

EDUCATIONAL OPPORTUNITIES

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) **by calling the Seymour Center in Chapel Hill at 919-968-2070 or the Passmore Center in Hillsborough at 919-245-2015. 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. **If you want to participate using the phone, request the phone number for the program when registering instead of the virtual platform link.**

VIRTUAL/NEW PROGRAMMING

V 2021 VISION BOARD: SPRING INTO ACTION

This interactive class will encourage untapped dreams and goals. Need a little inner makeover or desire to create a new chapter in life? Prior to class, gather magazines or any print media that is relevant to you. List of supplies will be provided at registration. Min:5/Max: 10

Instructor: Alicia Pearley

Register by Wed, Apr 7 by calling 919-968-2070.

Fee: FREE (except for supplies you will purchase)

Date: Wed, Apr 14 (314018-02)

Time: 11 am - 12 noon

Phone#/Link: Provided after registration.

V BOOK DISCUSSIONS: LET 'S TALK ABOUT RACE RELATIONS

We invite people of all backgrounds and generations to take part in this diverse book club. The Seymour Center partners with the Orange County Library to bring this opportunity to spark conversation, to educate, and to better understand our differences. Min: 4/ Max: 10

March - **So You Want to Talk About Race** by Ijeoma Oluo

April - **Stamped: Racism, Antiracism and You** by Jason Reynolds

May - **Just Mercy** by Bryan Stevenson

Facilitator: Maureen Socha, msocha@orangecountync.gov

Register by: 2 weeks in advance

Facilitator: Maureen Socha, msocha@orangecountync.gov

Fee: FREE

Thu, Mar 25; Apr 29; May 27 (3570010-01)

Time: 10:30 - 11:30 am

Phone #/Link: Provided after registration.

V CAREGIVER EDUCATION SERIES - CARING BASICS

A monthly education series designed to provide information for individuals providing care and support for a friend or family member. The program's goal is to strengthen your skills and resilience, and bolster the ability to nurture and support those for whom you care. **You may register for one or multiple sessions.**

Instructors: Aging Transitions Team and Experienced Community Professionals

Register by: Contacting Kendall Kopchick (919-245-4278) or kkopchick@orangecountync.gov

Instructors: Aging Transitions Team and Experienced Community Professionals

Fee: FREE

Date: Mon, Mar 22; Apr 19; May 17

Time: 1:30 - 2:30 pm

Phone #/Link: Will be provided at registration

Combating Social Isolation and Loneliness

Date: Mon, Mar 22 (354117-05)

Preparations for a New Caregiver

Date: Mon, Apr 19 (354117-06)

Long Distance Caregiving

Date: Mon May 17 (354117-07)

V CLIMATE CHANGE for NON-SCIENTISTS

What is Climate Change and do we need to be concerned about it? It is now believed by most atmospheric scientists, meteorologists, and climate scientists that man is making a measurable impact on the climate. This two day class will explain and address some of these issues.

Min: 5/Max: 20

Instructor: Russ Wiener

Register by: Wed, Feb 24

Fee: FREE

Date: Wed, Mar 3 and Mar 10 (343060-02)

Time: 1:30pm - 3:00pm

Phone #/Link : Provided after registration

V CONSUMER REPORTS WORKSHOP SERIES ON HEALTH & DIET

Wed, Mar 17 - **Consumer Reports: How to Maintain a Sustainable Diet Workshop**

The workshop will provide you with resources to help you make the best choices and purchases when grocery shopping. Confused about what sustainable really means? Join

Consumer Reports members for a workshop on smart tips and tricks for buying sustainable food and the importance of eating sustainability. Min: 5/ Max: 15

Instructor : Russ Wiener

Register by: Wed, Mar 10

Fee: FREE

Date: Wed, Mar 17 (344082-02)

Time: 1:30pm - 3:00pm

Phone #/Link : Provided after registration

Wed, Mar 24 - **Consumer Reports: Protecting Yourself from Medical Harm Workshop**

The workshop will provide you with tips on how to protect yourself from medical harm while being treated at a hospital, a doctor's office, or an outpatient medical center through a series of activities. Its aim is to help you be a more informed healthcare consumer. Min: 5/ Max: 15

Instructor : Russ Wiener

Register by: Wed, Mar 17

Fee: FREE

Date: Wed, Mar 24 (344082-07)

Time: 1:30pm - 3:00pm

Phone #/Link : Provided after registration

CONTAINER GARDENING FOR BEGINNERS

Learn how to beautify your porch, patio, or walkway with seasonal plants and flowers. This class will teach you how to avoid using too much potting soil and how to design and arrange flowers to create a special look. Program will be led by Master Gardener, Patty Meehan.

