



MARCH 2026



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Seniors on the Move Line Dancing keeps healthy, active, independent living in step, with great music, great company, and movement that keeps both heart and spirit in rhythm.

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A Message From Our Executive Director

Dear Friends of the Durham Center for Senior Life,

March is a month of transition. As winter begins to fade and signs of spring start to appear, we are reminded that growth, renewal, and fresh beginnings are always possible at any stage of life.

At the *Durham Center for Senior Life*, March brings many opportunities to connect, learn, and celebrate together. From engaging wellness programs and creative arts classes to educational workshops and social gatherings, there is something for everyone to enjoy. We also look forward to celebrating Women's History Month, recognizing the remarkable contributions of women in our community and beyond.

As the days grow longer, I encourage you to take part in our fitness classes, outdoor walks (weather permitting), and nutrition programs that help us stay active and energized. Be sure to check our monthly calendar for special events, volunteer opportunities, and community partnerships happening throughout the month.

Most importantly, March is a time to strengthen connections. Whether you are joining us for the first time or have been part of our DCSL family for years, you belong here. Your presence, wisdom, and spirit make our community vibrant and strong.

Thank you for being part of the Durham Center for Senior Life. We look forward to seeing you this month and sharing in all that March has to offer.

With appreciation,

Seanyea Rains
Executive Director





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.dcsInc.org/donate or scan the QR Code

SCAN





EATS: Nutrition Today
Cooking Demonstrations

Interfaith Food Shuttle Workshop

Friday, Mar. 6 | 9:00am-11:00am | Classroom
Topic: "Preventative Nutrition"

Durham Cooperative Extension - Master Food Volunteer Program

Friday, Mar. 20 | 9:00am-10:00am | Classroom
Topic: "Food Safety"

FREE NOTARY SERVICES

Wednesday, March 11

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

Wednesday, March 4, 18, & 25

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

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



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.

Durham County Veteran Services



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

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

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

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

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

NCCU - Elder Law Clinic



Friday, March 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.**

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, March 5 | 9:30am - 12:00pm

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.



Pro-Bono Elder Law Planning

Thursday, March 26 | 9:00am - 12:00pm

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. **Walk-ins welcome in Office 216.**

MCPHERSON ROCAMORA

DCSL EATS X BCBSNC

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



BlueCross BlueShield of North Carolina

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.

Caregiver Support Group Thursday, March 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.*

Medicare Matters | Tuesday, March 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: Selling Your Home in THIS Market | Monday, March 9 | 12:30 PM - 1:30 PM | Classroom | Join us for this informational session on our local real estate market and how has it changed since you purchased years ago. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Duke SciTalks | Friday, March 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 biostatistics and the impact of e-cigarettes on pregnancy.

Senior Legal Advisor Presentation | Monday, March 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 | Tuesday, March 24 | 12:15 PM | Lower Commons | Stay connected with updates from DCSL staff and get early access to next month's calendar!

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

Grief Support Group | Tuesday, March 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 : Fruits of Our Labor | Wednesday, March 4 | 12:00 PM - 1:30 PM | Art Studio | This month our theme will be part of a special Art Project at DCSL. Learn how to fold a variety of origami fruits from the earth, including apples, strawberries and more! This origami artwork explores agriculture, and community through one-of-a-kind hand-folded paper models to share. All are welcome. No experience required. Materials provided. You are never too old to fold.

Living While Dying: A Support Group for Terminally Ill People | Tuesday, March 10th at 9:00 AM | Wednesday, March 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.

Women's Day Recognition | Monday, March 9 | 10:30 AM | Lower Commons | Stop by our photo wall for photos of you and your friends! Plus, pick up a special gift while you're there (while supplies last).

Cardiovascular Risks of an Untreated Sleep Apnea | Wednesday, March 11 | 11:00 AM - 12:00 PM | Boardroom | Join Nurse Practitioner Irene Abella with Duke University's Neurology Department to learn about the connection between sleep and heart health.

Exploring Art Mediums: Watercolor Amaryllis | Thursday, March 12 | 12:00 PM - 1:00 PM | Art Studio | This month, get inspired by the beautiful amaryllis flower with watercolor paints! Materials provided but spaces limited to 10 participants. Please call 919-688-8247 ext. 110 to register.

Kris Adora: Mind Moves | Friday, March 13 | 12:00 PM - 1:00 PM | Theater | Speech Language Pathologist, Kris Adora, will provide a fun and interactive presentation about practical strategies for memory!

John McLendon and the Secret Game: Basketball, Barriers, and Breaking the Color Line | Monday, March 16 | 12:30 PM - 1:30 PM | Volunteer Room | Join the Museum of Durham History in the heart of March Madness as we discuss one Durham's own basketball legacies! Learn about the Secret Game, the first desegregated basketball game in the USA, and the man behind modern basketball. Explore our lesser-known history on the hardwood, and discover the story behind Duke and NCCU's first game

Domino's and Dominoes | Wednesday, March 18 | 1:00 PM - 4:00 PM | Activity Room | Another learning session to get comfortable playing Dominoes while enjoying Domino's pizza. No experience necessary, but get prepared for a Dominoes Tournament in April! Call 919-688-8247 ext. 110 to register.

