



MARCH 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

As we bring in the month of March, we turn our attention to nutrition awareness, a cornerstone of DCSL's mission. Access to nutritious food is key in living healthy, active, and independent lifestyles, and older adults can experience unique barriers to this essential resource.

In 2021, over 5 million older adults across the United States were food insecure, facing barriers such as fixed incomes, lack of resources, transportation challenges, and the high cost of healthy foods<sup>1,2</sup>. Recognizing these challenges, DCSL is steadfast in our commitment to combat food insecurity among older adults.

Our monthly Shop & Grab and daily food pantry programs provide free access to grocery items to older adults. Offering these services consistently ensures that we provide reliable support to those who may encounter challenges in accessing nutritious foods regularly.

With our community partner, More in My Basket, we provide assistance applying for Food and Nutrition Services, also known as food stamps. By offering guidance in the application process for these benefits, we empower older adults to access additional resources that can supplement their grocery needs.

Furthermore, our Nutrition Today program features biweekly healthy cooking demonstrations that empower older adults with practical skills to prepare nutritious meals within budgetary constraints. Beyond promoting healthy dietary habits, these interactive sessions create a sense of community among participants.

Lastly, our daily congregate meal program not only provides nourishing lunches but also fosters a communal environment of social interaction and support. This program serves as a vital gathering point for older adults, and it is one of our most cherished offerings.

DCSL is proud to provide access to nutritious foods, and we work hard to ensure every older adult in our community is served. If you are a Durham County resident who is 55+ and experiencing food insecurity, we invite you to join DCSL and access the resources we have available.

For more information on DCSL's nutrition resources, please contact our Support Services Department : (919) 688-8247 ext. 104 | [ncarrington@dcsInc.org](mailto:ncarrington@dcsInc.org)

Warm regards,

Seanyea Rains Lewis  
Executive Director





## Photo Gallery | Galería de Fotos

### ♥ Valentine's Day Party ♥





## EATS: Shop & Grab

Tuesday, March 5th | 9:00am - 12:00pm

**Registration opens Friday, March 1st | 8:30am**

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



### Caregiver Support Group



**Thursday | March 14th | 12:30pm**  
**DCSL Boardroom**

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

### Community Outreach

DCSL is 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@dcsln.org](mailto:jwilliams@dcsln.org)**

### Durham County Crisis Services

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

**Mondays: 3/4, 3/11, 3/18, 3/25**  
**9:00am - 1:00pm | 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.

**Friday, March 1st | 9:00am - 1:00pm**

*This program is scheduled to return next winter*

## NCCU EAGLE COUNSELING CLINIC | ONE-ON-ONE SESSIONS

**Tuesdays in March | 1:00 pm - 2:30pm | Office 216**

NCCU counseling students will conduct one-on-one sessions and wellness conversations, connecting older adults to mental health resources.

**Please call 919-688-8247 ext. 103 for an appointment and details.**



## NUTRITION TODAY

**Cooking Demonstrations | 406 Cafe**

**Durham County DINE**  
Friday, March 1st  
9:30am - 10:30am

**More in My Basket**  
Friday, March 15th  
9:30am - 10:30am

## More In My Basket

### SNAP benefits assistance

**Wednesday, March 6th**

**9:00am - 12:00pm**

**Call 919-688-8247 ext. 103**





# 75th Anniversary Gala

DURHAM CENTER FOR SENIOR LIFE

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

**TICKETS: [DCSLNC.ORG/75TH-ANNIVERSARY-GALA](https://dcsln.org/75th-anniversary-gala)**  
*OR INQUIRE WITH THE FRONT DESK*

\$75 PER PERSON | \$140 PER COUPLE

## DCSL T-SHIRTS ON SALE NOW

### SHORT SLEEVE

\$25: S - 2XL

\$27: 3XL - 5XL

### LONG SLEEVE

\$35: S - 2XL

\$37: 3XL - 5XL

### Contact Liz Merritt:

[lmerritt@dcsln.org](mailto:lmerritt@dcsln.org) | (919) 688-8247 ext 131  
or see the front desk



**DCSL Walking Club Monthly Meet-Up | Wednesday, March 8th | 10:00am - 11:00am | Classroom.** Do you love to walk? Interested in finding other people who enjoy the same pace and paths that you do. Join the DCSL Walking Club's monthly meeting (first Wednesday) to get connected. No registration required.

