

5 Questions to Ask Yourself to Have the Most Control of Your Aging Journey | Friday, September 8th, 2:15 pm | Classroom. Allison O'Shea, from Openly Aging LLC, an Aging Advisor Agency that focuses on serving LGBT Seniors works with aging populations to create long and short-term strategies to maintain independence while being educated on all of your options for the future. Presentation in Lieu of Aging With Pride meeting. **Please call 919-688-8247 ext. 110 to register.**

Decluttering | Monday, September 11th 12:30 pm – 1:30 pm | Theater. Learn tips & tricks to help clear your space & your mind. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce. **Call 919-688-8247 ext. 110 to register.**

Brain Health & Aging | Wednesday, September 13th, 2:30 pm - 3:30 pm | Theater. This presentation goes over the basics of Dementia and Alzheimer's Disease, detecting early signs and symptoms, risk factors, and the research's current theories on prevention. **Call 919-688-8247 ext. 110 to register.**

AARP - How to Prepare the Home for Aging in Place | September 13th, 2:00 pm - 4:00 pm | Theater Call 919-688-8247 ext. 110 to register.

Painting with Police: Halloween Project | Wednesday, September 20th, 12:30pm - 3:00pm | Art Room. Socialize and paint with Durham Police Officers. A painting instructor will lead an afternoon workshop designed for all levels. Supplies will be provided. **Call 919-688-8247 ext. 110 to register. Limited to 10 participants**

Go Triangle Try Transit Field Trip | Thursday, September 21st, 2:00 pm - 4:30 pm. Local field trip to encourage Seniors to use public transit. Followed by a brief presentation at DCSL. Limited to 10 participants and registration is required. **Please call 919-688-8247 ext. 110 to register.**

Durham Volunteer Network Speaker Series: Church World Service | Thursday, September 21st, 12:30 pm – 1:30 pm | 406 Cafe. Learn about volunteer opportunities around Durham. Sponsored by OLLI. In partnership with Americorp RSVP. Light refreshments will be served. **Please call 919-688-8247 ext. 110 to register.**

Falls Prevention BINGO | September 22nd, 10:00 am | Lower Commons. Join us for a few rounds of everyone's favorite game as we learn more about how to prevent falls. **Please call 919-688-8247 ext. 110 to register.**

Senior Housing Options | Monday, September 25th 12:30 pm – 1:30 pm | Theater. Certified Senior Advisor and lawyer, Rick Messemer will share more information about issues legal issues of interest to Seniors. **Call 919-688-8247 ext. 110 to register.**

DCSL September Celebrations

Front Lawn-Labor Day Cookout | Friday, September 1st, 1:00 pm – 3:00 pm | Come and celebrate the end of the summer with us. **Call 919-688-8247 ext. 110 to register.**

National Dance Day | Monday, September 18th, 5:00 pm-7:30 pm | Come out and have a groovy evening of dancing to celebrate. Music will be in full effect. **Call 919-688-8247 ext. 110 to register.**

Monthly Events

September Birthday Celebration | Tuesday, September 26th, 12:30 pm – 1:30 pm | Lower Commons. Join us to celebrate DCSL Participants born in September! **Call 919-688-8247 ext. 110 to register.**

Monthly Member Check-In | Wednesday, September 27th, 12:30 pm | Lower Commons. Stay connected with center updates from DCSL staff. Please share your thoughts and give us feedback on how we are doing. No registration is necessary.



