

## 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.

**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: Tuesday - Thursday, 9:00am-9:45am**

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.

**Geri-Fit: Tuesdays and Thursdays, 12:45pm - 1:45pm**

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.

**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.

**Hoopng: Tuesdays and Thursdays, 10:30am - 11:30am**

This hula hoopng class provides cardio and core exercise + head to toe body toning. Learn or refresh hula hoopng 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.

**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' Chi: 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.**

### Address

**406 Rigsbee Avenue  
Suite 202**

**Durham, NC 27701**

**Phone: 919-688-8247**

**Fax: 919-683-3406**

**Email: info@dcsln.org**



### Hours of Operation

**Monday to Friday  
8:30am-5:00pm**



**2017**

### UNC WELLNESS CENTER CLINIC

*BP, Vitals, Health Info*

*Wednesdays, 9:30am - 12:00pm*

*February 1-April 5, Upper Commons*

### FREE TAX PREPARATION (VITA)

*Fridays, February 3-April 7, 10:00am - 1:00pm,*

*Classroom*

### NEW FALLS PREVENTION CLASS:

*MATTER OF BALANCE*

*Mondays, March 6-April 24, 1:30pm - 3:30pm*

*Classroom*

### POWERFUL TOOLS FOR CAREGIVERS

*Wednesdays, March 15-April 19, 10:00am-12:00pm*

### NEW CLASS: AMERICAN SIGN LANGUAGE (ASL)

*Thursday - 11:00am - 12:00pm Boardroom*

*Sign up at front desk. Class limited to 10 people.*

### SENIOR GAMES PRACTICES IN APRIL

*Football Throw, Mondays & Wednesdays, 11am-12pm*

*Ping Pong, Fridays, 11:30am-2:00pm*

### NATIONAL WALKING DAY

*Wednesday, April 5, 10am-12pm, Upper Commons*

### STAY FIT FOR LIFE

*Tuesday, April 11, 10:00am-11:30am, Theater*

### APRIL BIRTHDAY PARTY WITH LINCOLN HERITAGE

*Tuesday, April 11, 1:30pm, Upper Commons*

### ORAL HEALTH -

*UNC DENTAL HYGIENE STUDENTS*

*Wednesday, April 12, 10:00am-10:45am,*

*Upper Commons*

### EASTER CONCERT-DCSL GOSPEL CHOIR

*Thursday, April 13, 12:00pm-1:00pm, Upper*

### ANNUAL HAT & TEA

*Friday, April 14, 11:30am-2:00pm, Lower Commons*

*\$7.00 Donation. Prepay for ticket.*

### CONNECTING ONLINE, DURHAM COUNTY LIBRARY

*Wednesday, April 19, 11:30 am, Computer Lab*

*Online safety, email basics, and an overview of Facebook, Twitter, Instagram, Spotify, and Tumbler.*

### NEWCOMER WELCOME ORIENTATION

*Tuesday, April 18, 1:00pm, Classroom*

### MAKE IT TAKE IT CARD CLASS

*Tuesday, April 18, 1:00pm-2:00pm, Arts & Crafts Room,*

*Sign up at front desk.*

### EARLY BIRD & CATBIRD CHORUS PERFORMANCE

*Thursday, April 20, 10:15am-11:00am, Upper Commons*

### LUNCH WITH ZAKAT FOUNDATION

*Tuesday, April 25, Upper Commons*

### BUILD A TERRARIUM, DURHAM COUNTY LIBRARY

*Wednesday, April 26, 3pm-5pm, Arts and Crafts Room*

*Sign up at front desk.*

### DEMENTIA AWARENESS WORKSHOP: THE BASICS

*Thursday, April 27, 11am to 12pm, Theater*

### SENIOR FORUM

*Thursday, April 27 12:30pm, Upper Commons*

### OASIS-DURHAM CNTY LIBRARY BOOKMOBILE

*Thursday, April 27, 11:00 am, Upper Commons*



# April



# 2017

### Friday Matinees in the Theater @ 1:30pm

April 7 I Am Bolt

April 14 God's Not Dead 2

April 21 The London Rock and Roll Show

April 28 Captain America: Civil War

*\*Movie suggestions are welcome\**

#### Book Club

Friday, April 7 & 21, 11:00am–12:00pm, Board Room  
Book: Rogue Lawyer by John Grisham

Blood Pressure Clinic with Pettigrew Rehabilitation Center  
Thursday, April 13, 9:30am–10:30am, Upper Commons

CHAMP (Communication and Hearing Assistance  
Mentoring Program)

Tuesday, April 11, 1:30pm–4:00pm Board Room

#### Bull City Riders Meeting

Friday, April 14, 10:30am, Theater  
April Trip: TBA

#### Family Caregiver Support Group

Tuesday, April 18, 1:00pm–2:00pm, Spring Arbor of Durham, 4523 Hope Valley Road, Durham

#### Legal Aid On-Site:

Friday, April 21, 12:30pm–4:30pm  
No walk-ins. See receptionist to register.

