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"Our Times" newsletter is published by the Development Department of the Durham Center for Senior Life

Participants working out in the Fitness Room (above)
J. Cozart and A. Pittman enjoying a game of dominos (below)
A Message from Our Executive Director

The power of laughter and its impact on our health has been well documented. Studies from around the world have shown that laughter can impact our health in several ways, including:

• Reducing our stress - Life can be serious and life can be hard. Laughter has been linked with reduced anxiety and stress even, and perhaps especially, in the most challenging of situations.

• Improving learning ability and memory - Our mind remains sharp when we laugh. Laughter helps to fire synapses in our brain that wouldn’t otherwise be active.

• Improving our mood and self-esteem - One study followed older adult patients undergoing cancer treatments showing a linkage between laughter and treatment effectiveness.

• Improving our connections with one another - Relationships are important. I believe that positive human interaction is key to healthy aging. Have you ever encountered someone who never laughed—who seemed to believe that being negative, critical, or serious was somehow an indication of their importance? I have too. Unfortunately, they are often isolated and lonely. Here at the Durham Center for Senior Life, we love to laugh! And we care deeply about your health. We should continue to laugh, and spend time laughing together.

Here is a one-liner to bring a smile to your face!

Some people eat snails....................... They must not like fast food!

“Always find a reason to laugh. It may not add years to your life but it will surely add life to your years.”... unknown

Sincerely,

Seanyea Rains
Executive Director

DCSL Leadership Listing

- Seanyea Rains: Executive Director
  - srains@dcslnc.org
- Vonda Richey: Director of Finance
  - vrichey@dcslnc.org
- Cyndy Wallhausser: Senior Center Director of Programs
  - cwallhausser@dcslnc.org
- Michael Patterson: ADH Director
  - mpatterson@dcslnc.org
- Gillian Hayden: Associate Director of Development
  - ghayden@dcslnc.org
- Joseph Barnes: Support Services Manager
  - jbarnes@dcslnc.org
- Thomas Vanhook: Facilities Operations Manager
  - tvanhook@dcslnc.org
- Melissa Black: ACL Grant Director
  - mblack@dcslnc.org
Happy National Emotional Wellness Month

The month of October is observed as Emotional Wellness Month. Emotional health is an important part of your overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. This month is important to help provide information on how to be aware of your emotional well-being. Please see below for tips.

Ways to practice emotional wellness:

1. **Learn how to address stress appropriately** – Engaging in activities such as yoga, walking/exercising, deep breathing, meditation, and connecting with friends are among many healthy and comforting stress-relief techniques.

2. **Build your emotional intelligence** - Emotional intelligence is your ability to recognize, understand and use your emotions in a positive way to cope with stress and help manage relationships/communicate effectively in times of conflict. You can do this through self-awareness, self-management, social awareness, and relationship management.

3. **Make sure to dedicate time to things you enjoy** - Prioritizing this not only helps you maintain positive emotional well-being, but it can also help you be more productive by giving your mind and body a break from stress.

- **Support Services NCCU Intern: Alexandria Mumford**

In observance of October being National Dental Hygiene month, Support Services will be hosting a Dental Hygiene Drive for the entire month. Please see the below flyer for details.
As a caregiver, you likely spend most of your day caring for others. While this is a loving way to approach your responsibilities, it often can mean you leave yourself out. Making time for yourself during the busy fall season is an important step to taking care of yourself, your health & wellbeing, and ensuring everyone involved can enjoy a higher quality of life together. **Consider the following tips to prioritize making time for yourself this fall:**

**UTILIZE CARE SERVICES**
Entrust some of your loved one's care needs to a service provider who can assist with caring for your loved one while freeing up your schedule.

**SCHEDULE TIME**
Just as you schedule things such as appointments, give yourself the same consideration. Whether an hour every day, or a couple of hours each week, set this into your routine and follow through with it.

**BE CREATIVE**
You don't need a large amount of time or to do something specific to get some alone time. Simply taking a few minutes to sit in your car before going inside and listening to a favorite song, or waking up a little early to drink your coffee out on the porch can make a big difference.
Cyndy's Corner

Happy Fall everyone! After all the great feedback we had from the Black and White event, we are so excited to announce that we have another social event this month. Join us for the Tricks & Treats Octoberfest Costume Contest and Social on Thursday, October 28, 2021, from 4:00 pm - 6:00 pm. DCSL will offer light refreshments, music, dancing, and of course a Costume Contest! Wear your favorite costume or Octoberfest-themed mask. There is a $5.00 Admission fee for this event! Please call to register at 919-688-8247 ext. 110.

