational program  Project EngAGE  Virtual program  Hybrid program  Future programming  Multi-lingual friendly program

Physical Therapy Clinics at the Seymour Centers

Are you in need of physical therapy? Has your healthcare provider prescribed it?

Physical therapy is available with the expert therapists from UNC Physical Therapy at the Seymour Center every Friday from 8 am to 12 pm. We accept private insurance and Medicare, making it easier for you to get the care you need.

To schedule an appointment, please call 919-732-6600 or contact the Seymour Center directly at 919-968-2070. Get back to feeling your best with our comprehensive physical therapy services.



SPECIAL EVENTS

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Spring EP Launch Party	Tue, Feb 17 9 – 10 am	Seymour	919-968-2070	313098_04	Not Required	FREE

Are you excited about events and programs offered in the Spring? Let's celebrate the start of the new year together with the Spring EP Launch Party! Gather all your friends and get excited for snacks, music, and getting organized to attend programs! Bring your own Endless Possibilities Magazine or pick one up at this event! This event will feature a RecTrac tutorial, with volunteers ready to assist Mandarin and Spanish Speakers. Can't wait to see you there!

Herb Gardening with a Smart Pot!	Tue, Mar 3 10:30 am	Passmore	919-245-2015	257014_03	Tue, Feb 24	FREE
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Grow your fresh herbs in a special pot which is easily placed on your porch or balcony table for easy reach. The pot is made of a geo-textile type fabric and allows the roots to breathe. This activity is offered thanks to a grant from the Hillsborough Garden Club. We will have spring selections such as lettuce, chives/parsley and a third option to complete your edible garden. You may also bring your own pot and herbs and gloves and join us. Min: 4/Max: 8.

Iceland Northern Lights Presentation	Tue, Mar 3 5:30 pm	Passmore	919-245-2015	256000_03	Tue, Feb 24	FREE
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If you have ever wanted to see the northern lights, this presentation is for you. The Friends of the Passmore Center are hosting a trip to Iceland for the fall of 2026. Representatives of the travel company will be here to present the itinerary of the trip and answer any questions. This meeting is a fantastic chance to connect with fellow travel enthusiasts, get details, and sign up. Trip details can also be seen on page 45. The Passmore Travel Club social will begin at 5:30 pm. The Iceland presentation will follow at 6:30 pm. Our travel representative will be available for questions on the Iceland Adventure until 8 pm. Min: 10/Max: 50.

LGBTQ+ Dinner and a Movie	Wed, Mar 3; May 6 5:30 – 8:30 pm	Seymour	919-245-2015	357103 64, 65	Tue, Mar 31; May 5	FREE
	Wed, Apr 1 5:30 – 8:30 pm	Passmore	919-968-2070	253067_03	Tue, Mar 2	

★ Join us for our monthly dinner & movie series! We will share good films, great company, & delicious potlucks! Each movie celebrates the joys, struggles, & journeys of the LGBTQ+ community. Registration is required. Dinner will be served at 5:30 pm. Co-hosted by Carolina Aging Alliance and the Project EngAGE LGBTQ Senior Resource Team. Min: 10/Max: 84.

American Western Film Classics	Wed, Mar 4, 18 10 am – 12 noon	Seymour	919-245-2026	343447_17	Not Required	FREE
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♥ Join Bill Birken on a ride into the West with some great American Western Classics! 3/4 – *Sergeant York* (1941); 3/18 – *Hangman's Knot* (1953).

Busy Body Ambassador's Table	Wed, Mar 4, 18; Apr 1, 15; May 6, 20 10 am – 12 noon	Passmore	919-245-2015	257071_03	Not Required	FREE
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Be in the know at Passmore! Stop by the Busy Body Table and learn what is happening at the Passmore Center. Find out about upcoming events and classes or take a tour of the center. The Busy Body Ambassadors will introduce you to others in the Center and help you get connected. Min: 4/Max: 50.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Senior Tarheel Legislature Table	Thu, Mar 5; Apr 2; May 7 9:30 – 11:30 am	Passmore	919-245-2015	251026_03	Not Required	FREE
	Wed, Mar 11; Apr 8; May 13 9:30 – 11:30 am	Seymour	919-968-2070	343000_03		

Our local Senior Tarheel Legislature representatives will be onsite with information about what is happening in NC government and how older adults can get involved in advocacy efforts. They will be in the Seymour Center lobby the 2nd Wednesday of each month.

Black Cinema Series	Thu, Mar 5; Apr 2; May 7 3 – 5 pm	Seymour	919-968-2070	353104_18	Not Required	FREE
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♥ Join us for a powerful and enriching film series celebrating the voices, stories, and contributions of Black filmmakers, actors, and communities. 3/5 *Hidden Figures* (2016), 4/2 *The Supremes at Earl's All You Can Eat* (2024), 5/7 *Shirley* (2024). Min: 12/Max: 80.

Lantern Festival Delight: Making Colorful and Mahjong Yuanziao 元宵课程：五 彩元宵与麻将 元宵》	Fri, Mar 6 & 13 2 – 3:30 pm	Seymour	919-968-2070	333347_01	Fri, Feb 27	\$10.00
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Yuanxiao has a history of over 2,000 years and symbolizes family reunion and happiness. This course is divided into two sessions: the first session introduces the tradition of yuanxiao and teaches how to make colorful tangyuan; the second session focuses on crafting tangyuan in the shape of Mahjong tiles. The course fee covers the cost of all materials, including glutinous rice flour, fruit and vegetable powder. 元宵又名“汤圆”，已有两千多年历史，象征团圆美满。课程分两节，第一节元宵介绍，学习制作五彩元宵；第二节学习麻将造型元宵的制作技巧。课程费用10美元。包含材料费（糯米粉、果蔬粉等）

Classic Film Series	Sun, Mar 8; Apr 19; May 3 2 pm	Passmore	919-245-2015	257054 03, 04, 05	Wed, Mar 4; Apr 15; Apr 29	FREE
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♥ Join our Classic Film Series, led by Gail and Michael Corrado, which includes viewing the film and an open discussion afterward. 3/8: *Au Hazard Balthazar*; 4/19: *Taxi Driver*; 5/3: *Gospel According to St. Matthew*. Min: 20/Max: 80.

Billiards Demonstration	Tue, Mar 10 10 am	Passmore	919-245-2015	251005_04	Tue, Mar 3	FREE
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Want to learn how to play billiards? Maybe learn some new skills and basics in preparation for Senior Games? Join us as an observer to an exhibitor's billiard game as our instructors share skills, rules of the game and strategies. Min: 5/Max: 15.

Pantry to Pantry	Tue, Mar 10; Apr 14; May 12 10 am – 4 pm	Seymour	919-968-2070	323124_08	Not Required	FREE
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Be a part of something great! Help your peers through a food share program. Gather unexpired food from your cabinets and pantries to share. Drop the items off at the Seymour Center by the 1st Friday of the month. Food will be shared on the 2nd Tuesday of the month. A list for food suggestions is available at the front desk, although anything you share will be appreciated!



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Animal Services Information Table	Wed, Mar 11; Apr 8; May 13 10 am – 12 noon	Passmore	919-245-2015	243105_03	Not Required	FREE
	Wed, Mar 18; Apr 15; May 20 10 am – 12 noon	Seymour	919-968-2070	359088_14		

Orange County Animal Services will visit once a month to share information about pet ownership, adoption specials and fun events coming up for the county.

Flicks at Passmore: Easter Parade	Wed, Mar 11 2 pm	Passmore	919-245-2015	253015_03	Wed, Mar 4	FREE
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Easter Parade is a romance musical film worth watching. With the dancing of Gene Kelly coupled with Judy Garland's singing, it is sure to be a pleasure to watch! PG. Min: 3/Max: 40. For more information got to www.commonssensemedia.com

Spanish Cinema at Seymour Cine español en Seymour	Thu, Mar 12; Apr 9 (No film May 14) 1 – 3 pm	Seymour	919-245-2026	353010_22	Not Required	FREE
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The Spanish Social Club will host a movie in Spanish on the 2nd Thursday of the month. Join them for films of their selection. Understanding of the language would be helpful, as English subtitles may not always be available. El segundo jueves de cada mes a la 1 pm. Ven y disfruta de grandes y entretenidas películas en español en un ambiente agradable y cómodo en el Seymour Center. Min: 5/Max: 75.

Spring Blooms vs. Flu & Pollen Allergies? —Let Essential Oils Kickstart Your Spring Journey 春暖花开VS流感、花粉过敏? ——让精油来帮你开启春天的旅行	Thu, Mar 12 1 – 3 pm	Seymour	919-968-2070	332004_03	Thu, Mar 5	\$25.00
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Spring flu and recurring rhinitis strike like an annual curse, leaving us miserable. Starting now, harness the power of essential oils to break this spell and embrace spring without fear! This lecture will introduce essential oils and blends effective against flu and common respiratory issues like rhinitis. Attendees will receive complimentary handmade essential oil lip balm or nasal balm. Min: 4/Max: 20. 春季流感、鼻炎反复，宛如一道魔咒年来袭，让人苦不堪言。从现在起，你可以借助精油的力量击退这道魔咒，让你从此不再畏惧春天！本讲座将介绍一些可以有效对抗流感、缓解鼻炎等呼吸道常见问题的精油及配方，并随课赠送一只精油唇膏或鼻炎膏。

Pi(e) Day	Fri, Mar 13 12:30 – 1:30 pm	Passmore	919-245-2015	223076_04	Fri, Mar 6	FREE
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♥ Celebrate Pi Day by enjoying pie with friends. Min: 5/Max: 20.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Efland Egg Hunt	Sat, Mar 14 11 am – 1 pm	Efland Cheeks Community Center	919-245-2015	320001_05	Sat, Mar 7	FREE

↔★ Let's hop to it! Join us at the Efland Cheeks Community Center for springtime fun as we play games and enjoy lunch, and the best part of it all, take part in the Easter Egg Hunt after a visit from the Easter Bunny himself! Hosted by the United Voices of Efland Cheeks with support from the Project EngAGE Intergenerational SRT. Efland Cheeks Community Center: 117 Richmond Rd, Mebane, NC. Min: 10/Max: 250.

Passmore Spirit Week	Mar 16 – 20	Passmore	919-245-2015	N/A	Not Required	FREE
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♥ Join us for spirit week at Passmore! Mon: Western Day, Tue: Wear green for St. Patrick's Day, Wed: Hat Day, Thu: Dept on Aging Color Day (Orange/Blue), Fri: Sport Team Day. (Please keep all attire appropriate).

Sentimental Journey Singers	Mon, Mar 16 – Apr 20 2:30 – 4 pm	Seymour	919-968-2070	354089_02	Mon, Mar 9	FREE
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♥ Sentimental Journey Singers is a community chorus for people with early to mid-stage memory loss, their care partners and volunteer singers. Utilizing the expressive power and proven health benefits of music-making, participants will stimulate voice/body/brain connections, harmonize with others in a joyous environment, and develop an artistic craft under the direction of professional teaching artists.

Seymour Trivia	Wed Mar 18 2 – 3:30 pm	Seymour	919-968-2070	354130_08	Wed, Mar 11	FREE
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Think you know your facts? Put your skills to the test at Trivia at the Seymour Center! From pop culture to history to oddball facts, there's something for everyone. Bring a friend, form a team, and enjoy a lively afternoon of laughs and learning Min: 5/Max: 30.

