

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, 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.

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.

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.

Address

406 Rigsbee Avenue
Suite 202

Durham, NC 27701

Phone: 919-688-8247

Fax: 919-683-3406



Hours of Operation

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



2017

*****DCSL CLOSED MAY 29 IN HONOR OF MEMORIAL DAY*****

NEW CLASS: AMERICAN SIGN LANGUAGE (ASL)

Thursdays- 11:00am - 12:00pm, Boardroom
Sign up at front desk. Class size is limited.

NEW CLASS: SIMULATOR FLYING IS FUN
Wednesdays, 1pm-2pm, Classroom

NEW CLASS: TAI CHI FOR ARTHRITIS
Tuesdays, 9:30am-10:30am, Activity Room

SPICE UP YOUR LIFE IS BACK!!!

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

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

COMPUTER BASICS WITH DURHAM COUNTY LIBRARY

Wednesday, May 3, 10am-11am, Computer Lab
Discover the parts of a computer, using a mouse and keyboard, and the different operating systems.
Class size limited. Sign up at front desk

SENIOR GAMES CLOSING CEREMONY
Thursday, May 4, 5:30pm-7:30pm, Commons Area

STAY FIT FOR LIFE
Tuesday, May 9, 10:00am-11:30am, Theater

MAY BIRTHDAY PARTY WITH PETTIGREW
Tuesday, May 9, 1:30pm, Upper Commons

2017 SENIOR GAMES PICTURE
Thursday, May 11, 11:00am
Wear your medals and tee shirts.

SENIORS IN MOTION VARIETY SHOW
Friday May 12, 2pm-4pm, Commons Area

MAKE IT TAKE IT CARD CLASS
Tuesday, May 16, 1:00pm-2:00pm, Arts & Crafts Room. Sign up at front desk.

NCBA AGE OUT LOUD OLDER AMERICAN CELEBRATION
Wednesday, May 17, 9:00 am-11:30 am, Commons Area

POOL TOURNAMENT
Friday, May 19, 12pm-5pm, Pool Room,
To enter to win a gift card for 1st, 2nd & 3rd place prizes, make a \$5 contribution at the front desk by May 12.

NEWCOMER WELCOME ORIENTATION
Monday, May 22, 11:30pm, Classroom

DCSL VOLUNTEER RECOGNITION
Wednesday, May 24, 3pm-5pm, Upper Commons
Registered volunteers only. RSVP at front desk by May 17.

OASIS- DURHAM CNTY LIBRARY BOOKMOBILE
Thursday, May 25, 11:00 am, Upper Commons

SENIOR FORUM
Thursday, May 25, 12:30pm, Upper Commons

MEMORIAL DAY COOKOUT
Friday, May 26, 12pm
\$3.00 suggested contribution at front desk.

CREATIVE COLLAGING WITH DURHAM CTY LIBRARY
Wednesday, May 31, 3 - 5 pm., Arts & Crafts Room
Use upcycled materials to create something new. Class size limited.
Sign up at front desk.



**Older Americans Month Matinees in the Theater
@ 1:30pm**

May 5 Keep on Keeping On

May 12 No movie, Seniors in Motion Talent Show

**May 19 The 100-Year-Old Man Who Climbed Out
the Window and Disappeared**

May 26 Grunge Match



Book Club

Friday, May 5 & 19, 11:00am–12:00pm, Board Room

Book: Jezebel by Jacqueline Thomas

**CHAMP (Communication and Hearing Assistance
Mentoring Program)**

Tuesday, May 9, 1:30pm–4:00pm Board Room

Blood Pressure Clinic with Pettigrew Rehabilitation Center

Thursday, May 11, 9:30am–10:30am, Upper Commons

Bull City Riders Meeting

Friday, May -12, 10:30am, Theater

May Trip: TBA

Legal Aid On-Site:

Friday, May 12, 12:30pm–4:30pm

No walk-ins. See receptionist to register.

Family Caregiver Support Group

Tuesday, May 16, 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.

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

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	8:45am - 9:15am Easy Tai' Chi	10:00am - 12:00pm Latino Seniors' Club	8:45am - 9:15am 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	11:30pm - 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