



MAY 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

Dear Community,

As we embark on Older Americans Month, we reflect on the invaluable contributions older adults make to our communities. This year's theme, "Powered by Connection," underscores the profound impact of meaningful relationships and social connections on our health and well-being.

At the Durham Center for Senior Life, we recognize the vital role that connectedness plays in supporting independence and aging in place. By fostering a sense of belonging and facilitating interactions, we combat isolation, loneliness, and other challenges faced by older adults.

Research consistently demonstrates the myriad benefits of social connection on mental, physical, and emotional health. Engaging in social activities not only reduces the risk of cognitive decline but also enhances overall wellbeing. Moreover, meaningful relationships provide a support system crucial for navigating life's challenges.

As a cornerstone of our mission, the Durham Center for Senior Life remains dedicated to providing older adults with opportunities for social enrichment, continued learning, and access to critical resources. Our inclusive community space welcomes individuals from all backgrounds to join in collective activities, fostering a sense of camaraderie and belonging.

Throughout Older Americans Month and beyond, we invite you to explore the myriad programs and services we offer at DCSL. Whether it's participating in a fitness class, learning a new skill, attending a cultural event, or simply enjoying lunch with fellow members, there's something for everyone at the Durham Center for Senior Life.

Thank you for your continued support as we empower older adults and enrich their lives through meaningful connections.

With heartfelt appreciation,

Seanyea Rains Lewis
Executive Director



POWERED BY CONNECTION: MAY 2024

Photo Gallery | Galería de Fotos



EATS: Shop & Grab

Tuesday, May 14th | 9:00am - 12:00pm

Registration opens Wednesday, May 1st | 8:30am

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



Caregiver Support Group



Thursday | May 9th | 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 | 9:00am - 1:00pm
Wednesdays | 1:00pm - 3:00pm

Provides counsel to veterans and/or their family members on government veterans' benefits
Call (919) 688-8247 ext. 103

Community Outreach

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

(919) 688-8247 ext. 120 | jjwilliams@dcsInc.org

Kitchenless EATS

Monday, Wednesday, & Friday
8:30am - 5:00pm

Pop-top items for those 55+ who are currently unhoused. Walk-in for support & additional resources.

POWERFUL TOOLS FOR CAREGIVERS



This 6-week evidence-based program offers practical training to provide family caregivers with the tools, skills, and strategies to cope with the challenges of caregiving.

Wednesdays | 3:00pm - 4:30pm | DCSL Classroom | Begins on May 22nd - June 26th.

Registration is open from May 1st - May 17th. | Call 919-688-8247 ext. 103 to register



NUTRITION TODAY

Cooking Demonstrations

Durham County DINE | 406 Cafe
Friday, May 3rd
9:30am - 10:30am

More In My Basket | Classroom
Friday, May 17th
9:30am - 10:30pm

Enjoli's Faithful KiNeXionZ

Enrollment Specialist who assists in applying for a **free phone and tablet** for recipients of SNAP, Medicaid, SSI, disability, retirement, WIC, Section 8, and Pell Grant

May 2nd & May 16th
(First & Third Thursdays)

11:00am - 1:00pm | Office 216

DCSL T-Shirt & Hair Salon

TIME TO PICKUP YOUR DCSL PRE-PURCHASED T-SHIRT!
FRIDAY, MAY 3RD | 10:00AM - 3:00PM | LOBBY

Our Senior Advisory Committee sold 207 t-shirts to raise money for the Durham Center for Senior Life! A very special thank you to **Brenda Bell**, who sold 54 shirts!

T-shirts are non-refundable and non-exchangeable



DCSL NOW HAS A HAIR SALON!
THE COZART XPERIENCE SALON AT DCSL

WASH/HAIR CUT/BEARD TRIM:
\$30.00 PER SERVICE

WASH/TRIM PLUS ROLLERSET/ PRESS & CURL
OR HAIR PLAITING: \$50.00 PER SERVICE




TONY COZART
THE XPERIENCE

CALL DAVID FOR DETAILS: (919) 688-8247 EXT. 130

Cinco de Mayo Nutrition Today Class | Friday, May 3rd | 9:30am – 10:30am | 406 Café. Come out and enjoy a Cinco de Mayo themed *Nutrition Today* class. To register, please call 919-688-8247 ext. 110.