German Film Series	Thu, Mar 19; Apr 16; May 21 3 – 5:30 pm	Seymour	919-968-2070	354104_11	Not Required	FREE
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Join the German Kaffeeklatsch group for popcorn and a German film. Mar 19 *Heidi* (2015), Apr 16 *Wings of Desire* (1987), May 21 *Alone in Berlin* (2016) Min: 10/Max: 80.

I Can't Cook so Let's Cook Together!	Thu, Mar 19 6 pm	Passmore	919-245-2015	253063_03	Thu, Mar 12	\$5.00
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Time to gather again and create a masterpiece meal that is easy and brag worthy. We will make Sheet Pan Asparagus and Chicken. Min: 4/Max: 10.

Celebrating Women's History Month with Woman of Warrenton	Fri, Mar 20 1 – 2:30 pm	Seymour	919-968-2020	323014_02	Fri, Mar 13	FREE
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Join us for a special documentary screening featuring interviews with Warren County's own Eva Clayton and Dollie Burwell, conducted by playwright Garrett Davis, a Warren County native. Hear firsthand accounts of their journeys, dreams, and perseverance. Both women will speak after the film to inspire attendees of all ages. Co-sponsored with AARP North Carolina-Triangle Region, this uplifting event honors women's achievements during Women's History Month. Refreshments following event. Come be inspired by these remarkable women! Min: 30/Max: 80.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Get Job Fair Ready!	Tue, Mar 24 10 – 11:30 am	Seymour	919-968-2070	355006_12	Tue, Mar 17	FREE

Successfully completed Second Act in the Workforce? Now take the next step! Join our interactive workshop designed to prepare you for an upcoming job fair on Monday, April 13 at Seymour from 9 am – 1 pm. We'll cover essential strategies including polished resume writing, professional interview techniques, Dress for Success guidelines, and proven networking tips. Whether you participated in our recent Second Act in the Workforce discussions or simply seeking to strengthen your job search skills, this hands-on session will equip you with the confidence and tools needed to make a lasting impression on potential employers. Min: 20/Max: 30.

Fourth Wednesday Music Bingo	Wed, Mar 25; Apr 29; May 27 10 – 11 am	Seymour	919-245-2046	353041 35, 36, 37	Wed, Mar 18	FREE
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♥ Join us every fourth Wednesday for an afternoon of Music Bingo fun. Enjoy good music, great company, and exciting prizes. It's a perfect midweek pick-me-up—come for the Bingo, stay for the laughter! Sponsored by Transitions Life Care. Min: 10/Max: 20.

Lunch Bunch	Wed, Mar 25; Apr 22 11:30 am	See Description	919-245-2015	256000 07, 08	Wed, Mar 18; Apr 15	See Description
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Join us for a lunch experience and meet new friends. Enjoy conversation and a meal at the following restaurants in order of dates. First Watch at 5307 New Hope Commons Boulevard Ext, Durham, NC and Saratoga Grill at 108 S Churton St, Hillsborough, NC. This is a self/pay event, and transportation is not provided. Min: 4/Max: 10.

Mah Jongg Tea	Wed, Mar 25 1:30 – 4:30 pm	Passmore	919-245-2015	257005_01	Wed, Mar 18	FREE
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Enjoy a relaxed afternoon of mah jongg in a non-competitive setting. This is a great time to meet other local players. Min: 8/Max: 24.

LGBTQ+ Intergenerational Dinner	Thu, Mar 26 5:30 – 8 pm	Seymour	919-245-4243	See Description	Mon, Mar 23	FREE
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✦★ “Mingle often with good people to keep your soul nourished.” – Anthony Douglas Williams. We're creating bridges and connecting across generations with LGBTQ+ grad students and LGBTQ+ older adults (55+)! Join us as we share our struggles, losses, joys, and triumphs while navigating the world around us as LGBTQ+ people. Co-Hosted by Project EngAGE LGBTQ+ and Intergenerational Senior Resource Teams, UNC LGBTQ Center and UNC QGAPS Program. Co-sponsored by AARP and Orange County Department on Aging. Space is limited so you must register using the link below. Min: 10/Max: 25. Register via link: www.orangecountync.gov/LGBTQintergen

Beginner Pokeno	Tue, Mar 31 10 am	Passmore	919-245-2015	251001_03	Tue, Mar 24	FREE
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Want to learn a new game? This is a beginner's class where we will provide instruction and fun learning the game, Pokeno! Min: 5/Max 12.

Classic Film Noir Series	Wed, Apr 1 & 15 10 am – 12 noon	Seymour	919-245-2026	343447_18	Not Required	FREE
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♥ Do you love a great mystery classic? Film enthusiast, Bill Birken is bringing his Classic Film Noir Series back with a selection of two great films. 04/01- *Desperate* (1947); 04/15- *Moonrise* (1948). Bill will introduce each film, giving the audience the background and context of each piece. Min: 5/Max: 75.

An Evening of Music and Poetry	Wed, Apr 1 5 – 6 pm	Seymour	919-968-2070	313092_03	Not Required	FREE
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♥ April is National Poetry Month, and local music group The Toves will be highlighting some of their poetry set to music in this evening performance.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Springtime Bingo!	Fri, Apr 10 10 am	Passmore	919-245-2015	213043_03	Thu, Apr 2	FREE

♥ Springtime at Passmore! Come celebrate the warm weather with some Bingo and sunshine. Min: 5/Max: 20.

End of Life Options Expo	Sat, Apr 11 12 – 3 pm	Seymour	919-968-2070	355001_29	Fri, Apr 10	FREE
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★ Dying and death are profoundly personal, we must be informed and empowered when planning for end of life. Join us for the End of Life Options Expo and engage with vendors and organizations who can provide resources and supports to ensure our end of life journey mirrors our personal beliefs and choices. Hosted by the Project EngAGE End of Life Choices Senior Resource Team. Co-sponsors: AARP, Department on Aging.

Women's Voices Concert	Sat, Apr 11 3 – 4 pm	Seymour	919-968-2070	313058_19	Not Required	FREE
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♥ Join us for a free preview of works-in-progress from Women's Voices Chorus' spring concert, Flight. Flight illuminates the theme of ascent — both in the natural world and within the human spirit. Featuring works by women composers and poets, we explore the journey from grounded earth to the infinite reaches of sky and space. The music invites reflection on freedom, transformation, and the enduring human desire to rise beyond boundaries. Min: 20/Max: 80.

Job Fair!	Mon, Apr 13 9 am – 1 pm	Seymour	919-968-2070	355006_13	Not Required	FREE
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Are you interested in talking with potential employers with the possibility of finding a job? The Orange County Department on Aging, in cooperation with the Department of Social Services, will be sponsoring a Job Fair at the Seymour Center. Come in and meet with possible employers to see if they might be interested in interviewing you as a potential new employee. We hope to see you there!

Silver Arts Show	Thu, Apr 16 4:30 pm	Passmore	919-245-2015	233055_04	Thu, Apr 9	FREE
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♥ SilverArts is a major component for the NC Senior Games. Join our artists as we kick off the Senior Games competition with this fabulous show. The show will hang until May 6th.

Barn Quilt Art Painting	Fri, Apr 17 1 – 4 pm	Passmore	919-245-2015	213075_04	Thu, Apr 2	\$50.00
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♥ Enjoy painting a 24x24 unique barn quilt to hang at your home. Templates are available or you can create your own design. This is a Friends fundraiser so please make checks payable to the Friends of Passmore Center. Min: 4/Max: 12.

NC Regional Lacemaker's Spring Lace Day	Sat, Apr 18 9 am – 4 pm	Seymour	(919) 968-2070	N/A	See Description	FREE
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♥ An unknown writer said, "Lace is thread surrounded by air." A very simple, but appropriate description of the beautiful, handmade lace artifacts created by lacemakers. Come and meet lacemakers from the Carolinas and Virginia, see some of their lovely work, and learn about the different types of lace and how they are made. If you like, you can try out doing the simple movements of thread— filled bobbins that create these works of art on a demonstration lace pillow. RSVP to mary.alexion@gmail.com.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Rich Scherubel: An Art Retrospective Show	Sat, Apr 25 2 – 3 pm	Seymour	919-968-2070	354187_15	Not Required	FREE

♥ Experience the bold vision and dynamic energy of Rich Scherubel. Scherubel's work explores color, form, and movement, inviting viewers to engage with emotion and imagination rather than literal representation. This gallery show offers an opportunity to immerse yourself in thought-provoking compositions. Opening reception will be held on Sat, Apr 25 from 2 – 3 pm. Light refreshments provided.

Guys' Lunch Out	Tue, Apr 21 11:30 am	See Description	919-245-2015	223252_04	Tue, Apr 14	See Description
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Why do the ladies have all the fun? Come gather for lunch with the guys. Talk about sports, music, hobbies. . . whatever. We will be meeting at the Carolina Ale House located at 3911 Durham-Chapel Hill Blvd in Durham. Let's make this a regular thing! This is a self pay event and transportation not provided. Min: 10/Max: 12.

Earth Day Concert	Wed, Apr 22 10 – 11:30am	Seymour	919-968-2070	313058_05	Fri, Apr 17	FREE
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♥ Join us for an Earth-Day-themed concert with the band Different Drum, based in Carrboro NC. Band leader Alex Weiss is passionate about caring for our planet and expresses this theme through the music they create. This concert will be held outdoors on the patio, weather permitting. Min: 30/Max: 80.

Flicks at Passmore: Master and Commander: The Far Side of the World	Wed, Apr 22 2 pm	Passmore	919-245-2015	253015_04	Wed, Apr 15	FREE
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During the Napoleonic Wars, a brash British captain pushes his ship and crew to their limits in pursuit of a formidable French war vessel around South America. Min: 3/ Max: 40. Rated PG-13. For more information: www.commonssensemedia.org

Scam Awareness in Orange County	Thu, Apr 23 10 am	Passmore	919-245-2015	234021_04	Thu, Apr 16	FREE
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Scams are a very real threat and can cost you your identity and money. Join deputies from the Orange County Sheriff's Office to learn about scams taking place here in Orange County and nationally. Min: 5/Max: 20.

Skill Sharing Group	Tue, Apr 28 6 – 8 pm	Seymour	919-968-2070	320001_06	Tue, Apr 21	FREE
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↔ ★ Don't think you have skills to share that might benefit the generation before or after you? What might be second nature to your generation may be something worth learning for another. The goal of intergenerational skill sharing groups are to bring people together to share skills and to create meaningful, intergenerational relationships. Members are not required to share skills to participate. Hosted by the Project EngAGE Intergenerational Senior Resource Team. Min: 10/Max: 40.

Jazz Day Music Showcase	Thu, Apr 30 4 – 8 pm	Seymour	919-968-2070	313058_21	Mon, Apr 27	FREE
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♥ Seymour is celebrating International Jazz Day on April 30 and will host several bands and performers. The Jazz music showcase will feature hot music and cold drinks along with refreshments. Min: 20/Max: 100.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Kentucky Derby Celebration!	Fri, May 1 10 – 11:30 am	Passmore	919-245-2015	223253_05	Not Required	FREE

♥ Wear your finest hats and place your bets! We will be doing a “mock” derby celebration. Pick your horse from our display boards and watch it from home the following Saturday. Will your personal champion be the winner? Find out the following Monday at Passmore. Refreshments served at 11 am.

Mother’s Day Flower Pressing Bookmarks	Mon, May 4 2 – 4 pm	Seymour	919-968-2070	354030_10	Mon, Apr 27	FREE
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Capture a little piece of nature in your own handmade bookmark. Participants will choose from an assortment of pressed spring flowers and greenery or bring their own to design a one-of-a-kind keepsake. This gentle, enjoyable activity is perfect for all skill levels. Min: 15/Max: 30.

