

What exercise class is right for you?

Muscle Pump: Mondays and Wednesdays, 8:40am - 9:30am, and Fridays 9:40am - 10:25am. (not 2nd Fridays)

Tone up your abs, legs, and arms in this fun class designed for any ability level. You will learn how to work your muscles with dumbbells, toning bands, and resistance. Give it a try!

Total Body Workout: Mondays and Wednesdays, 9:30am - 10:30am, Fridays 8:35am - 9:35am

This is a high-energy class for those who want to sweat! Cardio and weight training are elements of TBW. This class is for someone who really wants to move - no sitting in this class

Seniors on the Move: Mondays and Wednesdays, 10:30am - 11:05am, Fridays, 10:30am - 11:00am

This class is for anyone wanting to learn beginner line dance steps. It will include the Electric Slide, Cupid Shuffle, Mississippi, Cha-Cha Slide and others. Straight dancing for 30 minutes.

Chen Style Tai Ji: Monday, 10:00am-11:30am

A very active Tai Ji form. We progress through the entire 108 movement traditional form. Very low and elastic.

Keep It Moving: Joints, Stretch & Balance: Mondays and Wednesdays, 11:10am - 12:10pm

This is a partially seated class that focuses on improving joint discomfort. Exercises are for increasing, balance, as well as flexibility and range of motion in hands, wrists, shoulders, ankles, etc. Keep it Moving is a good choice for someone experiencing arthritis or other joint issues.

Strong & Steady: Mondays and Wednesdays, 12:15pm - 1:15pm

This class focuses on full body strengthening and balance exercises using exercise bands, hand weights, and ankle weights. It incorporates exercises that are reviewed and recommended by well studied programs of A Matter of Balance, Fit and Strong, and the OTAGO balance program. Strong and Steady is guided by a licensed physical therapist who will help to modify the exercises as needed. This class is great for beginners as well as advanced exercisers! All equipment is supplied!

Line Dancing: Mondays and Wednesdays, 1:30pm - 3:30pm (not on the 3rd Wed)

The first hour of this class goes through familiar line dances. The second hour is for teaching and practicing new dances. Beginners are encouraged to start at the first hour.

Gentle Yoga: Monday and Wednesday, 12:15pm-1:15pm

The class offers the enjoyment of moving through gentle yoga poses in a rhythmic flow. Focus in on fun, strength, flexibility and enhancement of physical and mental well-being. Beginner level. All are welcome.

Beginning Yoga: Tuesdays and Thursdays, 9:00am - 10:00am (Limited to 40 people)

This class is gentle on the body and focuses on stretching, balance, breathing, strength, and improving flexibility. You can be on the floor or in a chair during this class. This a good class for a beginner.

Belly Dancing: Tuesday and Thursdays, 11:30am - 12:45pm

We dance to world music and learn a variety of basic movements from other countries as well as American Cabaret style. This is a low-impact dance class. It is a good choice for people who want to build flexibility and strength in their upper arms, back and core. The focus is on isolation and movement of the upper, middle and lower body. Wear comfortable clothes, bring a scarf to tie around your hips and shimmy your way to good health and well-being! No dancing experience necessary.

Easy Tai' Chi: American Style, Tuesday - Thursday, 8:45am-9:15am

Yang 24 Style focuses on balance, breathing and strength. This class is about concentration and getting the positions/poses correct. This a good class for Beginners.

Medium Impact Aerobics: Tuesdays and Thursdays, 10:15am - 11:15am

This class focuses on cardio exercises, weight training, and floor work. Equipment used includes dumbbells, bands, and mats. Typically, this class spends 15 mins. on cardio, 15 on strength, 15 on abs/floor work. This is an intermediate class for those who want to get their heart rates up.

Hooping: Tuesdays and Thursdays, 10:30am - 11:30am

This hula hooping class provides cardio and core exercise + head to toe body toning. Learn or refresh hula hooping skills and creative new ones. Learn at your own speed.

Low Impact Aerobics: Tuesdays and Thursdays, 11:30am - 12:30pm

This class uses a combination of dance and seated exercises focusing on strength, flexibility, balance and stamina. You will use weights and exercise bands.

Geri-Fit: Tuesdays and Thursdays, 12:45pm-1:45pm (12 week Sessions)

An evidence-based group strength training exercise program for older adults of all senior ages and fitness levels using dumbbell weights to help rebuild strength that's been lost through the aging process.

Dance Aerobics: Tuesdays and Thursdays, 2:00pm - 3:30pm

Dance Aerobics puts dance routines to upbeat music for a fun work-out. You won't even feel like you are exercising! You will be grooving to dances from a variety of musical genres. This is an advanced class and dance experience is recommended.

