



JANUARY 2026



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Happy New Year!

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Welcoming 2026: Staying Warm and Looking Ahead

Dear Friends of the Durham Center for Senior Life,

Now that the holidays have passed, I hope you all had a joyful season filled with family, friends, and special memories. As we step into 2026, it's an exciting time to look forward to new experiences, programs, and opportunities here at the Durham Center for Senior Life. This year promises engaging workshops, social events, wellness activities, and educational programs designed to keep our community connected, active, and inspired.

During these chilly winter months, staying warm and nourished is especially important. A hearty soup, like a classic chicken and vegetable or lentil soup, can provide both comfort and nutrition on cold days. Pairing a warm meal with a soothing beverage is the perfect way to relax and recharge. One simple, cozy drink to try is a cinnamon-spiced hot chocolate:

Quick Cinnamon Hot Chocolate Recipe:

- 1 cup milk (or milk alternative)
- 2 tablespoons cocoa powder
- 1-2 teaspoons sugar (to taste)
- ¼ teaspoon ground cinnamon
- Whipped cream (optional)

Instructions: Heat milk over medium heat until warm. Whisk in cocoa, sugar, and cinnamon until smooth. Top with whipped cream if desired, and enjoy a comforting, warm cup to lift your spirits.

We are looking forward to an exciting 2026 filled with connection, learning, and fun. Thank you for being such a vital part of our community. Let's embrace the new year with warmth, joy, and anticipation for all the wonderful moments ahead!

Warmest Wishes,

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





EATS: Shop & Grab Schedule 2 Months At A Glance

Tuesday, Jan. 6 | 9:00am - 12:00pm

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

Tuesday, Feb. 3 | 9:00am - 12:00pm

- *Registration opens January 30 | 8:30am*

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

FREE NOTARY SERVICES

Wednesday, January 14

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

Wednesday, January 7, 21, & 28

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

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



NCCU ECCRC - "Talk Tuesdays"

Returns January 13 | Tuesdays | 9am - 12pm

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



NCCentral
UNIVERSITY



DCSL EATS X BCBSNC

Every 4th Friday, Starts Friday, January 23

9am - 10am | Activity Room

Blue Cross Blue Shield of NC awarded a \$10,000 grant to provide shelf-stable grocery bags to 100 older adults in Durham for 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

EATS: Nutrition Today Cooking Demonstrations



DCo DINE Program - Megan Marquis

Friday, Jan. 16 | 9:30am-10:30am | 406 Café

Topic: "Nutrition Education & Seasonal Food Recipe"

Durham County Veteran Services



Monday, January 5 | 9:00am - 12:00pm

Wednesday, January 7 | 1:00pm - 3:00pm

Monday, January 19 | DCSL IS CLOSED

Wednesday, January 21 | 1:00pm - 3:00pm

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

NCCU - Elder Law Project

Friday, January 23 | 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.**

HOMESHARE DURHAM - INFO SESSION

Monday, January 12 & Tuesday, January 27

10:00am - 11:00am | Boardroom

Join us to learn about a shared housing opportunity in Durham through HomeShare. Find out who may qualify, and how individuals can either offer space in their home or seek affordable housing through a compatible match.

HomeShare
Durham



A PROGRAM OF DURHAM CONGREGATIONS IN ACTION

Caregiver Support Group Thursday, January 8 | 12:30pm | Boardroom

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



NEW & UPDATED CLASSES

5 | DCSL | January 2026

Bal-A-Vis-X | Wednesdays | 8:40 AM - 9:30 AM | Activity Room | Bal-A-Vis-X is a playful set of activities involving bean bags and rubber balls that challenges your balance, hand-eye coordination and focus. Come out and learn to use rhythm as a guide in individual and group exercises that will wake up your brain and body, and help you reconnect with the joy of play. Limited to 12 Participants. Class runs every Wednesday from January to May. Please call 919-688-8247 ext. 110 to register!

The Joy of Sketching & Drawing | Wednesdays | 8:45 AM - 9:45 AM | Art Studio | Join portrait and ink artist, Tim Smith to discover the joy of sketching and drawing; from basic shapes, to finished portraits. For all levels of experience. All are welcome. No sign up required.

The Joy of Music | Monday, January 12 & 26 | 12:00 PM - 12:45 PM | Exercise Room | Join folk musician Judy Stock as she plays her guitar and banjo. Find the joy in singing along with Judy, or just come to listen. All are welcome! This class will run the second and fourth Monday of each month.

DCSL Growing Gardens Club | Thursday, January 15 | 11:00 AM - 12:15 PM | Volunteer Room | Join the gardening club for fun activities and to learn about winter planting and steps to prepare for spring.

***RETURNING* Painting with Police | Wednesday, January 21 | 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.

CLASS CANCELLATIONS

Yoga Your Way: Beginning in **FEBRUARY** this class will no longer meet on the Tuesday of the Shop N Grab event. **Walking Club:** Continues to meet on Fridays in the Lobby, unless there is snow, rain, or it is under 40 degrees. Please check the weather or call for info!

