

**HOT TOPICS IN CONSUMER PROTECTION. Monday, August 1st, 12:30PM – 1:30PM.** Empower yourself in the marketplace against false marketing and scams. **Theater. No registration necessary.**

**Black Farmer's Market BINGO. Sunday, August 14th, 2:00PM.** Come play BINGO with DCSL at *Hillside Highschool (3727 Fayetteville Rd, Durham 27707)*. The market runs from 1:00PM - 4:00PM. **No registration necessary.**

**Grandparents Raising Kids, Navigating School. Monday, August 15th, 1:00PM - 2:00PM** Parent navigator, Edna Vann will present, "Bridging the Gap Between Parents and School". Learn to partner with schools to ensure success for your child. **Theater. No registration necessary.**

**Stretching 101** presented by **Bull City Physical Therapy. Tuesday, August, 16th 12:30PM – 1:30PM.** Address tightness and improve flexibility. Demonstrations to include the proper and safe ways to stretch and relieve pain. **Theater. No registration necessary.**

**The Four Things that Matter Most** presented by **Transitions Life Care. Wednesday, August 17th, 2:00PM - 3:00PM.** Facilitated conversations concerning difficult issues with people who matter most. **Theater. Please call 919-688-8247 ext. 110 to receive a virtual link if you plan to view from home.**

**Member August Birthday Celebrations, Tuesday, August 23rd at 12:30PM. Lower Commons. Please call to register 919-688-8247 ext. 110**

**Pharmacist Secrets to Health Care Cost Savings** presented by **DeLon Canterbury, founder of GeriatrX. Tuesday, August 23rd 1:00PM – 2:00PM.** Come learn practical ways to keep your health care costs down. **Theater. Please call 919-688-8247 ext. 110 to receive a virtual link if you plan to view from home.**

**Paint like Van Gogh! Wednesday, Aug 24th 9:30AM - 10:30AM.** Follow along with artist/Durham Librarian Natalie Killion and learn the steps to recreating Van Gogh's Starry Night! **Art Room. Call 919-688-8247 ext. 110 to register (Limit 10 students)**

**Member Check-In Wednesday, August 24th, 12:00PM – 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.**

**Cyber Safety for Older Adults,** presented by **Allstate, Wednesday, August 24th 3:30PM -4:30PM.** An interactive ZOOM training covering common email and telephone scams pertaining to fraud, identity protection, password protection and privacy settings. **Please call 919-688-8247 ext. 110 to receive a virtual link if you plan to view from home.**

**Senior Citizen Day Celebration. Friday, August 26th, 2:00PM-4:00PM.** Help us celebrate the golden years. Sing and dance your way through the decades! Learn dances new and old. Sing karaoke and enjoy an afternoon snack. **Please call to register 919-688-8247 ext. 110.**

**Equitable Community Engagement Our Community Stories Project: Birchwood. Tuesday August 30th 12:30PM – 1:30PM** Join us for a screening of another documentary from the Community Stories project. **Theater. No registration necessary.**

**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.**

## 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

**f** Broadcast on DCSL Facebook page

**Daily Drop Ins**  
**Mon/Wed/Friday**  
**9:00AM - 4:00PM**  
**Tues/Thurs**  
**9:00AM - 5:30PM**

Fitness Center  
 Billiards Room  
 Computer Room

## Monday

**8:45am-9:45am**  
 Muscle Pump  
 (Max Capacity 25) **ER** **f**

**9:00am - 11:30am**  
 Card Stamping with Debbie (2nd and 4th Monday)  
 (Max capacity 10) **AR** **f**

**10:00am -11:00am**  
 Total Body Workout  
 (Max Capacity 25) **ER**

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

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

**12:30pm - 1:30pm**  
 Golden Life Enrichment  
**VR**

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

**1:00pm - 2:00pm**  
 Curls and Waves **BR**

**3:30pm - 4:00pm**  
 Stretching and Mobility **ER**

**4:00pm - 5:00pm**  
 Aging with Pride **CR**

## Tuesday

**8:45 am -9:30am**  
 Seniors on the Move  
 (Max Capacity 27) **ER**

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

**9:30am-10:55am**  
 Take Off Pounds Sensibly  
 (Max Capacity 10) **CR**

**10:00am - 11:00am**  
 Yoga Your Way  
 (Max Capacity 15) **ER** **f**

**11:00am - 12:00pm**  
 American Sign Language **BR**

**11:30am - 12:30pm**  
 Belly Dance  
 (Max Capacity 20) **ER**

**12:00pm - 2:30pm**  
 Crocheting Club **VR**

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

**1:00pm-3:00pm**  
 Quiltmaking **AS**

**3:00pm - 4:00pm**  
 Life Line Dancers **ER**

## Blood Pressure Readings

Second Wednesday (August 10th) 9:00AM - 11:00AM Main Center (406 Rigsbee)  
 Fourth Wednesday (August 24th) 9:30AM - 11:00AM Little River CC

## Technology Classes: Senior Planet


## Supported by The Forest at Duke


Second Wednesday (August 10th) 9:00AM - 11:00AM Main Center (406 Rigsbee)



