2022 CONFERENCE

AGE MY WAY
Educating and Empowering Caregivers and the Community around Dementia

SATURDAY, MAY 21ST, 2022, 9AM-3:30PM
TICKETS: $15 - LUNCH INCLUDED
Free respite care provided!

OUR SPEAKERS:

WILLETHA BARNETTE, BA
Co-Founder and CEO
Institute for Family Caregiving

HENRY EDMONDS, MED.
Program Coordinator, Duke-UNC
Alzheimer’s Disease Research Center

ELEANOR MCCONNELL, PHD, RN
Associate Professor
Duke University School of Nursing

MILTA OYOLA LITTLE, DO, CMD
Associate Professor of Geriatric Medicine, Duke University

NOAH PENNY, BS
Health Promotions & Dementia
Durham Center for Senior Life

GUY G. POTTER, PHD
Associate Professor, Psychiatry & Behavioral Sciences, Duke University

KEY DISCUSSIONS:

Caregiver Track:
• Empowered caregiving
• Caregiver skills
• Financial planning
• Navigating resources
• Legal authority
• Plus more!

Community Track:
• Brain Health & dementia
• Medications & dementia
• Brain Health Registry
• Plus more!

Register today!
DCSLconference.eventbrite.com
Hats and Tea Mother's Day Celebration, Friday, May 6th, 3:00PM - 4:00PM. Put on a fancy hat and come celebrate Mother's Day with tea and a treat in the Lower Commons. Please call to register 919-688-8247 ext. 110.

Duke Live for Life Presents Prostate Cancer Screening and Patient Navigation in Cancer Care, Tuesday, May 10th, 12:30 – 1:30 PM. Staff from the Duke Cancer Institute will discuss the importance of cancer screenings, how to work with patient navigator teams and a FREE men's health screening event in June. Theater. No registration necessary.

Virtual "Understanding Grief and Loss" from Transitions Life Care. Wednesday, May 11th 2:00PM - 3:00PM. Transitions Life Care helps facilitate conversations concerning difficult issues with people who matter most. Please call to register 919-688-8247 ext. 110 and receive Zoom link.

Equitable Community Engagement Our Community Stories Project: Braggtown. Thursday, May 19th, 2022 12:30PM - 1:30PM – Join us in the Theater for a screening of another documentary from the Community Stories project. Theater. No registration necessary.

Book Signing with DCSL Member Edna Vann's book Light in Darkness, Tuesday, May 24th, 11:30AM - 1:00PM. Meet the author and learn about her book which tells stories of the author and other women overcoming adversities. Listen to a reading from the book and join a Q&A session. Lower Commons. No registration necessary.

Durham Public Library Digital Navigators Fridays, 9:00AM - 11:00AM. Have a technology question? The Durham County Library Digital Navigators is here to help. Lower Commons. No registration necessary.

Virtual Broadway Showtunes from Concerts in Motion. Wednesdays, 12:00PM - 1:00PM. Watch live Broadway Showtunes from professional musicians. Theater. No registration necessary. Zoom link: https://us02web.zoom.us/j/83560353700

Member Check-In Wednesday, May 25th, 11:30AM – 12:30PM. 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. 406 Cafe. No registration required.

New Members Tour and Orientation - Every Monday & Friday 10:00AM and 12:30PM. All members must complete orientation to participate in any indoor programming. Please call 919-688-8247 ext. 110 to schedule your tour.

Health Promotions Programs

Walk with Ease, Mondays, Thursdays and Fridays starting May 2nd, 3:00PM - 4:00PM. This 6-week evidence based program can teach you how to safely make physical activity part of your everyday life. The program includes a guidebook and a walking schedule to get you safely moving towards better health. Please call to register 919-688-8247 ext. 110.

VIRTUAL Living a Healthy Life with Chronic Conditions, Thursdays April 7th - May 12th 10:00AM - 12:30PM. This 6-week evidence-based health promotions program is designed to build participants' confidence in managing their health and keeping them active. Learn to set and meet goals related to mental and physical health. Please call to register 919-688-8247 ext. 110.

