



SEPTEMBER 2025



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 summer winds down and we feel the first hints of fall, the Durham Center for Senior Life is buzzing with anticipation for a new season of activities, friendships, and opportunities. September is a time of change cooler mornings, colorful leaves, and renewed energy and it's the perfect moment to try something new or reconnect with old favorites here at the Center.

Whether you're joining us for exercise classes, social gatherings, educational workshops, or simply a cup of coffee and good conversation, you are helping make DCSL the vibrant, welcoming space it is. The spirit of community we share is what makes this place so special.

Let's carry the warmth of summer into autumn by supporting one another, embracing new adventures, and continuing to celebrate the joy of living well as we age.

Warmest Wishes,

Seanyea Rains
Executive Director

P.S. Each year, more than 4,000 older adults find movement, learning, friendship, and joy at DCSL. Your generosity helps keep these doors open and this community thriving. If you'd like to support our mission, you can make a gift at the front desk, by QR code, or at dcsInc.org/donate. We are so grateful to have you with us.



ConnecTech | Tuesdays from 8:30 AM - 9:30 AM | Thursdays 1:30 PM - 2:30 PM | Computer Lab | Your how-to questions answered by Sofia! Bring your questions and we'll explore tips, tricks, and tools to help you navigate technology with confidence.

Just Ask George | Thursdays | 9:00 AM - 11:00 AM | Computer Lab | Got technology questions? Just ask technology educator George! Come with your questions, your device, and meet us in the Computer Lab for one-on-one support.

Evening Tech Support with Chuck | Tuesdays & Thursdays | 6:30 PM - 7:30 PM | Computer Lab | Have questions on computers and the internet? Chuck is here to help! Bring your device or use one of ours in the Computer Lab.

Computers & Internet with Kramden: In Spanish | Wednesday, September 10 | 10:00 AM - 12:00 PM | Classroom | In this tech session, you'll learn how to use your laptop and online resources to your advantage. Information will be shared in Spanish and English as needed. Limited to 15 people. Please call 919-688-8247 ext. 110 to register!

Presentación sobre Internet y ordenadores por Kramden | Miércoles 10 de septiembre | 10:00 AM - 12:00 PM | Classroom | Aprenda a utilizar su ordenador y los recursos en línea para su beneficio. La información se presentará en español. Plazas limitadas a 15 participantes. Llama al 919-688-8247 ext 110 para registrarse.



Join the Legacy Club – Protect the Center You Love

As a DCSL member, you know how much this Center means. With a monthly gift of \$10 or more, you'll help protect the programs and services that make DCSL so special. Legacy Club members enjoy exclusive perks, giveaways, and discounted tickets to events like the **Legacy Ball**. Scan the QR code, visit dcsInc.org/donate or call 919-688-8247 ext. 123, to start your monthly gift today!

SCAN



EATS: Shop & Grab ScheduleTuesday, Sept. 16th | 9:00am - 12:00pm

- Registration opens August 29th | 8:30am

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

- Registration opens October 1st | 8:30am

Call 919-688-8247 ext. 104 to register for Shop & Grab

**EATS: Nutrition Today**
Cooking Demonstrations

Durham Cooperative Extension

Friday, Sept. 5th | 9:30am - 10:30am**Topic: "Food Safety & Nutrition"****Presented by: Leslie McClellan**

DCSL EATS | 406 Café

Friday, Sept. 19th | 9:30am - 10:30am**Topic: "Seasonal Cooking"****Presented by: Chef John Williams****FREE NOTARY SERVICES**Wednesday, September 10th

1:00pm - 2:00pm | Office 216

Wednesday, September 3rd, 17th & 24th

9:30am - 11:00am | Office 216

If interested in notary services, please call
919-688-8247 ext. 103 for an appointment

Durham County Veteran ServicesMonday, September 1st | **DCSL CLOSED**Wednesday, September 3rd | 1:00pm-3:00pm

NCCU ECCRC "Talk Tuesdays" | Every Tuesday in September | 9:00am - 12:00pm
NCCU counseling students will connect members to mental health resources.

