



FEBRUARY 2026

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER

SECC
State Employees
Combined Campaign

DCSL SECC # 4109



Barbara Pearl lives by a simple motto, "You're never too old to fold." In our Joy of Origami class, members explore new themes, learn new folds, and rediscover the simple joy of creating something by hand.

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A Message From Our Executive Director

Dear Friends of the Durham Center for Senior Life,

As we step into the month of February, a time that encourages us to reflect on love, connection, and heart health, I am reminded of just how powerful community can be in transforming lives.

Not long ago, a member came to the Durham Center for Senior Life who rarely spoke, rarely smiled, and moved very little. Physically, they appeared withdrawn and low in energy, while, emotionally, they seemed disconnected from those around them. Many days, it was hard to imagine that this person would ever fully engage.

But then, something beautiful happened.

Through gentle encouragement and welcoming smiles, they began participating in activities—first observing, then joining in. They made a friend. Then another. Laughter replaced silence. Movement replaced stillness. Their posture improved. Their energy increased. Their smile became familiar and frequent.

February is **American Heart Month**, and stories like this remind us that heart health is more than exercise and nutrition. It is belonging. It is being seen, heard, and valued. At DCSL, we witness every day how social engagement, friendship, and purposeful activity can improve both physical and emotional well-being.

This month, I encourage each of you to reach out to someone new, participate in an activity, and continue building the bonds that make our center such a special place. Together, we create an environment where hearts are strengthened—one connection at a time.

Thank you for being part of the Durham Center for Senior Life community. Your presence truly makes a difference.

Warmest Wishes,

A handwritten signature in black ink that reads "Seanyea J. Rains".

Seanyea Rains
Executive Director



OPEN CALL FOR ART SUBMISSIONS



**This year, we invite you to submit your best artwork
for the 2026 DCSL Gala Auction to help raise funds for the Center.**

You may submit visual art such as framed artwork, quilts, sculptures, or other creative pieces you are proud of.

All submitters will be entered into a drawing for a grand prize.

Selected artists will meet with our Marketing and Communications Specialist to share the meaning behind their work.

ARTWORK SUBMISSIONS ARE DUE BY FRIDAY, MARCH 13, 2026.

For more information, please contact Kayla Allmond at 919-688-8247 ext. 126



FEBRUARY SUPPORT SERVICES



EATS: Shop & Grab Temporarily Paused

EATS: Shop & Grab is temporarily paused while we secure a new vendor and enhance the program. Updates will be shared via our newsletter, robocalls, and social media.

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

FREE NOTARY SERVICES

Wednesday, February 11

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



Wednesday, February 4, 18, & 25

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

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

NCCU ECCRC - "Talk Tuesdays"

Tuesdays | 9am - 1pm

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



H.E.A.R.T - Elder Care Navigation

Thursday, February 5 | 10:00am - 1:00pm

A Care Navigator can help you find local programs and services, connect you to community resources, and get help with internet, phones, and technology questions.

They are also here to listen and help you feel supported.

Walk-ins welcome in Office 216.



DCSL EATS X BCBSNC

Every 4th Friday | February 27 | 8:30am - 9:30am | Activity Room

Thank you to Blue Cross Blue Shield of North Carolina for a \$10,000 grant to help fill the food gap for older adults in Durham with grocery bags over the next five months. **This program is first come first served - no registration is needed.** Must be 55+ and a Durham county resident.



BlueCross BlueShield
of North Carolina

Caregiver Support Group Thursday, February 12 | 12:30pm | Boardroom

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



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

EATS: Nutrition Today

Cooking Demonstrations



DCo DINE Program - Megan Marquis

Friday, Feb. 6 | 9:00am-10:00am | Classroom

Topic: "Nutrition Education & Seasonal Food Recipe"

Durham County Veteran Services



Monday, February 2 | 9:00am - 12:00pm

Wednesday, February 4 | 1:00pm - 3:00pm

Monday, February 16 | 9:00am - 12:00pm

Wednesday, February 18 | 1:00pm - 3:00pm

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

NCCU - Elder Law Clinic

Friday, February 20 | 10:00am - 3:00pm

Provide eligible members with services for documents such as wills and advance directives.

Must be 60+ and meet income requirements.

Must submit a legal aid referral form to Support Services to schedule an appointment, **no walk-ins.**

Pro-Bono Elder Law Planning

Thursday, February 27 | 9:00am - 12:00pm

Office 216

Learn how to plan for Medicaid long-term care and protect your home and assets.