Public Transit Info Table: Go Triangle | Wednesday, May 8th | 9:00am – 11:00am | Lower Commons. Stop by the Go Triangle table in the Lower Commons to learn about using public transit and upcoming projects to help you stay engaged in the community. **No registration.**

Improv Theater Show | Friday, May 10th | 10:30am – 11:00am | Theater. Presented by See Saw  Projects and, in collaboration with other local Improv artists, this show will bring shared stories to life. **This in-person event will be livestreamed on DCSL's Facebook page: facebook.com/DurhamSeniors**

Decluttering | Monday, May 13th 12:30pm – 1:30pm | Theater. Join this workshop to learn some tips & tricks to help motivate you to clear your space & your mind. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce. To register, please call 919-688-8247 ext. 110.

Stroke Awareness Month Presentation by Duke Neurology | Tuesday, May 14th 10:00am – 11:00am | Theater. Medical professionals from a variety of disciplines at Duke Neurology will provide education on signs and symptoms of stroke and the types of therapy available to stroke survivors. To register, please call 919-688-8247 ext. 110.

Painting with Police: Memories | Wednesday, May 15th, 12:30 pm - 3:00 pm | Art Studio. Socialize and paint with Durham Police Officers. A painting teacher will lead an afternoon workshop. Supplies provided. To register, please call 919-688-8247 ext. 110. Limited to 10 participants.

Durham Volunteer Network Speaker Series: Retired Senior Volunteer Program and Threshold Singers | Thursday, May 16th 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, please call 919-688-8247 ext. 110.

What's Happening at Duke | Friday, May 17th, 10:00 am – 11:00 am | Theater. The Duke Postdoctoral Association will offer interactive presentations on research on diverse topics including AI and environmental issues. To register, please call 919-688-8247 ext. 110.

Senior Legal Advisor Presentation | Monday, May 20th, 12:30 pm – 1:30 pm | Theater. Open Q&A on Senior Topics: Medicaid, Medicare, Senior Housing, Terms, Probate, Wills & Trusts. To register, please call 919-688-8247 ext. 110.

Recurring Events

Member Check-In | Tuesday, May 21st | 12:30 PM | Lower Commons | Stay connected with center updates from DCSL staff. No registration is necessary.

Birthday Celebration | Wednesday, May 22th | 12:30 PM | Lower Commons | Join us to celebrate DCSL participants born in May! Register: 919-688-8247 ext. 110.

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: 
- *Call for information: (919) 688-8247 ext. 110

Daily Drop-ins:

- Fitness Center*
- Computer Room*
- Recreation Room*

Monday:

8:30am - 7:00pm

Tuesday:

8:30am - 7:00pm

Wednesday:

8:30am - 7:00pm


Thursday:

8:30am - 7:00pm

Friday:


8:30AM - 4:45PM

Monday

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

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

9:30am - 10:30am
Intermediate French **VR**

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***

11:30am - 12:30pm
Low Impact African Movement **ER**

1:00pm - 2:30pm
Monthly Stroke Survivor Support Group **VR**

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
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**

10:00am - 1:00pm
Chair Massage for Women **Rm 216**

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**
(2nd and 4th Wed)

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


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

3:00pm - 4:00pm
Reading Consultations **Rm 216**

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

10:00am - 12:00pm
Crocheting Club **CL**

10:30am - 1:00pm
Actividades en espanol **AS**

11:00am - 1:00pm (2nd
Weds)
Little Garden Club **CL**

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**


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 - 12:30pm
Intermediate African Dance **ER**

12:30 - 1:30pm
African 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) **VR**
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**

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

1:30pm - 3:00pm Improv
Theater **CR***
(6 weeks, 5/17 - 6/21)

Mother's Day Luncheon | Monday, May 13th | 2:00pm - 4:00pm | Lower Commons. Celebrate Mother's Day. Put on a fancy hat and join us for a light afternoon lunch. To register, please call 919-688-8247 ext. 110

Memorial Day Party | Friday, May 24th | 1:00 PM - 2:30 PM | Lower Commons/Rigsbee Lawn (weather permitting) Let's celebrate with a light lunch, lawn games, good music, and good friends. To register, please call 919-688-8247 ext. 110 by May 22nd.