NCCU - Duke "Elder Law Project" | Friday, September 12th | 10:00am - 1:00pm

Provides eligible clients with services for Wills and Advanced Directives. Must be 60+ and meet income requirements. A legal aid referral form **must be completed** and returned to Support Services **before** an appointment is scheduled. **Walk-ins not accepted.**

**NC Central**
UNIVERSITY**Duke****Senior Day at Farmer's Market | Saturday, Sept. 6th | 8:00am - 12:00pm**

The market will be providing \$10.00 vouchers for all Durham seniors for this event. Wear your DCSL shirts if you attend! If you were awarded SFMNP vouchers this is a great time to use them!

Location: 501 Foster Street, Durham, NC 27701 **Transportation will not be provided.****Powerful Tools for Caregivers (PTC)**

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

Registration Open: September 2nd - September 30th**Class Runs:** Wednesdays, October 1st - November 5th | 3:00pm - 4:30pm | Volunteer Room**Caregiver Support Group** meets Thursday, September 11th | 12:30pm | Boardroom

**Please Note: Date and times are subject to change.
Call 919-688-8247 ext. 103 if you have any questions.*

The Joy of Origami: Boxes to Baskets | Wednesday, September 3 | 12:00 PM - 1:00 PM | Art Studio
| Discover the Joy of Origami and learn to fold a variety of boxes and baskets, to share with friends and family, display, or give as one-of-a-kind gift. No experience required, materials provided. You are never too old to fold! Register by calling 919-688-8247 ext. 110

Painting with Police | Wednesday, September 17 | 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.

Retired Senior Volunteer Program: Welcome Baby | Wednesday, September 17 | 12:00 PM - 1:00 PM | Theater | Are you looking to get involved and give back to the community? Join Cindy Riley from Durham County Cooperative Extension and Welcome Baby to learn what they do, and how you can volunteer with them!

What's Happening at Duke? | Friday, September 19 | 12:30 PM - 1:30 PM | Volunteer Room | Postdoctoral researchers from Duke University share about and discuss their current research across different STEM topics each month. This month, topics include Building Back the Brain - Biomaterials for Central Nervous System Regeneration and HIV and other STIs: trends and novel treatments

Senior Legal Advisor Presentation | Monday, September 22 | 12:30 PM - 1:30 PM | Classroom | Join Certified Senior Legal Advisor, Rick Messier to learn about various legal topics to help you make safe and informed choices. Previous topics included Beneficiary Designations, Power of Attorney, and more!

DCSL Walking Club | Fridays | 9:00 AM - 9:50 AM | DCSL Lobby | Join Tammy and the Walking Club every Friday in September to explore downtown! We will meet at reception. Walking poles are available.

Labor Day Documentary | Tuesday, September 2 | 12:00 PM | Lower Commons & Theater | Celebrate Labor Day with popsicles in the Lower Commons and play the one-hour, PBS documentary "The Revolutionist: Eugene v Debs" outlining the journey of a prominent workers' rights activist in the theater.

Grandparents' Day Photo Booth | Monday, September 8 | 9:00 AM - 1:00 PM | Upper Commons | Are you a proud grandparent and DCSL member? Stop by reception to pick up a special button and get a photo sharing what being a grandparent means to you!

COZARTXPERIENCE Senior Salon Info Session | Monday, September 8 | 12:00 PM - 12:30 PM | Theater | Join expert stylist Tony Cozart to learn about the Senior Salon offerings now at DCSL and get a chance to win prizes!

Aging in Place: Decluttering | Monday, September 8 | 12:30 PM | Classroom | Summer is over and it is time prepare your home for the holidays! Join this workshop for tips & tricks to help motivate you to clear your space & your mind. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Exploring Art Mediums: Watercolor Pencils | Thursday, September 11 | 12:00 PM - 1:00 PM | Art Studio | Learn techniques for a new art medium-- no prior experience necessary! This month Marie teaches Plein Air sketching with watercolor pencils. The plants and landscape will make lovely cards.! Materials provided. Limited to 10 participants. To register, please call 919-688-8247 ext. 110.