Meet Anthony "Tony" Nicholson, a Certified Elder Law Attorney with 25 years of experience serving Durham.

MCPHERSON ROCAMORA

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

Belly Dance for Fitness & Fun | Tuesdays | 11:30 AM - 12:05 PM | Exercise Room | This class blends the art of belly dance with energizing fitness moves. This is a low impact class helps with posture, improving flexibility, and strength without stressing the body. No experience necessary!

Golden Genie Dance Troupe Class | Tuesdays | 12:10 PM - 12:55 PM | Exercise Room | This performance class focuses on learning middle eastern, American, and world dances. The Dances are performed for special occasions and holidays around the Durham community and for the Durham Senior Games. New members welcome!

French Classes | Wednesdays OR Fridays | 10:00 AM - 10:45 AM | Volunteer Room OR Classroom | Professor Traore returns to offer French 1 on Wednesdays and French 2* on Fridays. Call 919-688-8247 ext. 110 to register for this multi-month class as spots are limited! *Students will take a placement test.

Chinese Workshop | Friday, February 6 & 20 | 11:00 AM - 12:00 PM | Volunteer Room | Join Gary Su for an introduction to Chinese language and culture. Different topics covered each session; no experience necessary. Feel free to bring your lunch!

Healthy Aging for America (Duke HAFA) | Fridays | 9:30 AM - 10:30 AM | Volunteer Room | Join Duke students for interactive, educational health programs designed for older adults! Each month two topics will rotate. In February, learn tips for nutritional wellness and engage in activities to support brain health. (Will not meet 2/20)

Introduction to Watercolor | Thursdays (Begins 2/19) | 1:00 PM - 3:00 PM | Art Studio | In this six-week class you'll gain artistic confidence through the basics of watercolor - no prior experience necessary! Call 919-688-8247 ext. 110 to register as spots are limited! (**\$10 fee to cover materials to be paid by 1/17**)

Options for treatment in patients with brain function changes | Tuesday, February 3 | 9:00 AM - 10:00 AM | Theater | 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.

Grief Support Group | Tuesday, February 3 & 17 | 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 - Hearts in Harmony | Wednesday, February 4 | 12:00 PM - 1:30 PM | Art Studio | Learn the Japanese art of paper folding with this Valentine's workshop! Share your work with friends and loved ones as a handmade gift. You are never too old to fold! All welcome, materials provided.

A Maroon Valentine | Monday, February 9 | 12:30PM - 3:00PM | Lower Commons | Start Valentine's Week with The Neighborhood @ NCCU and Rotoract club with card making, candy, and a special bingo!

Winter Quarterly Volunteer Meeting | Tuesday, Feb 10 and Wednesday, Feb 11 | 12:30 PM - 1:30 PM | Theater | Updates and information for current DCSL volunteers, including fundraising and new initiatives. Volunteers only need to attend one session, as information will be repeated.

Living While Dying: A Support Group for Terminally Ill People | Tuesday, Feb 10th at 9:00 AM | Wednesday, Feb 25 at 10:00 AM | Boardroom | Living with a life-ending illness comes with many emotional, mental, physical, and spiritual challenges. This group offers a safe place to share with and hear from others who are navigating a terminal illness. Facilitated by End of Life Doula, Jane Dornemann.

Domino's and Dominos | Wednesday, February 11 | 1:00 PM - 4:00 PM | Activity Room | Learn how to play Dominos while enjoying Domino's pizza! No experience necessary, but get prepared for a Dominos Tournament in March! Call 919-688-8247 ext. 110 to register.

Exploring Art Mediums: Oil Miniatures | Thursday, February 12 | 12:00 PM - 1:00 PM | Art Studio | This month, use water soluble oil paints to make miniature artwork! Materials provided but spaces limited to 10 participants. Please call 919-688-8247 ext. 110 to register.

Mini Robot Games | Friday, February 13 | 10:30 AM - 11:30 AM | Classroom | Join Durham County Library staff for a variety of games using tiny robots, no experience necessary! See page 13 for details!

Unisong Circle | Tuesday, February 17 | 12:00 PM - 1:00 PM | Classroom | What medicine does your heart need? Perhaps your soul cries out to sing in joy, to grieve from your very depths, to shout in anger, to sing praise, or to hum in connection with others. At this one hour song journey designed for beginner and experienced singers alike, Unisong facilitators will guide you through singing and movement that invite release, restoration, and healing of the heart.