#### 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.

#### Participant Tours

Mondays, Wednesdays & Fridays  
8:35am–9:00am and 11:00am–1:00pm  
Please sign up at desk at least 24 hours in advance.

#### Fitness Center Orientations

Mondays 1:00pm–2:00pm, Wednesdays 12:15pm–1:15pm  
Fridays 11:00am–12:00pm  
Please sign up at front desk at least 24 hours in advance.

#### 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:40am - 9:30am Muscle Pump (Limit 40)	8:35am - 12:00pm Ceramics Open Studio	8:40am - 9:30am Muscle Pump (Limit 40)	8:35am - 12:00pm Open Arts Studio	8:35am - 12:00pm Open Arts Studio
8:35am - 2:00pm Ceramics Open Studio	9:00am - 10:00am Beginning Yoga (Limit 40)	8:35am - 12:00pm Ceramics Open Studio	9:00am - 10:00am Beginning Yoga (Limit 40)	8:35am - 9:35am Total Body Workout
9:30am - 10:30am Total Body Workout	9:00am - 9:45am Easy Tai' Chi	10:00am - 12:00pm Latino Seniors' Club	9:00am - 9:45am Easy Tai' Chi	9:40am - 10:25am Muscle Pump (not 2nd Friday)
10:30am - 11:05am Seniors on the Move	10:00am - 11:00am Taking Off Pounds Sensibly –TOPS	9:30am - 10:30am Total Body Workout	10:00am - 12:00pm Bridge (1st Thurs ONLY)	10:00am - 11:30am Tai'Chi
11:10am - 12:10pm Keep it Moving	10:15am - 11:15am Med. Impact Aerobics	10:30am - 11:05am Seniors on the Move	10:15am - 11:15am Med. Impact Aerobics	10:30am - 11:00am Seniors on the Move
12:15pm - 1:15pm Gentle Yoga	10:30am - 11:30am Hooping	11:10am - 12:10pm Keep it Moving	10:30am - 11:30am Hooping	10:30am - 12:00pm Bingo
12:15pm - 1:15pm Strong and Steady	11:00–12:00 Sudoku	11:30am - 1:30pm Crochet Drop-in	11:30am - 12:30pm Low Impact Aerobics	11:00am - 12:00pm Book Club (1st & 3rd)
1:30pm - 3:00pm Adv. Watercolor Painting	11:30am - 12:45pm Belly Dancing	12:15pm - 1:15pm Strong and Steady	11:30am - 12:45pm Belly Dancing	11:30am–2:00 pm Ping Pong Drop-In
1:30pm - 3:30pm Line Dancing	11:30am - 12:30pm Low Impact Aerobics	12:15pm-1:15pm Gentle Yoga	11:30am-1:30pm Crochet Drop-in	11:45am–12:45pm Zumba Gold \$1 suggested donation
1:30pm–3:30pm Ping Pong Drop-In	11:30am-1:30pm Crochet Drop-in	1:30pm–3:00 pm Watercolor Open Studio	12:30pm - 1:30pm DCSL Choir Practice	1:30pm - 3:30pm Movie Matinee
<b>Adv. Watercoloring Class is "FULL (Try Wed. Watercolor Open Studio)</b>	12:45pm - 4:45pm Pinochle	1:30pm - 3:30pm Line Dancing (not 3rd Wed)	12:45pm - 4:45pm Pinochle	2:15pm - 3:15pm Golden Genies Troupe Practice
	12:45pm - 1:45pm Geri Fit	1:30pm–3:30pm Ping Pong Drop-In	12:45pm - 1:45pm Geri Fit	
	2:00pm - 3:00pm Stitchery Club	2:00pm - 4:00pm Powder Puff Pool Practice	1:00pm–3:00pm Quilting Drop-In	
	2:00pm - 3:30pm Dance Aerobics	2:00pm - 4:00pm AARP Meeting (3rd Wed ONLY)	1:00pm - 4:30pm Kings in the Corner (2nd & 4th)	
			2:00pm - 3:30pm Dance Aerobics	