



APRIL 2026



DCSL SECC # 4109

# OUR TIMES

## DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



*Our Total Body Workout class, led by Gloria Rentrope, keeps participants moving with purpose, building strength, and staying committed to leading healthy, active, and independent lives.*

### TABLE OF CONTENTS

Message from our Executive Director	2	Special Celebrations	9
Young at Heart: Annual Gala	3	Health Promotions Classes	9
Thank You Gala Auction Artists	3	Movie Matinee Calendar	9
Support Services	4	Weekly Technology Programs	10
DCSL EATS: Shop & Grab Returning	4	JFK Towers Schedule	11
DCSL EATS X BCBSNC	4	JFK Towers Special Events	11
H.E.A.R.T. Elder Care Navigation	4	406 Café Menu	12
Recurring Monthly Programs	5	Weekly Evening Programs	13
Special Monthly Events	6	Word Search	14
Weekly Program Schedule	7	Employees of the Month	14
Weekly Program Schedule ( <i>continued</i> )	8	Community Supporters & Photos	15



## A Message From Our Executive Director

*Dear Friends,*

At Durham Center for Senior Life, the ***Young at Heart Gala*** is one of our most anticipated celebrations of the year. This inspiring evening directly supports our vital programs that have improved the lives of older adults throughout our community for over 76 years.

This special event brings together community leaders, corporate partners, and supporters who believe in honoring Durham's rich legacy while investing in services that promote connection, wellness, and independence for older adults. Guests will enjoy an elegant evening of dinner, live music, dancing, and a silent auction in celebration of purpose and community.

The past three years have sold out quickly, and we expect another full and exciting evening this year—early ticket purchases are strongly encouraged. Semi-formal attire is requested.

During ***Volunteer Appreciation Month*** , we also proudly recognize the volunteers whose dedication strengthens our mission every day. Whether they're teaching classes, serving meals, guiding tours, or being ready and willing for any daily task, their service helps create the welcoming and compassionate environment that makes our center feel like a home away from home.

Together, sponsors, donors, and volunteers make this work possible.

For tickets, sponsorship opportunities, or volunteer information, contact Rachel Waugh at 919-688-8247 Ext. 123 or [rwaugh@dcsInc.org](mailto:rwaugh@dcsInc.org), or Elena Shapiro-Albert at Ext. 124 or [eshapiro-albert@dcsInc.org](mailto:eshapiro-albert@dcsInc.org).

*With appreciation,*

Seanyea Rains  
Executive Director



# Young at Heart

*Annual Gala & Silent Auction*

At the Durham Center for Senior Life, staying young at heart means staying healthy, active, and independent. DCSL is a vibrant community center for older adults, offering daily opportunities to move, learn, create, and connect.

The evening brings together local business leaders, community partners, and supporters who believe in investing in a healthy, connected Durham.

**Date:** Saturday, April 25, 2026

**Time:** 6:00 p.m. - 9:00p.m.

**Location:** 406 Rigsbee Avenue, Durham, NC 27701

**Tickets and sponsorships:**

[www.dcsln.org/gala](http://www.dcsln.org/gala)

or contact

[rwaugh@dcsln.org](mailto:rwaugh@dcsln.org)



**Dinner | Music | Semi-Formal Cocktail Attire**



## *Thank You to our talented artists!*

Your contribution to our Silent Auction brings creativity, meaning, and heart to this special event. **As a token of our appreciation, all participating artists have been entered into a raffle for a special prize. Be on the lookout for a call from our team, you just might be our winner.**

We're truly grateful for your generosity and for being part of this experience.



**EATS: Shop & Grab Express**

**Monday, April 6 | 12:30 pm - 2:30 pm**

- *Registration Opens April 1 | 8:30 am*
- Shop & Grab is back with a faster, more convenient setup! Enjoy our new express grab-and-go selection. Come check out our fresh new look! **Register in person or call (919) 688-8247 ext. 104**



**EATS: Nutrition Today Cooking Demonstrations**

**Durham Cooperative Extension - Master Food Volunteer Program**

Friday, April. 17 | 9:00 am - 10:00 am | Classroom

**NCCU ECCRC Talk Tuesdays**

**Tuesdays | 9 am - 1 pm**



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



**Durham County Veteran Services**



**Wednesday, April 1 | 1:00 pm - 3:00 pm**

**Monday, April 6 | 9:00 am - 12:00 pm**

**Wednesday, April 15 | 1:00 pm - 3:00 pm**

**Monday, April 20 | 9:00 am - 12:00 pm**

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

**NCCU - Elder Law Clinic**



**Friday, April 17 | 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, April 23 | 9:00 am - 12:00 pm**

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.**



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

**Thursday, April 2 | 10:00 am - 1:00 pm**

**Thursday, April 16 | 10:00 am - 1:00 pm**



A Care Navigators are here to listen and help you feel supported with an array of resource info. **Walk-ins welcome in Office 216.**