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
- Broadcast on DCSL
- Facebook page 

Daily Drop-ins:

- Fitness Center*
- Computer Room*
- Recreation Room*
- Monday - Thursday**
- 8:30AM - 7:15PM**
- Friday:**
- 8:30AM - 4:45PM**

Monday

- 8:40 am-9:45 am**
Muscle Pump **ER** 
- 8:45 am-9:45 am**
Strong and Steady **V**
- 9:00 am-11:30 am**
Card Stamping (2nd and 4th) **AS**
- 10:00 am-11:00 am** 
Total Body Workout **ER**
- 10:00 am -12:00 pm**
Ping Pong **AR**
- 11:30am - 12:30pm**
¡BingoCize en Español!
ER
- 12:30 pm-1:30 pm**
Golden Life Enrichment
VR
- 1:00 pm-2:00 pm**
Bible Study **CR**
- 3:30 pm-4:30 pm**
Life Line Dancers **ER**

Tuesday

- 8:35 am-9:30 am**
Seniors on the Move **ER**
- 9:00 am-12:30 pm**
Open Art Studio **AS**
- 9:30 am-10:30 am**
Tech Talk
Smartphone & Computer
Questions **VR**
- 9:30 am-10:55 am**
Take Off Pounds Sensibly
(Max Capacity 15) **CR**
- 10:00 am-11:00 am** 
Yoga Your Way **ER**
- 11:00 am-12:00 pm**
American Sign Language **VR**
- 11:00 am-12:30 pm**
Belly Dance **ER**
- 12:00 pm-2:30 pm**
Crocheting Club **VR**
- 12:00 pm-4:45 pm**
Pinochle **RR**
- 1:00 pm-3:00 pm**
Quiltmaking **AS**
- 1:00 pm-2:00 pm**
DCSL Geek Squad **TR**
- 1:00 pm-2:00 pm**
Tai Chi for Arthritis & Falls
Prevention **ER**
- 2:15pm - 3:15pm**
Arthritis Foundation
Exercise Program **ER**
- 3:00 pm - 4:00 pm**
Reading Consultations **VR**


Technology Classes In Person - No Registration Required

<p>Tuesdays 9:30 am-10:30 am</p> <p>Ted Talk Tuesdays</p> <p><i>Ted Rodgers, Jr. for tech knowledge</i></p>	<p>Wednesdays 1:00 pm-2:15 pm</p> <p>New World New Skills</p> <p><i>Intro to smartphones & computers</i></p>	<p>Wednesdays 2:15 pm-3:00 pm</p> <p>"SuperAgers"</p> <p><i>Advanced tech knowledge</i></p>	<p>Thursdays 9:30 am-10:30 am</p> <p>Tech Talk</p> <p><i>Smartphone issues</i></p>
<p>Mondays 6:00pm- 7:00pm</p> <p>Smartphone Tips and Tricks</p>	<p>Tuesdays 4:30pm - 5:30pm</p> <p>New World New Skills</p>	<p>Tuesdays 6:00pm - 7:00pm</p> <p>Google Docs, Sheets, & Slides</p>	<p>Thursdays 4:30pm - 5:30pm</p> <p>Smartphone Tips and Tricks</p>



Wednesday

- 8:40 am - 9:45 am  Muscle Pump **ER**
- 10:00 am - 11:00 am  Total Body Workout **ER**
- 10:00 am-12:00 pm Ping Pong **AR**
- 10:00 am - 2:00 pm Actividades en español **AS**
- 11:00 am-1:00 pm Little Garden Club 2nd Wed **CR**
- 11:30am - 12:30pm ¡BingoCize en Espanol! **ER**
- 11:30 am-12:00 pm Member Check In 4th Wed **LC**
- 1:00 pm - 2:00 pm Spanish Class **CR**
- 1:00pm - 2:00pm BingoCize! **ER**
- 1:00 pm-2:15 pm Basic Smartphone/Computer
- 2:15 pm-3:00 pm Advanced Smartphone/Computer **VR**
- 3:30 pm-4:30 pm Life line Dancers **ER**

