

SPECIAL EVENTS

Classes must be registered for in advance (classes may be cancelled if minimum numbers are not reached) by calling the **Passmore Center** in Hillsborough at 919-245-2015, or the **Seymour Center** in Chapel Hill at 919-968-2070. Scholarships available for qualifying Orange County residents. Transportation Specialist available at senior centers, 919-717-1853.

10th ANNIVERSARY CELEBRATION OF THE PASSMORE CENTER

Please join us for musical entertainment, reflections of the last 10 years at the Passmore Center, and refreshments. We will take time to remember and reflect on all the different activities, events, growth, and happenings over the last decade, few years - or even if you are a new comer, please contact Terry Colville, Passmore Operations and Program Manager at 919-245-2016 or tcollville@orangecountync.gov

Passmore Center

Fri, Apr 5 (223057-01)

10 - 11:30 am

70'S DANCE PARTY AND DINNER

The era of Disco dancing, platform shoes, and bright patterned polyester is coming to Passmore. DJ Steve Wray, will have you up and dancing to the Hustle, YMCA, Electric Slide and many more oldies as we listen to the hits of the 70's. The center will provide the main dish, Swedish Meatballs, and you bring the sides to share. Be sure to call the center and let us know what side dish or dessert you plan to bring. Min: 30 Max: 60

Register by: Thu, May 9

Fee: Side Dish to share

Passmore Center

Thu, May 16

(253007-05)

5:30 pm

A CELTIC DINNER EVENT AND SPECIAL DINNER

Treat yourself to an evening of traditional Celtic music performed on the Hamer Dulcimer by Dr Furman. The center will provide corned beef, cabbage, and potatoes and you bring additional sides to share. Please call the center and let us know what side dish or dessert you plan to bring. Min: 30 Max: 60

Register by: Thu, Mar 14

Fee: Side Dish to share

Passmore Center

Thu, Mar 21

(253007-03)

5:30 pm

A MOTHER'S DAY CELEBRATION OF WOMEN

It's time for the big reveal! During our morning event we will display our slide show and you will be the stars of the event! Enjoy light refreshments as we watch each other on the big screen and share a "getting to know you" moment. What a great way to meet new people and make new friends. Everyone is invited, even if you are not able to make it to the photo op - come and enjoy the fun. *See Mother's Day Photo Opportunity.

Register by: Thu, May 2

Fee: FREE

Passmore Center

Fri, May 10

(223016-01)

10:30 am - 12 noon

A PEARL FOR YOU: MOTHER'S DAY DINNER PARTY

A fun jewelry experience coupled with dinner, music, an interactive game with prizes, and a special reading to all mothers awaits! Whether you are a natural or spiritual mother, this evening is designed with you in mind. Seal this celebration with great memories, a commemorative keepsake to wear on your special day, new friends and a festive dinner. **This event is for ladies only.**

Min: 30/Max: 60

Register by: Tue, Apr 30

Fee: FREE

Seymour Center

Tue, May 7 (323090-01)

5 - 7 pm

A SPRING RECITAL with ERTZ AND OKADA'S VIOLIN and VIOLA STUDENTS

Welcome the beauty of spring with violin and viola students of Nonoko Okada and Simon Ertz. Okada is an avid chamber musician who has performed at Carnegie Hall and is a graduate of the Juilliard School. Ertz is principal violist of the Winston-Salem Symphony and a member of the Greensboro Symphony's viola section. Their students' evening performances will include a selection of solos and ensemble works. Min: 30/ Max: 80

Register by: Tue, May 14

Fee: FREE

Seymour Center

Tue, May 21 (313081-04)

6 - 8 pm

A VETERANS' AFFAIR - WALL OF HONOR RECOGNITION CEREMONY

Join us to celebrate the Wall of Honor's new honorees. This is our way of expressing gratitude to those who served our country. We will salute them through music and song with **Charles Bradshaw and Robert Wade** followed by a reception. The current honorees are: **Charlie Hayes, Jr; William Gattis; Roosevelt Wilkerson; Larry Reid; Jane Lyonais; Michael Alston; Joey Ingram; and Billy Ashworth** On Mon, May 6, we will recognize eight new honorees: **Alan Rhodes; Helen Council; Cleavon Atwater; Bobby Kennell; Janis Parker; John Mitchell; Timmy Craig and Claude Eubanks**

