



OCTOBER 2025



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Congratulations to the Durham Divas & Dudes on winning 1st place at the North Carolina Senior Games State Championship! They are a true testament to the power of healthy, active, and independent aging.

TABLE OF CONTENTS

Message from our Executive Director	2	Health Promotions Classes	9
#DCSLPartners Spotlight	3	Recurring Monthly Events	9
Support Services	4	NEW & Updated Classes	9
DCSL EATS: Shop & Grab Schedule	4	Technology Weekly	10
DCSL EATS: Cooking Demonstrations	4	Movie Matinee Calendar	10
DCSL EATS: Produce Grab & Go	4	#OnlyAtDCSL	11
Durham MiFi Hotspots Program	4	An Evening of Soulful Entertainment	11
Recurring Monthly Programs	5	406 Café Menu	12
Special Monthly Events	6	Weekly Evening Programs Schedule	13
Weekly Program Schedule	7	Word Search & Aging With Pride Schedule	14
Weekly Program Schedule (continued)	8	Employee of the Month	14
Special Celebrations	9	Community Supporters + Photos	15



A Message From Our Executive Director

Dear Community,

As we welcome the month of October, I am reminded of the many opportunities we have to celebrate, reflect, and come together as a community.

This month, we proudly join in celebrating **National Hispanic Heritage Month**. From September 15 through October 15, we recognize and honor the rich histories, cultures, and contributions of Hispanic and Latino Americans. At DCSL, we value the diversity of our participants and staff, and we are committed to creating a space where all voices and traditions are acknowledged and uplifted. We encourage everyone to take part in learning, sharing, and celebrating the vibrant traditions that shape our community.

October is also **Breast Cancer Awareness Month**, an important time to raise awareness, honor survivors, and remember those we have lost. Breast cancer affects so many individuals and families, including members of our DCSL family. We stand together in support of prevention, early detection, and continued research. Throughout the month, we will share resources and educational opportunities to help keep our community informed and empowered.

At DCSL, our mission is to serve older adults with dignity, respect, and care. Recognizing the strength of our diverse community and the importance of health awareness are essential parts of that mission. Thank you for being a part of our family and for joining us in celebrating and honoring these important observances.

Warmest Wishes,

Seanyea Rains
Executive Director



#DCSLPartners Spotlight

The Medicare Annual Election Period is
Oct. 15 - Dec. 7



**I'm here to help you
navigate Medicare options
in NORTH CAROLINA**



If you're new to Medicare or have some questions, I'm local to the area and I'm here to help.

Together, we can:



Look through Humana Medicare Advantage plans specific to your area



Meet at your home or over the phone



Find out which providers are in network for the plans you may be interested in

It's more than healthcare—it's human care.

Get the answers you need and the support you want!



Maria Marquis

Licensed Humana sales agent

919-491-8377 (TTY: 711)

mmarquis@humana.com

Humana®

**A more human way
to healthcare®**

EATS: Shop & Grab Schedule



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

- *Registration opens October 1st | 8:30am*

Tuesday, November 12th | 9:00am - 12:00pm

- *Registration opens October 31st | 8:30am*

Please call 919-688-8247 ext. 103 to register.

FREE NOTARY SERVICES



Wednesday, October 8th

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

Wednesday, October 1st, 15th, 22nd, & 29th

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

Please call 919-688-8247 ext. 104 in advance.

Caregiver Support Group



Thursday, October 9th | 12:30pm | Boardroom

This group offers guidance, encouragement, and a therapeutic outlet for those caring for loved ones.

EATS: Nutrition Today Cooking Demonstrations



Eat Well Exchange | 406 Café

Friday, Oct. 3rd | 9:30am - 10:30am

Topic: "Happy Harvest Demo"

Presented by: Jasmine Westbrook

Interfaith Food Shuttle | Classroom

Friday, Oct. 17th | 9:30am - 11:30am

Topic: "Nutrition Education & Demo"

Durham County Veteran Services



Wednesday, October 1st | DCSL CLOSED

Monday, October 6th | 1:00pm-3:00pm

Wednesday, October 15th | 1:00pm - 3:00pm

Monday, October 20th | 9:00am - 12:00pm

Provides effective counsel to veterans and/or their family members on veterans' benefits offered by the federal, state and local government.