Classic American Films	Wed, May 6; May 20 10 am – 12 noon	Seymour	919-245-2026	343447_19	Not Required	FREE
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♥ Ready to experience some cinematic history? Film enthusiast, Bill Birken is debuting his Classic American Film Series with a selection of two great films. 05/06- *The Thin Man* (1934); 05/20- *After the Thin Man* (1936). Bill will introduce each film, giving the audience the background and context of each piece. Min: 5/Max: 75.

Spring Picnic at Hargraves	Fri, May 8 11 am – 1 pm	Hargraves Center	919-968-2070	336020_08	Fri, May 1	FREE
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♥ Let's celebrate Spring together at the Hargraves Center for our Annual Spring Picnic. Enjoy great food, friends, crafts, prizes, music and more! This event is in partnership with Chapel Hill Parks and Recreation. Min: 30/Max: 70.

Spring Market and Passmore Open House	Sat, May 9 9 am – 1 pm	Passmore	919-245-2015	223082_05	Not Required	FREE
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♥ The Friends of the Passmore Center are hosting a spring market with yard sale spaces for interested vendors in the complex parking lot. While enjoying the market, stop in at the Passmore Center to get a hands on experience of programs offered. Interested market vendors can get an application at the Passmore Center. Yard sale donations can only be dropped off on Fri, May 8 between 12 noon and 2 pm.

Passmore 101	Mon, May 11 10:30 am	Passmore	919-245-2015	253251_04	Mon, May 11	FREE
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This event is for those participants who want to learn more about our programs and available services. This is also a great opportunity for newcomers to meet our center and ask questions. Min: 3/Max: 15.

Wall of Honor	Wed, May 13 10 – 11 am	Seymour	919-245-2026	343068_03	Wed, May 6	FREE
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We are fortunate to have this tradition at the Seymour Center to support and honor our veterans. This May, we will recognize and celebrate our 19th class of veterans. The Wall of Honor is in our upstairs alcove, but the recognition ceremony will take place in the Seymour Theater. Min: 10/Max: 75.

Prime Time Players Spring Show	Fri & Sat, May 15 & 16 2 – 4 pm	Seymour	919-968-2070	357028_35	Not Required	FREE
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The Prime-Time Players will present their annual spring show. Donations accepted at the door to support center programs.



SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Art Show-Barbara Michaluk	Mon, May 18 2 pm	Passmore	919-245-2015	253002_05	Mon, May 11	FREE

♥ Enjoy the artwork of Barbara Michaluk. Her goal is to capture the beauty of nature while expressing her personal sentiments in acrylic paintings. She hopes that every time you look at one of her pieces of art it will ignite a sense of joy. The show will hang until the end of July.

Seymour Open Mic	Wed, Mar 18 1 – 3 pm	Seymour	919-968-2070	313098_03	Fri, Mar 13	FREE
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Share your talents or enjoy the performances of others at our first open mic! Whether you sing, read poetry, tell stories, or play an instrument, everyone is welcome. Come celebrate creativity, community, and the joy of performing in a supportive and fun environment. Refreshments provided. Min: 10/Max: 80.

Older Americans Month Spelling Bee	Wed, May 20 2– 4 pm	Seymour	919-968-2070	313027_01	Wed, May 13	FREE
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Test your spelling skills (or cheer from the sidelines!) at this special spelling bee event. We'll keep things upbeat and supportive as participants move through rounds of words ranging from easy to surprising. Prizes, applause, and plenty of camaraderie guaranteed! Refreshments provided. Min: 5/Max: 20.

Passmore Prom	Wed, May 20 3:30 – 5 pm	Passmore	919-245-2015	223254_05	Wed, May 13	FREE
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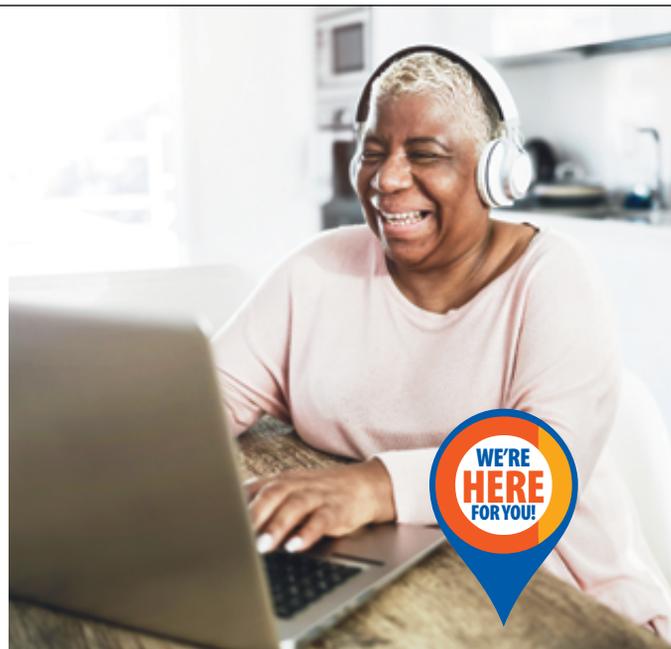
♥ Dress your best and enjoy the prom here at the Passmore Center. Don't worry about a date or whether you can dance, this will be a great time to socialize and reminisce. Min: 15/Max: 50.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE █ Virtual program ☁ Hybrid program ➔ Future programming 👥 Multi-lingual friendly program

Department on Aging Podcast for People who are Blind or Print Impaired

Thanks to our friends at the North Carolina Reading Service (NCRS), you can find a podcast of each monthly edition of the **Orange County Department of Aging's OCDOA Upcoming Events e-newsletter:**

www.orangecountync.gov/AgingPodcast



www.orangecountync.gov/AgingPodcast





SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Flicks at Passmore: <i>SING</i>	Wed, May 27 2 pm	Passmore	919-245-2015	253015_05	Wed, May 20	FREE

SING delivers colorfully animated, cheerfully undemanding entertainment with a solid voice cast and a warm-hearted — albeit familiar — storyline that lives up to its title. Please visit www.common sense media.org

Shred and Meds	Thu, May 28 10 am – 1 pm	Passmore	919-245-2015	N/A	Not Required	FREE
	Fri, May 29 10 am – 1 pm	Seymour	919-968-2070			

Orange County Department on Aging is hosting a Shred-a-thon and Medication takeback event this spring. This is a safe place to shred and discard private documents such as financial records and tax forms with an onsite industrial shredding truck. Please limit to no more than 2 boxes of materials. Local law enforcement will also be on site to safely dispose of expired or unwanted medications and tips to help keep your personal information safe.

Farmers' Market	Wednesdays 9 am – 1 pm	Passmore	919-245-2015	N/A	Not Required	FREE
	Thursdays 9 am – 1 pm	Seymour	919-968-2070			

No longer do you have to stand in a long grocery line. Now you can purchase fresh produce right outside the Center's door! It's a wonderful and convenient way to get fresh fruits and vegetables while supporting our local farmers.

Puppetry Workshop	Thu, Apr 2 4 pm	Passmore	919-245-2015	223255_04	Thu, Mar 26	FREE
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↔ 123 Puppetry Variety Show utilizes various puppet forms to showcase the diverse world of Puppetry. This is followed by an overview of puppet history and in-depth demonstration of design, building, and performance techniques. Min: 10/Max: 30.

Prime Time Players - Rehearsals	Mondays 3 – 6 pm	Seymour	919-968-2070	N/A	Contact Instructor	FREE
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The Prime Time players are a musical theater troupe of singers, musicians, actors, and dancers. They rehearse on Mondays at Seymour Center. Contact Joan Ontjes at joantontjes@gmail.com

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE █ Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program

Gun Locks available at Centers

Safe storage of firearms is one of the best ways to protect your loved ones from hurting themselves or others. If you own a firearm, keep it unloaded, locked, and separated from the ammunition. Just like you would ask about animals or allergies before allowing children to visit a home you can also ask about firearms. Ask, "Do you have any firearms in your home?" If there are, ask how that family safely stores their firearm. Most children and young people know where firearms are stored in the home (even when adults think they are being sneaky). Securing a firearm is the only way to ensure that someone does not get ahold of a firearm. There are 17 locations, including both the Seymour and Passmore Centers, where you can pick up a free cable gun lock. Additional locations and information can be found on the Tar Heel Trauma website at <https://tarheeltrauma.org/gunsafety>



SUPPORT GROUPS

Our support groups provide members an opportunity to share similar experiences, build social networks, and gain coping strategies and firsthand information around issues of concern. Get connected and find the support you need.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Better Way AFG	Mondays 3:30 – 4:30 pm	Passmore	919-245-2015	257050_06	Not Required	FREE

Alcoholism affects many people, including family and friends. There are people all around who may be experiencing the same thing you are right now. This Al-Anon group can help provide anonymous understanding and support. This meeting is in-person only.

Low Vision Support Group	Tue, Mar 3; Apr 7; May 5 10 am – 12 noon	Seymour	919-968-2070	352777_18	Tue, Feb 24; Mar 31; Apr 28	FREE
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For more information about the group, please contact Kim Tyler at 919-560-8633.

People with PD & Care Partner Split Groups	Tue, Mar 3; May 5 1:30 – 3 pm	Seymour	919-843-2777	352879_16	Mon, Mar 2; May 4	FREE
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Join other individuals with Parkinson's Disease (PD) or other PD care partners/family members for a separate open discussion group meeting. It is a safe space to share experiences and gather support and ideas from those who can relate. Contact Maggie Ivancic, MSW, LCSW at 919- 843-2777 or mivancic@neurology.unc.edu to receive meeting link for virtual option. Min: 2/Max: 50.

Frontotemporal Degeneration Support Group	Tue, Mar 3; Apr 7; May 5 6 pm	See Description	919-632-8083	312750_12	Contact Group Leader	FREE
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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 timlafone@yahoo.com. Details about group logistics are still in progress.

Multigenerational Peer Support Group 同儕支持小組 (for Mandarin Speakers)	Wed, Mar 4; Apr 8; May 6 1:30 – 3 pm	Seymour	919-968-2070	333347_02	Not Required	FREE
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↔ This Mandarin-language peer support group welcomes anyone seeking a space to discuss current events, life circumstances, and mental or physical wellness. Our goal is to create an interactive, intergenerational dialogue that fosters meaningful connection and supportive conversation. 這個以中文（普通話）進行的同儕支持小組，歡迎任何希望利用這個時間與空間來分享當前事件、生活狀況，以及心理與身體健康議題的朋友參加。我們希望透過不同年齡層之間的互動交流，促進更深入且有意義的對話。

Golden Years Support Group	Tue, Mar 10; Apr 14; May 12 12 – 1 pm	Seymour	919-968-2070	352802_21	Mon, Mar 9; Apr 13; May 11	FREE
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A space for older adults to share about the transition of adjusting to retirement, finding meaning and purpose, and taking back power in later life. Meets on the 2nd Tuesday of the month with facilitator June Erhler, MSW. Min: 3/Max: 24.

Caregiver Support Group	Fri, Mar 13, 27; Apr 10, 24; May 8, 22 10:30 – 11:30 am	Seymour	919-968-2087	352754_38	Not Required	FREE
	Thu, Apr 9 1 – 2 pm	Passmore	919-968-2087	255005_03	Mon, Apr 6	FREE

A space to meet with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities. For more information or to register, please contact the Aging Helpline at 919-968-2087 or agingtransitions@orangecountync.gov. Min: 2/Max: 20.