Durham Retired School Personnel Meeting | Thursday, March 19 | 2:00 PM - 3:30 PM | Boardroom | Open to any retired Durham Public School Personnel. Put a little fun in your life with group updates, info, and activities!

Making the Most of the Durham County Library | Friday, March 27 | 10:30 AM - 11:30 AM | Classroom | Join Durham County Library staff to learn about Maker Spaces and other library resources. See page 10 for details!

Sexual Health Talk | Monday, March 30 | 12:00 PM - 1:00 PM | Classroom | Sexual health is an important part of overall health at any age. This class is designed specifically for older adults and addresses common questions about intimacy, aging, medical considerations, and emotional well-being.

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 - 6:45 pm

Wednesday:

8:30 am - 4:45 pm

Thursday:

8:30 am - 6:45 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**
(Call for Info)

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 - 6:45 pm
Pinochle **AR**

1:00 pm - 1:45 pm
Bingocize (see pg. 9) **LC**

1:00 pm - 3:00 pm
Quilt-making **AS**

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

2:30 pm - 6:45 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* **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**

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

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

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 - 6:45 pm
Pinochle **AR**

12:00 pm - 6:45 pm
Kings in the Corner **CR**

12:30pm - 1:30pm
Thursday Bible Study **VR**

1:00 pm - 1:45 pm
Bingocize (see pg. 9) **LC**

1:00 pm - 3:00 pm
Intro to Watercolor (Class Full) **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 **VR**

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* **VR**

11:00 am - 12:30 pm
Book Club (Virtual)
(3rd Fridays)
Zoom Meeting ID:
952 0568 6451
Passcode: bookclub

11:30 pm - 1:00 pm
Ladies in Fitness Training
(Fitness Center Closed)

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**

Senior Prom | Friday, March 20 | 2:30 PM - 4:30 PM | Lower Commons |
 Spring is here and it's time to PARTY! Grab your favorite outfit and your dancing shoes for our annual Senior Prom, with music, refreshments, photos, and fun. Theme details to come - keep an eye on our social media!



Celebration of Elders BBQ | Monday, March 23 | 11:00 AM - 12:30 PM | Lower Commons & 406 Cafe | We are thrilled to welcome back BaggingIt4Kids for another fantastic Spring Celebration of Elders with a free BBQ lunch! 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 3/5.**

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!

BingoCize! | Tues & Thurs | 1 PM - 2 PM | Lower Commons | An evidence-based program that pairs gentle exercises with the game of bingo! All levels welcome! **This ten-week, twice a week offering will run from March until mid-May.**

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 all while sitting in a chair. All levels welcome! **No class 3/6.**

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! **No class 3/6.**

Aging with Pride

A social club for older LGBTQ+ adults



Friday, 13th and 27th

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

Movie Matinee:

The Coffee Shop (2014)

Thursday, March 19th | 3:30 PM | DCSL Theatre

MATINEE SERIES *MOVIES SUBJECT TO CHANGE

MONDAYS AT 1:00 PM

- March 2:** Sterling Edwards Art
- March 9:** Madea's Destination Wedding
- March 16:** The Six Triple Eight
- March 23:** The Help
- March 30:** Mafia Mamma



FRIDAYS AT 12:30 PM

- March 6:** DCSL CLOSING EARLY
- March 13:** The Supremes
- March 20:** Hidden Figures
- March 27:** While You Were Sleeping

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, March 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!

Tap, Talk, Connect: Video Calling Made Easy | Friday, March 13 | 10:00 AM | Computer Lab | Technology instructor Keith Glidewell will walk you through how you can connect with friends and loved ones with video calls right on your phone or computer!

Making the Most of the Durham County Library | Friday, March 27 | 10:30 AM - 11:30 AM | Computer Lab | Join Durham County Library staff to learn all about the resources you can use at the library. Historical research and ancestry! Ebooks and audiobooks! Crafting spaces and cutting-edge technology! The Durham County Library wants to support you in life-long learning. There's so much to learn about and we'll guide you through it all!

NEW SATELLITE CENTER

DCSL Now Offers Weekly Programs at JFK Towers

LOCATION: 4900 N. Roxboro Rd. Durham, NC 27704

HOURS OF OPERATION: Monday - Friday | 8:30am - 1:30pm

For more info, please contact: 919-688-8247 ext. 113

On-Site registration begins March 2nd | Opening on Monday March 9th

Daily Program Schedule

8:30am - 10:30am: Coffee & Community

10:00am - 10:45am: Group Exercise

11:30am - 12:30pm: Congregate Meal

Weekly Program Schedule

MONDAY / WEDNESDAY / FRIDAY

12:30pm - 1:30pm: Afternoon Recreation

A rotating mix of casual activities such as cornhole, trivia, karaoke, and group games. Come see what's happening!

