



NOVEMBER 2025



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



The Lucas Legacy Garden serves as a living memorial, honoring one of our founders, John H. Lucas Sr., whose vision took root over 76 years ago. Planted by the dedicated hands of our DCSL Growing Gardens Club.

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	Movie Matinee Calendar	9
DCSL EATS: Cooking Demonstrations	4	Technology Weekly	10
NCCU-ECCRC "Talk Tuesdays"	4	#OnlyAtDCSL	11
NCCU-ECCRU Gratitude Workshop	4	Legacy Club QR Code	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 (<i>continued</i>)	8	Employee of the Month	14
Special Celebrations	9	Community Supporters + Photos	15



A Message From Our Executive Director

Dear Community,

Each November, we join the nation in celebrating **National Family Caregivers Appreciation Month**, a time to recognize and honor the millions of individuals who care for family members, friends, and neighbors with compassion and dedication. Here at the *Durham Center for Senior Life (DCSL)*, we see firsthand the profound impact that caregivers have on the lives of older adults. They are the quiet champions who ensure that love, comfort, and dignity remain at the heart of aging.

Caregiving is a powerful expression of love but it is also a demanding responsibility. Many caregivers juggle full-time jobs, parenting, and other commitments while managing the physical, emotional, and financial challenges that come with caregiving. Their days are often long, their sleep short, and their personal needs put on hold. Yet, through it all, they continue to show up every day with patience, strength, and compassion.

At DCSL, we understand that caregivers are the backbone of healthy aging in our community. Throughout the year, DCSL is committed to providing programs and resources that nurture both older adults and their caregivers. From support groups and respite services to educational workshops and wellness programs, we strive to create a space where caregivers feel seen, heard, and valued. We want them to know that they are not alone, and that their well-being matters just as much as the person they care for.

This month, we encourage everyone to take a moment to thank a caregiver. Offer them a word of appreciation, a helping hand, or simply a moment to rest. Small gestures can make a big difference. And if you are a caregiver reading this please know that DCSL is here for you. We honor your strength, respect your sacrifice, and appreciate all that you do to keep our community strong and compassionate.

Together, let's continue to build a culture that values caregiving as a shared responsibility one rooted in empathy, connection, and community.

Warmest Wishes,

Seanyea Rains
Executive Director



Do you have Medicaid and Medicare?

Medicare Advantage plans to fit your lifestyle

Get benefits that matter to you



Which plan you choose can make all the difference. The Humana Gold Plus SNP-DE H1036-331 (HMO D-SNP) is a Medicare Advantage plan that may offer benefits to support your health and lifestyle. It includes:



\$4,000 annual dental allowance to help pay for covered yearly exams, fillings, cleanings, extractions, X-rays, crowns and dentures*



\$355 monthly in Humana Healthy Options Allowance[®] to help pay for OTC items, and more categories if you have eligible chronic conditions that meet certain criteria.†

Call or
text me to
learn more



Maria Marquis
Licensed Humana sales agent
919-491-8377 (TTY: 711)



**A more human way
to healthcare[®]**

Humana[®]

* Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply.

† This spending allowance is a special program for members with specific health conditions. Qualifying conditions include diabetes mellitus, cardiovascular disorders, chronic and disabling mental health conditions, chronic lung disorders, or chronic heart failure, among others. Some plans require at least two conditions and other requirements apply. See the plan's Evidence of Coverage for details. If you use this program for rent or utilities, Housing and Urban Development (HUD) requires it to be reported as income if you seek assistance. Contact your local HUD office if you have questions. Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply.

Humana is a Dual Eligible Special Needs HMO SNP plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in this Humana plan depends on contract renewal. Applicable to Humana Gold Plus SNP-DE H1036-331 (HMO D-SNP).



EATS: Shop & Grab Schedule 2 Months At A Glance

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

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

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

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

Please call 919-688-8247 ext. 104 to register.



Caregiver Support Group

Thursday, November 13th

12:30pm | Boardroom

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



EATS: Nutrition Today Cooking Demonstrations

Durham Cooperative Extension - Volunteer Program
Friday, November 7th | 406 Café | 9:30am - 10:30am

Topic: "Nutrition Education & Cooking Demo"

Durham Cooperative Extension - Leslie McClellan
Friday, Nov. 21st | Classroom | 9:30am - 10:30am

Topic: "Food Safety"



NCCU ECCRC - "Talk Tuesdays"

Every Tuesday in November

9:00am - 12:00pm

NCCU counseling students will offer one-on-one wellness chats and connect members with mental health resources.



**NC Central
UNIVERSITY**

Durham County Veteran Services

Monday, November 3rd | 9:00am - 12:00pm

Wednesday, November 5th | 1:00pm - 3:00pm

Monday, November 17th | 9:00am - 12:00pm

Wednesday, November 19th | 1:00pm - 3:00pm

Provides guidance to veterans and their families on federal, state, and local benefits.



FREE NOTARY SERVICES

Wednesday, November 12th

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

Wednesday, November 5th, 19th, & 26th

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

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



NCCU - Duke "Elder Law Project"

Friday, November 7th | 10:00am - 1:00pm

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. Walk-ins are not accepted.