**FREE NOTARY SERVICES** - Please call 919-688-8247 ext. 104 in advance.

**Wednesday, April 8**

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

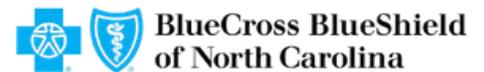
**Wednesday, April 1, 15, 22, & 29**

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



**DCSL EATS X BCBSNC**

**Every 4<sup>th</sup> Friday | April 24 | 8:30 am - 9:30 am | 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.

**Caregiver Support Group Thursday, April 9 | 12:30 pm | 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.

**Aging in Place: Truths about communicating with Adult Children | Monday, April 13 | 12:30 PM - 1:30 PM | Classroom** | Relationships evolve and change just like people, but navigating those changes isn't always easy. Join us for this candid conversation concerning communicating with adult children as you age. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

**DCSL Growing Garden Club | Thursday, April 16 | 11:00 AM - 12:30 PM | Volunteer Room/Lucas Legacy Garden** | Join to check on the growth and care for our community garden, and learn tips and tricks to make your garden pop in any space with color and fruits this spring!

**Chinese Workshop | Friday, April 10 & 17 | 11:00 AM - 12:00 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.

**Duke SciTalks | Friday, April 17 | 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. Previous topics include bone reconstruction, AI, brain health, and more!

**April Birthday Celebration | Wednesday, April 22 | 12:30 PM | Lower Commons** | Join us to celebrate members born in April with cake, crowns, and a special bingo with Maria!

**Senior Legal Advisor Presentation | Monday, April 27 | 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, April 28 | 12:15 PM | Lower Commons** | Stay connected with updates from DCSL staff and get early access to next month's calendar!

**Oral Health Session | Wednesday, April 1 | 9:30 AM - 10:00 AM | Volunteer Room |** Join the UNC Adams School of Dentistry students for a short and informative talk about the how and why of oral health and hygiene.

**The Joy of Origami : Spring Into Action | Wednesday, April 1 | 12:00 PM - 1:30 PM | Art Studio |** Welcome Spring by learning how to fold models that jump, flip, and fly through the air. Discover the joy and art of Japanese paper folding! Find out how origami can help improve your mind and mood for healthy brain aging--You are never too old to fold. No experience necessary, materials provided.

**Easter Egg Hunt | Monday, April 6 | Morning | Various Locations |** Take a look in places you might normally overlook as you search DCSL for Easter Eggs! Every egg will have various treats inside! Return empty eggs to the reception desk.

**Grief Support Group | Tuesday, April 7 & 24 | 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.

**Meeting Health and Wellness Goals | Monday, April 6 | 10:30 AM - 12:00 PM | Volunteer Room |** This group returns to help you find resources and support in meeting your personal health and wellness goals! This session will focus in part on planning for future group meetings and activities.

**Domino's and Dominoes Tournament | Wednesday, April 8 | 1:00 PM - 4:00 PM | Activity Room |** Enjoy Domino's Pizza while putting your Dominoes skills to the test for this challenge! Call 919-688-8247 ext. 110 to register.

**Exploring Art Mediums: Paper Making | Thursday, April 9 | 12:00 PM - 1:00 PM | Art Studio |** We will each make an individual piece of paper, including flower petal accents using cotton, mulberry and other pulp, a deckle and some elbow grease. A lovely keepsake or gift. Rolling pins helpful! Spaces are limited; call 919-688-8247 ext. 110 to register today!

**\*RETURNING\* Painting with Police | Wednesday, April 15 | 12:30 PM - 3:00 PM | Art Studio |** Socialize and paint with Durham Police Officers. A painting teacher will lead an afternoon workshop. Supplies provided. Spaces limited, so please call 919-688-8247 ext. 110 to secure your spot!

**\*RETURNING\* Mini-Robot Games | Friday, April 17 | 10:30 AM - 11:30 AM | TBD |** Join Durham County Library staff for an arts and robotics activity using color-reading robots- no experience necessary! More details pg. 10

**Duke DPT: Health Screenings | Tuesday, April 28 | 9:00 AM - 10:30 AM | Lower Commons |** Stop by the Duke Doctor of Physical Therapy Program table downstairs for various free health screenings for blood pressure, strength, and balance.

**Crafting with Regina: Decorative Storage Centerpieces | Tuesday, April 28 | 12:00 PM - 1:00 PM | Art Studio |** Ideal for sentimental displays or securing keepsakes, these decorative boxes look lovely anywhere in the home.