Medicare Matters | Thursday, September 11 | 1:30 PM - 2:30 PM | Theater | Whether you're new to Medicare or looking to better understand your options, this session will guide you through the essentials. You'll learn the basics of Medicare: Parts A, B, C, and D, how to choose the right plan for your health and budget, tips to avoid unexpected costs, and updates on the latest Medicare changes and benefits.

Circulation ABI Testing | Friday, September 12 and Wednesday, September 17 | All Day | Volunteer Room | Check your circulation with Velocity Clinical Research. Get a fast, free, Ankle Brachial Index Test to make sure you aren't at risk for certain artery diseases. No insurance needed! Note, you will need to remove shoes and socks for the test. Call 919-688-8247 ex 110 to register for your preferred date.

Durham History Talk | Monday, September 15 | 12:30 PM - 1:30 PM | Volunteer Room | Join us for a history talk focused on our very own hometown- Durham! Presented by staff from the Museum of Durham History.

Food for Energy | Monday, September 15 | 10:30 AM - 11:30 AM | Classroom | In this session, you'll learn easy food swaps and simple habits that can keep your energy steady, your mind sharp, and your body feeling great! No strict diets, just practical tips you can actually enjoy, followed by a Q & A with certified nutritionist, Vanessa.

Growing Gardens Club | Thursday, September 18 | 11:30 AM - 12:30 PM | Volunteer Room/Patio | This month we will prepare for our community garden by planning the raised beds and repotting donated plants.

Introverts' Social Group | Monday, September 22 | 11:30 AM - 12:30 PM | Classroom | Connect and make new friends in a low-key setting through games and conversation.

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

Daily Drop-ins:

*Fitness Center
 Computer Room
 Recreation Room*

Monday:

8:30 am - 4:45 pm

Tuesday:

8:30 am - 7:00 pm

Wednesday:

8:30 am - 4:45 pm

Thursday:

8:30 am - 7:00 pm

Friday:

8:30 am - 4:45 pm

Monday

8:40 am - 9:45 am 
 Muscle Pump **ER**

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

9:30 am - 10:30 am
 Conversational French
 Club **CR**

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

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

10:30am -12:00pm
 Meeting Health &
 Wellness Goals **VR**

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

12:45 pm - 2:30 pm
 Bible Study **C**

1:00 pm - 2:30 pm
Stroke Support Group
(Monday 9/8) VR

1:00 pm - 2:00 pm 
 Chair Flow & Flex **ER**

1:00 pm - 2:30 pm
 Matinee Movie **TH**

1:00 pm - 3:00 pm
 Advanced Watercolor **AS***

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

Tuesday

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

8:30 am - 9:30 am 
 ConnecTech **TR**

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

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

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

10:00 am - 11:00 am
 Keep It Moving **AR**

11:00 am-12:00 am
 ASL Class **VR**

11:30 am - 12:45 pm
 Belly Dance **ER**

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

12:00 pm - 7:00 pm
 Pinochle **AR**

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

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

2:00 pm - 3:30 pm
 DCSL Band Practice **TH**

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

2:30 pm - 7:00 pm
 Kings in the Corner **CR**

4:00 pm - 7:15 pm
 Women's Pool **RR**

Wednesday

8:40 am - 9:45 am 
Muscle Pump **ER**

9:00 am - 9:45 am
French 1 Class **VR**
(Registration Required)

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
Hispanic Heritage Group **CR**

11:00am - 1:00 pm
Little Garden Club **AS**
(2nd Wed.)