Kris Adora: Mind Moves | Monday, January 5 | 12:00 PM - 1:00 PM | Theater | Speech Language Pathologist, Kris Adora, will provide a fun and interactive presentation about practical strategies for memory!

Exploring Art Mediums: Felting | Thursday, January 8 | 12:00 PM - 1:00 PM | Art Studio | This month, learn how to felt and create a picture using wool! Materials provided but spaces limited to 10 participants. Please call 919-688-8247 ext. 110 to register.

Crafting with Regina: Glass Art | Friday, January 9 | 12:30 PM - 1:30 PM | Art Studio | Attendees will participate in an engaging, mind-stimulating activity that allows them to explore art and create a unique piece using modern pieces of glassware for display or household use. Spaces limited. Please call 919-688-8247 ext. 110 to register!

Robots and Doodles | Friday, January 9 | 10:30 AM - 11:30 AM | Classroom | Join Durham County Library staff for an arts and robotics activity using color-reading robots. Guide your robot through a maze or program it to dance all with just paper and markers! All are welcome - no artistic skills or robot experience required!

***RETURNING* Aging in Place: Anna's New Home Journey | Monday, January 12 | 12:30 PM - 1:30 PM | Classroom |** Dreams can come true at any age! Learn about how Anna received over \$187k towards the purchase of her new home. Learn from the team that helped Anna achieve home ownership goals & secure down payment assistance funds towards her home purchase. With special guest Brian Summers from Fifth-Third Bank & Certified Senior Housing Professional, Tracy Drakeford-Pierce

Durham History Talk: Civil Rights | Monday, January 12 | 12:30 PM - 1:30 PM | Volunteer Room | This month join staff from the Museum of Durham History to learn about Civil Rights Movements in Durham in recognition of MLK Day.

Bike Durham: Using GoDurham Online | Wednesday, January 14, 21, 28 | TBD | Learn to use your phone to schedule rides and utilize the Durham public transportation to help you get around town safely!

Paying for Medications | Friday, January 16 | 10:00 AM - 11:00 AM | Classroom | Frustrated with how expensive medications and healthcare have become? With over 20 years in the medical field, I'll share the proven tips and tricks I give my clients to help them lower their out-of-pocket costs. Looking forward to meeting you, Mandy.

Grief Support Group | Tuesday, January 6 & 20 | 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.

Living While Dying: A Support Group for Terminally Ill People | Wednesday, January 28 | 10:00 AM - 11:00 AM | Boardroom | Living with a life-ending illness comes with many emotional, mental, physical, and spiritual challenges, which can be isolating. This support group offers a safe place to share with and hear from others who are navigating a terminal illness, and join a community of those who are figuring out how to best live their lives in the face of death. Facilitated by End of Life Doula, Jane Dornemann.

Basics of Essential Oils | Wednesday, January 28 | 10:30 AM - 12:00 PM | Volunteer Room | Learn the basics of essential oils: how to use them, when to use them, which ones to choose!

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**

9:30 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 - 12:45 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 - 9:35 am 
Muscle Pump **ER**

8:40 am - 9:30 am
Bal-A-Vis-X **AR**
(See Page 5!)

8:45 am - 9:45 am
Joy of Sketching **AS**
(See Page 5!)

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 & 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 **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**

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

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
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**

MLK Day Recognition | Monday, January 12 | 9:00 AM - 1:30 PM | Volunteer Room |

Listen to the teachings of Dr. Martin Luther King Jr., from speeches to family remembrances and add your prints to our peace wall. Join the Museum of Durham History at 12:30 PM for a special presentation on the Civil Rights Movement in Durham.

**From Family Lore to Historical Fiction: Turn Family Stories and Mementos into Writing | Tuesday, January 13 | 12:00 PM - 1:30 PM | Classroom |**

Do you have stories or mementos from your family's past that keep nudging you? Local author Melora Fern will provide the foundations needed to get started writing historical fiction based on family stories, from data gathering, to character development, building your world, and adding splashes of color through fiction. You will walk away with a plan of action to get your own novel underway. Please bring your preferred writing materials so to join in on a writing exercise (laptop, pen, paper, etc.). Limit 12 participants. 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, strength-building, and conditioning exercises, as well as balance and coordination activities. **No class 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 1/1, 1/6.**

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!

Aging with Pride

A social club for older LGBTQ+ adults



Friday, **Jan 16th & Jan 30th**

2:15 PM – 3:15 PM in the Classroom

Movie Matinee:

Lilies Not For Me (2024)

Thursday, January 22nd | 3:30 PM

DCSL Theatre

MATINEE SERIES *MOVIES SUBJECT TO CHANGE**MONDAYS AT 1:00 PM**

January 5: Polar Bear

January 12: Titanic

January 19: DCSL CLOSED

January 26: Little Women (1994)

**FRIDAYS AT 12:30 PM**

January 2: The Devil Wears Prada

January 9: Water for Elephants

January 16: Dream Girls

January 23: Mermaids

January 30: Groundhog Day

Medicare Matters | Tuesday, January 6 | 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.

