



DECEMBER 2025



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



DCSL's French Language Class, led by Mr. Adama Traoré, celebrates its final session of 2025!

TABLE OF CONTENTS

Message from our Executive Director	2	Health Promotions Classes	9
#DCSLPartners Spotlight	3	Special Celebrations & Events	9
Support Services	4	Aging With Pride	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
NEW PEAS Program	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	December Raffle	13
Weekly Program Schedule (<i>continued</i>)	8	Word Search	14
Special Celebrations	9	Community Supporters + Photos	15



A Message From Our Executive Director

Dear DCSL Community,

As we enter the month of December, I want to extend my heartfelt appreciation to each of you: our participants, staff, Board of Directors, volunteers, partners, and supporters who contribute daily to making the Durham Center for Senior Life a vibrant, compassionate, and thriving community for older adults.

This time of year invites us to pause and reflect. Despite the challenges we have faced, our center continues to stand strong because of your resilience, dedication, and commitment to our mission. Every class taught, every meal shared, every act of kindness, and every moment of connection enriches the lives of the older adults we serve.

December also brings exciting opportunities for celebration, gratitude, and togetherness. We look forward to our upcoming holiday activities, special programs, and the joy that fills our center during this season. I encourage everyone to participate, engage, and reach out to someone who may need a little extra warmth and companionship this month.

As we prepare to close out 2025, I remain incredibly proud of the work we have done and the progress we continue to make. Together, we are strengthening our foundation and building a future full of possibilities for Durham's older adults. Thank you for your ongoing support and for being an essential part of the DCSL family. Wishing you a peaceful, joyful, and healthy holiday season.

Warmest Wishes,

Seanyea Rains
Executive Director



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 2 Months At A Glance

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

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

Tuesday, January 6th | 9:00am - 12:00pm

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

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



EATS: Nutrition Today Cooking Demonstrations

Dco Cooperative Extension - Volunteer Program
Friday, December 5th | 406 Café | 9:30am - 10:30am

Topic: "Nutrition Education & Cooking Demo"

Dco DINE Program - Megan Marquis

Friday, Nov. 21st | 406 Café | 9:30am - 10:30am

Topic: "Nutrition Education & Seasonal Food Recipe"

Caregiver Support Group



Thursday, December 11th

12:30pm | Boardroom

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

NCCU ECCRC - "Talk Tuesdays"



**Tuesday, December 2nd &
Tuesday, December 9th**

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, December 1st | 9:00am - 12:00pm

Wednesday, December 3rd | 1:00pm - 3:00pm

Monday, December 15th | 9:00am - 12:00pm

Wednesday, December 17th | 1:00pm - 3:00pm

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

FREE NOTARY SERVICES



Wednesday, December 10th

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

Wednesday, December 3rd & 17th

Monday, December 22nd

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

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

PEAS Program: Weekend Frozen Meals

TWO meals per week, **Pick-up at DCSL on Fridays at 12:30PM**

Program Ends: September 30, 2026

Eligibility Criteria (Applicants must meet all of the following):

- Be 60 years of age or older
- Experience a significant impact on daily life due to:
- Be a resident of Durham
- memory loss or cognitive impairment **or:**
- Have three or more impairments in **Activities of Daily Living (ADLs)** OR
- Have a *combination* of cognitive impairment and three or more impairments in **Instrumental Activities of Daily Living (IADLs)**

ADLs

*bathing, dressing, toileting,
transferring meals, walking*

IADLs

*managing finances, transportation, medication, or
communication, meal preparation, housekeeping*

To learn more or request services, please contact Support Services Specialist:

(919) 688-8247 Ext: 141 | zpowell-jones@dcsInc.org

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

Medicare Matters | Tuesday, December 2 | 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.

Senior Legal Advisor Presentation | Monday, December 15 | 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.

December Birthday Celebration | Wednesday, December 17 | 12:30 PM | Lower Commons | Join us to celebrate members born in December with cake, crowns, and a special Humana bingo!

Monthly Member Check-In | Tuesday, December 30 | 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

Muscle Pump: Cancelled beginning Monday, 12/22 and returning on Monday, 1/5/26

Total Body Workout: Cancelled beginning Monday, 12/22 and returning on Monday, 1/5/26

ASL Class: Cancelled Tuesday, 12/2, 12/23, and 12/30

Seniors on the Move: Cancelled beginning on Tuesday, 12/23 and returning Tuesday, 1/6/26

Yoga Your Way: Cancelled beginning on Tuesday, 12/23 and returning Tuesday, 1/6/26

Life Line Dance: Cancelled Monday, 12/22 and Monday, 12/29

DCSL will be CLOSED December 24-26 and will CLOSE EARLY December 19 & 23

Grief Support Group | Tuesday, December 2 & 16 | 1:00 PM - 2:00 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.