VIRTUAL Powerful Tools for Caregivers, Wednesdays April 20 - May 25, 2:30PM - 4:00PM. Participate in an evidence-based health promotions program designed to help you learn skills to take care of yourself while caring for someone else. Instruction focuses on strategies to help reduce stress, make tough decisions, manage time and locate resources. Participants are required to attend all 6 classes. Please call to register 919-688-8247 ext. 110.
### 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
- VR - Volunteer Room
- V - Virtual
- C-Cafe
- Facebook page

### Weekly Program Calendar

#### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45am-9:45am</td>
<td>Muscle Pump</td>
<td>ER</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td>Total Body Workout</td>
<td>ER</td>
</tr>
<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>11:00am-12:00pm</td>
<td>Meditation Class</td>
<td>CR</td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td>Bible Study</td>
<td>CR</td>
</tr>
<tr>
<td>1:00pm-2:30pm</td>
<td>Multimedia Card Making</td>
<td>AS</td>
</tr>
</tbody>
</table>

#### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>8:45am-9:30am</td>
<td>Seniors on the Move</td>
<td>ER</td>
</tr>
<tr>
<td>9:00am-12:30pm</td>
<td>Ceramics</td>
<td>AS</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>Yoga Your Way</td>
<td>ER</td>
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<tr>
<td>11:00am-12:00pm</td>
<td>American Sign Language</td>
<td>BR</td>
</tr>
<tr>
<td>12:00pm-1:00pm</td>
<td>Belly Dance</td>
<td>RR</td>
</tr>
<tr>
<td>12:15pm-1:00pm</td>
<td>Energy Art</td>
<td>AS</td>
</tr>
<tr>
<td>1:00pm-2:00pm</td>
<td>Quiltmaking</td>
<td>AS</td>
</tr>
<tr>
<td>3:00pm-4:00pm</td>
<td>Life Line Dancers</td>
<td>ER</td>
</tr>
</tbody>
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### Technology Classes: Senior Planet

DCSL is excited to team up with OATS (Older Adults Technology Services) and its flagship program, Senior Planet, to offer FREE class sessions on health & wellness, technology, socialization, and more. Supported by The Forest at Duke.

**May Offerings (Please call to register 919-688-8247 ext. 110):**
- Google Workspace Lecture, Thursday, May 5th, 1:00PM - 2:15PM VR
- Smartphones Lecture, Thursday, May 12th, 1:00PM - 2:15PM VR
- Google Photos Workshop, Thursday, May 19th, 1:00PM - 2:15PM TR
- Shopping on Amazon Workshop, Thursday, May 26th 1:00PM - 2:15PM TR

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*DCSL’s JFK Towers location is currently closed for daily programming. Curbside meal deliveries are available. DCSL’s Little River location is open from 8:30AM - 1:30PM Monday-Friday.*
### Weekly Program Calendar

#### Wednesday
- **8:45am - 9:45am**
  - Muscle Pump
  - (Max Capacity 25)
  - ER
- **10:00am - 11:00am**
  - Total Body Workout
  - (Max Capacity 25)
  - ER
- **10:00am-12:00pm**
  - Ping Pong
  - AR
- **11:30pm**
  - Member Check In
  - 4th Wed
  - LC/V
- **12:00pm - 1:00pm**
  - Concerts in Motion: Broadway
  - (Max capacity 25)
  - THTR
- **1:00pm - 3:00pm**
  - El Club de Oro
  - (Max capacity 10)
  - (1st and 3rd Wednesday)
  - BR

#### Thursday
- **8:45 am -9:30am**
  - Seniors on the Move
  - (Max Capacity 20)
  - ER
- **9:00am-12:30pm**
  - Open Arts
  - AS
- **9:30am - 10:30am**
  - Breakfast Bingo
  - C
- **10:00am - 11:00am**
  - Strong & Steady
  - V
- **10:00am - 11:00am**
  - Yoga Your Way
  - (Max Capacity 15)
  - ER
- **12:00pm - 4:30pm**
  - Pinochle
  - AR
- **12:00pm - 12:30pm**
  - Book Club
  - (1st & 3rd Friday)
  - BR