**Justice Academy Fraud Prevention with Proactive Safety and Security | Wednesday, April 29 | 12:00 PM - 1:30 PM | Boardroom |** Proactive Safety and Security is proud to present this Fraud Identification and Prevention course, featuring specialized curriculum provided by the North Carolina Justice Academy. Our goal is to empower you with the expert knowledge needed to recognize deceptive scams and safeguard your financial 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  
(2<sup>nd</sup> & 4<sup>th</sup> 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\***

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

**1:00 pm - 2:30 pm**  
Stroke Support Group  
(1<sup>st</sup> 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 (1st & 3rd) **TR**

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

**9:30 am - 10:30 am**  
Basic Spanish **VR**  
(Waitlist Available)

**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**

**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**  
(2<sup>nd</sup> & 4<sup>th</sup> Wed.)

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

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

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

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

**\*\*Muscle Pump will not meet  
from 4/17-4/24 and will return  
for class on 4/27**

## 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  
(3<sup>rd</sup> Thurs) **VR**

**11:30 am - 1:30 pm**  
African Dance & Drumming\* **ER**

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

**12:30 pm - 6:45 pm**  
Pinochle **AR**

**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**  
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**  
Duke Healthy Aging (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 **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**

## SPECIAL CELEBRATIONS

9 | DCSL | April 2026

**Sip Smart, Stay Strong: The Power of Hydration for Healthy Aging | Friday, April 10 | 12:00 PM - 1:00 PM | Volunteer Room** | A friendly, interactive session designed to help seniors understand how proper hydration supports energy, brain function, and overall well-being while preventing common health issues. Presented by Linda Rayburn, RN and Cyndi Powell of Comfort Keepers.

**Spring Fling: Environment and Health | Wednesday, April 15 | 12:30 PM - 2:30 PM | Lower Commons** | April is all about growth, renewal, and of course our planet, Earth! Join this fun fling for games, community garden tours, and information and activities on how the environment and our own health and wellness are connected.

## 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 4/23.**

**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 4/23.**

**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 4/3 & 4/24.**

**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 4/3 & 4/24.**

**\*BEGINS MAY 5\* A Matter of Balance | Tuesdays | 1 PM - 3 PM | North 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.

**Please register through the N. Regional Library. Call 919-560-0236 to register by May 1.**

## *Ageing with Pride*

A social club for older LGBTQ+ adults



**Friday, April 10<sup>th</sup>**

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

**Movie Matinee:**

*Before I Change My Mind (2022)*

**Thursday, April 16<sup>th</sup> | 5:00 PM | DCSL Theatre**

## **MATINEE SERIES** \*MOVIES SUBJECT TO CHANGE

### **MONDAYS AT 1:00 PM**

**April 6:** After Earth  
**April 13:** Avatar (2009)  
**April 20:** Our Oceans  
**April 27:** The Day After Tomorrow



### **FRIDAYS AT 12:30 PM**

**APRIL 3:** DCSL CLOSED  
**April 10:** My Octopus Teacher  
**April 17:** Wall-E  
**April 24:** DCSL CLOSED

**Just Ask George | First and Third Tuesdays & Every Thursday | 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, April 2 | 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!

**Digital Navigators with TNVLC | April 9, 16, 21, and 30 | 3:00 PM - 4:30 PM | Computer Lab** | This multi-session program covers information on email, social media, Telehealth, preventing frauds and scams, and other key online tools and topics. This program is hosted by the Triangle Nonprofit and Volunteer Leadership Center. Please call 919-321-6875 or email [intern@thevolunteercenter.org](mailto:intern@thevolunteercenter.org) to register or learn more.

**\*RETURNING\* Mini-Robot Games | Friday, April 17 | 10:30 AM - 11:30 AM | Lower Commons** | 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!

	MON	TUE	WED	THU	FRI
8:30 am - 9:30 am	Coffee & Community 	Coffee & Community 	Coffee & Community 	Coffee & Community 	Coffee & Community 
9:30 am - 10:15 am	Bible Study & Printed Activities 	Club Meetings 	Waffle Wednesday! 	Morning Activity (Rotating Activity) 	Fun Trivia Time! 
10:30 am - 11:15 am	Cardio & More 	Virtual Fitness  <i>Work out with DCSL Main Site Members Online</i>	Cardio & More 	Mindfulness & Stretch 	Walking Group 
11:30 am - 12:15 pm	Congregate Meal 	Congregate Meal 	Congregate Meal 	Congregate Meal 	Congregate Meal 
12:30 pm - 1:30 pm	Music Activity 	BINGO 	Movie Time 	BINGO 	Arts & Crafts 

**SPECIAL MONTHLY EVENTS**

**Healthy Cooking Demo | Wednesday, April 15 | 9:30 am - 10:30 am |**  
Join Durham County's DINE program for as we prepare a healthy and delicious recipe.



**Monthly Birthday Celebration | Wednesday, April 22 | 12:30 pm |**  
Join us to celebrate members born in April with cake and games.