SUPPORT GROUPS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Stroke Support Group	Mar 16; Apr 20; May 18 2 pm	UNC Center for Rehabilitation Care (Hybrid)	919-843-7385	352762_03	Contact Instructor	FREE

A regional support group for those post-stroke and caregivers. For more information about the group contact Blaise Morrison at Blaise-Morrison@med.unc.edu.

Parkinson's Disease Support Group	Tue, Apr 7 1:30 – 3 pm	Virtual	919-843-2777	352879_13	Mon, Apr 6	FREE
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Join others impacted by Parkinson's disease to share experiences and learn new skills through open discussions and educational presentations. Contact Maggie Ivancic, MSW, LCSW at 919-843-2777 or mivancic@neurology.unc.edu for the Zoom link. Min: 2.

Marijuana Anonymous	Wednesdays 7:30 – 8:30pm	Seymour	919-968-2070	357070_01	See Description	FREE
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Marijuana Anonymous NC meets weekly to share experiences, strength and hope with others who are recovering or want to recover from marijuana addiction. For more information, please visit northcarolinama.org.

Moving Forward Live AFG	Thursdays 6:30 – 7:30 pm	Passmore Hybrid	919-245-2025	257050_05	Not Required	FREE
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Alcoholism affects many people, including family and friends. There are people all around who may be experiencing the same thing you are right now. This AI-Anon group can help provide anonymous understanding and support. If you prefer to join the meeting virtually, the link can be found at AIAnon.org.

Dementia friendly program Intergenerational program Project EngAGE Virtual program Hybrid program Future programming Multi-lingual friendly program

Mail & Budget Management Program

Do you need assistance with managing your bills?
Are you overwhelmed with the amount of mail that you receive and need help organizing?

The Mail & Budget Management Volunteer Program serves Orange County seniors that need assistance with basic budgeting, sorting mail and emails, and avoiding financial fraud and other scams.

Mail & Budget Management participants must:

- Be at least 55 years old and a resident of Orange County
- Be a client receiving services from or recommended to the Department on Aging or by request
- Complete intake process and be approved

If you are interested in becoming a Mail & Budget Management participant or learning more about the program, please contact Lana Dennis at 919-245-4276 or ldennis@orangecountync.gov

Activities for Adults 55+ at the OC SportsPlex

Senior Basketball (pick up or league) - Mon, 1 - 5 pm
Swimming - Open Lap Swim Times only

For these activities, Passmore members who are SportsPlex or Silver Sneakers members will access the SportsPlex as usual, using their assigned Sportsplex key fob. Passmore members who are not Sportsplex or Silver Sneakers members will use their Passmore key fob for admission to the Field House front desk only during the activity specified times. Scheduled activity times are subject to change without notice.

Need a Home-Delivered Meal?

Meals on Wheels (MOW) serves older adults and homebound residents throughout Orange County. For more information on service and eligibility, contact the appropriate MOW below.

Meals on Wheels Orange County North Carolina (MOWOCNC)

Serving Chapel Hill, Carrboro, parts of Northern Orange and Southern Orange County, 919-942-2948.

Orange Congregations in Mission (OCIM)

Serving Hillsborough and parts of Northern Orange County, 919-732-6194.



WELLNESS SPECIAL EVENTS

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. Purchase Wellness Class Ticket Books for your wellness classes.

NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.



Programs are sponsored in part with support from UNC Health.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
4-Week Tai Chi for Fall Prevention Program. 四週太極防跌倒課程 (Bilingual Event)	Mon, Mar 2 – 23 11 am – 12 noon	Seymour	919-968-2070	357096_21	Mon, Feb 27	FREE

Join our free 4-week Tai Chi for Fall Prevention program! The first session includes a Fall Prevention talk with tips on safety, balance, and daily movement. Each class teaches gentle Tai Chi steps, posture, breathing, and slow, safe practice for all levels. Instruction is offered in both English and Chinese, making every participant feel welcome. Improve balance, relax your mind, and enjoy a supportive community. Come move with us **免費四週太極防跌倒課程歡迎長者參加！課程內容包含基礎太極動作、姿勢調整與呼吸方法，每堂課都有熱身、分步教學與收尾伸展，節奏緩慢、安全、容易跟上。太極能提升平衡力、強化腿部肌力、放鬆身心並降低跌倒風險。**

Passage Meditation	Sat, Mar 14; Apr 11; May 9 9:30 – 11:30 am	Seymour	919-968-2070	352047_13	Sat, Mar 7; Apr 4; May 2	FREE
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Join our guided meditation group to reduce stress, increase focus, and find inner calm. All levels welcome. To register, contact instructor Annette Broadwell at 919-929-7542.

Spring Into Cooking	Tue, Mar 24; Apr 28; May 26 3:30 – 4:30 pm	Seymour	919-968-2070	343078 13, 14, 15	Tue, Mar 17; Apr 21; May 19	\$15.00
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Join us for a three-part series of cooking workshops that follow the flavors of spring. Each session blends demonstration and discussion, offering practical tips and fresh ideas for using seasonal produce. You'll leave inspired and ready to bring simple, delicious meals to your table.

NuStep Challenge	Mar 30 – May 8	Seymour	919-968-2070	352255_08	Mon, Mar 23	FREE
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Love NuStep? Join our 6-week challenge! Track your miles and workouts when you use one of the NuStep machines and log your stats on the designated form in the fitness room. Come see our Wellness Assistant Matthew Acomb to sign up and NuStep your way to a healthier life!

Wellness B-I-N-G-O	Wed, Apr 1 1:30 – 2:30 pm	Seymour	919-968-2070	352275_04	Wed, Mar 25	FREE
	Wed, May 6 10:30 – 11:30 am	Passmore	919-245-2015	212253_03	Wed, Apr 29	

Are you ready to play BINGO! Come join us for a day of Wellness. You will stimulate your mind and body as you have fun playing Wellness Bingo! Min: 5.

Tea Talk	Fri, Apr 3 2:30 – 3:30 pm	Seymour	919-968-2070	352352_19	Fri, Mar 27	FREE
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Join us for a relaxed "Tea Talk" as we sample a variety of teas and herbal infusions. Our guest presenter will share simple tips on flavor and wellness benefits while we taste, chat, and compare.

Balance	Tue & Thu, Apr 7 – May 28 3:30 – 4:30 pm	Seymour	919-968-2070	352117_06	Tue, Mar 31	\$8.00
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Improve your stability and confidence with this 6-week Balance Training class designed for older adults. The program includes strength building, functional movement, and progressive balance exercises to help prevent falls. Ideal for those experiencing balance issues, this class promotes safety and mobility. The instructor will assess participants during the first session to ensure it's a good fit. Class size is limited (6–15 participants). Early registration encouraged.



WELLNESS SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Make Diabetes Fit YOUR Lifestyle	Thu, Apr 9, 16, 23, 30 4:30 – 6:30 pm	Hillsborough Health Department	919-245-2380	352352_17	Mon, Mar 30	Contact OC Health Dept

Join our small in-person classes to take charge of your diabetes. Get answers from experts in nutrition, nursing, physical therapy, and medication. Learn how to fit diabetes care into your daily life, set and track personal health goals, and find support when you need it most. Covered by Medicaid, Medicare, and most insurance plans.

Yoga For Osteoporosis	Mon, Apr 13, 20 11:15 – 12:30 pm	Seymour	919-968-2070	352003_43	Tue, Apr 6	FREE
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This course is taught by Salli Benedict, yoga instructor and health educator with over 30 years of experience teaching fitness and yoga to older women. Yoga has many benefits for our bodies, minds and spirits, but some yoga poses are not recommended for older women. Join Salli for this 4-week class to learn and practice yoga that is safe for your spine and bones!

Find Your Flow on World Tai Chi Day Celebration	Sat, Apr 25 9:30 am – 12 noon	Seymour	919-968-2070	352081_26	Sat, Apr 18	FREE
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Join us on World Tai Chi Day to learn and practice this ancient exercise for health of body, mind and spirit in a fun, relaxed setting. Find your inner energy flow while watching various demonstrations and participating in the rhythmical, gentle and effortless art of tai chi. Refreshments provided.

Bocce and Breeze: Afternoon Social	Fri, May 1 3 – 5 pm	Seymour	919-968-2070	352255_09	Fri, Apr 24	FREE
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Join us outdoors for a relaxed afternoon of bocce! This easy-to-learn, low impact lawn game is perfect for all ability levels. We'll keep the play friendly and at a comfortable pace with plenty of time to sit and chat. All equipment provided. No experience needed.

Use Your Senses	Tue, Mar 3 – Apr 14 1 – 2:30 pm	Seymour	919-968-2070	352255_10	N/A	\$20.00
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Six part series of natural techniques and strategies to reset your nervous system for optimal Health and Well-Being. A fun interactive workshop on how you can employ your 5 senses to rewire your body's responses to work for you, not against you as you age. Discover a wide variety of cutting edge, easy-to-learn, energy-based techniques that you can use for yourself and your loved ones that can enhance your health, well-being and function in many areas of your life. Instructor: Arlene Green

Non-24 Hour Sleep-Wake Disorder	Tue, May 12 10:30 – 11:30 am	Seymour	919-968-2070	352352_18	Tue, May 5	FREE
	Tue, May 12 2 – 3 pm	Passmore	919-245-2015	242004_05		

Vicki Preddy, a Registered Nurse Educator with Vand Pharmaceuticals, raises awareness about Non-24, a rare sleep-wake disorder linked to circadian rhythm disruptions. While common among people who are totally blind, it may also affect those with low vision. Vanda's interactive program provides educational resources and support at no cost. Please note: pharmaceutical treatments for Non-24 are not discussed and should be addressed with your personal physician.

Energy Kinesiology with Larry	Second Tue/month 1 – 5 pm	Seymour	919-968-2070	333021_13	Appointment	\$65.00
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Healing can happen at many levels. Energy Kinesiology, a holistic system of health enhancement, uses muscle testing, a natural biofeedback tool, to assess your system and determine how to heal it. Larry Green is a senior instructor in the field and can help you with physical aches and pains, emotional and mental challenges, reducing stress and improving the quality of your life. Also available, learn self-healing and pain reduction skills in one-on-one individualized training. Sliding Scale available.

Walks with Edie Alfano-Sobsey	Wednesdays 9:30 am	See Description	919-245-2015	232264_03	Wed, Feb 25; Mar 25; Apr 29	FREE
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There's never been a better time to get active and enjoy a good long walk to view the beautiful Riverwalk in Hillsborough. Join Edie and bring friends to catch a breeze and get active. Meet at the entrance to the Riverwalk next to Weaver St Market. Bring your water bottle! Call 919-245-2015 to register. For daily updates, please contact Edie Alfano-Sobsey at 919-906-0032 or easobsey@gmail.com



WELLNESS SPECIAL EVENTS, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Pumpkin Loop Sunshine Walk	Fridays 9:30 – 10:30 am	Seymour	919-968-2070	350000_06	Fri, Feb 27; Mar 27; Apr 24	FREE

Come for a morning trail walk in Carolina North Forest on the Pumpkin Loop. If you would like some morning sunshine, exercise, and a social atmosphere, this group is for you. Feel free to bring a friend or a walking stick. Meet at the main entrance to the Seymour Center. Bring your water bottle! Call 919-968-2070 to register.

Meditation Group	Saturdays 10 – 11 am	Seymour	919-968-2070	344036_10	Sat, Feb 28; Mar 28; Apr 25	FREE
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Join our Meditation Group dedicated to enhancing mental control, mastering breathing techniques, finding inner balance, and achieving deep relaxation. Our sessions offer a supportive environment where you can cultivate mindfulness, reduce stress and connect with your inner self. If you're a beginner or experienced meditator our practices will guide you towards greater tranquility and well-being.