#### Friday
- **8:45am -9:45am**
  - Muscle Pump
  - (Max Capacity 25)
  - ER
- **9:00am - 11:00am**
  - Digital Navigators
  - LC
- **9:00am-12:30pm**
  - Ceramics
  - AS
- **10:00am -11:00am**
  - Total Body Workout
  - (Max Capacity 25)
  - ER
- **10:00am -12:00pm**
  - Ping Pong
  - AR

### May Matinee Series
- **Friday, May 6th** - A Dog’s Way Home
- **Friday, May 13th** - Awakenings
- **Friday, May 20th** - Night at the Museum
- **Friday, May 27th** - Annie (1982)

Starting at 12:30pm - Popcorn for all (Limited Capacity) - Movies subject to change
**Class and Program Descriptions**

**Meditation Class, Mondays, 11:00AM - 12:00PM.** Learn the benefits of meditation, the effects of meditation on the brain and body, and how we can use meditation to help others. Classroom. **Please call to register 919-688-8247 ext. 110.**

**Multimedia Card Making, Mondays, 1:00PM - 2:30PM. (Limited to 10 people)** Learn to use India ink, stamps, watercolors and other media on transparencies to design beautiful cards. Beginners welcome. **Please call to register 919-688-8247 ext. 110.**

**El Club de Oro/ The Golden Club, Wednesday May 4th and Wednesday May 18th, 1:00PM – 3:00PM. (Limited to 10 people)** Oportunidades de socialización, recreación, educación y apoyo para tu bienestar. Opportunities for socialization, recreation, and education to support your well-being. For Spanish speaking seniors. Boardroom. **Favor de llamar para registrar/ Please call to register 919-688-8247 ext. 124.**

**Curls and Waves, Thursdays, 2:00PM -2:30PM (starting May 12th)** Come join a roundtable discussion regarding care for our natural hair. Boardroom. **No registration necessary.**

**Life Line Dancers, Tuesdays and Thursdays, 3:00PM - 4:00PM.** Work up a sweat with us as we have fun dancing to great music. We will get in our cardio and stimulate our brains, learning steps and building up a repertoire of line dances we know by heart! **Exercise Room. No registration necessary.**

**Little Garden Club, second Wednesday (May 11th), 11:00AM - 1:00PM.** Come discuss all things plants and gardening. Newcomers welcome. Classroom. **No registration necessary.**

**Energy Art, Tuesdays 12:15PM -1:00PM** Energy Art is a free form meditative art form using pencil and/or sharpie pens on paper. Each piece is original. Supplies provided. **Art Studio. Please call to register 919-688-8247 ext. 110.**

**Yoga Your Way, Tuesdays and Thursdays, 10:00AM - 11:00AM (Limited to 15 people).** Stretch, balance, breath, build strength, and improve flexibility. Beginner level class. **Join virtually via Facebook live. Exercise Room. No registration necessary.**

**Muscle Pump: Mondays, Wednesdays, and Fridays 8:45AM - 9:45AM (Limited to 25 people).** Work your muscles with dumbbells to tone your abs, legs, and arms in this fun class designed for any ability level. **Join virtually via Facebook live. Exercise Room. No registration necessary.**

**Arthritis Foundation Exercise Program: Tuesdays and Fridays, 2:00PM - 3:00PM** is an evidence based health promotion class that includes range-of-motion and endurance-building activities. **Exercise Room. Please call to register 919-688-8247 ext. 110.**

**Virtual Strong & Steady: Mondays and Thursdays, 10:00AM - 11:00AM** Build strength and balance using exercise bands, hand weights, and ankle weights. Led 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, Wednesdays, and Fridays 10:00AM - 11:00AM (Limited to 25 people).** High-energy class with cardio and weight training for those who want to sweat! **Exercise Room. Join virtually via Facebook live. No registration necessary.**

**Breakfast Bingo Thursdays- 9:30am -10:30am (Limited to 25 people)** BINGO is back onsite here at the 406 Café. Enjoy a light breakfast option, socialize with peers, and win free prizes. **406 Cafe. No registration necessary.**