**Joy of Music | 1<sup>st</sup> and 3<sup>rd</sup> Mondays | 12:30 pm |** Join folk musician Judy Stock as she plays her guitar and banjo. Find the joy in singing along!



**Just Ask George | 2<sup>nd</sup> & 4<sup>th</sup> Tuesday | 9:00 am - 11:00 am**  
Got tech questions? Bring your device and receive one-on-one support.



**Our New Satellite Senior Center Location:**

JFK Towers | 4900 N. Roxboro Street Durham, NC 27704 | Monday - Friday | 8:30 am - 1:30 pm

# April 406 Café Lunch Menu

**MON**

**TUE**

**WED**

**THU**

**FRI**



**1**

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

**2**

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

**3**

**DCSL IS  
CLOSED**

**6**

**Creamy Paprika  
Chicken**  
Brown Rice  
Mixed Vegetables  
Dinner Roll  
Applesauce

**7**

**Beef Noodle  
Casserole**  
Green Peas  
Dinner Roll  
Warm Mixed Fruit

**8**

**Sweet & Sour  
Pork**  
Rice Pilaf  
Green Beans  
Wheat Bread  
Apple Juice

**9**

**A-1 Chopped  
Steak**  
Egg Noodles  
Brussel Sprouts  
Texas Bread  
Seasonal Fruit

**10**

**Sliced Turkey  
Breast**  
Swiss Cheese  
Pasta Salad  
Broccoli Salad  
White Bread  
Seasonal Fruit

**13**

**Chicken Breast w/  
Dijonnaise Sauce**  
Whipped Potatoes  
Corn Casserole  
Wheat Bread  
Very Berry Juice

**14**

**Beef Chili w/  
Beans**  
Confetti Rice  
Broccoli  
Texas Bread  
Peaches

**15**

**Chicken Breast w/  
BBQ Sauce**  
Macaroni & Cheese  
Collard Greens  
Dinner Roll  
Seasonal Fruit

**16**

**Beef Patty**  
Tater Tots  
Mixed Vegetables  
Hamburger Bun  
Tropical Fruit

**17**

**Chicken Chef  
Salad**  
Potato Salad  
Coleslaw  
Dinner Roll  
Seasonal Fruit

**20**

**Swedish Meatballs**  
Whipped Potatoes  
Green Peas Dinner  
Roll Tropical Fruit

**21**

**Chicken Teriyaki  
Fried Rice**  
Whole Kernel Corn  
Dinner Roll  
Warm Spiced Fruit

**22**

**Pork Roast w/  
Horseradish Sauce**  
Ranch Beans  
Baby Carrots  
Dinner Roll  
Seasonal Fruit

**23**

**Chicken Breast w/  
Romesco Sauce**  
Penne Noodles  
Italian Vegetables  
Texas Bread  
Grape Juice

**24**

**DCSL IS  
CLOSED**

**27**

**Honey Baked  
Chicken**  
Sweet Potato  
Wedges  
Brussel Sprouts  
Dinner Roll  
Seasonal Fruit

**28**

**Sliced Ham**  
Northern Beans  
Collard Greens  
Cornbread  
Orange Juice

**29**

**Pizza Casserole**  
Green Peas w/  
Red Peppers  
Dinner Roll  
Warm Peaches

**30**

**Pork Carnitas**  
Mixed Beans  
Corn Casserole  
Flour Tortilla  
Tropical Fruit



All meals are served with milk



## WEEKLY EVENING PROGRAMS

13 | DC SL | April 2026

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

### Tuesday

**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*

### Thursday

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

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

## SPECIAL EVENING PROGRAMS

**Move Well, Feel Good: Mat Pilates | Tuesday, April 9 | 4:30 PM - 5:30 PM |**

**Exercise Room** | A fun, beginner-friendly mat Pilates class designed for seniors to build strength, improve balance, and boost flexibility — all at your own pace. No equipment needed, just bring yourself!



**Bingo & Beers | Tuesday, April 14 | 5:00 PM - 6:00 PM | 406 Cafe |**

Join us for a special happy-hour inspired bingo, with both alcoholic and non-alcoholic beverages available, and light refreshments. Registration encouraged; please call 919-688-8247 ext. 110 to let us know you're coming!



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

COMMUNITY  
 WELLNESS  
 TOGETHER  
 HEALTHY

CRAFTING  
 LEGACY  
 SPRING  
 GALA

DOMINOES  
 GARDEN  
 ACTIVE  
 CONNECT

EMPLOYEES OF THE MONTH

MAIN CENTER



**Elena Shapiro-Albert**  
 Program & Volunteer  
 Coordinator

*They go above and beyond to help staff, volunteers, and participants and make sure that everyone is appreciated.*

ADULT DAY HEALTH



**Zanieya Gooch**  
 Personal Care Assistant

*She is reliable, a hard-worker, and shows a lot of patience and care with members.*



THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services