Register by: Mon, Apr 29

Contact: Cydnee Sims, 919-245-4250

Fee: FREE

Seymour Center

Mon, May 6 (343069-01)

10:30 - 11:30 am

ACC TOURNAMENT AT PASSMORE

Come join us for all the March Madness of the ACC Tournament at the Passmore Center. Be sure the wear your team's colors!

Fee: FREE

Passmore Center

Tue, Mar 12; Wed, Mar 13; Thu, Mar 14 (223000-01)

12 noon

AFTER HOURS NEWCOMERS' SOCIAL

Are you new to the area? Looking for an interesting and creative outlet? Look no further! Every 4th Tuesday evening, the Center's Program Advisory Committee (PAC) awaits your visit. This

comfortable setting will be an opportunity to learn about the programs and services offered. In addition, you will receive a tour of the facility and enjoy a social meet and greet experience over a beverage and refreshments.

Register by: 1 week prior to date

Organizers: Program Advisory Committee

Fee: FREE

Seymour Center

Tue, Mar 26; Apr 23 (323082-12, 13)

4:30 - 6:30 pm

(Will not meet in May)

AGING IN COMMUNITY SPEAKER SERIES

RETIREMENT: *Perhaps the afternoon knows what the morning never suspected.* Robert Frost

See the information on page 6.

Register by: Mon, Apr 8 at 919-968-2070

Fee: FREE

Seymour Center

Wed, Apr 10 (357140-03)

6:30 - 8:30 pm

AN AFTERNOON WITH THE CHATHAM CHORUS

Get ready for a real spring treat! The Chatham Chorus, a group of friends who share a love of singing, will present a concert featuring music from Gershwin to the Beatles. They say that music soothes the soul, so come and be prepared to relax and enjoy an afternoon medley of songs. As Ella Fitzgerald said, *The only thing better than singing is more singing!* Meet the choral group over light refreshments after the concert. Min: 30/Max: 80

Register by: Fri, Apr 5

Fee: FREE

Seymour Center

Fri, Apr 12 (323093-01)

2 pm

ART SHOW - PASSMORE CENTER

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

ART OPENING - LUNA LEE RAY AND STUDENTS

Luna Lee Ray is an accomplished artist and teacher. She has been teaching at the Passmore Center for 15+ years. This exhibit will highlight not only her work, but those of her students.

Art will be on display Mon, May 6 - Thu, Jun 20. Please join us for an afternoon reception and an opportunity to meet the artists.

Fee: FREE

Passmore Center

Mon, May 6 (253002-04)

3 pm

ART SHOW - SEYMOUR CENTER

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

MINGLE WITH THE ARTIST

You will be greeted with a bio of the artist, list of artwork in the show and a beverage and refreshments for the occasion. The artist will be available to share inspirational stories and to answer questions about the show.

AT THE HEART OF IT: NEW WORKS BY ARTIST MAGGI GRACE

Maggi's new abstract and figurative paintings explore relationships to the natural and spiritual world. Using acrylics, inks and some unexpected repurposed painted surfaces, her interpretations are often whimsical, bursting with color, and always evocative. *At the Heart of It* will be on display until Thu, Apr 4.