Date: Anytime

Time: Anytime

YouTube : Click link to watch <https://youtu.be/nmkB1R0DSs4>

V DEMENTIA - LET'S TALK ABOUT IT

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 min of education, and the remaining time will be spent in conversation, Q&A, and resource-sharing.

Register: 1 day prior at 919-245-4279 or MDagger@orangecountync.gov. You may register for one or multiple sessions.

Fee: FREE

Dates: 1st & 3rd Tuesdays (350002-03)

Time: 10:15 - 11:15 am

- Tue, Mar 2 Parkinson's & Dementia
- Tue, Mar 16 Disclosing a Diagnosis
- Tue, Apr 6 Fronto-Temporal Dementia
- Tue, Apr 20 Cognitive Assessments
- Tue, May 4 Hearing Loss & Dementia
- Tue, May 18 Depression & Dementia

Phone #/Link: Provided at registration

V DIGITAL PRIVACY WORKSHOP SERIES

Consumer Reports' Digital Privacy workshop will take consumers through the most important steps of setting up and maintaining Online Security and Privacy. Attendees will learn tips and tricks to protect themselves online. The workshop also includes some big-picture discussion about the do's and don'ts of being online.

DIGITAL PRIVACY: PASSWORD MANAGEMENT

Protect your passwords by learning how to create stronger passwords and security questions, as well as password management tools available. Min: 5/ Max: 15

Instructor: Russ Wiener

Register by: Wed, Mar 24

Fee: FREE

Date: Wed, Mar 31 (344082-06)

Time: 1:30pm - 3:00pm

Phone #/Link: Provided after registration

DIGITAL PRIVACY: ENCRYPTION AND PHISHING

Protect your online data by learning how to recognize illegitimate activities and edit and update settings on mobile applications and social media platforms. Min: 5/ Max: 15

Instructor: Russ Wiener

Register by: Wed, Mar 24

Fee: FREE

Date: Wed, Apr 7 (344082-03)

Time: 1:30pm - 3:00 pm

Phone #/Link: Provided after registration

V ESSENTIAL OILS MADE EASY

Are you interested in learning more about treating your body with natural remedies? During each workshop you will learn how to safely and effectively use therapeutic grade dōTERRA Essential Oils to support you and your family's emotional and physical well-being. Min 5/Max 15

Instructor: Wendy Wilkerson.

Register by: 1 week before each class

Intro To Essential Oils

Thu, Mar 18 (232255-03)

2 pm

Boost Your Immunities

Thu, Apr 15 (232255-04) 2 pm

Customizing Your Essential Oils

Thu, May 6 (232255-05) 2 pm

Phone #/Link: Provided at registration

V ETHICS AND SPORTS

Calling all sports fans! Is it ethical to be a football fan, knowing what we now know about the effects of repeated head trauma? Should players who used steroids get into the hall of fame? Should athletes speak out on social issues, or not? Come join the discussion! Min 6 Max 15

Instructor: Sarah Rosenson

Register by: Fri, Apr 2

Fee: \$60 for 5 classes

Date: Fri, April 9, 16, 23, 30, May 7 (324105-01)

Time: 3pm - 4pm

Phone #/Link: Provided after registration

V INTERGRATIVE MODE OF CONSCIOUSNESS

Since humankind's beginning, the "integrative mode of consciousness" has helped people become a positive force for those around them by learning about themselves, finding wisdom, breaking free from fixed notions and developing compassion. We will explore traditions such as shamanism, spirit possession and meditation and what they have in common. Min: 5 Max: 10

Instructor: Dr. Ken Wilson, Duke Department of Medicine

Register by: Wed, Mar 24 for all 3 classes

Fee: FREE

Date: Weds, Mar 31; Apr 28; May 26 (354125-01)

Time: 3:00pm

Phone #/Link: Provided after registration

V JANE AUSTEN AND PHILOSOPHY

We will discuss philosophical questions and concepts in "Pride and Prejudice," "Sense and Sensibility" and "Persuasion." Topics will include the types of injustice suffered by women, moral luck, Aristotle on the virtues, and persuasion versus influence. This is an interactive discussion class, not a lecture series. Come join the conversation! Min 6 /Max 15

Instructor: Sarah Rosenson

Register by: Fri, Apr 2

Fee: \$60 for 5 classes

Date: Fri, April 9, 16, 23, 30, May 7 (3241404-01)

Time: 10am - 11 am

Phone #/Link: Provided after registration

V HOME SAFETY CHAT

Join occupational therapist, Marie Dagger, for 30 minutes of education and Q&A about staying safe at home. Bring your questions related to the day's topic!