NCCU ECCRC "Talk Tuesdays" Tuesdays in October | 9:00am - 12:00pm

NCCU counseling students will connect members to mental health resources.



**NC Central
UNIVERSITY**

NCCU - Duke "Elder Law Project" Friday, October 3rd | 10:00am - 1:00pm |

Duke

Offers Wills & Advanced Directives services for adults 60+ who meet income requirements.

A legal aid referral form must be submitted to Support Services before scheduling. No walk-ins.

EATS: Produce Grab & Go Friday, October 24th | 11:00am | Office 216

Come by and pick up fresh produce provided by **Red's Quality Acre Farm**.

First-come, first-served, while supplies last.



Durham MiFi Hotspots Program

The City of Durham and Durham County are offering a MiFi Distribution Program to provide eligible low-income residents age 18+ with free MiFi hotspots and internet service.



Funded by the *American Rescue Plan Act (ARPA)*, this initiative helps ensure every Durham resident can connect, learn, and thrive.

To learn more and check your eligibility, meet with the Digital Inclusion Services team at their information session.

Tuesday, October 7th & Monday, October 27th | 9:00am - 12:00pm



**Please Note: Date and times are subject to change.*

Call 919-688-8247 ext. 103 if you have any questions.

Joy of Origami: Bats to Cats | Wednesday, October 1 | 12:00 PM - 1:00 PM | Art Studio | Celebrate Halloween with spooky origami— bats, cats, and a pumpkin patch! Experience the joy, mindFOLDness, and art of paper folding. No experience needed. Materials provided. Register at 919-688-8247 ext. 110.

Retired Senior Volunteer Program: Swim for Charlie | Wednesday, October 15 | 12:00 PM - 1:00 PM | Theater | Get involved and give back to the community! Join Tanyss Mason with Swim for Charlie to learn what they do, and how you can volunteer with them!

What's Happening at Duke? | Friday, October 17 | 12:30 PM - 1:30 PM | Volunteer Room | Postdoctoral researchers from Duke University share and discuss their current research across different STEM topics each month. This month researchers will talk about the "Benefits of Awe" and statistics.

Painting with Police | Wednesday, October 22 | 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.

Senior Legal Advisor Presentation | Monday, October 27 | 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.

Class Cancellations

Muscle Pump: No longer meets on Fridays. Virtual-only Monday, Oct. 13, **returns in person Oct. 20.**

Total Body Workout: Canceled Oct. 29–Nov. 9, **returns Nov. 10.**

Meeting Health & Wellness Goals: Instructor out Oct. 6 & 13, but room open for member meet-ups.

Saving and Planning for Retirement | Monday, October 6 | Classroom | 12:00 PM - 1:00 PM |

With a little preparation and guidance, retirement can be anything—and everything—you want it to be. Find out what you can do now to build the future you deserve.

Exploring Art Mediums: Gourd Painting | Thursday, October 9 | 12:00 PM - 1:00 PM | Art Studio |

Learn a new art medium—no experience needed! This month, Marie will guide you in painting a dried gourd with acrylics to create a festive decoration. Materials provided. Limited to 12. Call 919-688-8247 ext. 110 to register.

Aging in Place: Truths about communicating with Adult Children | Monday, October 13 | 12:30 PM | Classroom |

Relationships with adult children naturally evolve, but navigating those changes isn't always easy. Join Certified Senior Housing Professional Tracy Drakeford-Pierce for a candid discussion on communication as you age.

Trinity Band Fall Concert | Friday, October 17 | 11:30 AM - 12:15 PM | Lower Commons | Enjoy the fall concert repertoire of the Trinity School Band during lunch.