# 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**

**11:00am - 1:00pm**  
Little Garden Club  
2nd Wed **CR**

**11:30pm**  
Member Check In  
4th Wed **LC/V**

**2:00pm - 3:15pm**  
Computer Essentials  
**TR**

**2:00pm - 3:00pm**  
Lift Every Voice **ER**

**2:00pm - 3:00pm**  
Sexual Health  
Education **CR**  
(starting Aug 24th)

## Thursday

**8:45 am - 9:30am**  
Seniors on the Move  
(Max Capacity 27) **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 - 4:30pm**  
Kings in the Corner **CR**

**12:30pm - 1:30pm**  
African Drumming **ER**  
(starts August 11th)


**1:30pm - 2:30pm**  
African Dancing **ER**  
(starts August 11th)

**1:00pm - 3:00pm**  
Intermediate Water Color  
(Max Capacity 10) **AR**


**3:00pm - 4:00pm**  
Life Line Dancers **ER**

**4:00pm - 5:30pm**  
Family Game Time **LC**

## 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**

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

**Zoom Meeting ID:**  
**952 0568 6451**  
**Passcode: bookclub**

**12:30pm - 1:30pm**  
Golden Life Enrichment  
**VR**

**12:30pm - 2:30pm**  
Movie Matinee  
(Max Capacity 16) **THTR**

### Friday Matinee Series



Friday, August 5th - We are Marshall  
Friday, August 12th - The Terminal  
Friday, August 19th - Won't You Be My Neighbor?  
Friday, August 26th - Nothing to Lose

### Morning Films Series

*Ken Burn's JAZZ*  
*Mondays and Wednesdays*  
*9:00AM - 11:00AM*

**African Drumming (12:30PM - 1:30PM) and Dancing (1:30PM - 2:30PM), Thursdays, starting August 11th.** Learn basic skills and knowledge to explore West African traditions while promoting movements to benefit a healthy life style. Limited drums are available on a first-come-first serve basis. **No registration necessary. (Max capacity 25)**

**Card Stamping with Debbie, Second and fourth Mondays 9:00AM - 11:30AM.** Surprise your friends and family with custom made greeting cards for any occasion. **Art Room. Please call 919-688-8247 ext. 110 (Limited to 8 participants).**

**Golden Life Information and Enrichment. Mondays and Fridays 12:30PM - 1:30PM.** Learn about upcoming cultural activities and programs and opportunities for civic engagement around Durham. Facilitated by City of Durham Ambassador, George A. Long Sr. **Volunteer Room. No registration necessary.**

**Family Game Time. Thursdays 4:00PM- 5:30PM.** Bring a board game or come play one of ours. Bring family members of any age for some intergenerational fun. **No registration necessary.**

**Intermediate Water Coloring. Thursdays, 1:00PM - 3:00PM.** Prerequisite requirement: completion of previous water coloring class with Marie Crock. **Please call 919-688-8247 ext. 110 to register. (Limited to 10 participants).**

**Flexibility and Mobility, Mondays, 3:30PM - 4:00PM.** Take 30 minutes to loosen your whole body. Find ease and comfort through a series of guided stretches. **Exercise Room. No registration necessary.**

**Aging with Pride. Mondays, 4:00PM - 5:00PM.** An in-person support group for Lesbian, Gay, Bisexual, Transgender, and Questioning seniors who are looking to connect with other and build support to help navigate challenges. **Classroom. No registration necessary.**

**Lift Every Voice. Wednesdays, 2:00PM-3:00PM.** Come sing and make music with musicians of all levels in DCSL's weekly music and singalong group. All are welcome. **Exercise Room. No registration necessary.**

**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**

**Breakfast Bingo Thursdays- 9:30AM -10:30AM (Limited to 25 people).** Enjoy a light breakfast option, socialize with peers, and win prizes. **406 Cafe. No registration necessary.**

## Health Promotions Classes

**BingoCize. Tuesdays and Thursdays, start August 2nd, 1:00PM - 2:00PM.** A 10-week, evidence-based health promotion program. Bingocize® combines exercise and health information with the game of bingo. We ask that all registrants commit to the full 10-week program. **Please call to register 919-688-8247 ext. 110.**

**Arthritis Foundation Exercise. Wednesdays & Fridays, starting August 3rd, 11:15AM - 12:15PM.** AFEP is an evidence based health promotion class that includes range-of-motion & endurance-building activities. **Exercise Room. Call to register 919-688-8247 ext. 110.**

**Sexual Health Education Series. Wednesdays, starting August 24th, 2:00PM-3:00PM.** This 6 week series will cover topics related to sexual health. **Classroom. Call (919) 688-8247 ext. 110 to register.**

## Nutrition Today: Nutritional Trivia, Sampling, and Information.

You asked and it's happening! Starting August, there will be two Nutrition Classes per month. The classes are held on the first and third Friday. It's just for you! Let's count the number of ways salads and other nutritious foods can be prepared during the hot summer days. Your ideas are always welcome. It's your class!

First Friday: Let us make salad dressing! Do you have any idea what or how many ingredients go into making salad dressing? Let us try two and see what they taste like. Sampling salad dressing is the first of Nutrition Today series of cooking demos. If you have a recipe to share, bring the recipe to class.

Third Friday: Now for the salad! Megan Marquis will make a salad for class. She will talk and answer questions about the salad she is making and any questions about salads. What is the true benefit of a salad? Come to class and have your question answered.

Class is held August 5th and 19th, 2022, at 9:30 am in the café. Please call 919-688-8247 ext. 110 to register.