Tai' Ji -WuHao: Fridays, 10:00am - 11:30am

This is a beginner drop-in class for those who would like to learn the entire Wu Hao traditional 108 movement long form. At 10:00am, we do gentle standing warm-ups for flexibility, circulation, breath, and balance; with an emphasis on matching slow movements with mindful intent. We then focus on learning one or two movements from the long form. At 11:00am, we run the entire long form. All are welcome to join in at any time.

Above information is subject to change. Remember to consult with a doctor before starting any exercise program.



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★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ **National Senior** ★
★ **Center Month** ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Master aging at
"OUR CENTER!"

Hours of Operation

Monday to Friday

8:30am-5:00pm



Hello,
September!
2017

SPICE UP YOUR LIFE!!!

Tuesdays and Thursdays, 11:00am-12:00pm,
TV Lounge

Explore the historical background and uses of herbs.
Learn how to grow common herbs at home.

LABOR DAY COOKOUT!

Friday, September 1st, 12:00pm-1:00pm,
Upper Commons

Suggested Donation- \$3.00 Sign up sheet

GERI-FIT

July 4th-September 21st, Tuesdays & Thursdays,
12:45pm - 1:45pm, Activity Room,

Next 12 Week sessions begin Tuesday, September 26th

NEW: CHEN STYLE TAI JI

Monday, September 11th, 10:00am-11:30am,

Activity Room, A very active Tai Ji form.

STAY FIT FOR LIFE

Tuesday, September 12th, 10:00am-11:30am, Theater

POWERFUL TOOLS FOR CAREGIVERS

Wednesday, September 13th-October 18th (6 week
class every Wednesday), 10:00am-11:30am, Classroom
This class is Limited.

COMPUTER CLASS with DURHAM LIBRARY

Thursdays, September 14, 21, & 28 with Diane
11:00am-12:30pm, Computer Lab

Schedule a 30 minute session at the front desk.

NEWCOMER WELCOME ORIENTATION

Monday, September 18th, 11:30am, Classroom

LINCOLN HERITAGE PRESENTATION

Friday, September 15th, 10:00am (Theater)

NEW: ADVANCE WATERCOLORING CLASS

Wednesdays, September 20th-October 25th,
1:00pm-3:00pm, Art Studio, Cost \$22 Donation Requested

LUNCH & LEARN- CLEAR CAPTIONS

Hearing Loss Program

Thursday, September 21st, 11:00am-1:00pm, Theater
Register at front desk

SEPTEMBER BIRTHDAY PARTY with EMERALD

POND, Tuesday, September 12th, 1:30pm, Upper
Commons

DURHAM LIBRARY-CRAFT CREATIONS

Thursday September 21st, 2:00pm - 4:00pm,
Art Studio

FALLS PREVENTION AWARENESS DAY

Information & Educational Talk with the Health
Department, Friday, September 21st, 10:00 am-
12:00pm in the Upper Commons

SENIOR PHARM-ASSIST

Medicare, Wednesday, September 27th,
2:00pm-4:00pm, Theater
Register by Friday, September 15th

SENIOR FORUM

Wednesday, September 27, 12:30pm, Theater

UNC WELLNESS CLINIC

Tuesdays, September 5, 12, 19, 26, 9:00am-11:00am,
Upper Commons, BP, Vitals, Health Information



Friday Matinees in the Theater at 1:30pm

- Sept 1** Last Vegas
- Sept 8** Lion
- Sept 15** Hidden Figures
- Sept 22** A Dog's Purpose
- Sept 29** The Heat

Movie suggestions are welcome

Book Club
Friday, September 1st & 15th, 11:00am–12:00pm, Board Room
Book: A Reliable Wife by Robert Goolnick

CHAMP (Communication and Hearing Assistance Mentoring Program)
Tuesday, September 12th, 1:30pm–4:00pm Board Room

Bull City Golden Riders Meeting
Friday, September 8th, 10:30am, Theater

Legal Aid On-Site:
Fridays, September 15th, 12:30pm-4:30pm, No Walk-ins,
See Reception to Register

NCBA
Tuesday, September 19th, 9:00am–11:00am, Theater

Family Caregiver Support Group
Tuesday, September 19th, 4:30pm–5:30pm, Classroom


Durham County Library OASIS, Thursday, September 28th,
11:00am-11:45am, Lower Commons

Senior Walking Club
Morning group walking program for those who like to walk early.
Monday–Fridays, 6:30am–7:30am. Meet at the Hunt Street Entrance.

Durham Social Services On-site Weekly:
Tuesday, 1:00pm–3:00pm: Medicaid
Wednesday, 9:00am–1:00pm: DSS Adult Services

Triangle Veteran Wellness Outreach Center, Inc.
Tuesday's, 10:00am–3:00pm, Thursday's, 12:30pm–5:00pm
Call James Alston for an appt. at 919-824-5721.