The Joy of Origami - Holiday Origami Workshop | Wednesday, December 3 | 12:00 PM - 1:30 PM* | Art Studio | Enter the season with the Japanese art of paper folding! Make festive origami models to decorate a tree or your holiday gifts. Discover how to make a special hand-made holiday card to share with loved ones. You are never too old to fold! Bring a bag or box to carry your artwork home safely. All welcome, materials provided. *Note our new extended class time, but no need to stay past 1:00!

Retired Senior Volunteer Program: Meals on Wheels | Wednesday, December 3 | 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!

Holiday Piano Concert | Friday, December 5 | 12:00 PM | Lower Commons | Enjoy live music with award-winning concert pianist Ruth Darling Heyd! Ruth is a North Carolina native from Charlotte with a degree in piano performance. She loves music, cooking, art and wellness. Currently, Ruth enjoys the urban downtown living in Durham.

Options for treatment in patients with brain function changes | Tuesday, December 9 | 11:00 AM | Classroom | This talk with Dr. Andy Liu from Duke Neurology will focus on when a person should seek medical attention due to brain function changes. This includes evaluation for memory, language or behavioral changes and what treatment options may be available.

Exploring Art Mediums: Porcelain Painting | Thursday, December 11 12:00 PM - 1:00 PM | Art Studio | This month, decorate a porcelain bowl to add an elegant, holiday art piece to your home decorations! Materials provided but spaces limited. Please call 919-688-8247 ext. 110 to register.

Music is Joy with Folk Musician Judy Stock | Friday, December 12 | 11:45 AM - 12:30 PM | Theater | Judy has been sharing her talent and love of folk music for decades! Join her for an introduction to folk music and instruments featuring holiday songs. Audience participation welcome and encouraged!

Financial Workshop | Monday, December 15 | 12:00 PM - 1:00 PM | Volunteer Room | This session will touch on how to preserve retirement and current funds, build legacy for family, and learn tools to help you manage your retirement fund.



Blood Pressure Checks with Contentnea | Tuesday, December 16 | 10:30 AM - 12:30 PM | Lower Commons | Join a trained representative from Contentnea for free blood pressure and blood glucose testing.

Puzzling Together | Monday, December 22 | 12:00PM | Lower Commons | Putting together puzzles is like putting fun and focus in one box! Join Sanvika for some fun puzzles of different levels.

New Years' at Noon | Wednesday, December 31 | 11:30 AM - 12:00 PM | Lower Commons | Ring in the new year at noon as we say a fond farewell to 2025 and welcome 2026 with our beloved community!

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**

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 ****


Tuesday

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

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 - 4:45 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 - 4:45 pm
 Kings in the Corner **CR**

4:00 pm - 4:45 pm
 Women's Pool **RR**

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

Wednesday

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

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**

11:00 am - 12:30 pm
Sewing* **AS**
(2nd, 3rd, 4th Wed.)

11:00 am - 1:00 pm
Little Garden Club **VR**
(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 - 4:45 pm
Pinochle **AR**

12:00 pm - 4:45 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**

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


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

12:00 pm - 1:00 pm
Tai Chi for Arthritis and Falls
Prevention (See Pg. 9) **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**

Winter Health Fair | Wednesday, December 10 | 8:30 AM - 11:00 AM | Upper and Lower Commons, Activity Room | Join 20+ local and national organizations from the community to find out about resources regarding residential care, in-home services, health and wellness, etc. Get free screenings and enter into our raffle when you visit all the vendors!

DCSL Holiday Party | Monday, December 22 | 1:00 PM - 3:00 PM | Lower Commons | Let's start the week off right - with a party! Grab your ugly sweaters and we will dance to festive music, compete in games, and make themed crafts as a community. Light refreshments provided.

Kwanzaa Celebration | Monday, December 29 | 1:00 PM - 3:00 PM | Lower Commons | Celebrate Kwanzaa with performances by the DCSL African Drum & Dance and Belly Dancing classes on the fourth day of Kwanzaa! Light refreshments provided. Please call 919-688-8247 ext. 110 to let us know you're coming.

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 12/23, 12/25, 12/30, & 1/1.**

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 12/9, 12/11, 12/25, & 1/1.**

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 12/10, 12/12, 12/24, 12/26, & 12/31.**

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 12/19 & 12/26.**

Aging with Pride

A social club for older LGBTQ+ adults



Friday, **Dec 12th**

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

Movie Matinee:

Single All the Way (2021)

Thursday, December 18th | 3:30 PM

DCSL Theatre

Matinee Series **Movies subject to change*

MONDAYS AT 1:00 PM

December 1: Noel

December 8: Home Alone

December 15: Christmas in Connecticut

December 22: The Polar Express

December 29: Full Court Miracle



FRIDAYS AT 12:30 PM

December 5: It's a Wonderful Life

December 12: Almost Christmas

December 19: DCSL CLOSING AT 12 PM

December 26: DCSL CLOSED



ConnecTech | Tuesday, December 2 | 8:30 AM - 9:30 AM | 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.