Health Promotions Classes

Walk With Ease | Dates to be announced | 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 topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down. **Limited to 10 Participants.** Call Noah Penny for more information: 919-688-8247 ext. 114

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 5/14)**

Tai Chi for Arthritis & Falls Prevention | Fridays, 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.

Powerful Tools for Caregivers | Wednesdays 3:00 PM - 4:30 PM | Classroom | May 22 - June 26 | Powerful Tools for Caregivers gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and wellness, you become a better caregiver. This class meets once a week for six sessions and is led by certified class leaders. Participants will receive the Caregiver Helpbook to accompany the class. To register please call 919-688-8247 ext. 110. **Space is Limited**

New Classes


Low Impact Beginning African Movement | Mondays 11:30am-12:30pm | Exercise Room. Move your body to the rhythms of the beat in your seat or on your feet. **No registration required.**

Improv and Storytelling Theater Class | (Fridays for 6 weeks, 5/17 - 6/21) 1:30pm - 3:00pm | Classroom Learn the fundamentals of short form storytelling and improvisation. Work with the group to bring your stories to life. Build theater and storytelling skills by sharpening your listening, group collaboration, public speaking, and social connection. (Limited capacity). **Call 919-688-8247 ext. 110 to register.**

Chair Massage for Women | Second Tuesday 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.**

Weekly Evening Programs | Monday - Thursday

Monday	Tuesday	Wednesday	Thursday
Tech Center open hours 5:15 - 7:15pm Fitness Center open hours 5:15 - 7:15pm	Pinochle 5:15pm - 7:00pm Line Dancing 6:15pm - 7:15pm	Tech Center open hours 5:15 - 7:15pm Fitness Center open hours 5:15 - 7:15pm	Kings in the Corner 5:15pm - 7:00pm Pinochle 5:15pm - 7:00pm

 Technology Classes - In Person - No Registration Required			
Tuesdays 9:30am-10:30am Ted Talk Tuesdays <i>Ted Rogers, Jr. for tech knowledge</i>	Wednesdays 1:00pm-2:15pm New World New Skills <i>Intro to smartphones & computers</i>	Wednesdays 2:15pm-3:00pm "SuperAgers" <i>Advanced tech knowledge</i>	Thursdays 9:30am-10:30am Tech Talk <i>Smartphone issues</i>

The Best Streaming Services: Making the Right Choice | Thursday | May 23 | 1:00pm | Computer Lab . Now we have cut the TV cable. How to watch my favorite shows? Join us for a discussion on which streaming platform has my favorite shows.

