



FEBRUARY 2024



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Enriching the lives of older adults 55+ by promoting healthy, active, and independent lifestyles
Enriquecer la vida de los adultos mayores de 55 años promoviendo estilos de vida saludables, activos e independientes

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A Message From Our Executive Director

At the heart of our mission is the belief that meaningful connections and relationships are integral for wellbeing and quality of life, particularly in the golden years of adulthood. The American Society on Aging recognizes healthy relationships as a cornerstone of thriving in this stage of life¹, and we strive to create a space where these relationships can flourish at the Durham Center for Senior Life.

Those who have participated in our programs will tell you that building friendships within the walls of the center holds immeasurable importance in their lives. It is a well-established fact that older adults significantly benefit from social interactions, contributing to their overall wellbeing and quality of life. The friendships formed here provide avenues for companionship, emotional support, and the joy of shared activities.

Our community programs play a pivotal role in addressing the prevalent challenges of loneliness and isolation among older adults. Engaging in conversations, participating in group activities, and forming friendships are powerful antidotes to these common struggles. Social connections foster a profound sense of belonging and community, with the shared life experiences of our aging community members making it easier for them to relate to one another.

As we age gracefully, these relationships become a vital support system during both joyous and challenging times, enhancing the overall quality of life. At the Durham Center for Senior Life, we are proud to continue our legacy of fostering connections that bring light and joy into the lives of our older adults, and we welcome people from all walks of life to join us at the center.

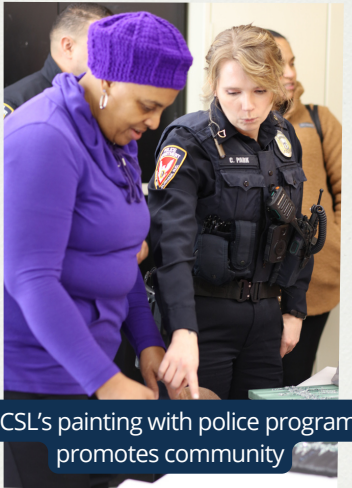
Warm regards,

Seanyea Rains Lewis
Executive Director



1. Social Connection in Older Age | ASA Generations. (2022, October 19). ASA Generations. <https://generations.asaging.org/social-connection-older-age>

Photo Gallery | Galería de Fotos



DCSL's painting with police program promotes community



Our African Drumming group performs regularly at the center



Our wonderful Kwanzaa event



Thank you to our amazing volunteers!



Dr. Martin Luther King Jr. event



Magic Show at DCSL!



DCSL offers painting and art classes



DCSL's Pauli Murray event



You can exercise for free at DCSL!



DCSL's exercise classes offer options for people with different mobility needs



Technology classes at DCSL promote digital equity



Our art classes are for people of all skill levels

EATS: Shop & Grab

Tuesday, February 6th | 9:00am - 12:00pm

Registration opens Thursday February 1st | 8:30am

To register: walk-in or call: 919-688-8247 ext 104



Caregiver Support Group



Thursday | February 8th | 12:30pm
DCSL Boardroom

Join our community of caregivers for support. Open to those who are a caregiver for someone 55+.

Community Outreach

We are seeking partnerships to strengthen our impact and reach in the Durham community. Please contact John Williams for more information:

(919) 688-8247 ext. 120 | jwilliams@dclsnc.org

Durham County Crisis Services

Financial assistance, utilities, direct medical, bus passes, burials, and more.

Onsite one day per week.
Please call for details:

919-688-8247 ext. 103

Durham Social Services Low-Income Energy Assistance Program (LIEAP)

Provides one-time payment to help eligible households pay their heating bills.

Fridays: 2/2, 2/9, & 2/23

9:00am – 1:00pm | 919-688-8247 ext. 103

ESSENTIAL SUPPLY DRIVE

Through the month of February

Donation requests canned veggies, fruit; cereal; juice; pasta; hygiene & household items.



Please bring donations to the DCSL Support Services Office



NUTRITION TODAY

Cooking Demonstration

Durham County DINE

Friday, February 2nd

9:30am-10:30am

Interfaith Food Shuttle

Friday February 23

10:00am – 12:00pm

Classroom

More In My Basket

SNAP benefits assistance



Wednesday, February 7th

9:00am – 12:00pm

Call 919-688-8247 ext. 103

— SAVE THE DATE —

75th Anniversary Gala

DURHAM CENTER FOR SENIOR LIFE



SATURDAY, APRIL 27TH, 2024
6:00PM - 9:00PM

FORMAL COCKTAIL ATTIRE
406 RIGSBEE AVENUE

TICKET SALES BEGIN FEBRUARY 8TH

\$75 PER PERSON | \$140 PER COUPLE

Aging in Place | Monday, February 12th 12:30 pm – 1:30 pm | Theater. This workshop will go over how to plan for aging safely & at home. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce. **Call 919-688-8247 ext. 110 to register.**