ORANGE COUNTY SILVER ARTS EXHIBIT

SilverArts Exhibit will be on display Mon, Apr 8 - Wed, May 8. SilverArts is a celebration of creative expression, and a major component of NC's Senior Games traditional athletic competition. SilverArts unites the athlete and artist in a program that recognizes the similarities of both endeavors: discipline, dedication, and pride in one's accomplishments. There will be an opening reception on Mon, Apr 8. Hostesses will be the Senior Games Committee with **musical performance by Horace Sher.**

Seymour Center

Mon, Apr 8 (353003-03)

3 - 4 pm

ANSHU GUPTA: EXPRESSIONS OF INDIA

Anshu, a native of India, graduated from NC State Univ with a MBA. She has been very interested in different forms of arts and crafts. Recently she started painting with acrylics and has found it a very satisfying medium. Her paintings cover a wide range of landscapes, landmarks and pieces inspired by Indian culture. An opening reception will be held on Mon, May 20. Hostesses will be: Ceresa Clark, Ann Wilkerson, Margaret Mayes and Amina Singletary with **live music by Charles Bradshaw.** Her paintings will be on display from Mon, May 20 - Thu, Jul 11.

Seymour Center

Mon, May 20 (353003-04)

3 - 4 pm

BASICS OF HOME FOOD PRESERVATION

Refresh or update your knowledge about food preservation, or learn for the first time about safe ways to enjoy the fruits of our land. *This class is mandatory if you plan to take the Hot Water Bath Canning Hands-On class on May 9. *Cosponsored with Cooperative Extension in Orange County. Min: 5 Max: 15

Register by: Thu, May 1

Instructor: Ivelisse Colon Diaz

Fee: FREE

Passmore Center

Tue, May 7 (223050-01) 2 - 3:30 pm

BINGO

BINGO! Join our caller Joseph Degraffenridt to see if the ball rolls in your favor.

Fee: FREE

Seymour Center

Wed, Mar 13; May 8 (353041-09, 10, 11) 10:30 - 11:30 am

BINGO NIGHT DANCE PARTY!

Experience bingo games in festive and entertaining way! Make sure you wear your dancing shoes because each time you win, the DJ will spin! A selection of foods and drinks will be served by Chapel Hill High student volunteers. Language interpreters will be available. A variety of prizes will be awarded -sponsored by our local Walgreens on MLK. Mark your calendar and be at our first-ever bingo night. As the old saying goes, you have to be in it to win it! Min: 35/ Max: 70

Register By: Fri, Apr 19

Fee: FREE

Seymour Center

Fri, Apr 26

(323093-02)

6 - 8 pm

BIRTHDAY CELEBRATION

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

Passmore Center

Mon, Mar 4; Apr 8; May 6 (253004-03, 04, 05)

12 noon

Seymour Center

Mon, Mar 4; Apr 8; May 6 (353072)

12 noon

BUSY BODY AMBASSADORS' TABLE

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. The table will be located in the lobby.

Fee: FREE

Passmore Center

Mondays and Wednesdays

10 am - 12 noon

CENTERS' PROGRAM ADVISORY COMMITTEES

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

Passmore Center contact Terry Colville, Programs and Operations Manager, 919-245-2016 or tcolville@orangecountync.gov for more information. .

Seymour Center meetings are held the 4th Tue in each month, except for Dec, Jun and Jul. Contact the chair, Lewis Atwater - latwater1946@att.net or Cydnee Sims, Programs and Operations Manager, 919-245-4250, or csims@orangecountync.gov

CINCO DE MAYO BINGO PARTY

Let's have a fiesta! In celebration of Cinco de Mayo, we will be having a bingo party! We will serve chips, salsa, and frozen margaritas (no alcohol, sorry) Come on out, bring a friend or two and win some prizes! Min: 10/ Max: 20

Register by: Mon, Apr 29

Fee: FREE

Passmore Center

Tue, May 7

(22250-01)

10 - 11:30 am

CINEMA NIGHT AT THE SEYMOUR CENTER

Co-sponsored with the Program Advisory Committee, come out on the 2nd Wed evenings of the month and enjoy a recently released movie. Concessions will be available for purchase from 5:30 - 6 pm. FREE movies will begin promptly at 6 pm. If you have movie suggestions, speak with a Program Advisory Committee member for future viewings. **You will find movies and descriptions listed under our Movie section.**

COMICAL EVENING WITH PHOENIX THEATER PRESENTS NEIL SIMON

The Phoenix Theatre will perform a comical one act play by Neil Simon called *The Man on the Floor*. Things get out of hand when an American couple travels to London for the Wimbledon matches. All the things that can go wrong happen in this hilarious mix up of events and people. Come join the fun and there will also be some improv and songs. Dinner will follow immediately after show.