Thursday

- 8:35 am-9:30 am Seniors on the Move **ER**
- 9:00 am-12:30 pm Open Arts **AS**
- 9:30 am-10:30 am Breakfast Bingo **C**
- 9:30 am-10:30 am Tech Talk Smartphone & Computer Questions **VR**
- 10:00 am - 11:00 am Strong & Steady **V**
- 10:00 am-11:00 am  Yoga Your Way **ER**
- 10:15 am - 11:00 am Keep it Moving **AR** (Every Other Thursday)
- 11:30am - 1:30pm African Dance/Drumming **ER**
- 12:00 pm-4:45 pm Pinochle **AR**
- 12:00 pm-4:45pm Kings in the Corner **CR**
- 1:00 pm-3:00 pm Afternoon Painting **AS**
- 2:15pm - 3:15pm Arthritis Foundation Exercise Program **ER**

Friday

- 8:40 am-9:45 am  Muscle Pump **ER**
- 9:00 am-11:00 am Digital Navigators **LC**
- 9:00 am-12:30 pm Open Studio **AS**
- 9:30 am - 10:30 am Nutrition Today (1st, 2nd and 3rd Friday) **C**
- 10:00 am-11:00 am  Total Body Workout **ER**
- 10:00 am-12:00 pm Ping Pong **AR**
- 11:00 am-12:30 pm Book Club (1st & 3rd Friday) **BR**
Zoom Meeting ID: 952 0568 6451
Passcode: bookclub
- 11:30am - 1:00pm Ladies in Fitness Training **FC**
- 12:30 pm-2:30 pm Movie Matinee **THTR**
- 1:00pm - 2:00pm BingoCize! **ER**

Matinee Series

Fridays at 12:30pm

- September 1: Uncle Buck
- September 8: We Have a Ghost
- September 15: St. Vincent
- September 22: Ridiculous 6
- September 29: Lionheart



Morning Films Series
Documentaries
Every Day at 9:00 AM

Hands-Only CPR Classes



Wednesday, Sept. 27th
3:00 PM - 4:00 PM
DCSL Classroom
Register:
919-688-8247 ext.110

African Dancing (11:30 am - 12:30 pm) and Drumming (12:30 pm - 1:30 pm) | Thursdays
Bring your own drum and learn dancing and drumming skills and patterns from West Africa. All levels are welcome. Exercise Room. No registration is necessary.

Keep It Moving | Every Other Thursday 10:15 am - 11:00 am (September 14th and 28th) Activities Room. A gentle exercise and mindful movement class to help you maintain flexibility, balance, range of motion, strength, and ease of movement. All levels are welcome. No registration is necessary.

Spanish Class | Wednesdays 1:00 pm–2:00 pm | Classroom. Six-week class to help students with basic vocabulary progress to simple conversations. Textbook (\$10-\$15) is required. Assistance available. Space is limited. Call 919-688-8247 ext. 110 to register.

Health Promotions Classes

Arthritis Foundation Exercise Program | Tuesdays and Thursdays 2:15 pm - 3:15 pm | Exercise Room. AFEP is an evidence-based low-impact exercise program led by a certified instructor who will take you through approved exercises including range of motion/stretching, and strengthening exercises. **No registration is required.**

BingoCize! August 9th - October 13th | Wednesdays and Fridays 1:00 pm - 2:00 pm | Exercise Room. A 10-week, evidence-based health promotion program. Bingocize® combines exercise and health information with the game of bingo. **Call 919-688-8247 ext. 110 to register.**

Tai Chi for Arthritis and Falls Prevention | Tuesdays 1:00 pm - 2:00 pm | Exercise Room. An evidence-based program that builds strength as you progress through a series of gentle movements that build balance. Increase your awareness of posture and weight shifting as you progress. All levels of strength, mobility and coordination are welcome to join. **Please call 919-688-8247 ext. 110 to register.**

Falls Prevention Week

DCSL Community Outreach

**FALLS PREVENTION
KICK-OFF**



Monday, September 18th
1:00pm-3:00PM

Screenings & Exhibitors



Duke Trauma Center

DCSL is seeking to create meaningful partnerships with local organizations



DCSL offers presentations to Durham County organizations and will attend community events to share information on our programs & services.

To inquire about a partnership, contact:

Outreach Coordinator, John Williams
919-688-8247 ext. 120 | jwilliams@dcsln.org