Also, please join me in welcoming back, Harold Anderson, our Satellite Site Coordinator for Little River and JFK towers. We are thrilled Harold is back and look forward to adding some additional programming soon. We do continue to be cautious regarding the pandemic at these and all DCSL locations.

We are planning a DCSL Health Fair Wednesday, November 3rd, 2021, from 9:00 am to 11:00 am. This will be an opportunity to learn about various organizations and services within our community right here at DCSL. More information to come.

-Cyndy Wallhausser
Senior Center Director of Programs
**Volunteer Orientation - 2nd & 4th Thursday 11:00am-12:00pm**

Are you interested in learning more about volunteer opportunities at our main center and satellite sites? Join us every 2nd & 4th Thursday to learn about volunteering at DCSL. Call 919-688-8247 ext. 124 to sign up.

**New Members Orientation - Every Monday & Friday**

All members must complete orientation to participate in any indoor programming. Please call 919-688-8247 ext. 110 to schedule your tour today!

**Member Check in October 28 - every 4th Wednesday- 12:30pm-1:30pm**

You are invited to join us every 4th Wednesday to stay connected with news and updates with center staff and fellow members. Share your thoughts and give us feedback on how we are doing. Join us in the lower commons and virtually on zoom! No registration is required.

**October Birthday Celebration (Limited to 25 people)**

**October 12, 2021 1:00pm-2:00pm**

Join us in the lower commons as we celebrate birthdays for the month of October. Cake and ice cream will be served. Please call to register 919-688-8247 ext.110

**Medicare Basics: New to Medicare turning 65 Presentation**

**October 19, 2021 1:00pm - 2:00pm**

Medicare can be confusing, but don’t fret. Our local Senior PharmAssist are here to help. We invite you to join us for a virtual presentation on Medicare Basics. Please call to register 919-688-8247 ext. 110

**The Four Things That Matter Most: A Book Review & Discussion**

**October 19, 2021 2:00pm - 3:00pm**

Through more than 25 years of caring for gravely ill patients and their families, Ira Byock, M.D., has discovered the life-transforming power of four simple phrases: “Please forgive me,” “I forgive you,” “Thank you,” and “I love you.” In this presentation, you can learn how these honest and heartfelt words can serve to heal emotional wounds, strengthen connections, and bring lasting peace of mind daily as well as at the end of life. Brought to you by Transitions LifeCare. Please call to register 919-688-8247 ext. 110

**Tricks & Treats Octoberfest**

**October 28, 2021 4:00pm - 6:00pm**

We are inviting you to join us for some light refreshments, music, and dancing! Be sure to wear your favorite costume for your chance to WIN! $5.00 Admission fee! Please call to register 919-688-8247 ext. 110

**Fitness Center Orientation**

**Mon, Wed, & Fri 12:30pm-1:30pm**

All members who wish to use the fitness center must complete training on fitness center equipment. If you are interested. Please call to register 919-688-8247 ext. 110

**Zoom Meeting ID: 932 9981 2145**
### Legend
- AR - Activity Room
- AS - Art Studio
- BR - Board Room
- CR - Classroom
- ER - Exercise Room
- FC - Fitness Center
- RR - Rec Room
- LC - Lower Commons
- THTR - Theatre
- TR - Tech Room
- V - Virtual C-Cafe

### Monday

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45am-9:45am</td>
<td>Muscle Pump</td>
<td>ER</td>
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<tr>
<td>9:00am-4:00pm</td>
<td>Fitness Center Drop in</td>
<td>FC</td>
</tr>
<tr>
<td>9:00am-12:30pm</td>
<td>Ceramics</td>
<td>AS</td>
</tr>
<tr>
<td>9:00am-4:00pm</td>
<td>Pool Drop In</td>
<td>RR</td>
</tr>
<tr>
<td>9:00am-4:00pm</td>
<td>Computer Drop In</td>
<td>TR</td>
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<tr>
<td>10:00am-11:00am</td>
<td>Total Body Workout (Max Capacity 20)</td>
<td>ER</td>
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<tr>
<td>10:00am-12:00pm</td>
<td>Ping Pong</td>
<td>AR</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td>Strong &amp; Steady</td>
<td>V</td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td>Bible Study (Max Capacity 10)</td>
<td>CR</td>
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### Tuesday