Min: 30/Max: 60

Register by: Wed, Apr 10

Fee: FREE

Seymour Center

Wed, Apr 17 (323091-01)

Performance

6 - 7 pm

Dinner

7 - 8 pm

COMMUNITY FARM AND GARDEN DAY AT SEYMOUR CENTER

Seniors, families - everyone is welcome as the Seymour Center opens its doors to spring with music, and activities. There will be fun for young and old, with much wisdom shared from our community's knowledge and farm and garden experiences. Farmer's market, nature walks, storytellers, crafts, gardening experts and demonstrations, live music, speakers, discussions, and info tables. Event open to the public. Co-sponsored with Orange County Cooperative Extension.

Register by: Sat, Mar 30

Fee: FREE

Seymour Center

Sat, Apr 6 (323089-01)

9 am - 12 noon

CONNECT, CREATE, CONTRIBUTE CONTEST

Connect, Create, Contribute is the 2019 theme for Older American's Month. Throughout the month of May, there will be many ways to connect, create, and contribute right here at the Seymour Center. Look for contest materials and instructions at the "4 C" station in the lobby. Select gift cards will be rewarded to persons with the most entries in each contest category. Join us on Thu, Jun 6 to find out if you are one of our winners. Here's to "4-C" able success!

Registration not required.

Fee: FREE

Seymour Center

Thu, Jun 6 (323099-01)

10 - 11 am

COOKING AND DINNER WITH DAVID SOVERO - THE ART OF COOKING

David trained at the Fearington House Restaurant and believes you can create a good, healthy, and inexpensive meal using ingredients you already have. Each week you bring two ingredients (fruit, vegetable, or other item) and he will teach you how to create a meal. This is a hands-on class; everyone participates in the preparation of the meal. This is a unique cooking class that is a fun, as well as a delicious experience. Min: 5/Max: 20

Register by: 1 week before class.

Fee: \$12 per class plus two ingredients

Passmore Center

Mondays (233016-03, 04, 05) 5:30 – 8 pm

DINE & DASH

Join the group for an enjoyable lunch. This is a great opportunity to meet new people, socialize, and hear about the latest programs happening at the centers. We will meet at The Village Diner in Hillsborough, a neighborhood favorite offering classic southern food, but also adding some flare to create new, exciting dishes at 600 West King Street, Hillsborough.

Register by: Fri, May 17

Fee: Cost of lunch

Village Diner

Fri, May 24 (223041-01) 12 noon – 1:30 pm

DOWNSIZING, ORGANIZING, AND DECLUTTERING

Do you find that you just have too much stuff? Want to keep everything, but need to get it organized? Maybe you are thinking about downsizing and moving to a smaller home. A few modifications to your current home may make it possible for you to age in place. No matter what your situation is during this class you will learn about the many options open to you.

Min: 5 /Max: 30

Register by: Wed May 22

Instructor: Suzanne Harp, Moving Seniors with Style

Fee: FREE

Passmore Center

Wed, May 29 (22305-01) 2 pm

EARTH DAY SEED BALLS - MAKE AND TAKE

Do you love flowers, but find it difficult to dig in the soil? Well, this is the class for you! During this class you will create a number of seed balls to beautify your yard. Seed balls are an ancient technique for propagating plants from seeds without opening up soil with cultivation tools, and they are amazingly versatile. Seed balls are sowed by tossing or “seed bombing” the areas of your yard you wish to beautify. Min: 5/ Max: 15

Instructors: Patty Meehan and Alicia Reed

Register by: Thu, Mar 14

Fee: FREE

Passmore Center

Thu, Apr 18 (224031-01) 10 am

FAITH OUTREACH QUARTERLY BREAKFAST: *Let's Talk About Mental Health* (See page 6 for more information)

Register by: Thu, Mar 14 by contacting Yvette Missri, VC55+ Administrator, at 919-245-4241, or ymissri@orangecountync.gov

Fee: FREE

UNC Health Care - Hillsborough Campus, 430 Waterstone Dr., Hillsborough
Tue, Mar 19 9 - 11 am

FARMERS' MARKETS AT THE SENIOR CENTERS

Yes, the Farmers' Markets are at both centers. It's a wonderful and convenient way to get your fresh fruits, vegetables and meats right at the Center. Come shop and get extra fresh food and outstanding quality.

