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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(919) 688-8247  |  406 Rigsbee Avenue Suite 202 Durham, NC 27701  |  www.dcsInc.org
A Message From Our Executive Director

Dear Community,

This month, we celebrate National Volunteer Month, and I am overflowing with gratitude and admiration for each and every one of our amazing volunteers. Your unwavering dedication, boundless generosity, and endless compassion have profoundly impacted the lives of countless older adults in our community.

Throughout the past year, you have selflessly given your time, talents, and energy to uphold our mission of enriching the lives of older adults. Whether it's assisting with daily programs, organizing special events, providing companionship and support, or lending a helping hand wherever needed, your contributions have been nothing short of extraordinary.

Your steadfast commitment to serving older adults is an example of the remarkable spirit that defines our community. Your acts of kindness and generosity have brought immeasurable joy, comfort, and companionship to those we serve, enriching their lives in ways beyond measure.

As we pause to reflect on the past year and look forward to the opportunities that lie ahead, I want to express my deepest gratitude to each and every one of you for your unwavering dedication and service. Your selflessness, resilience, and boundless compassion inspire us all, and we are profoundly grateful for the impact you make in the lives of older adults every single day.

Thank you for being an integral part of the Durham Center for Senior Life community. Your kindness, generosity, and steadfast support are treasures that we hold dear and cherish deeply.

With heartfelt appreciation,

Seanny Rains Lewis
Executive Director
DCSL’s Women’s History Month Celebration was an impactful tribute to the achievements and resilience of women.

We had a wonderful St. Patrick's Day at DCSL!

DCSL sewing class

French class with Adama Traoré

Birthdays are always special with the DCSL community!
EATS: Shop & Grab
Tuesday, April 2nd | 9:00am - 12:00pm
Registration opens Thursday, April 28th | 8:30am
To register: walk-in or call 919-688-8247 ext 104

Caregiver Support Group
Thursday | April 11th | 12:30pm
DCSL Boardroom
Join our community of caregivers for support. Open to those who are a caregiver for someone 55+

Durham County Veteran Services
Mondays | Tuesdays | Fridays | 9:00am - 1:00pm
Wednesdays | Thursdays | 1:00pm - 3:00pm
Provides counsel to veterans and/or their family members on government veterans’ benefits
Call (919) 688-8247 ext. 103

Durham County Crisis Services
Financial assistance, utilities, direct medical, bus passes, burials, and more.
Wednesdays: 4/10 | 4/24
9:00am – 1:00pm | 919-688-8247 ext. 103

Enjoli’s Faithful KiNeXionZ
Enrollment Specialist who assists recipients of SNAP, Medicaid, SSI, disability, retirement, WIC, Section 8, and Pell Grant with a free phone and tablet.
First & Third Thursdays
11:00am – 1:00pm | Office 216

NCCU EAGLE COUNSELING CLINIC
Tuesday: 4/2 | 4/9 | 4/16
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

ESSENTIAL SUPPLY DRIVE
Through the month of April
Donation requests canned veggies, fruit; cereal; juice; pasta; hygiene & household items.
Please bring donations to the DCSL Support Services Office

More In My Basket
SNAP benefits assistance
Wednesday, April 3rd
9:00am – 12:00pm
Call 919-688-8247 ext. 103

Nutrition Today
Cooking Demonstrations
Durham County DINE | 406 Cafe
Friday, April 5th
9:30am - 10:30am
Interfaith Food Shuttle | Classroom
Friday, April 19th
10:00am - 12:00pm
DURHAM CENTER FOR SENIOR LIFE

75th Anniversary Gala
APRIL 27TH, 2024  |  6:00PM - 9:00PM

Dinner | Live Music | Silent Auction | Cash Bar | Raffle

All proceeds support the Durham Center for Senior Life!
dcsInc.org | (919) 688-8247 ext. 123
## Special & Monthly Events

**Durham School for the Arts: Jazz Club Performance** | **Monday, April 1st | 12:15pm - 1:00pm** | **Lower Commons.** Enjoy jazz favorites and contemporary hits from Durham School for the Arts students. No registration required.