Durham Access Service Information Session | Friday, October 17 | 12:00 PM - 1:00 PM

| Volunteer Room | Join Bike Durham and GoDurham for an overview of Durham Access Service (DAS), including eligibility and how to apply. Representatives will be available to answer questions and help with applications on site.

Motion Crafted Care | Friday, October 17 | 3:00 PM - 4:00 PM | Exercise Room | An active adult's exercise rehab and strength training program designed and led by Dr. Obed Mulenda, PT, DPT, ACSM-EP. This functional fitness formula accommodates varying levels of fitness and mobility, ensuring inclusivity and effectiveness for all participants.

Introductory Session on Sexuality & Aging with PPSAT | Monday, October 20 | 12:00 PM - 1:00 PM | Classroom |

This first workshop creates a welcoming space to explore sexuality in later life. We'll normalize aging and intimacy, open up conversations that reduce stigma and build comfort, and touch on sexual safety, including STIs. The session will also help shape a follow-up workshop based on participants' questions and interests.

Crafting with Regina: Greeting Cards | Friday, October 24 | 12:30 PM - 1:30 PM | Art Studio |

Learn the basics of card making to create beautiful handmade greeting cards. We will customize greeting cards; personalizing them using templates, ribbons, rub-ons, and other embellishments.


Introverts' Social Group | Monday, October 27 | 11:30 AM - 12:15 PM | Classroom | Connect and make new friends in a low-key setting through games and conversation.

Pumpkin Decorating | Thursday, October 30 | 10:30 AM - 1:00 PM | Art Studio | Decorate a pumpkin just in time for Halloween to take home or submit to our Pumpkin Decorating Contest on Friday the 31st! Small pumpkins and many art materials provided; feel free to bring your own. Please call 919-688-8247 ext. 110 to register.

LGBTQ+ History Trivia | Friday, October 31 | 10:00 AM - 11:00 AM | Classroom | Test your knowledge with this staff-lead trivia game all about the LGBTQ+ community as we celebrate its history month. Themed prizes for the top three winners.

Weekly Program Schedule

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
 (1st Monday) **VR**

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**

****SEE PAGE 5 FOR SPECIAL CLASS
 ANNOUNCEMENTS AND
 CANCELLATIONS**

Tuesday


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

8:35 am - 9:30 am
 ConnecTech **TR**

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

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

9:30 am - 10:30 am
 Basic Spanish **VR**
 (Registration Required)

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 - 11:00 am
Quick Drawing **AS**
Begins 10/15

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**

1:00 pm - 2:00 pm
Spanish 2 **VR**
(Class Full)

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

2:00 pm - 3:00 pm
AARP Meeting **TH**
(3rd Wednesdays)

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

9:00 am - 9:50 am
DCSL Walking Club **Lobby**

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)

12:00 pm - 1:00 pm
Tai Chi for Arthritis and
Falls Prevention **AR**

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

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

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

Special Celebrations

9 | DCSL | October 2025

Breast Cancer Awareness Bingo | Friday, October 3 | 1:00 PM | Lower Commons | Join for an educational Bingo game all about Breast Cancer in honor of National Breast Cancer Awareness month. Don't forget to pick up a pink ribbon any time during the day at reception to show your support!

Hispanic Heritage Celebration | Wednesday, October 8 | 2:00 PM - 4:00 PM | Lower Commons | Fashion, food, music, and dancing come together in a celebration of Hispanic Heritage Month! Please call 919-688-8247 ext. 110 to register.

Lucas Legacy Garden Opening | Thursday, October 16 | 11:00 AM - 12:30 PM | Outside | Celebrate our new community garden with a ribbon cutting and get your hands dirty planting our raised beds!

Costume Party | Friday, October 31 | 2:00 PM - 3:30 PM | Lower Commons | Begin with trick-or-treating then come dance and celebrate the spooky season with a costume contest and vote on our Pumpkin Decorating Contest too!