Passmore Center

Tuesdays (253013) 9 am - 12 noon

Seymour Center

Thursdays (353060) 9 am - 12 noon

FIND YOUR OWN VOICE SING-ALONG

Visit for an hour with the Find Your Own Voice Singers, local musicians who bring their voices and instruments to create an enjoyable sing-along, featuring American folk and pop favorites, classics from the 1960s--and songs you suggest. Raise your voice in song, clap your hands or just enjoy the rousing music. Embrace Spring by experiencing songs that will lift your spirits!

Min: 25/ Max: 65

Register by: Fri, Apr 19

Fee: FREE

Seymour Center

Sat, Apr 27 (323085-01) 11 am - 12 noon

FINDING GRATITUDE IN UNEXPECTED PLACES

During this four week session, you will explore and discover the many everyday experiences that bring joy to your life. This is a time to reflect and acknowledge the gratitude we often overlook in our busy lives. This is an interactive class and an opportunity to be creative. If you are able, please bring a drawing book and a plain fronted journal. Min: 5 Max: 15

Instructor: Deb Gayliard

Fee: FREE

Passmore Center

Wed, Mar 6 - 27 (254048-01) 2 - 3:30 pm

FRIDAY NIGHT MOVIE & PIZZA

TGIF! Enjoy a Friday evening at the Passmore Center with friends! Pizza, salad, popcorn, and soda will be provided. Feel free to bring a snack to share. After eating dinner, we will watch a movie.

Register by: Fri, Mar 29

Fee: \$2

Passmore Center

Fri, Apr 5 (253020-01) 5 - 8 pm

CRAZY RICH ASIANS

In this contemporary, romantic comedy, Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

FRIENDS OF THE PASSMORE CENTER ANNUAL MEETING

This meeting is open to current and potential members. If you are interested in becoming a senior center friend and learning more about upcoming programming and future plans, please join us.

Passmore Center

Fri, May 3 (223002-01) 10:30 am

FRIENDS OF THE SEYMOUR CENTER ANNUAL MEETING

This meeting is open to everyone. Come and learn what the Friends make possible at the Seymour Center every day. The Friends of the Seymour Center truly make a huge difference! If it didn't contribute financially, programs would be very different! Light refreshments will be served. We look forward to seeing you there!

Seymour Center

Thu, May 16 (323012-02) 2 pm

FUN AND GAMES WITH HILLSBOROUGH POLICE OFFICERS

Billiards, table tennis, dominions, and more! You won't want to miss this morning of fun and games with members of the Hillsborough Police Dept. This is also an opportunity to get to know each other, and to build a relationship with our local law enforcement over a hot cup of coffee. **Registration not required.**

Fee: FREE

Passmore Center

Thu, Mar 7 (251021-02) 10 - 11:30 am

HOT WATER BATH - JAM & JELLIES

Learn how to transform those delicious fruits into jams and jellies for home or as gifts. This method is used for high-acid or acidified foods. *Must attend Basics of Home Food Preservation on May 8 prior to taking this class. Min: 5 /Max: 15

Instructor: Ivelisse Colon Diaz

Register by: Thu, May 2

Fee: \$25

Passmore Center

Wed, May 8 (223051-01) 2 - 4:30 pm

KENTUCKY DERBY - PASSMORE STYLE

The Kentucky Derby comes early to the Passmore Center as we hedge our bets during our "Day at the Races" while we sip our mock Mint Juleps. Maybe your pick will win and go on to win the Preakness and Belmont! Sponsored by Always Best Care Senior Services. Min: 10/ Max 30

Register by: Thu, Apr 24

Fee: FREE

Passmore Center

Thu, May 2 (223052-01) 2 pm

LAS VEGAS NIGHT

See page 15 for more details.