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<td>9:00am-4:00pm</td>
<td>Fitness Center Drop in</td>
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<tr>
<td>9:00am-4:00pm</td>
<td>Pool Drop in</td>
<td>RR</td>
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<tr>
<td>9:00am-4:00pm</td>
<td>Computer Drop In</td>
<td>TR</td>
</tr>
<tr>
<td>9:30am-10:55am</td>
<td>Take Off Pounds Sensibly</td>
<td>CR</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td>Beginning Yoga (Max Capacity 15)</td>
<td>ER</td>
</tr>
<tr>
<td>11:00am-12:00pm</td>
<td>American Sign Language</td>
<td>BR</td>
</tr>
<tr>
<td>11:30am-12:30pm</td>
<td>Belly Dance (Max Capacity 20)</td>
<td>ER</td>
</tr>
<tr>
<td>12:00pm-4:30pm</td>
<td>Pinochle</td>
<td>RR</td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td>Sudoku</td>
<td>CR</td>
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**DCSL senior center locations JFK Towers & Little River are currently closed for daily programming, alternative programs are available at DCSL Main Center. Curbside meal deliveries are available at satellite locations.**

**Hello, October**

**THINK PINK!**
**Wednesday**

8:45am - 9:45am  
Muscle Pump  
(Max Capacity 20) **ER**

9:00am - 12:30pm  
Open Arts **AS**

9:00am - 4:00pm  
Fitness Center Drop in  
(Max Capacity 8) **FC**

9:00am - 4:00pm  
Pool Drop In **RR**

9:00am - 4:00pm  
Computer Drop In **TR**

10:00am - 11:00am  
Total Body Workout  
(Max Capacity 20) **ER**

10:00am - 12:00pm  
Ping Pong **AR**

11:00am - 12:00pm  
Gentle Yoga **V**

12:30pm  
Member Check In  
4th Wed **LC/V**

11:30am - 12:30pm  
Tele - BINGO  
1st & 2nd Wed **V**

1:00pm - 2:00pm  
Bible Study  
(Max Capacity 10) **CR**

**Thursday**

9:00am - 4:00pm  
Fitness Center Drop in  
(Max Capacity 8) **FC**

9:00am - 4:00pm  
Pool Drop in **RR**

9:00am - 4:00pm  
Computer Drop In **TR**

9:30am - 10:30am  
Breakfast Bingo **C**

10:00am - 11:00am  
Strong & Steady **V**

10:00am - 11:00am  
Beginning Yoga  
(Max Capacity 15) **ER**

12:00pm - 4:30pm  
Pinochle **AR**

1:00pm - 2:00pm  
Sudoku **CR**

**Friday**

9:00am - 12:30pm  
Ceramics **AS**

9:00am - 4:00pm  
Fitness Center Drop in  
(Max Capacity 8) **FC**

9:00am - 4:00pm  
Pool Drop In **RR**

9:00am - 4:00pm  
Computer Drop In **TR**

10:00am - 11:00am  
Total Body Workout  
(Max Capacity 20) **ER**

10:00am - 12:00pm  
Ping Pong **AR**

11:00am - 12:30pm  
Book Club  
(1st & 3rd Friday) **BR**

1:00pm - 3:00pm  
Movie Matinee  
(Max Capacity 16) **THTR**

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**Friday Matinee**

Starting at 1:00pm Popcorn for all  
(Max Capacity 16)  
*movies may be subject to change*

10/01 - Beetlejuice
10/08 - Breakthrough
10/15 - Forks Over Knives @ 12:30pm
10/22 - A Question of Faith
10/29 - October Baby
CLASS & PROGRAM DESCRIPTION

Beginning Yoga: Tuesdays and Thursdays, 10:00am - 11:00am (Limited to 15 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 beginner level class. Please be sure to arrive to class before the start time to prepare for class. No entry once the class begins.

Virtual Gentle Yoga: Wednesdays 11:00am - 12:00pm
Gentle Yoga offers the enjoyment of moving through gentle yoga poses in a rhythmic flow. Focus on fun, strength, flexibility and enhancement of physical and mental well-being. All are welcome to this beginner level class.

Zoom Meeting ID: 945 9272 6959
Passcode: YOGA

Muscle Pump: Mondays and Wednesdays, 8:40am - 9:40am (Limited to 20 people)
Work your muscles with dumbbells to tone your abs, legs, and arms in this fun class designed for any ability level.

Virtual Strong & Steady: Mondays and Thursdays, 10:00am
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 A Matter of Balance, Fit and Strong, and the OTAGO balance programs. Strong and Steady is guided by a licensed physical therapist who will help to modify the exercises as needed in the comfort of your home. All levels welcome

Zoom Meeting ID: 464 379 5852
Passcode: 9196141923

Total Body Workout: Mondays and Wednesdays, and Fridays 10:00am - 11:00am (Limited to 20 people)
This is a high-energy class with cardio and weight training for those who want to sweat! This class is for people who really want to move!