**Selling & Buying a Home in THIS Market | Monday, March 11th | 12:30pm - 1:30pm Theater** | Is selling your home AS-IS the right move? If looking to buy, what should you know? Join us for this informational session on our local real estate market and how it has changed since you purchased years ago. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce. No registration required.

**Duke Neurology Special Presentation | Tuesday, March 12th | 10:00am - 11:00am** The group In this interactive Q&A session, an interdisciplinary panel of memory care specialists from Duke Neurology will discuss valuable insights into enhancing the quality of life for those affected by dementia. Discussion will include approaches to memory care, research and caregiver resources. No registration required.

**What's Happening at Duke: Climate Change Research | Friday, March 15th | 10:00am - 11:00am | Theater** | The Duke Postdoctoral Association will offer interactive presentations on research on diverse topics. Please call 919-688-8247 ext. 110 to register.

**Painting with Police: March Madness | Wednesday, March 20th, 12:30pm - 3:00pm | Art Studio** | Socialize and paint with Durham Police Officers. A painting teacher 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.

**Durham Volunteer Network Speaker Series: Scrap Exchange | Thursday, March 21st | 12:30pm - 1:30pm | 406 Café.** Build community with volunteers from other organizations and 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.

**Senior Legal Advisor Presentation: Overview of Government Benefits to Pay For Long Term Care | Monday, March 25th, 12:30pm - 1:30pm | Theater** | Certified Senior Advisor and lawyer, Rick Messemer will share more information about issues legal issues of interest. Call 919-688-8247 ext. 110 to register.

## Friday Matinee Series

### Matinee Series

*Movies subject to change*

**Fridays at 12:30pm**



March 1st: It Could Happen to You  
March 8th: The Little Prince  
March 15th: Bruce Almighty  
March 22nd: Mamma Mia  
March 29th: Elvis





**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**

**11:00am - 1:00pm**  
 Sewing **AS**

**1:00pm - 2:00pm**  
 Monday Zumba **CR**

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

**1:00pm - 2:00pm**  
 Afternoon Bingo **LC**

**1:00pm - 3:00pm**  
 Advanced Watercolor **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 - 2:00pm**  
 Afternoon Bingo **LC**

**1:00pm - 2:30pm**  
 Grief Peer Support **CR**


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

**9:45am - 10:30am**  
French Conversation **CL**

**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**  
Spanish Class **CR**

**1:00pm - 2:15pm**  
Basic Smartphone/Computer

**2:15pm - 3:00pm**  
Advanced  
Smartphone/Computer **VR**

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

**3:30pm - 4:30pm**  
Acoustic Guitar Club **AR**

## Thursday

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

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

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

**9:30am - 10:30am**  
Smartphones & Computers **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 - 2:00pm**  
Afternoon Bingo **LC**

**1:00pm - 3:00pm**  
Afternoon Painting **AS**  
(Any medium)

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

**3:00pm - 4:30pm**  
Playing with Music **LC**


## 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	Wednesdays	Wednesdays	Thursdays
9:30am-10:30am	1:00pm-2:15pm	2:15pm-3:00pm	9:30am-10:30am
Ted Talk Tuesdays	New World	"SuperAgers"	Tech Talk
<i>Ted Rogers, Jr. for tech knowledge</i>	New Skills	<i>Advanced tech knowledge</i>	<i>Smartphone issues</i>
	<i>Intro to smartphones &amp; computers</i>		



**St. Patrick's Day Light Breakfast | Monday, March 18th | 9:00am - 10:00am | 406 Café |** Come celebrate St. Patrick's Day with a light breakfast in the 406 Cafe. Call 919-688-8247 ext 110 to register. (Limited to 50 participants)

**Women's History Celebration: Women and Their Stories | Wednesday, March 20th | 2:00pm - 3:30pm | Lower Commons.** Let's celebrate women from our community and beyond. Guest speakers will share their inspiring stories. Followed by a light lunch. Call 919-688-8247 ext 110 (Limited to 75 participants)

### Health Promotions Classes

**A Matter of Balance | March 5th - March 28th, Tuesdays & Thursdays | 2:30pm - 4:30pm | Volunteer Room.** A Matter of Balance is an award-winning program designed to reduce the fear of falling and increase activity levels among older adults. The program runs for 8 class sessions. If you are interested in improving your balance, you are concerned about falls or have fallen in the past, or if you have restricted activities because of falling concerns, then come check out what this class is all about! Please register by March 2nd. *Participants are encouraged to attend all eight class sessions.* Call 919-688-8247 ext. 110 to register.