Passmore Center

Sat, Apr 27 (213002-01) 6 - 10 pm

LET'S CONTINUE THE CONVERSATION: END-OF-LIFE CARE CONVERSATION GROUPS

See Volunteer Connect 55+ page 19 for more info.

Register by: Mon, Mar 18, 919-968-2070.

Fee: FREE

Seymour Center (355001-02)

Thu, Mar 21 5 - 7 pm (Initial Session)

Thu, Apr 18 5- 7 pm (Follow-up Session; must first attend initial session)

LGBTQ & FRIENDS EVENT: DINNER & A MOVIE

See Volunteer Connect 55+ page 19 for more info.

Register by: Mon, Apr 1, 919-968-2070.

Fee: FREE

Seymour Center (357103-01)

Thu, Apr 4 6 - 9 pm

LITTLE'S COOKING LIGHT, QUICK & EASY

Learn simple, yet easy Asian cooking recipes that will be easy and fun to create. These flavorful dishes will be perfect for the summer, and will be light and fresh! Recipes and ingredients supplied. Min: 5/Max: 15

What's Cooking in March?

Sesame Chicken

What's Cooking in April?

Asian Glazed Meatballs

What's Cooking in May?

Vegetable Chow Mein

Register by: 1 week prior to class

Instructor: Fung Little

Fee: FREE

Seymour Center

Wed, Mar 27; Apr 24; May 22 (333078- 07, 08, 09) 2 - 3:30 pm

MARCH MADNESS BRACKET TOURNAMENT

The madness begins! March madness is upon us, which means it is time for Orange County senior participants to come to either the Passmore or Seymour Center to fill out their brackets for the NCAA Division 1 Basketball Tournament. For each win, you will earn a certain number of points. The participant with the winning bracket from each center will receive a prize. Teams selected to compete in the tournament will be decided on Mon, Mar 18. The play-in games will begin on Tue, Mar 19 and the first round will start on Thu, Mar 21. Participants can come in on Wed to fill out their brackets and the last bracket will be collected Thu, Mar 21, at noon.

Brackets will be available Mon, Mar 18 to pick up. The championship will be played on Mon, Apr 8. The winning bracket from each center will be announced on Tue, Apr 9.

Register by: Tue, Mar 12

Fee: FREE

Passmore Center

Wed, Mar 20	(223056-01)	8 am – 8 pm
Thu, Mar 21	(223056-02)	8 am – 12 noon

Seymour Center

Wed, Mar 20	(323088-01)	8 am – 9 pm
Thu, Mar 21	(323088-01)	8 am – 12 noon

MARDI GRAS PARADE

We celebrate *Fat Tuesday* with King Cake and a Mardi Gras parade by the preschool children from the SportsPlex. Bring a mask and cheer the group on as they parade in their Mardi Gras attire.

No registration needed.

Fee: FREE

Passmore Center

Tue, Mar 5	(223010-01)	11 am
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MENTAL HEALTH & AGING PANEL DISCUSSION

See Volunteer Connect 55+ page 19 for more info.

Register by: Tue, May 28, 919-968-2070.

Fee: FREE

Seymour Center (357138-27)

Thu, May 30		5 - 7 pm
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MOTHER'S DAY PHOTO OPPORTUNITY - FOR THE BIG SCREEN

We want to honor all of the women who attend the Passmore Center by taking your photo and placing you on the BIG screen. We will also have a short questionnaire to complete so during our celebration on May 10 we can celebrate you! Contact the front desk and schedule a photo session.