TUESDAY / THURSDAY

12:30pm - 1:30pm: B.I.N.G.O

DROP-IN OPPORTUNITIES:

8:30 am - 1:30pm: Billards, Cards, Games

St. Patricks Day Social | Tuesday, March 17th | 12:00 pm

Come wearing your luckiest green outfit and enjoy some festive fun!



Healthy Cooking Demo | Wednesday, March 18th | 9:30 am - 10:30 am

Join Durham Countys DINE program for as we prepare a healthy and delicious recipe.



DCSL at JFK Towers Grand Opening

Monday, March 30th | 12:00 PM

Join us for a celebration of our first month back at JFK Towers!



March 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
<p>2 Baked Chicken Breast w/ Cranberry Sauce Spiced Yams Green Beans Wheat Bread Very Berry Juice</p>	<p>3 Pork Roast w/ Steakhouse Sauce Cheesy Rice Brussels Sprouts Dinner Roll</p>	<p>4 Beef Patty Baked Beans Whole Kernel Corn Hamburger Bun Seasonal Fruit</p>	<p>5 Meatloaf w/ Brown Gravy Whipped Potatoes Green Peas Dinner Roll Mixed Fruit <i>DCSL Closing at 12:00 PM</i></p>	<p>6 Beef & Rice Casserole Glazed Carrots Winter Vegetables Texas Bread Seasonal Fruit <i>DCSL Closing at 12:00 PM</i></p>
<p>9 Macaroni & Cheese Ranch Beans Broccoli Wheat Bread Seasonal Fruit</p>	<p>10 Turkey Breast w/ Poultry Gravy Rice Pilaf Lima Beans Texas Bread</p>	<p>11 Parmesan Chicken Penne Pasta Mixed Vegetables Dinner Roll Mixed Fruit</p>	<p>12 Beef Taco Meat Mixed Beans Mexican Corn Flour Tortilla</p>	<p>13 BBQ Pulled Pork Crispy Cubed Potatoes Mixed Greens Hamburger Bun Seasonal Fruit</p>
<p>16 Beef Cabbage Casserole Whipped Potatoes Sliced Carrots Texas Bread Seasonal Fruit</p>	<p>17 Sloppy Joe Potato Wedges Brussels Sprouts Hamburger Bun Pineapple Tidbits</p>	<p>18 Turkey Supreme Confetti Rice Broccoli Dinner Roll Seasonal Fruit</p>	<p>19 Ham & White Beans Whipped Potatoes Collard Greens Cornbread Mixed Fruit</p>	<p>20 Salisbury Beef w/ Brown Gravy Bow Tie Pasta Green Peas Dinner Roll Seasonal Fruit</p>
<p>23 Cheese Omelet Turkey Sausage Patty Hashbrown Stewed Tomatoes Bagel Orange Juice</p>	<p>24 Orange Chicken Brown Rice Asian Blend Vegetables Dinner Roll Seasonal Fruit</p>	<p>25 Swiss Steak Mashed Potatoes Diced Beets Wheat Bread Peaches</p>	<p>26 Baked Chicken Breast Southwest Lime Sauce Fiesta Rice Mixed Beans Texas Bread</p>	<p>27 Meatballs w/ Tomato Basil Sauce Penne Pasta Green Beans Dinner Roll Mixed Fruit</p>
<p>30 Baked Chicken Breast w/ Cranberry Sauce Spiced Yams Green Beans Wheat Bread Very Berry Juice</p>	<p>31 Pork Roast w/ Steakhouse Sauce Cheesy Rice Brussels Sprouts Dinner Roll Fruit Punch Juice</p>			

All meals are served with milk



WEEKLY EVENING PROGRAMS

13 | DCSL | March 2026

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

Evening hours are returning, beginning March 10th.

TUESDAY

Pinochle | 5:15 PM - 7:00 PM **AR**

Kings | 5:15 PM - 7:00 PM **CR**

THURSDAY

Pinochle | 5:15 PM - 7:00 PM **AR**

Kings | 5:15 PM - 7:00 PM **CR**

Fitness Center, Tech Lab, & Rec. Room Open for Drop-In 5:00 PM - 7:00 PM

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.



Submit photos to our **Marketing & Communications Specialist** at kallmond@dcsInc.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

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

TECHNOLOGY
 VOLUNTEER
 ACTIVE
 HEALTHY

TIMELESS
 INDEPENDENT
 LIBRARY
 SCIENCE

BASKETBALL
 DANCE
 DOMINOES
 CELEBRATE

EMPLOYEE OF THE MONTH

Taniya Gillis | *Personal Care Assistant*

Taniya is always willing to help without being asked. She goes above and beyond for our Adult Day Health participants and her support is crucial to our team!





THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services