Belly Dance Tuesdays 11:30am - 12:30pm (Limited to 20 people)
This class main 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!

Tele-Bingo 1st & 2nd Wednesday 11:30am-12:30pm
Join us for Bingo every month BY PHONE. Please call 919-688-8247 ext. 110 to register.

Breakfast Bingo Thursday- 9:30am -10:30am (Limited to 20 people)
BINGO is back onsite here at the 406 Cafe. Enjoy a light breakfast option, socialize with peers, and win free prizes.
Nutrition Today will host a 2-part class in October. The first part consists of Peggy Kernodle from the Cooperative Extension speaking on controlling sodium in your diet. Here you will learn how to prevent or control hypertension through a proper low sodium diet. So, ask all the questions necessary for your health.

The second part of the class will be to watch the movie "Forks over Knives". After the movie, there will be a brief discussion of the movie content. The movie “Forks over Knives” examines the sincere claim that most, if not all degenerative diseases that bother us can be controlled, or even reversed, by rejecting two or changing two things in our diet. What are the two things? Come and find out about your healthy living. There will be sodium trivia questions for part 1 and movie questions for part 2. We can discuss all these questions and more at the next class. Trivia questions will be handed out on October 11th, and 12th. The class is held on October 15th at 9:30 am and the movie will be shown at 12:30 pm, in the theater. Call 919-688-8247, ext. 110.
## 406 Café Lunch Menu

**DCSL Congregate Meals**

MEALS ARE SUBJECT TO CHANGE.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
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<th>FRI</th>
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<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>Chicken Tenders</td>
<td>Smoked Sausage &amp; White Bean Stew</td>
<td>Crab Cake</td>
<td>Chicken &amp; Broccoli Rice Casserole</td>
<td>Beef Chili</td>
</tr>
<tr>
<td>Dirty Rice</td>
<td>Spinach</td>
<td>Cream Corn</td>
<td>(Rice in Casserole)</td>
<td>(Beans in Chili)</td>
</tr>
<tr>
<td>Peas &amp; Carrots</td>
<td>Spiced Apples</td>
<td>Broccoli</td>
<td>Carrots</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td>Applesauce</td>
<td>Cornbread</td>
<td>Banana</td>
<td>Spiced Pears</td>
<td>Fruit Compote</td>
</tr>
<tr>
<td>Wheat Roll</td>
<td></td>
<td>Roll</td>
<td>Breadstick</td>
<td>Wheat Bread</td>
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<th>10</th>
<th>11</th>
<th>12</th>
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</thead>
<tbody>
<tr>
<td>Southwestern Smothered Chicken</td>
<td>Cheesy Baked Ziti</td>
<td>Baked Spaghetti</td>
<td>Rosemary Chicken</td>
<td>Red Eye Mac N Cheese</td>
</tr>
<tr>
<td>Rice</td>
<td>Zucchini &amp; Tomatoes</td>
<td>Noodles</td>
<td>Lima Beans</td>
<td>Peas</td>
</tr>
<tr>
<td>Black Beans</td>
<td>Spiced Peaches</td>
<td>Mixed Veggies</td>
<td>Carrots</td>
<td>Spiced Pears</td>
</tr>
<tr>
<td>Peaches</td>
<td>Breadstick</td>
<td>Warm Peaches</td>
<td>Banana</td>
<td>Breadstick</td>
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<tr>
<td>Roll</td>
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<td>Garlic Bread</td>
<td>Garlic Bread</td>
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<th>15</th>
<th>16</th>
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<tbody>
<tr>
<td>Chicken Corn Chowder</td>
<td>Beef Chili</td>
<td>White Chicken Chili</td>
<td>Hamburger Steak w/ Gravy &amp; Onions</td>
<td>Hamburger Steak w/ Gravy &amp; Onions</td>
</tr>
<tr>
<td>Carrots</td>
<td>(Beans in Chili)</td>
<td>Beans in Chili</td>
<td>Rice</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Spiced Apples</td>
<td>Mixed Vegetables</td>
<td>Glazed Carrots</td>
<td>Mandarin Oranges</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>Roll</td>
<td>Fruit Compote</td>
<td>Spiced Apples</td>
<td>Wheat Roll</td>
<td>Wheat Roll</td>
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</thead>
<tbody>
<tr>
<td>BBQ Chicken</td>
<td>Mac n Cheese</td>
<td>Vegetable Lasagna</td>
<td>Country Fried Steak</td>
<td>Baked Chicken</td>
</tr>
<tr>
<td>Roasted Root Veg</td>
<td>Peas</td>
<td>Broccoli</td>
<td>Mashed Potatoes</td>
<td>Wild Rice Pilaf</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Spiced Pears</td>
<td>Spiced Peaches</td>
<td>Seasoned Greens</td>
<td>Carrots</td>
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<tr>
<td>Banana</td>
<td>Breadstick</td>
<td>Roll</td>
<td>Mandarins</td>
<td>Roll</td>
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<tbody>
<tr>
<td>Hamburger Steak w/ Gravy &amp; Onions</td>
<td>Baked Chicken</td>
<td>Beef Chili Mac</td>
<td>Cheeseburger</td>
<td>Fried Chicken</td>
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<tr>
<td>Rice</td>
<td>Wild Rice Pilaf</td>
<td>WG Noodle</td>
<td>Baked Beans</td>
<td>Rice</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Carrots</td>
<td>California Veggies</td>
<td>Corn</td>
<td>Mandarin Oranges</td>
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<tr>
<td>Mandarin Oranges</td>
<td>Banana</td>
<td>Fruit Compote</td>
<td>Orange</td>
<td>Mandarin Oranges</td>
</tr>
<tr>
<td>Wheat Roll</td>
<td>Roll</td>
<td>Garlic Roll</td>
<td>Burger Bun</td>
<td>Wheat Roll</td>
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<tbody>
<tr>
<td>Baked Chicken</td>
<td>Wild Rice Pilaf</td>
<td>Beef Chili Mac</td>
<td>Cheeseburger</td>
<td>Baked Spaghetti</td>
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Support Services would like to take this time to thank Red’s Quality Acres Farm for partnering with DCSL to provide free weekly fresh produce bags during the summer months. Their generosity during the duration of this program has provided our members the opportunity to learn about and try new produce.