ConnecTech | Thursday, December 4 | 1:30 PM - 2:30 PM | Computer Lab | Sofia will be available to help answer technology questions and share tips, tricks, and tools for you to feel comfortable and confident with your devices.

Frauds, Scams, and Password Protection | Thursday, December 4 | 9:00 AM - 11:00 AM | Computer Lab | Join Just Ask George's NEW first Thursday presentation on understanding and recognizing frauds and scams that come through technology, and learn how to maintain safe passwords. Handouts will be provided and questions and discussion is encouraged!

Navigating Google Drive: Google Docs | Friday, December 12 | 10:30 AM - 11:30 AM | Computer Lab | Join Durham County Library staff to learn how to use Google Drive. This workshop will introduce how to access Google Drive and teach participants how to create, format, and share documents. Participants will need a Google (Gmail) account for this workshop.








Help Us Sustain The Programs You Love!

Your gift today helps keep DCSL a second home for you and everyone who walks through our doors. If you're able, please consider giving before December 31 to help us finish 2025 strong. Every day counts, and your support genuinely makes a difference!

SCAN



December 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
1 Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange	2 Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce	3 Tarragon Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit	4 Meatloaf w/ Horseradish Brown Sauce Whipped Potatoes Brussel Sprouts w/ Corn Fresh Banana	5 Chicken Breast w/ Red Eye Gravy Confetti Rice Mixed Greens Dinner Roll Orange Juice
8 Meatballs w/ Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice	9 Chicken Piccata Rice Pilaf Peas/Zucchini/ Onion Texas Bread Fresh Fruit	10 Bourbon Pork Roast Roasted Potatoes Collard Greens Dinner Roll Cranberry Applesauce	11 Beef Patty Sliced Cheese Ranch Beans Mixed Vegetables Hamburger Bun Fresh Fruit	12 Turkey Pasta Bake Green Beans w/ Red Pepper Texas Bread Peach Crisp
15 Teriyaki Chicken Breast Brown Rice Brussels Sprouts Texas Bread Fresh Banana	16 BBQ Pulled Pork Ranch Potatoes Whole Kernel Corn Hamburger Bun Applesauce	17 Beef Ravioli Zucchini Green Peas w/ Onions Texas Bread Fresh Orange	18 Chicken Cacciatore Penne Pasta Broccoli Tossed Salad Dinner Roll Berry Juice	19 Western Baked Beef Cheesy Rice Sliced Carrots Dinner Roll Tropical Fruit
22 Baked Chicken w/ Gravy Sweet Potato Wedges Lima Beans Dinner Roll Tropical Fruit	23 Sliced Ham Navy Beans Turnip Greens Cornbread Fruit Punch Juice	24 DCSL IS CLOSED 	25 DCSL IS CLOSED 	26 DCSL IS CLOSED 
29 Creole Beef Patty Spiced Brown Rice Green Peas w/Red Pepper Texas Bread Fresh Orange	30 Cranberry Dijon Chicken Roasted Potatoes Mixed Vegetables Texas Bread Cinnamon Applesauce	31 Tarragon Pork Roast Rice Pilaf Glazed Carrots Dinner Roll Tropical Fruit		

All meals are served with milk



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

Pinochle | 5:00 PM - 7:00 PM **AR**
Kings | 5:00 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 | 5:00 PM - 7:00 PM **AR**
Kings | 5:00 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

**All evening programming and extended hours will end on
Thursday, December 18th .
Please stay tuned for updates in Spring 2026!**

Your Chance to Win BIG!

Our December Raffle is officially underway, and you could take home a Hisense 50" 4K QLED Smart TV—generously donated by an anonymous DCSL volunteer.

Raffle Tickets: \$5 for 1 / \$20 for 5
Winner will be announced at the holiday party!



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

HOLIDAY
CELEBRATION
DECORATE
TREE

FAMILY
FRIENDS
JOY
CONNECT

TOGETHER
HEALTH
SUPPORT
MUSIC





THANK YOU TO OUR COMMUNITY SUPPORTERS!

Help strengthen our mission and community impact!

Join our year-end circle of supporters by Dec. 31 at dcsInc.org/donate



@DurhamSeniors



@DCSLNC



Durham Center for Senior Life



dcsInc.org