Dementia friendly program
 Intergenerational program
 Project EngAGE
 Virtual program
 Hybrid program
 Future programming
 Multi-lingual friendly program

Senior Center SportsPlex Membership

Department on Aging - Wellness Program

A special membership fee is offered exclusively to members joining through the Senior Center. It includes Fitness and Cardio Centers as well as Group Exercise Classes (land and water) offered at the OC SportsPlex and Aquatics Center. The SportsPlex is a Silver Sneakers facility. 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: The new membership initiation fee of \$50 is waived upon completion of the Senior Center Registration and Wellness Packet pickup at the Passmore Center.

Individual: \$26.99 - monthly

Couple: \$36.99 - monthly

Scholarships are available. Direct requests to Latonya Brown, Wellness Coordinator, 919-245-4270.

Operational Hours: Mondays - Fridays, 5:30 am - 10 pm

Saturdays, 7 am - 10 pm; Sundays, 12 noon - 7 pm

Personal Trainer Appointments: Schedule an appointment directly with SportsPlex approved trainers at 919-644-0339.

Fitness Studio - Seymour Center

Mon – Thu, 8:30 am - 8:30 pm; Fri & Sat, 8:30 am - 4:30 pm

Call the Seymour Center at 919-968-2070 for more information on the Department on Aging - Wellness Program. The fitness studio in the Seymour Center is 624 sq ft of space nestled inside the state-of-the-art 25,000 sq ft Center. The fitness studio, with exercise machines, helps users increase their endurance, maintain balance, and build strength. The fitness area's exercise machines were originally donated by UNC Health Care.

Eligibility: Orange County residents age 55+ are eligible to join.

Membership Fees	<u>Individuals</u>	<u>Couple</u>
Annual Rate:	\$180 (one lump sum)	\$240
Semi-Annual Rate	\$90	\$140
(paid at signup and 6 month intervals)		
Quarterly Rate:	\$45	\$65
(paid quarterly - Jan, Apr, Jul, Oct)		
Monthly Rate:	\$15	\$25
(paid by the 10th of each month)		

Non-county residents (NR) may join at the following rates:

NR Monthly Rate:	\$28	\$35
NR Annual Rate:	\$250	\$375

Personal Training Services including fitness room orientations and one-on-one personal training sessions (fitness room members only) are scheduled by appointment on Tuesdays and Thursdays, 9 am - 12 noon, by calling the Fitness Room trainer at 919-245-4271.

Scholarships will be granted, case-by-case, based on the federal poverty guidelines beginning with \$12,880 for a single member household. Scholarship inquiries are confidential and should be directed to Latonya Brown, Wellness Coordinator, at 919-245-4270.



WELLNESS EXERCISE CLASSES

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. Contact Latonya Brown, Wellness Coordinator, at 919-245-4270 for more information. All participants' information is kept confidential. Purchase Wellness Class Ticket Books for your wellness classes. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Laughter Yoga With Neidra	Wed, Mar 18 – May 6 3 – 4 pm	Passmore	919-968-2070	252019_03	Wed, Feb 25; Mar 25; Apr 29	FREE

Laughter Yoga is a low impact exercise program combining laughter and yogic breathing. Benefits include: reduces stress, increases oxygen, boosts immunity, promotes better sleep, releases endorphins, improves digestion, uplifts sense of wellbeing, builds social bonds. ALL MOBILITY ABILITIES are welcome, sitting or standing; no floor mats are used. Bring your water bottle!

Yoga for All	Mondays 8:15 – 9:15 am	Seymour	919-968-2070	352003 40, 41, 42	Mon; Feb 23; Mar 30; Apr 27	\$8.00
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Revitalize with senior-focused yoga for all levels! Improve strength, flexibility, and balance through gentle postures and mindful breathing. Our skilled and welcoming teacher ensures safety and personalized assistance in every pose. Rekindle your mind-body-spirit connection for overall wellbeing in a supportive environment. Purchase a wellness ticket booklet at the front desk to participate.

Strong and Steady	Mondays 8:50 – 9:50 am Thursdays 10 – 11 am	Passmore	919-245-2015	252007_03	Mon, Feb 23; Mar 30; Apr 27	FREE
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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 recommended by The Arthritis Foundation of America, A Matter of Balance, Fit and Strong, & the Otago balance program. It is great for beginners and advanced exercisers! Instructor: Vicki Tilley. Ongoing class. Max: 20.

Strength Training - Introduction	Mondays & Thursdays 9:30 – 10:30 am	Seymour	919-968-2070	352000 16, 17, 18	Mon, Feb 23; Mar 30; Apr 27	\$6.00
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Instruction includes strength training, balance, stretching, and flexibility exercises for older adults. To participate in this class, you must purchase a booklet of wellness tickets from the front desk. Instructor: Kevin Kirk. Ongoing class. Min: 5/Max: 30.

Gentle Joy of Yoga	Mondays 10 – 10:50 am	Passmore	919-245-2015	252012 03, 04, 05	Mon, Feb 23; Mar 30; Apr 27	\$8.00
	Tuesdays 9 – 9:50 am	Seymour	919-968-2070	352034 16, 17, 18	Tue, Feb 24; Mar 31; Apr 28	

Yoga combines stretching, strengthening, breathing, and relaxation to enhance well-being. Its smooth movements promote bone health, strength, and flexibility in the spine and joints. Purchase a wellness ticket booklet at the front desk to participate. Instructor: Joy Gornto, RYT. Ongoing class. Cost may vary. Max: 20.

Strength Training - Advanced	Mondays & Thursdays 10:30 – 11:20 am	Seymour	919-968-2070	352021 16, 17, 18	Mon, Feb 23; Mar 30; Apr 27	\$6.00
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Introduction includes strength training, balance, stretching, and flexibility exercises for older adults. Cost may vary depending on weeks in the month. To participate in this class, you must purchase a booklet of wellness tickets from the front desk. Instructor: Kevin Kirk. Ongoing class. Min: 5/Max: 30.

Chair Yoga	Mondays 1 – 2 pm	Seymour	919-968-2070	352030 11, 12, 13	Mon, Feb 23; Mar 30; Apr 27	\$6.00
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Experience the benefits of yoga without getting on the floor. This gentle class adapts traditional poses for the chair, making yoga accessible to everyone. Perfect for beginners, office workers, or those with limited mobility—you'll stretch, strengthen, and relax while staying comfortably seated. Just bring yourself and a sturdy chair. Instructor: Angela Byrd.

Push Hands	Mondays 1:15 – 2 pm	Seymour	919-968-2070	343028_05	Mon, Feb 23; Mar 30; Apr 27	FREE
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Pushing hands encompasses a set of two-person exercises that train participants to use Yang style tai chi movement principles when responding to incoming energy. This practice enhances physical stability and flexibility and encourages relaxation in potentially stressful situations. Experience practicing a tai chi form is necessary. Max: 20.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟩 Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



WELLNESS EXERCISE CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Senior Pilates	Mondays 2 – 2:50 pm	Seymour	919-968-2070	352010 19, 20, 21	Mon, Feb 23; Mar 30; Apr 27	\$8.00

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 body weight or light hand weights. Certified Instructor: Emily Elder Ongoing class. Max: 20.

Wu Hao Style Tai Chi – Open Practice	Mondays 3:30 – 4:30 pm	Passmore	919-245-2015	237000_03	Mon, Feb 23; Mar 30; Apr 27	FREE
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The practice of Taiji has been found to reduce stress, enhance balance and increase vitality. Explore the foundational principles of Taiji and Qigong (energy work) while learning a long form of the Wu/Hao Style. Class also includes warm-ups and walking exercises. Wear comfortable shoes and clothing. Designed for participants with prior experience. This practice is volunteer led.

Zumba® Gold	Mondays 6 – 7 pm	Seymour	919-968-2070	354155_08	Not Required	FREE
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Every Zumba® class is not only a place of celebration, but also inclusivity, where happiness is not only a priority, but also a right.

Aerobics with Weights	Tuesdays 8:30 – 9:15 am	Seymour	919-968-2070	352107 16, 17, 18	Tue, Feb 24; Mar 31; Apr 28	FREE
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This 30-minute class features a warm-up with weights, then aerobic movement with light weights, followed by a kick-boxing segment, balance exercises, and a cool-down. This is followed by an optional 15-minute segment of floor core work. Instructor: Dianne Martin. Ongoing class. Max: 10.

Sit to Be Fit	Tuesdays & Fridays 10:30 – 11:30 am	Seymour	919-968-2070	352019 16, 17, 18	Tue, Feb 24; Mar 24; Apr 28	FREE
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Stretch and strengthen your entire body for improved range of motion and endurance. Class is excellent for improving your joint flexibility, muscular strength, and toning. While seated, you will learn beneficial exercises you can apply daily, as well as healthy hints to keep you independent. Arthritis Foundation Exercise Program. Ongoing class. Max: 10.

Women's Strength Training at the FitLot	Tuesdays & Fridays 11:35 am – 12:35 pm	Seymour	919-968-2070	357012_01	Tue, Feb 24; Mar 31; Apr 28	FREE
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A fantastic platform for beginner, returning, master and scaled women athletes, these sessions introduce various movements using a variety of approaches: body weight training, lever work, dumb bells, kettlebells and more. Strength training is one of the best methods to keep your body fit, toned, and of course . . . strong. A strong core means a strong body! Instructor: Eric Zeigler.

Exercise with Jacob at the FitLot	Tuesdays & Thursdays 3 – 4 pm	Seymour	919-968-2070	312010_03	Tue, Feb 24; Mar 31; Apr 28	FREE
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Join us at the FitLot for a fun and energizing strength training class! This full-body workout focuses on building muscle, improving balance, and increasing endurance using bodyweight and resistance exercises. All fitness levels are welcome—modifications are available. Come move, strengthen, and feel great in a supportive outdoor setting! Instructor: Jacob Toomey.

Zumba Gold	Tuesdays 2:30 – 3:15 pm	Seymour	919-968-2070	352026 06, 07, 08	Tue, Feb 24; Mar 31; Apr 28	\$8.00
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Urban Zumba blends modern city beats with traditional Zumba moves for a high-energy dance fitness experience. Groove to hip-hop and Latin-inspired choreography, get moving, and sweat it out! Bring your dancing feet to this adrenaline-pumping class! Max: 25.

Yoga with Chunping	Tuesdays 7:40 pm	Seymour	919-968-2070	322300 07, 08, 09	Tue, Feb 24; Mar 31; Apr 28	\$6.00
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The class blends yoga and Pilates to build strength, improve flexibility, and support overall well-being. Sessions include Vinyasa flow, resistance band training, Yin yoga, and unique fusions like Pilates-yoga and barre-inspired movement. Participants may also experience yoga with light dumbbells and foam roller self-massage, creating a well-rounded, engaging practice suitable for all levels.

♥ Dementia friendly program ↔ Intergenerational program ★ Project EngAGE 🟩 Virtual program ☁ Hybrid program ➡ Future programming 👥 Multi-lingual friendly program



WELLNESS EXERCISE CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Advance Yang T'ai Chi Group Practice	Wednesdays 8:15 – 9 am	Seymour	919-968-2070	352081_24	Wed, Feb 25; Mar 25; Apr 29	FREE

Enjoy the benefits of improved balance, greater muscle strength, and the meditative effect of T'ai Chi in our informal Yang style T'ai Chi class. Classes have 4 leaders who provide support and instruction for participants at advanced levels.