***Please Note: All November appointments are full.**

We are now accepting new referral forms, and appointments will be scheduled for the next available dates beginning **January 2026**.



NCCU ECCRC - Gratitude Workshop

Tuesday, November 18th

Boardroom | 10:00am - 11:30am

A session exploring how mental health connects with gratitude and thankfulness, featuring an interactive holiday-themed activity.

Due to limited seats, please register by Thursday, November 13th by calling 919-688-8247 ext. 104.



**NC Central
UNIVERSITY**

**Duke
UNIVERSITY**



**NC Central
UNIVERSITY**

**Please Note: Date and times are subject to change.
Call 919-688-8247 ext. 104 if you have any questions.*

Retired Senior Volunteer Program: Meals on Wheels | Wednesday, November 19 | 12:00 PM - 1:00 PM | Theater | Get involved and give back to the community! Join Nia Richardson from Meals on Wheels to learn what they do, and how you can volunteer with them!

Painting with Police | Wednesday, November 19 | 12:30 PM - 3:00 PM | Art Studio | Socialize and paint with Durham Police Officers for the final time in 2025! A painting teacher will lead an afternoon workshop. Supplies provided. To register, please call 919-688-8247 ext. 110. Limited to 10 participants.

November Birthday Celebration | Wednesday, November 19 | 12:30 PM | Lower Commons | Join us to celebrate members born in November with cake, crowns, and a special Humana bingo!

Senior Legal Advisor Presentation | Monday, November 24 | 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.

Monthly Member Check-In | Tuesday, November 25 | 12:15 PM | Theatre | Stay connected with updates from DCSL staff. Get your questions answered and early access to next month's calendar!

Class Cancellations

Total Body Workout: Cancelled on **Wednesday, Nov. 26th**

Meeting Health & Wellness Goals: Cancelled on **Tuesday Nov. 25th**. Stay tuned for updates!

Yoga Your Way: Cancelled on **Tuesday, Nov. 25th**

Muscle Pump: Returning on Fridays! Cancelled on **Monday, Nov. 24th and Wednesday, Nov. 26th**

Medicare Matters | Tuesday, November 4 | 11:00 AM - 12:00 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, 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.

Grief Support Group | Tuesday, November 4 & 18 | 12:30 PM - 1:30 PM | Classroom | Experiencing a loss is emotional and challenging, but you don't have to go through it alone, especially during the holiday season. Join us to find peer support and learn about how to help process your grief.

Joy of Origami: Fall Fun | Wednesday, November 5 | 12:00 PM - 1:00 PM | Art Studio | Unfold the enchanting world of Japanese paper folding with pumpkins, leaves, acorns, and turkeys! Create decorations or gifts to share. Bring a bag or shoebox to carry your artwork home. You are never too old to fold! All are welcome. Materials are Provided.

Crafting with Regina: Wreath Making | Friday, November 7 | 12:30 PM - 1:30 PM | Art Studio | Welcome the holiday season with a festive wreath! Regina will help you how to bring your vision to life to decorate your home. Materials provided. Call 919-688-8247 ext. 110 to register.

Exploring Art Mediums: Wooden Decorations | Thursday, October 9 | 12:00 PM - 1:00 PM | Art Studio | This month, select from a variety of wooden cutouts to make your own custom, holiday-themed decorations to add festivity to your home! Materials provided. Limited to 12. Call 919-688-8247 ext. 110 to register.

Aging in Place | Monday, October 13 | 12:30 PM | Volunteer Room | Do you have a plan to live happily & safely in your current home? Join this workshop to learn what you can do now to plan for aging safely & at home. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Quarterly Volunteer Meeting: Fall 2025 | Thursday, November 13 | 12:00 PM - 1:00 PM | Theater | Calling all DCSL volunteers! Join the Program & Volunteer Coordinator for updates, feedback, and new volunteer opportunities.

Chinese Workshop | Thursday, November 13 | 3:30 PM - 4:30 PM | Volunteer Room | Join this workshop to learn different topics about Chinese history and culture each month, as well as some basic Chinese language! All are welcome and topics rotate each session.

Durham History Presentation | Monday, November 17 | 12:30 PM - 1:30 PM | Volunteer Room | Staff from the Museum of Durham History will share stories of Durham each month, including general history, special exhibits, and tie-ins to current events.

Community Conversations | Tuesday, November 18 | 4:00 PM - 6:00 PM | Lower Commons | Join City representatives for an interactive, moderated discussion designed to gather input on community needs and priorities for the City of Durham's budget. Raffles and dinner provided!

Trinity Band Fall Concert | Friday, November 21 | 11:30 AM - 12:15 PM | Lower Commons | Enjoy the fall concert repertoire of the Trinity School Band during lunch.

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**

2:15 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**
(Class Full)

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

10:00 am - 11:00 am
Quick Drawing **AS**

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 - 3:00 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 - 10:00 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) **VR**

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 Thurs.)