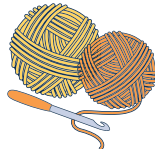
May 406 Café Lunch Menu



MON	TUE	WED	THU	FRI
		<p>1 Turkey Breast Swiss Cheese Pasta Salad Broccoli Salad Applesauce Hamburger Bun</p>	<p>2 Salisbury Beef w/ Brown Gravy Sweet Potatoes Green Peas Dinner Roll Orange Juice</p>	<p>3 Pork Rib Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit Pickle Slices</p>
<p>6 Baked Chicken Breast w/ Dijonnaise Sauce Confetti Rice Corn Casserole Wheat Bread Orange Juice</p>	<p>7 Beef Chilli with Beans Whipped Potatoes Glazed Carrots Texas Bread Pears</p>	<p>8 Baked Chicken Breast w/ BBQ Sauce Macaroni & Cheese Collard Greens Dinner Roll Applesauce</p>	<p>9 Tuna Salad Kidney Bean Salad Cucumber Tomato Salad Wheat Bread Seasonal Fruit</p>	<p>10 Chicken Chef Salad Herb Potato Salad Three Bean Salad Wheat Bread Seasonal Fruit Ranch Dressing</p>
<p>13 Swedish Meatballs Whipped Potatoes Chuckwagon Corn Tropical Fruit Dinner Roll</p>	<p>14 Spaghetti Sauce Parslied Spaghetti Green Peas Dinner Roll Apple Juice</p>	<p>15 Pork Roast w/ BBQ Sauce Ranch Beans Baby Carrots Hamburger Bun Seasonal Fruit</p>	<p>16 Turkey Salad Pasta Salad Cucumber Tomato Salad Hamburger Bun Seasonal Fruit</p>	<p>18 Baked Chicken Breast w/ Lemon Sauce Garlic Potatoes Vegetable Blend Dinner Roll Orange Juice</p>
<p>20 Cranberry Dijon Chicken Whipped Sweet Potatoes Brussels Sprouts Dinner Roll Seasonal Fruit</p>	<p>21 Sliced Ham Northern Beans Collard Greens Cornbread Orange Juice</p>	<p>22 Meatloaf w/ Brown Gravy Whipped Potatoes Glazed Carrots Dinner Roll Pineapple Tidbits</p>	<p>23 Taco Meat Mixed Beans Corn O'Brien Flour Tortilla Apple Juice</p>	<p>24 Chicken Salad Macaroni Salad Beet Salad White Bread (2) Seasonal Fruit</p>
<p>27 A-1 Chopped Steak Egg Noodles Glazed Carrots Texas Bread Apple Juice</p>	<p>28 Creamy Paprika Chicken Cheesy Potatoes Cabbage Dinner Roll Tropical Fruit</p>	<p>29 Turkey Breast Swiss Cheese Pasta Salad Broccoli Salad Applesauce Hamburger Bun</p>	<p>30 Salisbury Beef w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Orange Juice</p>	<p>31 Pork Rib Patty Baked Beans Whole Corn Hamburger Bun Seasonal Fruit Pickle Slices</p>

All meals are served with milk



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

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

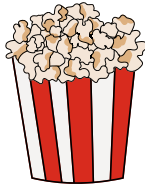


Friday Matinee Series & Thank you to DCSL Supporters

Matinee Series

Movies subject to change

Fridays at 12:30pm



May 3rd: Elvis

May 10th: The Beautiful Game

May 17th: Amadeus

May 23rd: Places in the Heart

May 30th: Footloose



THANK YOU, ANNIE P. ROGERS STATE GRAND ASSEMBLY ORDER OF THE GOLDEN CIRCLE !

DCSL received a \$500 donation, presented by
Eleanor Dillard, State Grand Loyal Lady Ruler.



WE GREATLY APPRECIATE YOUR SUPPORT!

R M O T H E R S C A A C E M D M X P
 G P G G K D Y G I P M X K I C I W F
 C I D J M P I V N M T E Q H S Z Q H
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AMERICANS
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ENRICH
 IMPROV
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MOTHERS
 OLDER
 PINOCHLE
 TAICHI

Durham Center for Senior Life

Aging with Pride

Social group for LGBTQ+ older adults

May 10th & 31st
 Second and Last Fridays
2:15pm-3:15pm
DCSL Classroom



Aging With Pride Movie Matinee 2:00 PM

Wednesday, May 8th | DCSL Theatre

"The Half of It" (2020)

EMPLOYEE OF THE MONTH



Sharon Conyers
Adult Day Health Director

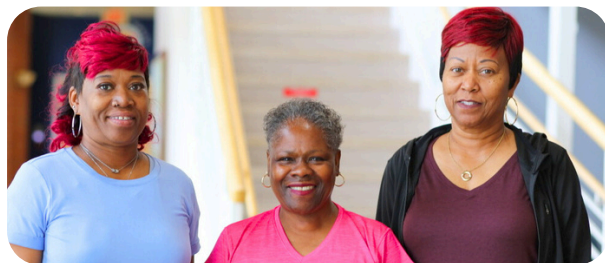
DCSL will be closed on Monday, May 27, for Memorial Day

Never miss a DCSL newsletter!

Sign up to receive our newsletter online: dcsInc.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.dcsInc.org



DCSL Administration

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Thank you to our community supporters!