**Moving Mom & Dad** | **Monday, April 8th 12:30pm – 1:30pm | Theater.** What are the five mistakes to avoid when moving your loved ones? Start preparing now. Presented by a Certified Senior Housing Professional, Tracy Drakeford-Pierce. Register: 919-688-8247 ext. 110.

**Grief Peer Support Group Fellowship Potluck** | **Tuesday, April 9th 1:00pm – 2:30pm | Classroom.** This fellowship and potluck is designed to allow people experiencing grief to share their stories and a meal. All are welcome. Call 919-688-8247 ext. 110 to register.

**UNC School of Dentistry Oral Hygiene Presentation** | **Wednesday, April 10th 9:30am – 10:30am | Theater.** UNC School of Dentistry students will share information about oral health and its connection to overall health. Register: 919-688-8247 ext. 110.

**Streaming vs Cable: Making the Right Choice** | **Thursday | April 11, 2024 | 1:00pm | Computer Lab.** Cable bill too high? Considering cutting the TV Cable? Join us for a discussion on "Streaming and Smart TVs pros and cons." Registration is not required.

**End-of-Life Doula Presentation** | **Friday, April 12th 10:00am – 11:00am | Theater.** End-of-Life Doula, Jane Dornemann, will explain how end-of-life doulas help patients and their families navigate the dying process, from designing your dying space to educating caretakers on what to expect and how to prepare. Register: 919-688-8247 ext. 110.

**Painting with Police: April Foolery** | **Wednesday, April 17th, 12:30pm - 3:00pm | Art Studio.** Socialize and paint with Durham Police Officers. Register: 919-688-8247 ext. 110. Limit: 10 participants.

**Durham Volunteer Network Speaker Series: Reality Ministries** | **Thursday, April 18th 12:30pm - 1:30pm | 406 Café.** Build community with volunteers from other organizations and learn about volunteer opportunities around Durham. Register: 919-688-8247 ext. 110.

**What’s Happening at Duke** | **Friday, April 19th 10:00am – 11:00am | Theater.** Duke University's Postdoctoral Association will offer interactive presentations. This month's topic: From messages to medicine: An introduction to RNA. Register: 919-688-8247 ext. 110.

**Scams and Fraud Presentation by The Durham County Library** | **Thursday, April 25th 10:00 am – 11:00 am | Theater.** We will go over a few common scams, what to look for to identify a scam, and what do to if you have been scammed. Register: 919-688-8247 ext. 110.

**Senior Legal Advisor Presentation: Fraud Against Seniors** | **Monday, April 29th, 12:30pm – 1:30pm | Theater.** Certified Senior Advisor, Rick Messemer, will share more information about issues legal issues of interest to Seniors. Register: 919-688-8247 ext. 110. This in-person event will be livestreamed on DCSL’s Facebook page: facebook.com/DurhamSeniors
### Daily Drop-ins:
- **Fitness Center**
- **Computer Room**
- **Recreation Room**

#### Monday:
- 8:30am - 7:00pm: Monthly Stroke Survivor Support Group VR
- 8:30am - 2:00pm: Bible Study CR
- 1:00pm - 2:00pm: Monday Zumba CR
- 1:00pm - 2:00pm: Afternoon Bingo LC
- 1:00pm - 3:00pm: Advanced Watercolor AS*
- 3:30pm - 4:30pm: Life Line Dancers ER