Lunar New Year | Tuesday, February 17 | All Morning | Upper Commons | It's the year of the Fire Horse! Drop by the table by reception for some informal information about the Lunar New Year and pick up a lucky red envelope!

***RETURNING* Duke SciTalks | Friday, February 20 | 12:00 PM - 1:00 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 overactive bladder, using force to break kidney stones, and creating biomaterials to fight autoimmune disease.

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 - Theater

TR - Tech Room 

VR - Volunteer Room

V - Virtual

C - Cafe

Broadcast on DCSL

Facebook Live: 

For information call:

(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 - 4:45 pm

Wednesday:

8:30 am - 4:45 pm

Thursday:

8:30 am - 4:45 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 & 4th Mon.) **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***

12:00 pm - 12:45 pm
Joy of Music **TH**
(2nd & 4th Mon.)

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

1:00 pm - 2:30 pm
Stroke Support Group
(1st Mon.) **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**

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

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

9:30 am - 10:30 am
Basic Spanish **VR**
(Class Full)

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 - 12:05 pm
Belly Dance for Fitness **ER**

12:10 pm - 12:55 pm
Golden Genie Dance Troupe
Class **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**

WEDNESDAY

8:40 am - 9:35 am  Muscle Pump **ER**

8:40 am - 9:30 am
Bal-A-Vis-X **AR**

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**

10:00 am - 10:45 am
French 1 (See Page 5) **VR**

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

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

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

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

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

**Walking Club will NOT meet
if there is precipitation or
temperatures are below 40
degrees.

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 **TR** 

9:30 am - 10:00 am
Breakfast Bingo **Cafe**

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

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

11:15 am - 12:00 pm
Cardio & More **AR**

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

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
Intro to Watercolor (See pg 5) **AS**

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

3:00 pm - 4:45 pm
Acrylic Painting (Call for Info) **AS**

FRIDAY

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

8:30 am - 10:00 am
ConnecTech **TR** 

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
Duke HAFA (See pg 5) **VR**

9:30 am - 10:30 am
Nutrition Today (See pg 4)

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

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

10:00 am - 10:45 am
French 2 (See Page 5) **VR**

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**

Galentine's Dance | Friday, February 13 | 2:00 PM - 4:00 PM | Lower Commons | Let's come together to celebrate a special kind of love - friendship! Bring the gals and the guys to this red & pink themed celebration to enjoy dancing, crafts, light refreshments and more! Plus, a special performance by the Seniors on the Move line dancers!

Black History Month Celebration | Thursday, February 26 | 12:00 PM - 3:00 PM | Lower Commons | This celebration of Black excellence will highlight DCSL groups including African Drum and Dance and the Golden Genies! We will get energized with the Durham Divas & Dudes and afterwards, enjoy refreshments and community time. Please call 919-688-8247 ext. 110 to register.

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 and strength-building exercises, as well as balance and coordination activities. **No class 2/24 & 2/26.**

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 2/24.**

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!

Tai Chi for Arthritis & 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!

***BEGINS FEB 10* | A Matter of Balance | Tuesdays | 2 PM - 4 PM | Southwest Regional Library**

An award-winning program designed to reduce the fear of falling and increase activity levels among older adults. The program runs weekly for 8 class sessions. **Registration is entirely through the SW Reg. Lib., call 919-560-5896 to register by Feb 9.**

Aging with Pride

A social club for older LGBTQ+ adults



Friday, Feb 13th & 27th

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

Movie Matinee:

Brother Outsider: The Life of Bayard Rustin (2003)
Thurs, February 19th | 3:30 PM | DCSL Theatre

MATINEE SERIES *MOVIES SUBJECT TO CHANGE

MONDAYS AT 1:00 PM

- February 2: Sterling Edwards Art**
(Painting Demonstration Movie)
- February 9: Ruth & Boaz**
- February 16: Becoming**
- February 23: Annie (2014)**



FRIDAYS AT 12:30 PM

- February 6: Ruby Bridges**
- February 13: Soul**
- February 20: Juanita**
- February 27: Respect**

Medicare Matters | Tuesday, February 3 | 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 how to choose the right plan for your health and budget and get updates on the latest Medicare changes and benefits.

Aging in Place: Decluttering | Monday, February 9 | 12:30 PM - 1:30 PM | Classroom | It's a NEW YEAR! Time to let go of the STUFF! Join this workshop to learn some tips & tricks to help motivate you to clear your space & your mind. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Painting with Police | Wednesday, February 18 | 12:30 PM - 3:00 PM | Art Studio | Socialize and paint with Durham Police Officers! A painting teacher will lead a themed afternoon workshop. Supplies provided. To register, please call 919-688-8247 ext. 110. Limited to 10 participants.