Cardio Dance (Zumba Style) with Amber Taylor | Monday, February 12th, 1:00 PM - 2:00 PM | Exercise Room. Join us for high energy, zumba-style dancing. **No registration required.**

Medication Safety and Saving Lives! | Tuesday, February 13th 10:30 am – 11:00 am | Lower Commons. Durham TRY and Senior PharmAssist will share information about how to remain safe while using medications – including pain medications.

Durham Volunteer Network Speaker Series: Community Empowerment Fund | Thursday, February 15th 12:30 pm – 1:30 pm | 406 Café. Build community with volunteers from other organizations and learn about volunteer opportunities around Durham. Light refreshments will be served. **To register: call 919-688-8247 ext 110.**

What's Happening at Duke | Friday, February 16th 10:00 am – 11:00 am | Theater. The Duke Postdoctoral Association and the Duke Institute for Brain Science will offer interactive presentations on research on diverse topics. **Please call 919-688-8247 ext. 110 to register.**

Painting with Police: My True Valentine | Wednesday, February 21st 12:30 pm - 3:00 pm | Art Studio. Socialize and paint with Durham Police Officers. Supplies will be provided. **Call 919-688-8247 ext. 110 to register. Limited to 10 participants.**

Legal Advisor Presentation: Estate Planning Documents Explained | Monday, February 26th, 12:30 pm – 1:30 pm | Theater. Certified Senior Advisor, Rick Messemer will share information about issues legal issues. **Call 919-688-8247 ext. 110 to register.**

Tools to Take Care of Yourself | Wednesday, February 28th 9:30 am – 10:30 am | 406 Café. Learn to make small tools to lift you up this holiday season. Projects include essentials oils spray and beaded bracelets. **Call 919-688-8247 ext. 110 to register.**

DCSL February Celebrations

Valentines Day Dance | Wednesday, February 14th 1:00 pm – 3:00 pm | Lower Commons. Join us for a dazzling Valentine's Day Dance sponsored by Weatherby Healthcare! Indulge in enchanting music, light refreshments, and dancing. Don your most glamorous attire as we celebrate love and friendship in style! **Call 919-688-8247 ext. 110 to register.**

Black History Month Celebration (in-person and virtual) | Friday, February 23rd 1:00 pm – 3:00 pm | Lower Commons. Jaki Shelton, the first African American and the third woman to be appointed NC Poet Laureate will read from her work and discuss the history of poetry in the African American experience. We will enjoy music and dance performances from DCSL groups. **Call 919-688-8247 ext. 110 to register.** This in-person program will be available for virtual viewing via the DCSL Facebook page. (<https://www.facebook.com/DurhamSeniors/>)

Legend

AR - Activity Room
 AS - Art Studio
 BR - Boardroom
 CR - Classroom
 ER - Exercise Room
 FC - Fitness Center
 RR - Rec Room
 LC - Lower Commons
 TH - 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:

8:30am - 5:45pm

Tuesday:

8:30am - 7:00pm

Wednesday:

8:30am - 5:45pm


Thursday:

8:30am - 7:00pm

Friday:


8:30AM - 4:45PM

Monday

8:45am-9:45am 
 Muscle Pump **ER**

8:45am - 9:45am
 Strong and Steady **V**

9:00am - 11:30am
 Card Stamping (2nd and 4th) **AS**

10:00am - 11:00am 
 Total Body Workout **ER**

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

10:30am - 12:00pm
 Health and Wellness
 Support Group **VR**

1:00pm-2:00pm
 Bible Study **CR**

1:00pm - 3:00pm
 Afternoon Painting **AS**

3:30pm-4:30pm
 Life Line Dancers **ER**


**Tuesday**

8:35am-9:30am
 Seniors on the Move **ER**

9:00am-12:30pm
 Open Art Studio **AS**

9:30am-10:30am
 Smartphone & Computer
VR

9:30am-10:55am
 Take Off Pounds Sensibly
CR

10:00am-11:00am 
 Yoga Your Way **ER**

10:15am - 11:00am
 Keep it Moving **AR**

11:00am-12:00pm
 American Sign Language
VR

11:00am-12:30pm
 Belly Dance **ER**

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

12:00pm-4:45pm
 Pinochle **AR**



1:00pm-3:00pm
 Quilt-making **AS**

1:00pm-2:00pm
 Tai Chi **ER**

2:15pm - 3:15pm
 Arthritis Exercise **ER**

3:00pm - 4:00pm
 Reading Consultations **VR**

Wednesday

8:45am - 9:45amMuscle Pump **ER** **10:00am - 11:00am** Total Body Workout **ER****10:00am-12:00pm**Ping Pong **AR****10:00am - 1:00pm**Actividades en espanol **AS****11:00am - 1:00pm**Little Garden Club **CL**
(2nd Wednesday only)**12:15pm - 1:00pm**Juggling Therapy **AR****12:45pm - 1:45pm**BingoCize! **ER****1:00pm - 2:00pm**Zumba en Espanol **AR****1:00pm - 2:00pm**Spanish Class **CR****1:00pm-2:15pm**

Basic Smartphone/Computer

2:15pm-3:00pmAdvanced
Smartphone/Computer **VR****3:30pm-4:30pm**Life Line Dancers **ER****3:30pm - 4:30pm**Acoustic Guitar Club **AR**

Thursday

8:35am-9:30amSeniors on the Move **ER****9:00am-12:30pm**Open Arts **AS****9:30am-10:30am**Breakfast Bingo **C****9:30am-10:30am**Tech Talk
Smartphone & Computer
Questions **VR****10:00am - 11:00am**Strong & Steady **V****10:00am-11:00am** Yoga Your Way **ER****10:15am - 11:15am**Keep it Moving **AR****11:30am - 1:30pm**African Dance/Drumming **ER****12:00pm-4:45pm**Pinochle **AR****12:00pm-4:45pm**Kings in the Corner **CR****1:00pm-3:00pm**Afternoon Painting **AS****2:15pm - 3:15pm**Arthritis Foundation Exercise
Program **ER****3:00pm - 4:30pm**Playing with Music **LC**
(no meeting on 2/15)

Friday

8:45am-9:45am Muscle Pump **ER****9:00am - 10:00am**DCSL Singers **TH****9:00am-12:30pm**Open Studio **AS****9:30am - 10:30am**Nutrition Today
(1st & 3rd Friday)**10:00am-11:00am** Total Body Workout **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**11:30am - 1:00pm**Ladies in Fitness
Training **FC****12:45pm - 1:45pm**BingoCize! **ER**

Technology Classes - In Person - No Registration Required

Tuesdays

9:30am-10:30am

Ted Talk Tuesdays

*Ted Rogers, Jr. for tech
knowledge*

Wednesdays

1:00pm-2:15pm

New World
New Skills*Intro to smartphones &
computers*

Wednesdays

2:15pm-3:00pm

"SuperAgers"

*Advanced tech
knowledge*

Thursdays

9:30am-10:30am

Tech Talk

Smartphone issues

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 a series of range-of-motion, stretching, strength-building, and conditioning exercises; balance and coordination activities; and relaxation and breathing techniques. **Call 919-688-8247 ext. 110 to register.**

Keep It Moving | Tuesdays & Thursdays | 10:15 AM - 11:15 AM | Activity Room | Our morning offering of the Arthritis Foundation Exercise Program with Certified Instructor Patrick. This is a gentle exercise and mindful movement class to help maintain flexibility, balance, range of motion, strength, and ease of movement. All levels are welcome. **Call 919-688-8247 ext. 110 to register.**

BingoCize! | February 10th - March 15th | Wednesdays & Fridays 12:45 PM - 1:45 PM | Exercise Room | A 10- week, evidence-based health promotion program. BingoCize combines exercise and health information with the game of bingo. No registration is required. **Participants are encouraged to attend all 20 sessions.**

Tai Chi for Arthritis & Falls Prevention | Tuesdays 1:00 PM - 2:00 PM | Exercise Room
Join us for an evidence-based program that builds strength as you progress through a series of gentle movements that build balance. All levels of strength, mobility and coordination are welcome to join.

BingoCize at Little River | Begins February 28th | Mondays & Wednesdays 9:30 AM-10:30 AM | A 10-week, evidence-based health promotion program. BingoCize combines exercise and health information with the game of bingo. No registration is required. Participants are encouraged to attend all 20 sessions.