#### Tuesday:
- 8:30am - 9:30am: Line Dancing 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: Chair Yoga 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
- **9:30am - 10:30am**  French Conversation AS
- **10:00am - 11:00am**  Total Body Workout ER
- **10:00am - 11:00am** (1st Weds)  Monthly Walking Club CR
- **10:00am - 12:00pm**  Ping Pong AR
- **10:00am - 1:00pm**  Actividades en espanol AS
- **11:00am - 1:00pm** (2nd Weds)  Little Garden Club CL
- **12:15pm - 1:00pm**  Juggling Therapy AR
- **1:00pm - 2:00pm**  Spanish Class CR*
- **1:00pm - 2:15pm**  Basic Smartphone/Computer
- **2:00pm - 3:00pm**  AARP Meeting TH
- **2:15pm - 3:00pm**  Advanced Phone/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 Line Dancers 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**  Yoga Your Way ER
- **10:15am - 11:15am**  Keep it Moving (Chair Yoga) 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**  Beginner Watercolor AS*
- **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) C
- **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
  - (Fitness Center reserved)
- **12:30pm - 2:30pm**  Friday Matinee TH

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**Technology Classes - In Person - No Registration Required**

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<thead>
<tr>
<th>Tuesdays</th>
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<td>9:30am-10:30am</td>
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<tr>
<td>Ted Talk Tuesdays</td>
<td>New World New Skills</td>
<td>&quot;SuperAgers&quot; Advanced tech knowledge</td>
<td>Tech Talk</td>
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<tr>
<td>Ted Rogers, Jr. for tech knowledge</td>
<td>Intro to smartphones &amp; computers</td>
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<td>Smartphone issues</td>
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Volunteer Appreciation Lunch | Wednesday, April 17th | 3:00pm - 4:30pm | Exercise Room.
Active DCSL volunteers are invited to enjoy an afternoon to celebrate your contributions to DCSL. Open to active volunteers only. Register by Tuesday, April 9th, 12:00pm. Call 919-688-8247 ext. 110.

Health Promotions Classes

Walk With Ease | April 15th - May 24th. Monday, Wednesday, & Fridays | 3:30pm - 4:30pm | Activity Room. WWE group sessions meet three times per week for 6 weeks. Trained group exercise leaders begin each session with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down. Register: 919-688-8247 ext. 110.

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. Register: 919-688-8247 ext. 110.

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. Register: 919-688-8247 ext. 110. (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

Stroke Peer Support Group | First Monday of the month | 1:00pm - 2:30pm | Volunteer Room
This monthly group, led by a stroke survivor, is designed to provide information and resources, and to offer others a chance to share their experiences. No registration required.

Intermediate French | Mondays | 9:30am - 10:30am | Volunteer Room. Instructor Adama Traore will lead lessons and discussion for intermediate French students. Call 919-688-8247 ext. 110 to register.

Beginning Watercolor (6 weeks) | Thursdays (April 25th - May 30th) | 1:00pm – 3:00pm | Art Room. Interested in learning to paint? Sign up for this beginner class with instructor Marie Crock. Limit 12 students. Register: 919-688-8247 ext. 110.

Friday Matinee Series

Movies subject to change
Fridays at 12:30pm
April 5th: The Great Debaters
April 12th: The Hill
April 19th: The Wonderful Story of Henry Sugar
April 26th: DCSL closed at 12pm
Recurring Events

Member Check-In | Tuesday, April 23rd | 12:30 PM | Lower Commons | Stay connected with center updates from DCSL staff. No registration is necessary.

Birthday Celebration | Wednesday, April 24th | 12:30 PM | Lower Commons | Join us to celebrate DCSL participants born in April! Register: 919-688-8247 ext. 110.

Weekly Evening Programs | Monday - Thursday

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<th>Monday</th>
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| **Tech Center**
open hours
5:15 - 7:15pm | **Pinochle**
5:15pm - 7:00pm | **April 24th:** Sip & Paint with Marie Crock
5:30pm - 7:15pm (AS)
**Register:**
(919) 688-8247 ext. 110 | **Kings in the Corner**
5:15pm - 7:00pm |
| **Fitness Center**
open hours
5:15 - 7:15pm | **Line Dancing**
6:15pm - 7:15pm | | **Pinochle**
5:15pm - 7:00pm |
| **Tech & Fitness Center**
open hours
5:15 - 7:15pm | | | **Tech & Fitness Center**
open hours
5:15 - 7:15pm |