**Arthritis Foundation Exercise Program | Tuesdays and Thursdays | 2:15pm - 3:15pm | 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 | 10:15am - 11:15am | 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 welcome. Call 919-688-8247 ext. 110 to register. (no class on 3/5)

**Tai Chi for Arthritis & Falls Prevention | Tuesdays 1:00pm - 2:00pm | 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 | Mondays & Wednesdays 9:30pm - 10:30pm |** 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

**Chair Massage for Women | Tuesdays 10:00am - 1:00pm | Room 216 |** Licensed Massage Therapist, Razan Gregory will provide 15-minute chair massages to women on a first-come, first-served basis. Razan specializes in therapeutic massage for women with chronic pain and/illness, mobility issues, and loss of range of motion and flexibility. Same day sign ups at the Reception Desk.

**French Conversation Group | Wednesdays | 9:45am - 10:30am | Classroom.** Learn basic French conversation in a casual setting. All levels welcome. Led by retired French professor, Adama Traore. **No registration required.**

**Monday Zumba | Mondays 1:00pm - 2:00pm | Exercise Room |** Gather with fellow dancers to move and groove along with curated Zumba/dance videos from Youtube. **No registration required.**

**Member Check-In | Tuesday, March 26th 12:30 PM | Lower Commons** | Stay connected with center updates from DCSL staff. No registration is necessary.

**Birthday Celebration | Wednesday, March 27th 12:30 PM | Lower Commons** | Join us to celebrate DCSL Participants born in March! 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





## Photo Gallery | Black History Month Celebration





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

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

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





**Support DCSL  
with Target Circle!**

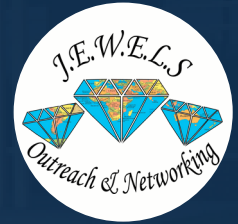
**Vote for DCSL  
by March 31!**

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



**Thank you to Rhonda  
Cozart of Jewels Outreach!**

Rhonda Cozart is a long-time supporter of DCSL, having recently collected adult diapers for our Support Services. Thank you, Rhonda!



## **Strength & Balance Screenings**

With students from Duke University's Doctor of Physical Therapy Program

**Tuesday, March 26th | 8:30am – 10:00am | Lower Commons**

Students from Duke's Doctor of Physical Therapy Program and mentoring physical therapists will visit DCSL to perform strength and balance screenings. Older adults will have the opportunity to participate in 3-4 physical strength and balance tests. The ability to stand with assistance and walk with or without a walker or cane is needed for safe participation. No registration required.

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

BINGO  
 CIRCLE  
 DCSL  
 FRENCH

GALA  
 NUTRITION  
 PAINTING  
 PATRICKS

PINGPONG  
 SPRING  
 TARGET  
 TSHIRT

Durham Center for Senior Life

## *Aging with Pride*

Social group for LGBTQ+ older adults

**March 8th & 29th**

Second and Last Fridays

**2:15pm-3:15pm**

**DCSL Classroom**



**Aging With Pride Movie Matinee 2:00 PM**

Wednesday, March 13th | DCSL Theatre

"The Best Exotic Marigold Hotel" (2011)

# WELCOME



## Welcome, Thomasina!

Thomasina Colbert is DCSL's new Director of Programs. Coming from a background in public service, Thomasina will bring valuable insights and expertise to the center's programs.

Together with our dedicated team, she is committed to championing the needs of DCSL's participants and ensuring access to the resources, support, and programs they deserve.

Welcome to the team, Thomasina!

## EMPLOYEE OF THE MONTH



### Danny Lightheart

Program & Volunteer Coordinator

## DCSL Administration

### Seanyea Rains Lewis

Executive Director  
slewis@dcsInc.org

### Melissa Black

Dementia Care & Service Director  
mblack@dcsInc.org

### Debbie Ball

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### Niya Carrington

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### Monica Weaver

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### Gillian Hayden

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ghayden@dcsInc.org

### Sharon Conyers

Adult Day Health Director  
sconyers@dcsInc.org

### Liz Merritt

Development Associate  
lmerritt@dcsInc.org

### Thomasina Colbert

Director of Programs  
tcolbert@dcsInc.org

### Mika Bukowski

Communications Specialist  
mbukowski@dcsInc.org

## Thank you to our community supporters!



Social Services



TRUIST



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Durham Center for Senior Life