Beginners Yang T'ai Chi Group Practice	Wednesdays 9 – 9:50 am	Seymour	919-968-2070	352081_23	Wed, Feb 25; Mar 25; Apr 29	FREE
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Enjoy the benefits of improved balance, greater muscle strength, and the meditative effect of T'ai Chi in our informal Yang style T'ai Chi class. Classes have 4 leaders who provide support and instruction for participants at beginner levels. Max: 26.

Strengthen Your Core for Seniors	Wednesdays & Fridays 9 – 9:30 am	Seymour	919-968-2070	352101 43, 44, 45	Wed, Feb 25; Mar 25; Apr 29	FREE
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A 30-minute exercise class that includes warm-up stretches, light weights, 15 minutes of floor work focusing on your core (Buns of Steel on Wed; modified Mari Winsor Pilates on Fri), and cool-down stretches. Instructor: Dianne Martin. Ongoing class. Max: 20.

ChairOne Fitness	Wednesdays 10:30 – 11:30 am	Passmore	919-245-2015	252010 03, 04, 05	Wed, Feb 25; Mar 25; Apr 29	\$6.00
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ChairOne Fitness is designed to deliver a fun, musically driven, interactive full body workout that uplifts people through dance and fitness moves. All-inclusive class, regardless of ability. Cost may vary. Purchase a wellness ticket booklet at the front desk to participate. Min: 5.

Groove Line Dance & Smile	Wednesdays 10:30 – 11:30 am	Seymour	919-968-2070	354019_06	Wed, Feb 25; Mar 25; Apr 29	\$8.00
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Groove Line Dance & Smile is a fun, upbeat class that blends country, soul, pop, and classic line dances into easy-to-follow routines. Designed for all levels, this class keeps you moving, grooving, and smiling while building coordination, balance, and confidence. No partner needed—just bring your energy and enjoy the music.

Salli's Senior Yoga: Yoga with a Twist	Wednesdays 11 – 11:45 am	Virtual	919-968-2070	352011 07, 08, 09	Wed, Feb 25; Mar 25; Apr 29	FREE
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Yoga is a powerful tool for increasing flexibility and strength in your body, mind and spirit. Salli's style blends music, humor, and dancing with classic yoga poses. Participants are in chairs and standing—no floor work. Salli Benedict, MPH, is a certified yoga and fitness instructor with 30+ years' experience. Contact Latonya Brown at lbrown@orangecountync.gov for link. Ongoing class. Max: 10.

Alicia's Silver Sneakers Exercise Class	Thursdays 8:30 – 9:30 am	Seymour	919-968-2070	352039_08	Thu, Nov 20; Dec 18; Jan 29	FREE
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This evidence-based exercise class is designed to stretch and strengthen your entire body for maximum movement and endurance. This class is an excellent way to improve flexibility, muscular strength, and toning. You will gain knowledge of beneficial movements that can be applied to daily living at home. Join today! Instructor: Alicia Reid. Min: 1/Max: 10.

T'ai Chi Practice	Thursdays 6:15 – 7:30 pm	Seymour	919-968-2070	352005_16	Thu, Feb 26; Mar 26; Apr 30	FREE
	Saturdays 8 – 9 am					

T'ai Chi enhances physical and mental health. Its slow circular movements, deep breathing, and meditation improve the flow of energy (Chi) through the body. This promotes heightened awareness, calmness, and overall wellness, enhancing mobility, balance, and posture. Advanced students can practice sensing and pushing hands exercises. Instructor: Frank Pruett. Ongoing Class. Max: 20.



WELLNESS EXERCISE CLASSES, continued

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Chen's Style Tai Chi Quan	Thursdays 7:40 – 8:40 pm	Seymour	919-968-2070	352081_68	Thu, Feb 26; Mar 26; Apr 30	FREE

Experience the power and grace of Chen- Style Tai Chi in the beginner – friendly class. Improve balance, flexibility, and mental focus through slow, flowing movements rooted in martial arts tradition. Ideal for all fitness levels. No experience necessary – just bring comfortable clothing and an open mind! Certified Instructor: Frank Zhu.

Just Beat It: Cardio Drumming	Fridays 8:30 – 9:30 am	Passmore	919-968-2070	222003_03	Thu, Feb 26; Mar 26; Apr 30	FREE
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Get off to a great start this spring by joining an energizing gentle cardio rhythmic drumming! Using lightweight drumsticks and exercise balls, you'll drum to your favorite tune. This low impact activity improves coordination and strengthens your core. No drumming experience required. All fitness levels welcome in our supportive and fun environment. Min: 5/Max: 15.

Seated T'ai Chi for Arthritis	Fridays 10 – 11 am	Seymour	919-968-2070	352024 32, 33, 34	Fri, Feb 27; Mar 27; Apr 24	FREE
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This course is based on T'ai Chi for Arthritis developed by Dr. Paul Lam, MD, from Sun Style T'ai Chi. T'ai Chi is a mindfulness practice designed to enhance flexibility, muscle tone, and fitness. It incorporates the essential principles of Tai Chi with an emphasis on breathing, posture, and space awareness. Instructor: Judith Lechner. Ongoing class. Max: 10.

Combined Yang T'ai Chi Group Practice	Saturdays 9 – 10:15 am	Seymour	919-968-2070	352081_23	Sat, Feb 28; Mar 28; Apr 25	FREE
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Enjoy the benefits of improved balance, greater muscle strength, and the meditative effect of T'ai Chi in our informal Yang style T'ai Chi class. All levels are welcome. We learn together by watching and following, as well as by instruction. Max: 10.

Dementia friendly program Intergenerational program Project EngAGE Virtual program Hybrid program Future programming Multi-lingual friendly program

Aging-in-Place Help Available

The Orange County Aging Transitions Team, located in both the Passmore and Seymour Centers, is available Mon – Fri by appointment to provide information and assistance to all Orange County residents dealing with age-related issues. The Team consists of social workers, other aging specialists, an occupational therapist, a transportation specialist, and a program coordinator, 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
- Support to caregivers
- Insurance and benefit counseling
- Transportation referral and assistance
- Living alone telephone reassurance program
- Durable medical equipment loan program

All services are free for Orange County residents aged 60+ and/or their family members. To learn more, call the Aging Transitions Helpline (919-968-2087), send an email to agingtransitions@orangecountync.gov, or visit the Passmore or Seymour Center.

Volunteer Driver Program

Would you like to become a member of our Volunteer Driver Program?

Volunteer Drivers are needed to provide safe and direct transportation for older adults who cannot access public transportation. Each driver chooses their available times, and receives training, support, and program materials. An hour of your driving time can make a huge difference in someone's ability to remain independent!

Volunteer Driver Program Volunteer Requirements:

- Be at least 18 years of age.
- Attend a short training/orientation program before beginning any volunteer service.
- Commit to making at least one (1) ride a month.
- Complete a background check and schedule a CarFit appointment.

If you are interested in becoming a volunteer with the Volunteer Driver Program or learning more about the program, please contact VC55plus@orangecountync.gov or 919-245-4241.



WELLNESS INDIVIDUAL SERVICES

Registration must be completed in advance by calling the **Passmore Center in Hillsborough at 919-245-2015** or the **Seymour Center in Chapel Hill at 919-968-2070**. Scholarships for all classes/programs are available to Orange County residents who meet eligibility requirements based on financial need. Purchase Wellness Class Ticket Books for your wellness classes. **NOTE: Mandatory 3% fee will be applied to all credit and debit card payments.**

***NOTE: "No-Show" Policy for Fit Feet** is to collect \$10 for Orange County residents and \$20 for non-residents and all **Acupuncture, Massage, Reflexology Clients** 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.

CLASS	DATE/TIME	LOCATION	PHONE	CODE	REGISTER BY	FEE
Fit Feet Program	Tue, Mar 3; Apr 7; May 5 9 am – 12 noon	Seymour	919-968-2070	352508 59, 60, 61	Appointment	\$20.00
	Wed, Mar 4, 18; Apr 1, 15; May 6, 20 9 am – 3 pm					
	Wed, Mar 11, 25; Apr 8, 22, 29; May 13, 27 9 am – 3 pm	Passmore	919-245-2015	252502 03, 04, 05		

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 bring their doctor's referral to their first appointment, or service will be denied! Fee: \$20 for Orange County residents; \$35 for non-residents.

Audiology at the Seymour Center	Wed, Mar 11, 25; Apr 8, 22; May 13, 27 9 am – 12 noon	Seymour	919-445-6744	See Description	Appointment	See Description
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UNC Hearing and Communication Center now offers select Audiology services at the Seymour Center. A Doctor of Audiology provides consultations, assistive technology, hearing aid fittings, repairs, and wax removal. Standard billing applies. UNC HCC welcomes new patients and those already using hearing devices. Call 919-445-6744 or visit www.uncaudiology.org to schedule your appointment today!

Blood Pressure Monitoring	Tue, Mar 3, Apr 7, May 5 10 am – 12 noon	Seymour	919-968-2070	352505_07	Not Required	FREE
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A volunteer RN or LPN is on-site to take blood pressures. VC 55+ provides the volunteers. In addition, free automated blood pressure machines are available at both Senior Centers. These machines are provided by the Orange County Wellness Program. Ongoing. Max: 20.

At Peace Massage	Mondays 9 am – 12 noon	Seymour	919-968-2070	352520_04	Appointment	\$65.00
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Have stress, aches, pain, or tension? Come enjoy a relaxing, rejuvenating massage with Angela Jackson, Certified Massage Therapist. Special techniques include Swedish, lymphatic drainage, oncology massage, reflexology massage, and hot stone massage. Call 337-377-4458 or email angela@atpeacemassage.net for information or to schedule appointments. Fees: \$65 1 hour, \$75 1.5 hours. Max: 5.

Alicia's Total Fitness	Mondays & Wednesdays 10 – 11 am	Passmore	919-245-2015	252053_03	Mon, Feb 23; Mar 30; April 27	FREE
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This evidence-based exercise class is designed to stretch and strengthen your entire body for maximum movement and endurance. This class will improve flexibility, muscular strength, and toning. You will learn beneficial movements that can be applied to daily living at home. Join today! Instructor: Alicia Reid. Contact Latonya Brown at lbrown@orangecountync.gov for link to join. Min: 1/Max: 12.

Personal Training	By Appt Only	Seymour	919-968-2070	352595_36	Appointment	\$25.00
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Discover a rejuvenating personal training program especially designed for seniors, focusing on gentle exercises that strengthen muscles, improve flexibility, and promote overall wellbeing. Our experienced trainers tailor each session to meet individual needs and goals, ensuring a safe and enjoyable fitness journey for older adults. Fees: \$25, 30 minutes; \$35, 1 hour.

♥ Dementia friendly program
 ↔ Intergenerational program
 ★ Project EngAGE
 ■ Virtual program
 ☁ Hybrid program
 ➔ Future programming
 👥 Multi-lingual friendly program



AGING TRANSITIONS

Aging Transitions provides a variety of services and supports for older adults and their families as they face changing health needs, relocation, and other age-related issues. Call the Aging Helpline at 919-968-2087, Mon - Fri, 9 am - 4 pm. You may also email Aging Transitions at agingtransitions@orangecountync.gov. Chinese Helpline: 919-245-4275 / Spanish Helpline: 919-245-2010.

Social Engagement Programs

R Place partners with Encore Melody Makers



R Place enjoyed partnering with Encore Melody Makers on a successful 6-week pilot program that provided a positive, engaging, and educational musical experience for the R Place program. The Encore conductor, Susan Stedman, developed a customized approach for friends living with dementia in a community-based group setting. We are confident this collaboration will pay off in dividends and the ripple effects will strengthen and help grow the wonderful Encore model.