Durham AARP Chapter #189 Meeting

Durham AARP Chapter Meeting | Third Wednesdays | 2:00PM - 4:00pm | Theater.
Join the Durham AARP Chapter to focus on issues that matter to our community.
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<tr>
<td>1 A-1 Chopped Steak Egg Noodles Glazed Carrots Texas Bread Apple Juice</td>
<td>2 Creamy Paprika Chicken Cheesy Potatoes Cabbage Dinner Roll Tropical Fruit</td>
<td>3 Sliced Turkey Breast Swiss Cheese Garden Pasta Salad Broccoli Salad Applesauce Hamburger Bun</td>
<td>4 Salisbury Beef w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Orange Juice</td>
<td>5 Pork Rib Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Pickle Slices</td>
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<td>8 Baked Chicken Breast w/ Dijonnaise Sauce Confetti Rice Corn Casserole Wheat Bread Orange Juice</td>
<td>9 Beef Chilli w/Beans Whipped Potatoes Glazed Carrots Texas Bread Pears</td>
<td>10 Baked Chicken Breast w/ BBQ Sauce Macaroni &amp; Cheese Collard Greens Dinner Roll Applesauce</td>
<td>11 Tuna Salad Kidney Bean Salad Cucumber Tomato Salad Wheat Bread (2) Seasonal Fruit</td>
<td>12 Beef Patty Lettuce, Pickles Tater Tots Mixte Vegetables Hamburger Bun Seasonal Fruit</td>
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<td>15 Swedish Meatballs Whipped Potatoes Chuckwagon Corn Tropical Fruit Dinner Roll</td>
<td>16 Spaghetti Sauce Parsleyed Spaghetti Green Peas Dinner Roll Apple Juice</td>
<td>17 Pork Roast w/ BBQ Sauce Ranch Beans Baby Carrots Hamburger Bun Seasonal Fruit</td>
<td>18 Turkey Salad Pasta Salad Cucumber Tomato Salad Hamburger Bun Seasonal Fruit</td>
<td>19 Baked Chicken Breast w/ Lemon Sauce Garlic Whipped Potato Capri Veg Blend Dinner Roll Orange Juice</td>
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<td>22 Cranberry Dijon Chicken Whipped Sweet Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit</td>
<td>23 Sliced Ham Northern Beans Collard Greens Cornbread Orange Juice</td>
<td>24 Meatloaf w/ Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Pineapple Tidbits</td>
<td>25 Taco Meat Mixed Beans Corn O'Brien Flour Tortilla Apple Juice</td>
<td>26 Chicken Salad Macaroni Salad Beef Salad White Bread (2) Seasonal Fruit</td>
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All meals are served with milk 🥛
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<td>9:30am-1:30pm Games &amp; quilting (drop-in)</td>
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<td>10:00am-10:30am Group exercise</td>
<td>10:00am-11:00am Guitar Lessons Bible Study Group exercise</td>
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<td>10:00am-11:00am Guitar Lessons Bingo</td>
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Open 8:30am-1:30pm | Monday-Friday | Contact: (919) 477-6066

Older adults at DCSL’s Little River Center are gathering for fun-filled moments of laughter, meals, card games, and music lessons! Join us for a lively and enriching experience where every day is a celebration of community and connection.
THANK YOU TO DCSL’S WONDERFUL VOLUNTEERS!

Thank you for your unwavering commitment to the DCSL community and for being a critical part of the center. We are endlessly grateful for all that you do, and we appreciate your dedication to our mission!

EAT AT LAKEWOOD SOCIAL EVERY TUESDAY IN APRIL!

10% of proceeds will support DCSL!

OPEN 11 AM–9 PM
1920 CHAPEL HILL RD, DURHAM, NC 27707
EMPLOYEE OF THE MONTH

Chanda Ross, LPN
Licensed Practical Nurse

Never miss a DCSL newsletter!
Sign up to receive our newsletter online: dcsln.org/newsletter-sign-up

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

DCSL Administration

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Thank you to our community supporters!