What exercise class is right for you?

Muscle Pump: ***Mondays and Wednesdays 8:40am - 9:30am, and Fridays 9:45am - 10:45am (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, 10:50am - 11:20am***
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. 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.

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.

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.

United Way of the Greater Triangle Certified Community Impact Partner · 100 Rotary Club of Durham · DCSL · triangle community FOUNDATION · Skytel · The Forest at Duke

Address
406 Rigsbee Avenue
Suite 202
Durham, NC 27701
Phone: 919-688-8247
Fax: 919-683-3406
Email: info@dcslnc.org

Hours of Operation
Monday to Friday
8:30am—5:00pm

Durham Center for Senior Life · DCSL · Healthy Active Independent

MARCH 2017

SPICE UP YOUR LIFE
Tuesdays and Thursdays, 11:00am—12:00pm
Old TV Lounge

ZUMBA GOLD
Fridays, 11:45am—12:45pm, Lower Commons
Suggested Donation - $1.00 per class

SPANISH CLASS FOR BEGINNERS
Fridays, 9:30am—11:00am, Classroom
Class is full.

NEW FALLS PREVENTION CLASS: MATTER OF BALANCE
Mondays, March 6— April 24, 1:30pm - 3:30pm

SENIOR DRAMA WORKSHOP
Mondays, March13 & 27, 1:00pm–3:00pm, Classroom

STAY FIT FOR LIFE
Tuesday, March 14, 10:00am–11:30am, Theater

MARCH BIRTHDAY PARTY WITH CAPTEL
Tuesday, March 14, 1:30pm, Upper Commons

FREE TAX PREPARATION (VITA)
Fridays, February 3—April 7, 10:00am - 1:00pm, Classroom

CREATIVE WORD PROCESSING WORKSHOP
Wednesdays 9:30am—11:30am, Computer Lab
Class limited to 12. Sign up at front desk.

UNC WELLNESS CENTER CLINIC
BP, Vitals, Health Info
Wednesdays, 9:30am - 12:00pm

INTRODUCTION TO TABLETS, I-PADS, AND E-READERS
Thursday, March 9, 11am, - 1pm, Computer Lab
Learn how to download free ebooks, audiobooks, magazines, movies, TV episodes, and music from the library's digital catalog. Space is limited. Sign up at front desk.

ABBIVE LUNCH AND LEARN ON ARTHRITIS
Friday, March 10, 2017, 12:00pm, Theater
Sign up at front desk.

POWERFUL TOOLS FOR CAREGIVERS
Wednesdays, March 15—April 19, 10:00am—12:00pm

MAKE IT TAKE IT CARD CLASS
Tuesday, March 21, 1:00pm—2:00pm, Arts & Crafts Room, Sign up at front desk.

NEWCOMER WELCOME ORIENTATION
Tuesday, March 21, 1:00pm, Classroom

SENIOR GAMES REGISTRATION
Thursday, March 16, 10:30am– 12:30pm

COMPUTER ONE-ON-ONE ASSISTANCE WITH BASIC SKILLS AND MICROSOFT WORD
Tuesday, March 28, 10:30am—12:45pm, Computer Lab
Schedule a 30 minute session at the front desk.

OASIS—DURHAM COUNTY LIBRARY BOOKMOBILE
Thursday, March 23, 1:00 am, Upper Commons

SENIOR FORUM
Thursday, March 30, 12:00pm, Upper Commons

Friday Matinees in the Theater @ 1:30pm

March 3	He Named Me Malala
March 10	White Men Can't Jump
March 17	The Commitments
March 24	Hungry For Change
March 31	The Magnificent Seven

Book Club
Friday, March 3 & March 17, 11:00am–12:00pm, Board Room
Book: Picking Cotton by Jennifer Thompson-Cannino

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

Bull City Riders Meeting
Friday, March 10, 10:30am, Theater
March Trip: TBA

CHAMP (Communication and Hearing Assistance Mentoring Program)
Tuesday, March 14, 1:30pm–4:00pm Board Room

Legal Aid On-Site:
Friday, March 17, 12:30pm–4:30pm
No walk-ins. See receptionist to register.

Family Caregiver Support Group
Tuesday, March 21, 1:00pm–2:00pm, Spring Arbor of Durham, 4523 Hope Valley Road, Durham

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.

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.

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.

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

MARCH 2017

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	**9:45am - 10:45am** 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	**10:50am - 11:20am** 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)**
1:00pm - 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
1:30pm—3:30pm Ping Pong Drop-In	**11:30am-1:30pm** Crochet Drop-in	**1:00pm—3:00 pm** Watercolor Open Studio	**12:30pm - 1:30pm** DCSL Choir Practice	**1:30pm - 3:30pm** Movie Matinee
Adv. Watercoloring Class is "FULL (Try Wed. Watercolor Open Studio)	**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	