Register: 1 day before at 919-245-4279 or MDagger@orangecountync.gov. You may register for one or multiple sessions.

Fee: FREE

Dates: 2nd and 4th Tuesdays (342205-08)

Times: 10 - 10:30 am

- Tue, Mar 9 Sleep Hygiene
- Tue, Mar 23 Safety in Entryways
- Tue, Apr 13 Choosing your Footwear

- Tue, Apr 27 Recovering After a Fall
- Tue, May 11 Safety in Laundry Rooms
- Tue, May 25 Pets & Petcare

Phone #/Link: Provided at registration

V IMPORTANCE OF BEES

Globally, there are more honey bees than any other type of bee and pollinating insects. They are the world's most important pollinator of food crops. It is estimated that one third of the food we consume relies on pollination - **mainly by bees**. You will learn why bees are so important, and what you can do to help bees thrive and continue their important role in our world..

Speaker: Bob Brauer, Beekeepers President

Register by: Mon, Mar 15

Fee: FREE

Date: Wed, Mar 24 (223024-01)

Time: 2 pm

Phone #/Link : Provided after registration

V LOCAL REPORTER –A NEW NEWS SOURCE IN OUR COMMUNITY

Our community needs a community newspaper -- hasn't had one in years. The Local Reporter is trying to fill that gap. We'll explain how The Local Reporter came to be, what it does, what it can do, and how you can help it get there. Join this interesting discussion on a Zoom to learn more. You may also visit our web page at <http://thelocalreporter.press>. If you have questions, contact the instructor at 919-428-3175. Min: 7/Max: 50.

Instructor : Neil Offen

Register by: Thu, Apr 1

Fee: FREE

Date: Thu, Apr 8 (323108-04)

Time: 9:30 am - 10:30 am

Phone #/Link : Provided after registration

V LUNCH AND LEARN ENGAGING TOPICS

This interactive program features a guest speaker each quarter. These healthy conversations will stimulate your mind and create new thoughts after each presentation or powerful performance. Join us virtually for this presentation. After the presentation, continue staying engaged in discussion. Min: 15/Max: 35

Speaker: John Maron, Director of the Investor Protection & Education Services Division of the North Carolina Department of the Secretary of State.

Register by: Thu, Feb 18

Fee: FREE

Thu, Feb 25 (353112-05)

Time: 11:30 am - 1 pm

Phone#/Link: Provided after registration

Investment Fraud: Guarding Your Assets in a Scary World

Join us to learn how to recognize and avoid possible investment scams; how to spot the red flags of potential investment fraud, and the questions to ask your investment professional - as well as what to do if you become a victim. Information will also be presented about the NC Advance Health Care Directive Registry.

V PHILOSOPHY DISCUSSION GROUP

The UNC Philosophy Department hosts a twice-monthly philosophy virtual discussion group for Triangle area residents on what ancient philosophers can teach us about life, death and everything in between.

Facilitator : Michael Vazquez and other UNC Philosophy Faculty and Doctoral students

Fee: FREE

Dates: Mondays Mar 8, 22; Apr 5, 19; May 3, 17

Time: 11:30 am - 12:30 pm (357186-01)

Phone #/Link: Provided after registration

V RECYCLING 101

Interested in learning more about recycling in your area? In this webinar, you will learn how to 'Recycle Right' and about the specialty recycling programs such as textile recycling, food waste collection, Glass On The Side and other programs offered at the Waste and Recycling Centers.

Instructor: Kyra Levau, - Education and Outreach Coordinator, Orange County Solid Waste Management Min: 5/ Max: 15

Register by: Tue, Mar 9

Fee: FREE

Date: Tues, Mar 16 (323120-01)

Time: 2-3pm

Phone #/Link : Provided after registration

V TECH KNOWLEDGE

WHAT IS ZOOM? Are you having trouble connecting on zoom? Are you feeling intimidated about virtual programs and classes? We can help! Key Club students from Cedar Ridge will talk you through how to set up zoom and other virtual platforms so you can participate in virtual classes.

Contact Meghan Rushing, Program Assistant at 919-245-2026 to make an appointment. Cosponsored by the Intergenerational SRT.

Instructors: Local High School Students

Register by: 2 weeks before dates listed

Fee: FREE

Dates: 1st & 3rd Sat, Mar 6, 20; Apr 3, 17; May 1, 15 (324063-06)

Time: 10 am - 12 noon

Phone #/Link : Provided after registration

V TED TALKS AT PASSMORE

TED stands for Technology, Entertainment and Design, and is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversations. Join us for TED Talks at Passmore in a laidback yet informative environment including a 15 - 30 min video/talk and follow up discussions. Min: 5/Max: 25

Facilitator: Meghan Rushing

Register by: 1 week before each session.