Friday

8:40 am - 9:30 am 
Muscle Pump **ER**

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
L.I.F.T. **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**

Veteran's Day Commemoration | Friday, November 7 | 1:00 PM - 2:00 PM | Lower Commons |

Let us come together to honor our veterans with guests from the Veterans Affairs. Share stories as we recognize the service of those in our community. Light refreshments provided. Please call to register, and let us know if YOU are a veteran so we can show our appreciation! 919-688-8247 ext. 110.

Thanksgiving Potluck | Friday, November 21 | 11:00 AM - 1:00 PM | Lower Commons | Join us to celebrate the season of gratitude with our friends and loved ones at our annual Thanksgiving Potluck! Please sign up at reception or call 919-688-8247 ext. 110 to let us know you're coming and what you will bring.

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. **No class 11/27.**

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 11/11 & 11/27.**

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 11/26 & 11/28.**

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 11/21 & 11/28.**

★ NEW & Updated Classes

Duke SciTalks | Friday, November 14 | 12:30 PM - 1:30 PM | Classroom | Postdoctoral researchers from Duke University share short, TED-style talks about their research across a range of STEM disciplines. This month's topics include the impact of age on knee cartilage repair and using tissue engineering to study breast cancer metastasis to lymph nodes.

Card Making & Stamping | Tuesday, November 11 & 25 | 9:00 AM - 11:00 AM | Art Studio | Learn to make your own greeting cards every 2nd and 4th Monday of the month! All materials will be provided. Registration is required, please call 919-688-8247 ext. 110 to ensure we have enough supplies for all participants.

Matinee Series *Movies subject to change

MONDAYS AT 1:00 PM

November 3: *Mrs. Doubtfire*
November 10: *Miracles from Heaven*
November 17: *Parenthood*
November 24: *Miracle on 34th Street*

FRIDAYS AT 12:30 PM

November 7: *Juanita*
November 14: *Dead Poet's Society*
November 21: *Sister Act*
November 28: **DCSL CLOSED**



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: Email & Internet for Beginners | Monday November 3 - Wednesday November 5 | 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 three-day workshop.

Computers & Internet with Kramden | Monday, November 10 | 12:00 PM - 4:00 PM | Classroom | In this thorough tech session, you'll learn how to use your a new laptop and online resources to your advantage! Limited to 15 people. Please call 919-688-8247 ext. 110 to register!

How to Avoid Online Scams | Friday, November 14 | 10:30 AM - 11:30 AM | Volunteer Room | Join representatives from the Durham County Library to hear about how you can stay cyber-safe by avoiding scammers and detecting fraud online.

Introduction to ChatGPT | Friday, November 21 | 10:30 AM - 11:30 AM | Computer Lab | Join Keith Glidewell for a half-hour informative introduction to the artificial intelligence program, ChatGPT and time for questions and opportunities for some hands-on practice!



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 dcslnet.org/donate.

SCAN



November 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
3 Meatballs w/ Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice	4 Chicken Piccata Rice Pilaf Peas/Zucchini/ Onion Texas Bread Fresh Fruit	5 Bourbon Pork Roast Oven Roasted Potatoes Collard Greens Dinner Roll Cranberry Applesauce	6 Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit	7 Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Peach Crisp
10 Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Fresh Banana	11 BBQ Pulled Pork Ranch Potatoes Whole Kernel Corn Hamburger Bun Applesauce	12 Beef Ravioli Zucchini Green Peas w/ Onions Texas Bread Fresh Orange	13 Chicken Cacciatore Penne Pasta Broccoli Tossed Salad Dinner Roll Berry Juice	14 Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit
17 Baked Chicken w/ Gravy Sweet Potato Wedges Lima Beans Dinner Roll Tropical Fruit	18 Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice	19 Sweet n Sour Meatballs Whipped Potatoes Cabbage w/ Carrots Dinner Roll Fresh Fruit	20 Smothered Chicken Macaroni & Cheese Mixed Vegetables Wheat Bread Mandarin Oranges	21 Turkey Spaghetti Casserole Whole Kernel Corn Broccoli Texas Bread Fresh Fruit
24 Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange	25 Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce	26 Tarragon Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit	27 DCSL IS CLOSED	28 DCSL IS CLOSED
				

All meals are served with milk



Weekly Evening Programs

13 | DC SL | November 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

Evening Line Dancing | 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. **No class 11/11.**

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. **No class 11/27.**

**“True thanksgiving isn’t measured by what’s on the table,
but by how we serve those around it.”**



**“La verdadera gratitud no se mide por lo que hay sobre la mesa, sino por cómo
servimos a quienes nos rodean.”**

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

GIVING
GRATITUDE
VETERAN
SUPPORT

CELEBRATE
INDEPENDENT
LEGACY
ART

SOCIAL
CRAFT
MUSIC
FAMILY

Aging with Pride

A social club for older LGBTQ+ adults



Friday, **Nov 14th**

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

Movie Matinee:

Dating Amber (2020)

Thursday, November 20th | 3:30 PM

DCSL Theatre



EMPLOYEE OF THE MONTH

Janel Robinson, RN | Registered Nurse

She has dedicated many years of service to older adults by providing quality care and comfort. We're very 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!



@DurhamSeniors



@DCSLNC



Durham Center
for Senior Life



dcslnc.org