Register by: 1 week prior to each date

Fee: FREE

Passmore Center

Tue, Apr 30	(223055-01)	2:30 – 4:30 pm
Thu, May 2	(223055-02)	10 am – 12 Noon

NATURAL HOME CLEANING PRODUCTS

Just in time for spring cleaning! During this class you will make, and take home, a number of family friendly cleaning products. Toni will share her "recipes" for laundry soap, glass cleaner, and other useful products just in time for spring cleaning. Min: 15/Max: 30

Register by: Thu, Mar 7

Instructor: Toni Shaw

Fee: FREE

Passmore Center

Thu, Mar 14	(223054-01)	2 pm
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NEWCOMERS WELCOME

Join Meghan Davis, Program Assistant Manager, as she gives an overview of programs and services offered by the Orange County Dept on Aging. It is a one-stop resource for wellness, lifelong learning, access to benefits and meaningful opportunities. This is your chance to ask questions and to take a tour of the Passmore Center.

Register by: 1 week in advance

Leader: Meghan Davis

Fee: FREE

Passmore Center

Tue, Mar 5	(253022-03)	2 - 3 pm
Tue, Apr 2	(253022-04)	2 - 3 pm
Tue, May 7	(253022-05)	2 - 3 pm

PARKINSON'S PLAYER PERFORMANCE

A voice, movement and theater workshop for people living with Parkinson's Disease. Those interested should contact: PDPlayers@unchealth.unc.edu or (984) 974-2107

Seymour Center

Sat, Apr 27	2 pm
Sun, Apr 28	5 pm

PETALS WITH A PURPOSE

The Arc of the Triangle's Petals with a Purpose connects flowers to people, all the while making a positive difference on the environment. Using items destined for the landfill and with support from the community, Petals with a Purpose needs YOU! This is an opportunity for volunteers and friends to come together weekly to create bouquets of fresh flowers that are delivered to local partners in our community. **Please register if you are able to assist.** Min: 5/ Max: 8

Leader: Courtney Owens, Outreach and Volunteer Specialist

Fee: FREE

Seymour Center

Wednesdays (354094-01)	1 - 2:30 pm
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PRESSURE CANNER DIAL GAUGE TESTING & INSPECTION

To ensure food is preserved properly it must reach a certain temperature. The dial gauge of your pressure canner should be checked for accuracy every year before you begin preserving foods at home. Schedule an appointment by calling 919-245-2055 or 919-245-2050 for a free testing and inspection of you pressure canner gauge. *Cosponsored with Cooperative Extension in Orange County. Min: 4/ Max: 8

Register by: Thu, Mar 13

Fee: FREE

Passmore Center

Wed, Mar 27 and Apr 3	(223049-01)	12 noon - 2 pm
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PROGRAM for JAZZ

Program for Jazz combines poetry, storytelling, jazz drumming and theater on the Seymour Center's main stage in March. Program for Jazz is poet Clark Holtzman and jazz drummer

David Shore. The group performs original as well as classic poetry to the syncopated beats of jazz, hip-hop and rap. Min: 30/Max 80

Register by: Wed, Feb 27

Fee: FREE

Seymour Center

Wed, Mar 6 (323073-04)

6 pm

SENIOR CITIZEN SPRING PICNIC

Seymour Center has teamed up once again with Chapel Hill Parks and Recreation for a day of fun in the sun! Come out and celebrate the spring season with us as we enjoy good food, play fun games and maybe win a prize or two. Min: 40/Max: 80

Register by: Fri, Apr 19

Fee: FREE

Hargraves Center

Fri, May 3 (320005-01)

10 am – 1 pm

SENIOR SENSATIONS

Unique classes designed to build creative ways to improve memory and range of motion skills - while also encouraging positive social skills, memory retrieval, and retention through rhyme and repetition. It is a proven fact that rhyme and repetition can aide in memorization that can be stored and retrieved over time with the purpose of influencing one's ability to retain the use of one's memory. New lessons are offered each week. Lessons are fresh, fun and taught by a very energetic staff. Classes are one-hour in length and meet once a week.

Min: 10/Max:30

Register by: Fri, Mar 1

Fee: FREE

Seymour Center

Fridays, Mar 8 – May 31

(323094-01)

10 – 11 am

SENIOR TIMES 101

The Passmore Center has so many opportunities for you to take advantage of that we want to make sure you know about all of them. During this informal gathering we will review what is going to happen and give you an opportunity to ask questions about upcoming programs.