The Joy of Origami - Funny Money | Wednesday, January 7 | 12:00 PM - 1:30 PM* | Art Studio | Learn the Japanese art of paper folding with dollar bills! Make butterflies and bowties in this session 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.

Retired Senior Volunteer Program | Wednesday, January 21 | 12:00 PM - 1:00 PM | Theater | Get involved and give back to the community! Join representatives from different non-profits each month to learn what they do, and how you can volunteer with them!

Senior Legal Advisor Presentation | Monday, January 26 | 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, January 27 | 12:15 PM | Theatre | Stay connected with updates from DCSL staff. Get your questions answered and early access to next month's calendar!

January Birthday Celebration | Wednesday, January 28 | 12:30 PM | Lower Commons | Join us to celebrate members born in January 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.dcsln.org/donate or scan the QR Code

SCAN



January 406 Café Lunch Menu

MON



TUE



WED



THU

1
DCSL IS CLOSED
in celebration of
New Year's Day



FRI

2
Turkey Pasta Bake
Green Beans w/
Red Pepper
Texas Bread
Peach Crisp

5
**Meatloaf w/
Brown Gravy**
Whipped Potatoes
Green Peas
Dinner Roll
Mixed Fruit

6
**Pork Roast w/
Steakhouse Sauce**
Cheesy Rice
Brussels Sprouts
Dinner Roll

7
Beef Patty Baked
Beans Whole
Kernel Corn
Hamburger Bun
Seasonal Fruit

8
Baked Chicken Breast
w/Cranberry Sauce
Spiced Yams
Green Beans
Wheat Bread

9
Beef & Rice Casserole Glazed
Carrots
Winter Vegetables
Texas Bread
Seasonal Fruit

12
Macaroni & Cheese
Ranch Beans
Broccoli
Wheat Bread
Seasonal Fruit

13
**Turkey Breast w/
Poultry Gravy**
Rice Pilaf
Lima Beans
Texas Bread

14
Parmesan Chicken
Penne Pasta
Mixed Vegetables
Dinner Roll
Mixed Fruit

15
Beef Taco Meat
Mixed Beans
Mexican Corn
Flour Tortilla

16
BBQ Pulled Pork
Cubed Potatoes
Mixed Greens
Hamburger Bun
Seasonal Fruit

19
DCSL IS CLOSED
in celebration of
Dr. MLK Jr. Day



20
Sloppy Joe
Potato Wedges
Brussels Sprouts
Hamburger Bun
Pineapple Tidbits

21
Turkey Supreme
Confetti Rice
Broccoli
Dinner Roll
Seasonal Fruit

22
Ham & White Beans
Whipped Potatoes
Collard Greens
Cornbread
Mixed Fruit

23
Turkey Spaghetti Casserole
Whole Kernel Corn
Broccoli
Texas Bread
Fresh Fruit

26
Cheese Omelet
Turkey Sausage
Patty Hashbrown
Stewed Tomato

27
Orange Chicken
Brown Rice
Mixed Vegetables
Dinner Roll
Seasonal Fruit

28
Swiss Steak
Mashed Potatoes
Diced Beets
Wheat Bread
Peaches

29
Baked Chicken Breast
Southwest Lime
Sauce
Fiesta Rice
Mixed Beans
Texas Bread

30
**Meatballs w/
Tomato Basil Sauce**
Penne Pasta
Green Beans
Dinner Roll
Mixed Fruit

All meals are served with milk



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, January 8 | 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 is encouraged!

Learn to use AI with ChatGPT! | Friday, January 16 | 9:00 AM - 10:00 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!

Computers & Internet with Kramden | Wednesday, January 28 | 12:00 PM - 4:00 PM | Classroom | In this thorough tech session, you'll learn how to use an updated laptop and online resources to your advantage! Additionally, you'll get to take the device home to use! Limited to 12 people. Please call 919-688-8247 ext. 110 to register!

**As the new year begins, our mission remains unchanged.
We proudly carry forward a 77-year legacy of empowering
older adults to live healthy, active, and independent lives—
today, tomorrow, and all year long.**

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

ESSENTIAL
 SUPPORT
 MENTAL
 PEACE

ART
 CRAFT
 MUSIC
 YEAR

EXPLORE
 CHALLENGE
 HISTORY
 SOCIAL



EMPLOYEE OF THE MONTH

Sandra Avens | Personal Care Assistant

She is always willing to lend a helping hand. She's an excellent team worker and a great help to the Adult Day Health members and staff!



THANK YOU TO OUR COMMUNITY SUPPORTERS!