New Classes

Grief Peer Social Support Group | 2nd and 4th Tuesday, 1:00 pm - 2:30 pm, starting February 13th | Classroom. This group will provide a supportive environment for people to share their stories and process grieving. This is an open peer group where information shared will be confidential. No commitment is required. **Call 919-688-8247 ext. 110 to register.**

Grandparents are Magic: Magic Lessons | Thursdays, February 8th – February 29th, 2:00 pm – 3:00 pm | Volunteer Room. Learn simple magic tricks and puzzles to amaze friends and wow grandkids. Pull-a-quarter-from-behind-a-kid's-ear. Make your thumb disappear. Learn card tricks and dinner table stunts that will surprise and delight. **Limited 10 students. Call 919-688-8247 ext. 110 to register.**

One Page Poetry Circle | 2nd and 4th Wednesdays 2:30 pm – 3:30 pm | Classroom. Come dive into the world of poetry and song lyrics to celebrate beauty and the human experience. Bring your own songs/poems or enjoy those provided by the instructor. **Call 919-688-8247 ext. 110 to register. Limited to 10 participants.**

DCSL Singers | Fridays, 9:00am – 10:00am | Theater. Let's get together and sing in DCSL's informal choir. No previous experience necessary. We will sing songs from a variety of genres.

Technology Special Class Offering

Graphic Design Workshop: Canva | Thursday, February 8th | 1:00pm - 2:30pm | Technology Room. Create designs for digital use or print. Choose from a variety of free templates, photos, backgrounds, and fonts. No registration required.

February Member Check-In | Tuesday, February 27th, 12:30 pm | Lower Commons. Stay connected with center updates from DCSL staff. No registration is necessary.

February Birthday Celebration | Wednesday, February 28th, 12:30 pm – 1:30 pm | Lower Commons. Call 919-688-8247 ext. 110 to register

Weekly Evening Programs

Tuesday

Pinochle

5:15pm-7:15pm

Line Dancing

6:15pm - 7:15pm

Tech & Fitness

Center open hours
5:15 - 7:15pm

Thursday

Kings in the Corner

5:15pm-7:15pm

Pinochle

5:15pm-7:15pm

Tech & Fitness

Center open hours
5:15pm - 7:15pm

DCSL's extended hours have shifted to our winter schedule:

Monday: no evening hours

Tuesday: 5:30pm - 7:30pm

Wednesday: no evening hours

Thursday: 5:30pm - 7:30pm

Friday: no evening hours

Full extended hours will continue in the spring.