Min: 5/Max: 15

Register by: Mon, Mar 11

Fee: FREE

Passmore Center

Mon, Mar 25 (253008-03)

2 – 3 pm

SPEAK OUT!

See Volunteer Connect 55+ page 19 for more info.

Register by: Fri, May 17, 919-245-2015

Fee: FREE

Passmore Center (223048-01)

Thu, May 23

2 – 4 pm

Register by: Fri, May 17, 919-968-2070

Fee: FREE

Seymour Center (357138-17)

Wed, May 22

2 - 4 pm

SPRING & SWING INTO JAZZ

Put some spring in your step by listening to the Jazz organ duo of Gary Brunotte & George Hindenach. They will perform classic songs relating to spring including the following: *April in Paris, Spring Can Really Hang You Up the Most, Spring Is Here, It Might As Well Be Spring, Up Jumped Spring, I'll Remember April, Joy Spring, If You Believe In Spring*, plus others. Gary is a graduate and former faculty member of Berkeley College of Music in Boston and has a Masters in music degree from NC Central University. Min: 30/ Max: 80

Register by: Wed, Apr 3

Fee: FREE

Seymour Center

Wed, Apr 10 (323092-01)

1 - 2 pm

TEEN BUILDERS WITH LAILA & FRIENDS

Multigenerational meet ups are now the "in thing" and are super fun! Teen Builders is a unique social outlet created for opportunities to share, learn and develop lasting friendships between senior adults and teens. These interactive connections not only offer a fun atmosphere, but enable each generation to learn more about the other. Take advantage of this empowering experience every 4th Monday. You'll love it! Light refreshments provided.

Min: 5/ Max: 10

Register by: 1 week prior to each social

Fee: FREE

Seymour Center

Mon, Mar 25 Craft Night

(323095-01)

5 - 7 pm

Mon, Apr 29 Game Night

(323095-02)

5 - 7 pm

Mon, May 27 will not meet due to holiday

THE PEOPLES' CHOICE

Let your voice be heard and ideas shared as we discuss programs of interest you would like offered. Meeting is also for those who would like to teach or lead a class. All suggestions and recommendations will be given consideration. Start thinking and jot down a few things prior to our meeting. Let's make program magic happen. Feel free to bring a friend or two. Registration required.

Register by: Fri, Apr 5

Facilitators: Cydnee Sims and Paula Morvan

Fee: FREE

Seymour Center

Fri, Apr 12

(313088-02)

10 - 11 am

UNC PAUPER PLAYERS PERFORMANCE TROUPE

Join us for an exciting performance! UNC Pauper Players Performance Troupe is a musical theatre community outreach program. Their mission is to reach out to places within the community that may have limited access to performing arts. 20 performers have learned a musical theatre repertoire so you're sure to have an enjoyable evening of musical theatre. Min: 25/ Max: 70

Register by: Thu, Mar 14

Fee: FREE

Seymour Center

Thu, Mar 21 (323086-01) 6 - 7 pm

VOLUNTEER APPRECIATION DINNER & PARTY

See Volunteer Connect 55+ page 18 for more info.

Register by: Fri, May 3, 919-968-2070.

Fee: FREE

Seymour Center (313044-01)

Fri, May 10 4 - 6 pm

**VOLUNTARY STOPPING OF EATING AND DRINKING (VSED) - A LITTLE KNOWN
END OF LIFE OPTION**

See Volunteer Connect 55+ page _____ for more info.

Register by: Wed, Mar 6, 919-968-2070.

Fee: FREE

Seymour Center (357138-10)

Thu, Mar 7 5 - 7 pm

WEDNESDAYS' BUZZ

This will keep you in the know. Look for the special table in the lobby every 1st and 3rd Wed.
Come find out what the entire Buzz is about! Be the first to be in the know!

Fee: FREE

Seymour Center

Wed, Mar 6, 20; Apr 3, 17; May 1, 15 (352066) 10:30 am