Health Promotions Classes

Arthritis Foundation Exercise Program | Tues & Thurs | 2:15 PM - 3:15 PM | Exercise Room | A low-impact evidence-based exercise program that focuses on range-of-motion, stretching, strength-building, and conditioning exercises, as well as 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 10/14 and 10/16.**

Chair Flow & Flex (AFEP) | Wed & Fri | 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! **No class 10/10 and 10/17.**

Tai Chi for Arthritis and Falls Prevention | Fridays | 12 PM - 1 PM | Activity Room | 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! **No class 10/10.**

Recurring Monthly Events

Monthly Member Check-In | Tuesday, October 28 | 12:15 PM | Theatre | Stay connected with updates from DCSL staff. Get your questions answered and early access to next month's calendar!

October Birthday Celebration | Wednesday, October 22 | 12:30 PM | Lower Commons | Join us to celebrate DCSL members born in October with cake, crowns, and a special Humana bingo!

★ NEW & Updated Classes

Basic Spanish Class | Tuesdays | 9:30 AM - 10:30 AM | Volunteer Room | Join native Spanish-speaker and instructor, Roberto, for an introductory Spanish class! Spots limited. Please call 919-688-8247 ext. 110 to reserve your place.

Quick Drawing Class | Wednesdays | 10:00 am-11:00 am | Art Studio | Artist Mike Daniels teaches drawing through what you already know—if you can write, you can draw! From human figures to animals, Mike shares tricks to help you succeed. **Begins Wednesday, October 15th. Drop-ins welcome.**

Lamba and More! | Wednesdays | 2:00 PM - 3:30 PM | Exercise Room | This class blends Lamba and other low-impact African-inspired dance and movement with props, music, and sometimes nunchucks! **No class 10/8**

ConnecTech | Tuesdays from 8:30 AM - 9:30 AM | Thursdays 1:30 PM - 2:30 PM | Computer Lab | Sofia will help you learn tips, tricks, and tools to navigate technology with confidence!

Just Ask George | Thursdays | 9:00 AM - 11:00 AM | Computer Lab | Got tech questions? Just ask technology educator George! Bring your device and receive one-on-one support.

Staying Connected: Internet & Email for Beginners | Monday October 6 & Tuesday October 7 | 9:30 AM - 11:00 AM | Computer Lab | Let's get to down to the basics with instructor Frederick "Stoney" Brown, as he shows you the how-to's of the Internet and email in this two-day workshop.

Introduction to ChatGPT | Friday, October 17 | 10:30 AM - 11:30 AM | Computer Lab | Join Keith Glidewell to learn about the artificial intelligence program, ChatGPT. After a half-hour informative introduction you'll have time for questions and opportunities for some hands-on practice!

Matinee Series **Movies subject to change*

MONDAYS AT 1:00 PM

October 6: *Going Varsity in Mariachi*

October 13: *The Valet*

October 20: *Sugar*

October 27: *Encanto*

FRIDAYS AT 12:30 PM

October 3: *E.T. The Extraterrestrial*

October 10: **DCSL IS CLOSED**

October 17: *La Dolce Villa*

October 24: *Practical Magic*

October 31: *Hocus Pocus*



#OnlyAtDCSL

An Evening of Soulful Entertainment

PRESENTING

Simply Ken & Friends

A Benefit Concert in support of
the Durham Center for Senior Life

GENERAL
ADMISSION: **\$30**

- Complimentary Parking
- Comfortable Seating

VIP: **\$50**

- Complimentary Parking
- VIP Seating
- Photo Opportunity with band
- 2 Complimentary Signature Drinks
- 1 Complimentary Raffle Prize Entry



Thursday, October 23rd

6:00 PM - 8:00 PM

Doors Open at 5:30 PM

Hear Live Renditions Of
Beloved R&B, Soul, &
Jazz Classics!