Senior Legal Advisor Presentation | Monday, February 23 | 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 | Wednesday, February 25 | 12:15 PM | Lower Commons | Stay connected with updates from DCSL staff and get early access to next month's calendar!

February Birthday Celebration | Wednesday, February 25 | 12:30 PM | Lower Commons | Join us to celebrate members born in February with cake, crowns, and a special Humana bingo!



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. Every day matters, and your support genuinely makes a difference! Visit www.dcslinc.org/donate or scan the QR Code

SCAN



February 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
2 Baked Chicken Breast w/ Cranberry Sauce Spiced Yams Green Beans Wheat Bread Very Berry Juice	3 Pork Roast w/ Steakhouse Sauce Cheesy Rice Brussels Sprouts Dinner Roll	4 Beef Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit	5 Meatloaf w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Mixed Fruit	6 Beef & Rice Casserole Glazed Carrots Winter Vegetables Texas Bread Seasonal Fruit
9 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Seasonal Fruit	10 Turkey Breast w/ Poultry Gravy Rice Pilaf Lima Beans Texas Bread	11 Parmesan Chicken Penne Pasta Mixed Vegetables Dinner Roll Mixed Fruit	12 Beef Taco Meat Mixed Beans Mexican Corn Flour Tortilla	13 Baked Chicken Breast Cordon Bleu Sauce Delmonico Potatoes Tuscany Vegetables Texas Bread Seasonal Fruit
16 Jamaican Chicken Spiced Rice Corn O'Brien Dinner Roll Fruit Punch Juice	17 Sloppy Joe Potato Wedges Brussels Sprouts Hamburger Bun Pineapple Tidbits	18 Turkey Supreme Confetti Rice Broccoli Dinner Roll Seasonal Fruit	19 Ham & White Beans Whipped Potatoes Collard Greens Cornbread Mixed Fruit	20 Salisbury Beef w/ Brown Gravy Bow Tie Pasta Green Peas Dinner Roll Seasonal Fruit
23 Cheese Omelet Turkey Sausage Patty Hashbrown Stewed Tomatoes Bagel Orange Juice	24 DCSL IS CLOSED DUE TO STAFF DEVELOPMENT	25 Swiss Steak Mashed Potatoes Diced Beets Wheat Bread Peaches	26 Baked Chicken Breast Southwest Lime Sauce Fiesta Rice Mixed Beans Texas Bread	27 Meatballs w/ Tomato Basil Sauce Penne Pasta Green Beans Dinner Roll Mixed Fruit
				
All meals are served with milk 				

TECHNOLOGY PROGRAMMING

13 | DCSL | February 2026

Just Ask George | Tuesdays & 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 | Fridays | 8:30 AM - 10:00 AM | Computer Lab | Sofia will help you learn tips, tricks, and tools to navigate technology with confidence!

Frauds, Scams, and Password Protection | Thursday, February 5 | 9:00 AM - 11:00 AM | Computer Lab | Join Just Ask George's recognizing frauds and scams that come through technology, and learn how to maintain safe passwords. Handouts will be provided, and questions and discussion are encouraged!

Mini Robot Games | Friday, February 13 | 10:30 AM - 11:30 AM | Classroom | Join Durham County Library staff for a variety of games using tiny robots. Guide your robot through an obstacle course, use it on the miniature bowling lane, and more! No robotics experience required!

Is there a tech topic you want to see us include in our programming?
Let us know by calling 919-688-8247 ext. 124 or talk to a Programs Team Member.

Community is a place where we can experience love, acceptance, and a sense of belonging.



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

SMARTPHONE
HARMONY
DANCE
COMMUNITY

VALENTINES
KINDNESS
PEACE
LEGACY

JUSTICE
IMPACT
LOVE
ORIGAMI

Want your photo featured in our monthly newsletter?

Highlight the programs you love by sharing a fun class moment, a snapshot with a friend, or a special memory at DCSL.

Send your photos to our **Marketing & Communications Specialist** at kallmond@dcsln.org, and you might see them in an upcoming issue!

By submitting a photo, you grant Durham Center for Senior Life permission to use it in our newsletter, website, and social media. Please make sure everyone in the photo is comfortable being featured



THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services