Social Engagement Programs like R Place involve fun, creative activities that allow people to connect with each other. Volunteers help to create a stigma free environment that understands the social needs of our friends living with dementia, reinforcing cognitive resilience, and helping participants feel a sense of purpose and belonging. To learn more about joining the R Place community as a friend living with dementia or a volunteer, please contact Alison Smith at alsmith@orangecountync.gov



R Place and the Dementia Friends @ Carolina hosted a Holiday Memory Café to promote the I'm Still Here - R Place Incubator Project to create a second secular, volunteer-led respite program. It was a very successful intergenerational community event with a delicious lunch, live musician, and many fun dementia friendly activities that provided an opportunity for the greater community to embrace and engage friends living with dementia and their loved ones.



Dementia Friendly Community

Dementia Friendly Community training is a Social Engagement program offered to educate the greater community to recognize and support people living with dementia, providing them with an opportunity to live a good quality of life and remain a valued member of Age Friendly Orange County. The Dementia Friendly Community training program now expands its reach to all segments of the community including neighborhood networks to create more Dementia Friendly Partners. To schedule a Dementia Friendly Community training, please contact Alison Smith at alsmith@orangecountync.gov





One Stop Shopping at Senior Centers

Social workers at both the Passmore Center and Seymour 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 can discuss your questions and concerns about these programs in a confidential setting, and to complete the required paperwork. 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.

Venga a un Centro “Todo Bajo un Techo”

Los trabajadores sociales del Centro Seymour y el Centro Passmore pueden ayudar a las personas mayores a solicitar una variedad de servicios de ayuda financiera, como SNAP (Programa de Asistencia de Nutrición Suplementaria, anteriormente Estampillas de Comida “Food Stamps”), asistencia con el pago de electricidad y Medicaid. Nuestros trabajadores sociales del Equipo de Transiciones del Envejecimiento pueden discutir sus preguntas y preocupaciones sobre estos programas de una manera confidencial y completar los documentos requeridos. Esto se llama "Todo Bajo un Techo". Para averiguar si califica para alguno de estos programas, llame a la línea de ayuda de los adultos mayores: 919-245-2010 (español) para pedir una cita.

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: 919-245-4275

更多咨询请登录: www.orangecountync.gov/aging

Are You Experiencing an Aging Transition?

The Aging Transitions Team provides information and resources to older adults and their families to better manage changing health needs, relocations, aging-in-place and other age-related questions.

Kendall McMillan, MSW, LCSW, Aging Transitions Administrator

Keisha Andrews, MSW, Social Worker

Brandi Beeker, BA, Transportation Specialist

Hannah Broome, MSW, LCSWA, Social Worker

Marie Dagger, MS, OTR/L, Occupational Therapist

Lana Dennis, MSW, Aging Transitions/Volunteer Connect 55+ Specialist

Brittney DeWitte, Durable Medical Equipment Program Assistant

Kristi Price, BA, Human Services Specialist-III

Alison Smith, RD, RYT-500, Social Engagement Program Coordinator

The Aging Transitions staff is available by appointment at either the Passmore Center in Hillsborough, or the Seymour Center in Chapel Hill. Please reach out to 919-968-2087 or agingtransitions@orangecountync.gov.

Information & Assistance: Consultations about age-related questions, such as housing options, health insurance, community resources, transportation, advocacy, etc.

Individual Consultations: Confidential sessions to assist with age-related transitions, home safety or cognitive change.

Durable Medical Equipment Donation and Loan Program: Wheelchairs, walkers, tub benches, etc., available for loan. Donations of equipment appreciated.

Incontinence Supplies & Liquid Nutrition: Adult diapers, wipes, and liquid nutrition available upon request. Donations appreciated.

Caregiver Support Groups: Support groups held regularly.

DSS Applications: Help with filling out applications for SNAP (Supplemental Nutrition Assistance Program, formerly food stamps), low-income energy assistance, Medicaid, etc.

Community Presentations: Educational sessions, support groups, senior discussion groups, etc. are available on request.

Aging Transitions Help-Line: 919-968-2087

The Helpline is staffed 9 am–4 pm Mon–Fri

Chinese Help-Line 中文热线: 919-259-0232

Spanish Help-Line, Línea telefónica de ayuda: 919-245-2010
9 am – 4 pm, Mon – Fri



RESOURCES & SERVICES

Department on Aging supportive services and information for older adults, their families, and caregivers.

Endless Possibilities Pick-up Locations

Pick up your *Endless Possibilities* at one of these locations. For the most current pick-up locations, go to www.orangecountync.gov/187/Endless-Possibilities-Activity-Guide.

Chapel Hill – Carrboro: All Food Lion and Harris Teeter Stores; Arts Center; Carolina House; Carolina Springs; Carol Woods; Carrboro Community Health Center; Carrboro Public Library; Carrboro Town Hall; Chamber of Commerce; 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; Eubanks Rd Park & Ride; First Baptist Manley Estates; Hatfield Berang Hearing Center; Mama Dip's; Marion Jackson Center; Meadowmont: The Cedars; NC Retina Associates; Tony Hall & Associates; UNC Health Care – Cardiac Rehab; UNC Health Care – Hwy 54; Weaver Street Market in Carrboro; Walgreens – Hwy 54. **Outdoor Racks:** Chapel Hill Transit – Main Office; Chapel Hill-Carrboro YMCA; Hargraves Recreation Center; Orange County Department of Social Services (DSS) – Homestead Rd; Park & Ride Lot – Old Fayetteville Rd; Seymour Center; UNC Ambulatory Care Center – Mason Farm Rd; and Whole Foods.

Hillsborough/Central Orange Area: All Food Lion and Harris Teeter Stores; Peak Resources – Brookshire Nursing Home; Carolina Vision; Cedar Grove Community Center; Chamber of Commerce; Coco Nail Salon; Dentist, Vintage Dental Arts – N Churton St; Dentist, Dr Berry Holly – Meadowlands; DSS – Mayo St; Duke Family Practice; Durham Tech – OC Campus, student break room; Farm & Garden Country Convenience Store – Hwy 86 N; Grow Smart; Hillsborough Pharmacy – Daniel Boone Village; OCIM (Orange Congregations in Mission); Meals on Wheels and Thrift Shop; Orange County Government – West Campus, Margaret Ln; Orange County Health Department; Orange County Public Library; Orange Family Medical; Passmore Center; Service Department – New Hwy 86; Steve's Fresh Market; TerraBella Hillsborough Senior Living; Town of Hillsborough – Mayor's office; UNC Family Medicine – Old Hwy 86; UNC Hospitals – Hillsborough Campus, Weaver St Market; Walgreens; **Outdoor Racks:** Bojangles; Cup-A-Joe; Newsstand corner of King St & Churton St; Eno Haven Apts; Handy Andy's – Caldwell; Red & White Convenience Store – Efland; Orange County SportsPlex; and Passmore Center.

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 Orange County which 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

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.

Looking to Share Your Home?

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. The path to a new living situation starts now!



Fee Payment & Financial Assistance

The Orange County Senior Centers strive to be accessible and welcoming to all seniors. If you're interested in participating in fee-based activities but are unable or unwilling to pay, you can still join.

A selection of free activities and programs are available to seniors age *55 and over. Please note that some events and activities, such as trips, admissions for center-sponsored activities at external venues, and fundraising activities by Friends organizations, may not be eligible for financial assistance or waivers. However, income-based financial assistance is available for most senior center offerings.

For information on wellness programs, contact Wellness Coordinator Latonya Brown at 919-245-4270. For financial support regarding other programs, reach out to the Passmore Center Operations Manager, Dawn Smith, at 919-245-2021, or the Seymour Center Operations Manager, Rachel Whitney, at 919-245-2020. Eligibility for financial assistance is determined by comparing your financial status to current federal poverty guidelines.

All inquiries are strictly confidential.

**Some programs are exempt from this assistance as their funding comes from the Older American Act (available only for those aged 60 and over).*

Outdoor Places: Quiet Meditative Spaces

Did you know that there are several outdoor spaces in Orange County that can be used as quiet meditative spaces for caregivers to bring care recipients?

Some popular parks include:

- **Brumley Forest North**, 3798-3400 Old NC 10, Durham, NC 27705
- **Eno River Park**, 6101 Cole Mill Rd, Durham, NC 27705
- **Gold Park**, 415 Dimmocks Mill Rd, Hillsborough, NC 27278
- **Little River Regional Park**, 301 Little River Park Way, Rougemont, NC 27572

Check each park's website for opening and closing times, and visit ahead of time to locate quiet, meditative spaces, parking proximity, and restroom availability before bringing a care recipient.

If you know of other quiet public meditative spaces within Orange County or the nearby surrounding area, please send information to: Cydnee Sims at 919-245-4250 or csims@orangecountync.gov and we'll plan to include in future editions.

MOST/DNR Bracelets

Be Sure Your Final Wishes Are Honored In Case of an Emergency



The Electronic DNR – Do Not Resuscitate – bracelet was created to be a free extension of a person's pre-existing DNR form. The purpose of this electronic bracelet is to provide a mobile means of informing Orange County emergency responders (EMS, Fire Departments, and Law Enforcement) that the holder has a DNR and/or MOST (Medical Order for Scope of Treatment) form that is active and should be honored. To have an electronic DNR bracelet put in place, the recipient must already have a valid physical DNR and/or MOST form. To obtain a physical DNR and/or MOST form, contact your physician.

For more information regarding the DNR Bracelet, contact Landon Weaver, Community Risk Reduction Coordinator for Orange County EMS at **919-245-6127**. To schedule an individual appointment to activate a bracelet, contact Orange County EMS at **919-245-6127** or the Orange County Department on Aging, Aging Helpline at **919-968-2087**.

- You must have a **completed and signed original** of your DNR or MOST form prior to scheduling an appointment.
- A MOST may only be utilized for this bracelet if the DNR option is checked within the MOST.
- For additional information on whether a MOST or DNR is appropriate for you, contact your physician. You must have a **completed and signed original** of your DNR and/or MOST form prior to scheduling an appointment.
- **The MOST document** may only be uploaded along with the DNR document.
- As stated by NC law, a Do Not Resuscitate (DNR) form is a medical order signed by a physician alerting emergency responders that a patient does not want to receive resuscitation in the event of a cardiac arrest.
- **A Medical Order for Scope of Treatment (MOST)** is a physician's order that outlines a plan of care and allows the patient to keep control over medical decisions during a critical life event with specific instructions for emergency medical providers and other healthcare entities.



Long-Term Care Committee Members Needed

If you have a passion for, or interest in, the living conditions and health care options for older adults in Orange County, an important volunteer opportunity is available! Serve your community by applying to the Orange County Adult Care Home and Nursing Home Community Advisory Committee, which reports to the Board of Orange County Commissioners and the Office of the State and Local Long Term Care Ombudsmen. As a member of the committee, you will:

- Learn about the issues facing the aging population.
- Visit area Adult Care Homes or Nursing Homes and their residents.
- Participate in meaningful committee-directed initiatives to improve residents' quality of life.

For more information or to apply, please contact Kendall McMillan (kmcmillan@orangecountync.gov), Shade Little (shadekittle@gmail.com), or Jackie Podger (jacannpod@gmail.com), or visit www.orangecountync.gov/boards.

Legal Aid Services

Legal Aid of North Carolina, Inc., provides free legal services to low-income individuals age 60 and over on a variety of civil legal issues.

Services include: Consumer Protection Law, Advance Directives, Wills, Living Wills, Powers of Attorney, and Health Care Powers of Attorney.