Concessions & Signature
Cocktails Available!




SCAN HERE

OR VISIT

www.givebutter.com/dcsconcert



October 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
		1 BBQ Pulled Pork Macaroni & Cheese Whole Kernel Corn Hamburger Bun Mandarin Oranges	2 Chicken Breast w/ Mild Buffalo Sauce Brown Rice Green Peas Texas Bread Fresh Orange	3 Sliced Turkey Breast Swiss Cheese Potato Salad Beet Salad Wheat Bread (2) Very Berry Juice
6 Meatballs w/ Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice	7 Chicken Piccata Rice Pilaf Peas/Zucchini/ Onion Texas Bread Fresh Fruit	8 Bourbon Pork Roast Roasted Potatoes Collard Greens Dinner Roll Cranberry Applesauce	9 Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit	10 Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Peach Crisp
13 Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Fresh Banana	14 BBQ Pulled Pork Ranch Potatoes Whole Kernel Corn Hamburger Bun Applesauce	15 Beef Ravioli Zucchini Green Peas w/ Onions Texas Bread Fresh Orange	16 Chicken Cacciatore Penne Pasta Broccoli Tossed Salad Dinner Roll Berry Juice	17 Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit
20 Baked Chicken w/ Gravy Sweet Potato Wedges Lima Beans Dinner Roll Tropical Fruit	21 Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice	22 Sweet n Sour Meatballs Whipped Potatoes Cabbage w/ Carrots Dinner Roll Fresh Fruit	23 Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges	24 Turkey Spaghetti Casserole Whole Kernel Corn Broccoli Texas Bread Fresh Fruit
27 Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange	28 Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce	29 Tarragon Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit	30 Meatloaf w/ Horseradish Sauce Whipped Potatoes Brussel Sprouts w/ Corn Dinner Roll Fresh Banana	31 Egg Salad Coleslaw Beet Salad Hamburger Bun Orange Juice

All meals are served with milk



Weekly Evening Programs

13 | DCSL | October 2025

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**

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**

Fitness Center & Tech Lab Open for Drop-In 5:00 PM - 7:15 PM

Fall Sip n Paint | Tuesday, October 28th | 4:00 PM - 6:00 PM | Art Studio | Join Marie for a night of acrylic painting, wine, and non-alcoholic beverages. **Limited to 15 people. \$10 fee to cover cost of materials, please pay by cash or check at the front desk.** Call 919-688-8247 ext. 110 to register.

Cardio & More with Shawnta Wright | Thursdays | 5:30 PM - 6:15 PM | Exercise Room |
The first half features fun cardio while the second half focuses on strength and toning exercises.
No Class 10/23

Join the Legacy Club With A Monthly Gift – Protect the Center You Love

As a DCSL member, you know how much this Center means. With just \$10 or more, you'll help protect the programs and services that make DCSL so special. Scan the QR code or visit dcsInc.org/donate.

SCAN



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

HISPANIC
HERITAGE
CELEBRATION
ENTERTAINMENT

INDEPENDENT
HALLOWEEN
PARTY
TREATS

DANCE
CONCERT
RHYTHM
ACTIVE

Aging with Pride

A social club for older LGBTQ+ adults



Friday, **Oct 24th**

2:15 PM - 3:15 PM in the Classroom

Movie Matinee:

Falling (2021)

Thursday, October 16th | 3:30 PM

DCSL Theatre



EMPLOYEE OF THE MONTH

Kiara Frazier | Personal Care Assistant

She goes above and beyond every day and she's always ready to support both members and staff. We're grateful to have her as an essential part of our Adult Day Health team.



THANK YOU TO OUR COMMUNITY SUPPORTERS!

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



ROOT MARTINEZ LLC
—Consulting & Expert Witness Services—
*Professional Editor *Organizational Editor *Organizational Compliance*



Social Services



@DurhamSeniors



@DCSLNC



Durham Center for Senior Life



dcsInc.org