Fitness Center Orientations, Mondays 1:00pm–2:00pm, Wednesdays
12:15pm–1:15pm, Fridays 11:00am–12:00pm. **(24 hour s in advance)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am - 12:30pm Ceramics Open Studio, Art Studio	8:30am - 12:30pm Ceramics Open Studio Art Studio	8:30am - 12:30pm Ceramics Open Studio Art Studio	8:30am - 12:30pm Open Arts Studio Art Studio	8:30am - 12:30pm Open Arts Studio Art Studio
8:40am - 9:30am Muscle Pump (Limit 40) Exercise Room	8:45am - 9:15am Easy Tai'Chi, American Style, Activity Room	8:40am - 9:30am Muscle Pump (Limit 40) Exercise Room	8:45am-9:15am Easy Tai'Chi, American Style, Activity Room	8:35am - 9:35am Total Body Workout Exercise Room
9:30am - 10:30am Total Body Workout Exercise Room	9:00am - 10:00am Beginning Yoga (Limit 40) Exercise Room	10:00am - 12:00pm Latino Seniors' Club Lounge Room	9:00am - 10:00am Beginning Yoga (Limit 40) Exercise Room	9:00 –11:30 Beginning Spanish (Limit 10) Classroom
10:00am - 11:30am Chen Style Tai'Ji, Very Active Activity Room	10:00am - 11:00am Taking Off Pounds Sensibly –TOPS, Classroom	9:30am - 10:30am Total Body Workout Exercise Room	10:00am - 12:00pm Bridge (1st Thurs ONLY) Upper Commons	9:40am - 10:25am Muscle Pump (not 2nd Friday)
10:30am - 11:05am Seniors on the Move Exercise Room	10:15am - 11:15am Med. Impact Aerobics Exercise Room	10:30am - 11:05am Seniors on the Move Exercise Room	10:15am - 11:15am Med. Impact Aerobics Exercise Room	10:00am - 11:30am Tai'Ji, WaHao Activity Room
11:10am - 12:10pm Keep it Moving Exercise Room	10:30am - 11:30am Hooping Activity Room	11:10am - 12:10pm Keep it Moving Exercise Room	10:30am- 11:30am Hooping Activity Room	10:30am - 11:00am Seniors on the Move Exercise Room
12:15pm - 1:15pm Gentle Yoga Activity Room	11:00am–12:00pm Overview-Computer, Operating Systems Computer Room	11:30am - 1:30pm Crochet Drop-in Upper Commons	11:00am-12:00pm Sign Language Boardroom	10:30am - 12:00pm Bingo Upper Commons
12:15pm - 1:15pm Strong and Steady Exercise Room	11:30am - 12:45pm Belly Dancing, Exercise Room	12:15pm - 1:15pm Strong and Steady Exercise Room	11:30am - 12:30pm Low Impact Aerobics Activity Room	11:00am - 12:00pm Book Club (1st & 3rd) Board Room
1:30pm - 3:30pm Adv. Watercolor Painting Art Studio	11:30am - 12:30pm Low Impact Aerobics Exercise Room	12:15pm-1:15pm Gentle Yoga Activity Room	11:30am - 12:45pm Belly Dancing Exercise Room	11:30am - 2:00pm Ping Pong Drop-In Activity Room
1:30pm - 3:30pm Line Dancing Exercise Room	11:30am-1:30pm Crochet Drop-in Upper Commons	1:00pm–3:00 pm Watercolor Class Art Studio	11:30am-1:30pm Crochet Drop-in Upper Commons	1:30am–3:30 pm Movie Matinee Theater
1:30pm - 3:30pm Ping Pong Drop-In Activity Room	12:45pm - 4:45pm Pinochle Upper Commons	1:30pm - 3:30pm Line Dancing (not 3rd Wed) Exercise Room	11:30pm - 1:30pm DCSL Choir Practice, Theater	2:15pm - 3:15pm Golden Genies Troupe Practice, Exercise Room
Adv. Watercoloring Class is "FULL (Try Wed. Watercolor Open Studio)	12:45pm -1:45pm Geri Fit Activity Room	1:30pm–3:30pm Ping Pong Drop-In Activity Room	12:45pm - 4:45pm Pinochle Upper Commons	 A National Day of Service and Remembrance
	2:00pm - 3:00pm Stitchery Club Art Studio	2:00pm - 4:00pm Powder Puff Pool Practice Pool Room	12:45pm - 1:45pm Geri Fit Activity Room	
	2:00pm - 3:30pm Dance Aerobics Exercise Room	2:00pm - 4:00pm AARP Meeting (3rd Wed ONLY), Classroom	1:00pm–3:00pm Quilting Drop-In Upper Commons	
			1:00pm - 4:30pm Kings in the Corner (2nd & 4th), Upper Commons	
			2:00pm - 3:30pm Dance Aerobics Exercise Room	