1:00 pm - 2:00 pm 
Chair Flow & Flex **ER**

2:00 pm - 3:30 pm
Lamba Dance Class **ER**

2:30 pm - 3:30 pm
Jammin' with Janet **AR**

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 - 12:00 pm
Open Art Studio **AS**

9:00 am - 11:00 am 
Just Ask George: Tech Support **TR**

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

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

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

11:00 am - 12:00 pm
Conversational French Club **CR**

11:00 am - 12:30 pm
Growing Gardens Club
3rd Thurs **CR**

11:30 am - 1:30 pm
African Dance & Drumming* **ER**

12:00 pm - 7:00 pm
Pinochle **AR**

12:00 pm - 7:00 pm
Kings in the Corner **CR**

12:30pm - 1:30pm
Thursday Bible Study **VR**

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

1:00 pm - 3:00 pm
Open Painting Studio **AS**

1:30 pm - 2:30 pm 
ConnecTech **TR**

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

3:30 pm - 4:30 pm
Chinese Workshop **VR**
(2nd & 4th)

Friday

8:40 am - 9:45 am 
Muscle Pump **ER**

9:00 am - 9:50 am
DCSL Walking Club
See Page 6

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

9:30 am - 10:30 am
Nutrition Today
(1st & 3rd Friday)

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 (Virtual)
(3rd Fridays)
Zoom Meeting ID:
952 0568 6451
Passcode: bookclub

11:30 am - 1:00 pm
Ladies in Fitness
Training **FC**
(Fitness Center Closed)

12:30 pm - 2:30 pm
Friday Matinee **TH**

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

****Yoga Your Way will not
meet on 9/9 or 9/11****

STEP-tember & Falls Prevention Awareness Week

Programs and activities to keep you stepping strong, steady, and safe!



Walking Challenge | All Month Long | Lobby | Write down and enter your step count up to once a week all month long as we see how much our members walk! Each entry equals one raffle entry for some great prizes at the end of the month.

Falls Prevention Bingo | Wednesday, Sept 3 | 12:30 PM | Theatre | We'll host a special picture-based bingo based around falls prevention facts! Win some great prizes and some better knowledge!

Polypharmacy Talk | Tuesday, Sept 9 | 11:30 AM | Classroom | Join Senior PharmAssist as they describe how taking multiple medications can increase your chances of falls and learn about their medication review program.

Balance Screenings | Friday, Sept 19 | 12PM - 4 PM | Activity Room | Assess your balance and make a plan of action with Duke physical therapist students.

Wild West Dance | Friday, Sept 19 | 3 PM - 5 PM | Lower Commons | Dancing improves your balance and coordination! Join us for a Western themed dance party where you can learn falls prevention facts, enter into a raffle, and enjoy some light refreshments as we end the week dancing.

Health Promotions Classes

Arthritis Foundation Exercise Program | Tues & Thurs | 2:15 PM - 3:15 PM | Exercise Room |

A low- impact evidence-based exercise program where a certified instructor will take you through approved exercises including a series of range-of-motion, stretching, strength-building, and conditioning exercises, balance and coordination activities.

Keep It Moving (AFEP) | Tues & Thurs | 10 AM - 11 AM | Activity Room | Our morning offering of AFEP, 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! **No class 9/16 and 9/18.**

Chair Flow & Flex (AFEP) | Mon & Wed | 1 PM - 2 PM | Exercise Room | One of our AFEP offerings, join certified instructor Patrick in this afternoon session as he focuses on easy exercises you can do while sitting in a chair. All levels welcome! **Will be Wed/Fri starting Oct 1! No class 9/1 and 9/22.**

Recurring Events

Monthly Member Check-In | Thursday, September 25 | 12:15 PM | Theatre | Stay connected with next month's updates from DCSL staff. No registration required.