To request legal advice and representation on civil legal matters, call the Senior Legal Helpline at 1-877-579-7562, Mon – Fri, 9 – 11 am or 1 – 3 pm.

Loans, Donations, & Repairs!

OCDoA's Durable Medical Equipment Program

Do you need to borrow a wheelchair? Are your walker brakes loose? Do you have a shower chair you no longer need? Contact the Aging Helpline to participate in the Durable Medical Equipment (DME) Program!

You can:

- Donate your gently used and clean DME items to either senior center location.
- Request to borrow an equipment item from our team, for either short or long-term use.
- Schedule an equipment 'tune-up' to help your current equipment better support your needs.

Please Note:

- Supply of items is dependent on donations, so we cannot guarantee that your specific request will be available.
- Allow up to 2 weeks to receive your requested item. We make every effort to accommodate emergency requests but cannot guarantee availability.
- Items accepted for donation and provided via loan are easily cleaned, multi-user items like walkers, wheelchairs, shower chairs, toilet risers, etc. Personalized, powered, or single-use medical items are not accepted (examples: wound care supplies, CPAP machines, Polar ice machines, braces/boots, etc.). Ask at the front desk or visit www.orangecountync.gov/DME to see our current donation needs.

Call 919-968-2087 or email AgingTransitions@orangecountync.gov for more information!

Inclusive Lobby Communications Project

The Inclusive Lobby Communications Project offers DoA informational videos on secured, easy-to-use tablets in the Passmore and Seymour lobbies for visitors who have low vision, are non-readers, and/or require information in English, Spanish, or Chinese. The project also establishes use of a live-translation phone number for front desk to be able to communicate with a wide range of languages when videos are not relevant, and for any other communication need across languages. Finally, for those who wish to be contacted with additional information about our services or programs, there is a multilingual form for visitors to leave their information in their preferred language, requesting that they be contacted further by a translator or other one-on-one services if needed. For more information about the project, stop by the front desk or contact Marilyn Hohl at 919-245-2012 or mhohl@orangecountync.gov.

Advance Directives

Did you know "advance directive" is an umbrella term? There are several versions to choose from, including a living will, Five Wishes, health care power of attorney, and more. For notary services or to learn more about your options, contact the Aging Helpline at 919-968-2087 or agingtransitions@orangecountync.gov. Copies of advance directives available upon request.



EMPLOYMENT SERVICES

For updates and assistance, please contact our Employment Specialist, Estella Johnson, at wijohnson@orangecountync.gov.
For resources, please visit www.orangecountync.gov/Employment.



Are you 55+ and seeking employment?



We are here for you.

The Orange County Department on Aging works with older adults to help them find jobs that are the right fit.

Our services include:

- Identifying jobs and potential employers
- Working with individuals to fill out applications
- Developing resumes and cover letters
- Helping to find job training resources in industries such as health care, computer skills and others
- Exploring volunteer opportunities

Looking for a job? Need help with your resume? Networking? LinkedIn? Indeed? Please call Estella Johnson for an appointment
919-245-4248 or email: wijohnson@orangecountync.gov

TUESDAYS & THURSDAYS
10 am – 2 pm – Seymour Center,
2551 Homestead Road, Chapel Hill

WEDNESDAYS
10 am – 2 pm – Passmore Center,
103 Meadowlands Drive, Hillsborough

Changes to FNS

On July 4, 2025, President Trump signed into law new rules that expand work requirements for Food and Nutrition Services (FNS) for most adults age 55-64. These rules will take effect soon in North Carolina.

To stay eligible you may need to:

- Work or volunteer at least 20 hours a week,
- Participate in a training program,
- Or be declared medically exempt by a doctor.



Even if you are already meeting these rules, **you may now need to submit documentation or risk losing your benefits.** Please respond to phone calls or letters you receive from your caseworker to keep your benefits. Call 919-245-2800 for more information.



TRANSPORTATION INFORMATION

Do You Need Help Finding Transportation?

Call the Transportation Help Line: 919-717-1853 (Mon - Fri, 9 am - 5 pm). The Transportation Specialist provides information on: transportation, travel training, the volunteer driver program, and advocacy.



For more information, contact Brandi Beeker, Transportation Specialist, at 919-717-1853 or bbeeker@orangecountync.gov.

Learn More About Public Transportation

- **Make the Connection: Bus Riding 101:** Find out where the public buses go, where to get schedules, and what the buses cost to ride. Also learn about door-to-door transportation, eligibility, and how to sign up for services. Call the Transportation Help Line or attend a virtual class on the first Friday of every month.
- **What's hAPPening in Transit:** Learn about the smartphone applications that can help you use transportation services in Orange County. Join the transportation specialist for a virtual meeting on the second Wednesday of every month as we explore the apps that can help you find bus service, book a trip, and more.

- **Bus Travel Training:** Have you ever wondered about the bus you've seen near your home? Call the Transportation Helpline at 919-717-1853 and schedule a bus ride with our Transportation Specialist. We'll go over how to board the bus, how to pay fare (if required), etiquette, and any other questions that come up during the ride.
- **Transportation Information Tables at the Senior Centers:** Visit the pop-up Transportation Information Table to speak to the Transportation Specialist about how you can get where you need to go without driving alone. No registration is required. Come by the lobby any time from 10 - 11:30 am at the Seymour Center on the second Thursday of the month or at the Passmore Center on the second Tuesday of the month.

GET INVOLVED.

- **Join the Transportation Workgroup:** Passionate about public transportation? Participate in our workgroup to enhance the overall well-being of Orange County seniors through meaningful education and advocacy around driving alternatives.
- **Volunteer Drivers Needed:** Help an older adult - be a volunteer driver! Providing transportation helps connect older adults to beneficial services and organizations.

Commodity Supplemental Food Program

Application and approval required

The Department on Aging administers the Commodity Supplemental Food Program, a program of the NC Department of Agriculture and Consumer Services Food Distribution Division, to Orange County residents aged 60 and over.

Annual household income guidelines are:

1 member - \$1,957 per month or less

2 members - \$2,644 per month or less

Other household members may be eligible to qualify. Additional household members can factor into income eligibility allowing for higher incomes.

This program provides a monthly box of food to supplement the nutritional needs of low-income older adults.

People who qualify may designate someone to pick up the approximately 32-40lb. box of food each month from the Passmore Center (2 - 4 pm on 3rd Thursday) or the Seymour Center (2 - 4 pm on 3rd Tuesday).

For additional pick-up locations or to apply for this **FREE FOOD** program, call Shenae McPherson, VC55+ Administrator at 919-245-4243.

Applications are available at the Seymour and Passmore centers.





FRIENDS OF THE SENIOR CENTERS

The Friends of the Jerry M. Passmore Center and Friends of the Robert & Pearl Seymour Center are all-volunteer, nonprofit organizations dedicated to promoting the wellbeing and quality of life for older adults in Orange County. The Friends support the Department on Aging and both Senior Centers through supplemental program funding, sponsored events, and more. **Contact either organization to find out how you can get involved.**

JERRY M. PASSMORE CENTER • 919-245-2015

103 Meadowlands Dr, Hillsborough, NC 27278

Friends of The Jerry M. Passmore Center

A nonprofit, tax-exempt organization that pursues avenues of financial support for the Passmore Center's activities and programs. Please stop by and ask for information, as we are looking for enthusiastic board members. Our dedicated Board of volunteers works tirelessly to fundraise with ALL net proceeds benefiting participants attending the Passmore Center's special programs, such as special dinners, entertainment, the Passmore Garden Club, and to help beautify the Jerry M. Passmore Center.

Monthly Meetings

3rd Monday of the month, 9:30 – 11:30 am at the Passmore Center, Hillsborough. Open to anyone interested in attending. Please call 919-245-2015 to verify that the meeting is being held.

The Friends of Passmore are always looking for enthusiastic board members. The board is also in need of a web savvy volunteer to help create and update our web presence.

Friends of Passmore Travel Is Back!

Join the Friends of Passmore Center from November 1 – 7, 2026 as we embark on an exciting group tour to Iceland and experience a world beyond imagination. More details can be found under Seniors on the Road. On Tuesday, March 3, 2026, The Friends of the Passmore Center will host an Iceland Information meeting and social at 6 pm for travelers interested in the tour of Iceland and have an opportunity to meet other travel enthusiasts interested in this travel opportunity.

2027: Shades of Ireland

10 days, April 30-May 9, 2027. 13 meals. Preview this tour on May 3, 2026 @ Passmore Travel Club gathering 5:30 – 8 pm!

Contact Dawn at 919-245-2021 if you would like to be added to the Friends of Passmore travel information list.

ROBERT & PEARL SEYMOUR CENTER • 919-968-2070

2551 Homestead Rd, Chapel Hill, NC 27516

Friends of The Robert & Pearl Seymour Center

A non-profit, tax-exempt organization that pursues avenues of financial support for activities, programs, special events, wellness, the Garden Club, Pickleball, and Table Tennis Group. All proceeds from donations and fundraisers are used to benefit the Center. There are opportunities to serve on the following committees: Travel, Fundraising, Membership, Publicity, and Special Events.

Monthly Meetings

Hybrid meeting the 3rd Thursday of each odd month (Jan, Mar, May, Sep, Nov) from 1 – 3 pm. If you are interested in serving on the Board of Directors, contact Ceresa Clarke via email at seymourfriends@gmail.com or leave a message at 919-968-2070. Check out our new website www.friendsoftheseymourcenter.org

Upcoming Seymour Friends Travel Opportunities

Christmas in New York City: December 2026

Charleston & Savannah: April 13-16, 2026, \$949 – double

Portugal: Oct 6-13, 2026 – Lisbon, Porto and Douro River Cruise, \$4399 – double

French Riviera: 2027

For travel information, send an email to: seymourfriendstravel@gmail.com

Conscious Aging Digital Bookshelf We can become old just by hanging around. Becoming wise is another matter. What is the secret to the inner work of eldering? We are pleased to share the Conscious Aging Digital Bookshelf. The digital bookshelf is comprised of books and articles that explore the idea of aging with an ethic of mindfulness, service, and community. Visit www.orangecountync.gov/ltineraries to access the digital bookshelf and the accompanying journal, Itineraries.

Legacy Wall at Passmore and Seymour To have your loved one's name displayed on either "memorial" wall at the Passmore or Seymour Center, or to learn more, contact the Friend's President at the Passmore or Seymour Center. A minimum of \$100 is required.

Donate a Vehicle If you have a vehicle that you want to let go (running or not), consider donating it to one the OC Senior Center Friends groups for a tax deduction. Call toll-free 1-844-750-4483.





Orange County
Department on Aging

Passmore Center

Tue, Wed, & Fri: 8 am - 5 pm
Mon & Thu: 8 am - 8 pm

Seymour Center

Mon - Thu: 8 am - 9 pm
Fri - Sat: 8 am - 5 pm

Aging Transitions
Help-Line:
919-968-2087

Chinese Help-Line
中文热线:
919-245-4275

Spanish Help-Line:
Línea telefónica de ayuda:
919-245-2010

JERRY M. PASSMORE CENTER



Physical Address: 103 Meadowlands Dr,
Hillsborough, NC 27278

Mailing Address: PO Box 8181, Hillsborough, NC 27278

919-245-2015

ROBERT & PEARL SEYMOUR CENTER



Physical/Mailing Address:
2551 Homestead Rd, Chapel Hill, NC 27516

919-968-2070

Registration: www.orangecountync.gov/OnlineRegistration

www.orangecountync.gov/Aging