We would also like to give a special shout-out to Aaron McKethan who has helped to raise the funding to ensure the produce was 100% free to the enrolled participants. Aaron has recently announced that DCSL will be gearing back up to continue the program into the fall and winter months.

DCSL would like to express its deepest gratitude for the contributions that both parties have given to provide such a great opportunity to our members. To learn more about the farm please visit www.redsqualityacre.com.

-Support Services Coordinator: Niya Carrington

Support Services Volunteer Recognition Spotlight

Jeanette Farmer has been an active member of the Durham Center for Senior Life (DCSL) since 2010. During her time with DCSL, Jeanette has volunteered as an instructor for the DCSL Quilting Club and Telephone Reassurance program. In her free time, she likes to garden, cook, quilt, and sew. When asked why she likes to volunteer at the center she stated “after working for 31 years in social services in Halifax county it is my contribution to society during retirement to volunteer and it helps to keep me going”. Mrs. Farmer, Support Services would like to thank you for all of your hard work and dedication.

If you are interested in being a Support Services volunteer, please contact the Volunteer & Programs Coordinator, Kourtney Kersey at 919-688-8247 ext. 124.
TRICKS & TREATS OCTOBERFEST

Thurs, Oct. 28, 2021 4:00pm - 6:00pm

JOIN US FOR SOME LIGHT REFRESHMENTS, MUSIC, AND DANCING! BE SURE TO WEAR YOUR FAVORITE COSTUME FOR YOUR CHANCE TO WIN! $5.00 ADMISSION FEE!

PLEASE CALL TO REGISTER 919-688-8247 EXT. 110
Fall Word Search


CORN AUTUMN BONFIRE BOOTS OCTOBER RAKE

THANKSGIVING HARVEST LEAVES CARNIVAL APPLES APPLE CIDER

PUMPKIN FOOTBALL SWEATER NOVEMBER SEPTEMBER SUNFLOWER
DCSL Main Location
406 Rigsbee Avenue, Durham, NC 27701
Hours: 8:30 am - 5:00 pm Monday - Friday

Contact Us!
(919) 688-8247
info@dcslnc.org

Little River Location
8305 Roxboro Road
Little River Community Complex
Bahama, NC 27503
Phone: (919) 477-6066

JFK Towers Location
4900 Roxboro Road
Durham, NC 27704
Phone: (919) 477-6066

Little River and JFK Towers are only open for Curbside Congregate Meals currently. Please call for more information.

Thank you to our Community Supporters!