September Birthday Celebration | Wednesday, September 24 | 12:30 PM | Lower Commons | Join us to celebrate DCSL members born in September. To register please call 919-688-8247 ext. 110

Matinee Series **Movies subject to change*

Mondays at 1:00 PM

September 1 : DCSL CLOSED

September 8: Friday Night Lights

September 15: 10 Things I Hate About You

September 22: Mean Girls (2004)

September 29: Ferris Bueller's Day Off

Fridays at 12:30 PM

September 5: Freaky Friday (2004)

September 12: Where the Tracks End

September 19: Sunday Best

September 26: The Karate Kid (1984)



**Do you have Medicare
and Medicaid? We've
got plans for you**



**Call a licensed sales agent
Maria Marquis
919-491-8377 (TTY: 711)**

**THANK YOU
FOR BEING
A DCSL
PARTNER!**

Humana

September 406 Café Lunch Menu

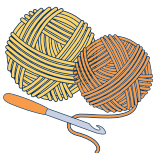
MON	TUE	WED	THU	FRI
1 Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli Wheat Dinner Roll Fruit Punch	2 Turkey Tetrazzini Lima Beans Orange Sliced Carrots Texas Bread Seasonal Fruit	3 BBQ Pulled Pork Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges	4 Chicken Breast w/ Mild Buffalo Sauce Brown Rice Green Peas Texas Bread Fresh Orange	5 Sliced Turkey Breast Swiss Cheese Potato Salad Beet Salad Wheat Bread (2) Very Berry Juice
8 Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges	9 Meatballs w/ Tomato Gravy Country Potatoes Garden Vegetables Texas Bread Very Berry Juice	10 Creamy Paprika Chicken Confetti Rice Brussel Sprouts Wheat Dinner Roll Applesauce	11 Taco Meat Shredded Cheese Spanish Rice Mixed Beans Tortilla Seasonal Fruit	12 Chicken Chef Salad Pasta Salad Cucumber Salad Texas Bread Fresh Fruit
15 Salisbury Steak Steakhouse Sauce Penne Noodles Green Beans Texas Bread Orange Juice	16 Chicken Breast Southwest Lime Sauce Rice Pilaf Green Peas Wheat Dinner Roll Mandarin Oranges	17 Beef Patty Delmonico Potatoes Baked Beans Hamburger Bun Fresh Orange	18 Pork Roast w/Gravy Whipped Potatoes Whole Kernel Corn Wheat Dinner Roll Apple Juice	19 Chicken Salad Macaroni Salad Coleslaw Hamburger Bun Seasonal Fruit
22 Turkey Burger Tater Tots Corn O'Brien Hamburger Bun Mandarin Oranges	23 Spaghetti Bake Lima Beans Sliced Carrots White Bread Seasonal Fruit	24 Garlic Rosemary Chicken Cheesy Baked Rice Green Peas Texas Bread Orange Juice	25 Glazed Ham Collard Greens Pinto Beans Wheat Dinner Roll Tropical Fruit	26 Turkey Salad Garbanzo Bean Salad Broccoli Raisin Salad Wheat Bread (2) Fresh Banana
29 Meatloaf w/Gravy Whipped Red Skin Potatoes Broccoli Wheat Dinner Roll Fruit Punch	30 Turkey Tetrazzini Lima Beans Orange Sliced Carrots Texas Bread Seasonal Fruit			

All meals are served with milk



Little River Program Calendar

12 | DCSL | September 2025

MON	TUE	WED	THU	FRI
8:30 am-9:00 am Coffee Talk	8:30 am-9:00 am Coffee Talk	8:30am-9:00 am Coffee Talk	8:30 am-9:00 am Coffee Talk	8:30 am-9:00 am Coffee Talk
8:30 am-10:00 am Walking Club	8:30 am-10:00 am Walking Club	8:30am-10:00 am Walking Club	8:30 am-10:00 am Walking Club	8:30 am-10:00 am Walking Club
8:30 am-1:00 pm Free play gym	8:30 am-1:00 pm Free play gym	8:30 am-1:00 pm Free play gym	8:30 am-1:00 pm Free play gym	8:30 am-1:00 pm Free play gym
9:30 am-1:30 pm Games & quilting (drop-in)	9:30 am-1:30 pm Games & quilting (drop-in)	9:30 am-1:30 pm Games & quilting (drop-in)	9:30 am-1:30 pm Games & quilting (drop-in)	9:30 am-1:30 pm Games & quilting (drop-in)
10:00 am-10:30 am Group exercise	10:00 am-11:00 am Guitar Lessons	10:00 am-10:30 am Group exercise	10:00 am-11:00 am Guitar Lessons	10:00 am-10:30 am Group exercise
10:30 am-11:15 am Bingocize!	Bible Study	10:30 am-11:15 am Bingocize!	Bingo	10:30 am-11:00 am Bingo
11:30 am Congregate Meal	11:00 am-11:30 am Bingo	11:30 am Congregate meal	10:00 am-11:30 am Cards	11:30 am Congregate Meal
12:30 pm-1:30 pm Crochet program	11:30 am Congregate meal	12:30 pm-1:30 pm Crochet program	11:30 am Congregate meal	12:30 pm-1:30 pm Crochet program
	12:00 pm - 1:00 pm Bass guitar lessons		12:00 pm - 1:00 pm Bass guitar lessons	
	12:30 pm-1:30 pm Crochet program		12:30 pm-1:30 pm Crochet program	