February 406 Café Lunch Menu

MON

TUE

WED

THU

FRI



1
Baked Pasta
Vegetable (Chef's
Choice)
Fresh Banana
Cookie

2
Grilled Pork Chop
Baked Beans
Herbed
Green Beans
Fresh Fruit

5
Herbed Baked
Chicken
Rice with Peas
Steamed
Vegetables
Banana
Assorted Cookies

6
Garlic Marinated
Pork Chop
Baked
Sweet Potato
Mixed Vegetables
Escalloped Apples

7
Hearty Macaroni
Dinner
Buttered Spinach
Chocolate
Chip Cookie
Seasonal Fresh Fruit

8
Herbed Baked
Fish
Yellow Rice
Steamed Carrots
Banana Pineapple
Dessert

9
Oven Fried
Chicken
Buttered Pasta w/
Vegetables
Mixed Greens
Fruit Du Jour

12
Smoky Mountain
Chicken
Mashed Potatoes
Sautéed Cabbage
Sliced Peaches

13
Spinach Pasta
Bake
Roasted Beets
Strawberry Cup
Dessert

14
Cornflake Crumb
Fish Filet
Garden Pasta
Salad
Vegetable (Chef's
Choice)
Scalloped Apples

15
Apricot Dijon
Chicken
Potato Wedges
Sugar Peas
Chocolate Chip
Cookie

16
Baked Pasta
Mixed
Vegetables
Pineapple
Chunks

19
BBQ Beef
Boiled Potatoes
Steamed
Vegetables
Assorted Cookies
Seasonal Fresh
Fruit

20
Crunchy Ranch
Chicken
Baked Potato
Steamed Spinach
Pineapple Chunks

21
Rosemary Roast
Pork Gravy, Red
Beans & Rice
Steamed Broccoli
Spiced Peaches

22
Hearty Spinach
Pasta Bake
Vegetable (Chef's
Choice)
Pudding
Fresh Fruit Cup

23
Baked Fish Fillet
Roasted Tomato
Wedges
Tartar Sauce
Steamed Corn
Fresh Fruit

26
Tomato Swiss
Steak
Garden Rice
Pickled Beet &
Onion Salad
Melon Wedge

27
Bean &
Vegetable Chili
Sliced Onion &
Lettuce
Green Beans
Oatmeal Cookie

28
Smoky Mountain
Chicken, Baked
Beans, Corn, Sliced
Peaches

29
Garlic Pork
Chop
Herbed Rice
Parslied Carrots
Pears



All meals are served with milk and a dinner roll



MON	TUE	WED	THU	FRI
8:30am-9:00am Coffee Talk	8:30am-9:00am Coffee Talk	8:30am-9:00am Coffee Talk	8:30am-9:00am Coffee Talk	8:30am-9:00am Coffee Talk
8:30am-10:00am Walking Club	8:30am-10:00am Walking Club	8:30am-10:00am Walking Club	8:30am-10:00am Walking Club	8:30 am-10:00am Walking Club
8:30am-1:00pm Free play gym	8:30am-1:00pm Free play gym	8:30am-1:00pm Free play gym	8:30am-1:00pm Free play gym	8:30 am-1:00pm Free play gym
9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)	9:30am-1:30pm Games & quilting (drop-in)
10:00am-10:30am Group exercise	10:00am-11:00am Guitar Lessons Bible Study	10:00am-10:30am Group exercise	10:00am-11:00am Guitar Lessons Bingo	10:00am-10:30am Group exercise
10:30am-11:30am Bingo	11:00am-11:30am Bingo	11:30am Congregate meal	10:00 am-11:30 am Cards	10:30am-11:00am Bingo
11:30am Congregate Meal	11:30am Congregate meal	12:30pm-1:30pm Crochet program	11:30am Congregate meal	11:30am Congregate Meal
12:30pm-1:30pm Crochet program	12:00pm - 1:00pm Bass guitar lessons 12:30 pm-1:30 pm Crochet program		12:00pm - 1:00pm Bass guitar lessons 12:30pm-1:30pm Crochet program	12:30pm-1:30pm Crochet program

DCSL's Little River is located at 8305 N. Roxboro Rd. Bahama, NC 27503

Open 8:30am-1:30pm Monday-Friday | Contact: (919) 477-6066



Friday Matinee Series

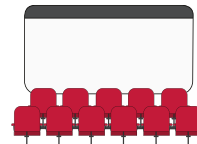
Matinee Series

Movies subject to change

Fridays at 12:30pm



February 2nd: Thirteenth
February 9th: Marshall
February 16th: Passing
February 23rd: Quincy



Support DCSL with Target Circle

Support DCSL with Target Circle!



**Vote for us by
March 31!**

For assistance, contact Liz Merritt:
lmerritt@dcsln.org
919-688-8247 ext. 131

Step one:

signup for Target Circle at
target.com/circle



Step two:

earn voting points
when you shop



Step three:

visit [target.com/circle/
community-voting](https://target.com/circle/community-voting)



Step four:

use your points to vote for
DCSL by March 31st!



T J D R U M R B Q V O O F T L S A F
 E K E J N P G K S J L W E J X P A R
 C W E U D R L N S C V W G G G N M I
 H P X J F I U I H U A R R Y P P G E
 N A E L M D G U V W X N J O P E O N
 O I R L F E H P Q V D L V G E C K D
 L N C W G A L A V E P V Q A U U C S
 O T I D I G I T A L E Q U I T Y V H
 G I S Y B L A C K H I S T O R Y F I
 Y N E N E G J R B S K F G P H H E P
 K G S A V E T H E D A T E Q I O L Q
 A F P Y C X M X G B S Y A Z W L F D

BLACK HISTORY
 CANVA
 DIGITAL
 EQUITY

DRUM
 FRIENDSHIP
 GALA
 PAINTING

PRIDE
 SAVE THE DATE
 TECHNOLOGY
 YOGA

Durham Center for Senior Life

Aging with Pride

Social group for LGBTQ+ Older Adults



February 9th & 23rd

Second and Last Fridays

2:15pm-3:15pm

DCSL Classroom

Interested in receiving updates on
DCSL's Aging with Pride programs?

Contact Noah Penny:

npenny@dcsln.org | (919) 688-8247 ext. 114

EMPLOYEE OF THE MONTH

Clarence Thompson
Program Coordinator

Never miss a DCSL newsletter!

Sign up to receive our newsletter
online: dcsInc.org/newsletter-sign-up

Para leer nuestro boletín en español

visite dcsInc.org y haga clic en
Descargar Nuestro Boletín En Español

Inclement weather notice:

DCSL follows the DPS inclement weather
closure and delay schedule, unless
otherwise specified. Please refer to our
website for updates: www.dcsInc.org

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Thank you to our Community Supporters!

CENTRAL PINES
REGIONAL COUNCIL



Social Services



TRUIST



Humana

TREYBURN
REHABILITATION CENTER

PETTIGREW
REHABILITATION CENTER



BLACK FARMERS' MARKET



@DurhamSeniors



@DCSLNC



@DCSLNC



Durham Center
for Senior Life