Fee: FREE

Date: Tue, Mar 16; Apr 20; May 18 (254038-03,04,05)

Time: 2 - 3 pm

Phone #/Link : Provided after registration



Tue, Mar 16 - What the Irish Wake Teaches Us about Living and Dying - Kevin Toolis

For centuries, the Irish funeral wake has served as a time for people to grieve a life lost and celebrate a life lived. Poet Kevin Toolis reasons that living life fully means embracing our shared mortality -- and offers simple ways to reconnect with your community, the people you love and even yourself.

Tue, Apr 20 - A Stellar History of Modern Astronomy - Emily Levesque

Join astrophysicist Emily Levesque for an anecdote-rich jaunt through the technological history of photographing the cosmos and learn about the one constant that makes it all work: human curiosity.

Tue, May 18 - How Creative Writing Can Help You through Life 's Hardest Moments - Sakinah Hofler

Writer Sakinah Hofler makes the case for writing as a tool to help you process difficult memories and reclaim the power they may hold. Pick up a pen or pull up a keyboard and follow along as she walks you through how to unburden your mind and inspire reflection.

V TED TALKS AT SEYMOUR

TED stands for Technology, Entertainment and Design and is owned by a non-profit, non-partisan foundation. Join us as we dive into TED Talks virtually including a 15 minute video/talk and follow up discussions. Max: 10

Facilitator: Jan Pong, MBA, Affiliated Associate, Transamerica Agency Network

Register by: Calling 919-968-2070

Fee: FREE

Date: 2nd Mon, Mar 8; Apr 12; May 10 (353020-05, 06, 07)

Time: 2 - 3 pm

Link: Provided after registration

Mon, Mar 8 - How to let go of being a "good" person - and become a better person

What if attachment to being a "good" person is holding you back from actually becoming a better person? Social psychologist Dolly Chugh explains the psychology of ethical behavior - and shows how the path to becoming better starts with owning your mistakes.

Mon, Apr 12 - Why the hospital of the future will be your own home

What if we could get the lifesaving care provided by hospitals in our own homes? Health care futurist Niels van Namen shows how advances in technology are making home care a cheaper, safer and more accessible alternative to hospital stays.

Mon, May 10 - What the US health care system assumes about you

Mitchell Katz, CEO of the largest public health care system in the US, looks at assumptions that do not apply to many low-income patients (for ex, the ability to take time off from work for health care), and shares how we can build a better system for all.

V TRAVEL and COVID 19: THE NEW NORMAL

As we all look forward to being able to travel again, join us for a discussion with Allie Tate, AAA Travel Agent to discuss traveling safely and what changes the industry is making in response to the pandemic.

Min: 5/Max: 15

Register by: Tue, May 4

Fee: FREE

Date: Tue, May 11 (322005-01)

Time: 3 pm

Phone#/Link: Provided after registration

V VETERANS BENEFITS INFORMATION UPDATE

Join Ivan Sarabia, Orange County Veteran Services Officer, for an update on Veteran's benefits. Each VA Administration operates independently and provides different benefits to Veterans and surviving spouses. You will learn about the Veteran Health Administration, Veteran Benefits Administration, Qand the National Cemetery Administration followed by a Q&A time. Min: 5/Max: 25

Register by: Fri, Apr 23

Fee: FREE

Date: Fri, May 7 (257001-02)

Time: 2 pm

Phone#/Link: Provided at registration

V WHOLMMOVIES

Wholmmovies is a video production project of Carroll and Jay Enterkin that seeks to produce quality informative and entertaining videos. Current series include: "**The Story of Efland and Cedar Grove, NC**" and "**Cycling Country Roads**".

Date: Anytime

Time: Anytime

- **Cycling Country Roads - Ride One - The Barn Loop in beautiful and historic Efland and Cedar Grove, NC** <https://www.youtube.com/watch?v=0FIbQScIfPA>
- **Cycling Country Roads - Ride Two - The Quick Loop - Featuring Buddy the (almost) talking donkey!** <https://www.youtube.com/watch?v=Qu6G3riikvY&t=4s>
- **The Story of Efland and Cedar Grove Episode 1 - Focusing on the Cross Roads on Route 70** <https://www.youtube.com/watch?v=pp2kpw2awgA&t=1s>
- **The Story of Efland and Cedar Grove - Episode Two - A Brief Historical Overview of Efland** <https://youtu.be/WeFNkvbOiG8>