Little River Senior Center | 8305 N. Roxboro Rd. Bahama, NC 27503 | 919-477-6066

BingoCize! Mondays & Wednesdays | 10:30 AM

Bingocize® is a 10-week, twice a week evidence-based health promotion program that combines gentle exercise with the game of bingo.



Cooking Demonstration Thursday September 18th | 10:00 AM

Join us for a taste of something new!
We'll be cooking up a healthy, easy-to-make dish you can enjoy at home.



MON/WED/FRI 8:30 AM - 5:00 PM | TUES/THUR 8:30 AM - 7:30 PM

TUESDAY

Pinochle | 5:15 PM - 7:00 PM **AR**
Kings | 5:15 PM - 7:00 PM **CR**
Line Dancing | 6:15 PM - 7:15 PM **ER**
Tech w/ Chuck | 6:30 PM - 7:30 PM **TR**

THURSDAY

Acrylic Painting | 4:00 PM - 6:00 PM **AS**
Pinochle | 5:15 PM - 7:00 PM **AR**
Kings | 5:15 PM - 7:00 PM **CR**
Cardio & More | 5:30 PM - 6:15 PM **ER**
Tech w/ Chuck | 6:30 PM - 7:30 PM **TR**

Fitness Center & Tech Lab Open for Drop-In 5:00 PM - 7:30 PM

EVENING LINE DANCING WITH LAFAYETTEI

Tuesdays | 6:15 PM - 7:15 PM | Exercise Room

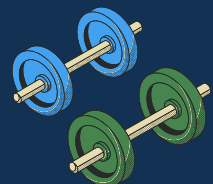
Join our evening line dancing program where you'll learn different step routines to different beats. A great way to stay active in the later hours when it cools down!



CARDIO & MORE WITH SHAWNTA WRIGHT

Thursdays | 5:30 PM - 6:15 PM | Exercise Room

The first half features fun cardio like Zumba, line dancing, and kickboxing, while the second half focuses on strength and toning exercises for all major muscle groups.



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

WALKING
 EXERCISE
 BALANCE
 EXPLORE

HEALTHY
 ACTIVE
 INDEPENDENT
 GRANDPARENTS

STEADY
 PREVENTION
 AUTUMN
 STEPS

Aging with Pride

Social club for older LGBTQ+ adults



Fridays: **Sept 12th and 26th**
 2:15 PM – 3:15 PM in the Classroom

Movie Matinee:

Cloudburst (2011)

Thursday, September 18th | 3:00 PM

DCSL Theatre



EMPLOYEE OF THE MONTH

Leneeka Laney | Certified Nursing Assistant

She is reliable, a true team player, sweet and respectful, and always ready to lend a helping hand. We're so glad to have her back at DCSL.



THANK YOU TO OUR COMMUNITY SUPPORTERS!

We are incredibly grateful to the many companies and local Durham businesses that support our mission!



@DurhamSeniors



@DCSLNC



Durham Center
for Senior Life



dcslnc.org