APRIL 2026

OUR TIMES

DCSL SECC # 4109

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.

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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@dcslnc.org, or Elena Shapiro-Albert at Ext. 124 or eshapiro-albert@dcslnc.org.

With appreciation,

Seanyea J. Rains

Seanyea Rains
Executive Director

SENIOR CENTER OF Excellence
CERTIFIED BY
NCDHHS
Division of Aging

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.dcslnc.org/gala
or contact
rwaugh@dcslnc.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***

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.

NC Central UNIVERSITY

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.**

McPHERSON ROCAMORA

EATS: Nutrition Today *Cooking Demonstrations*

Durham Cooperative Extension - Master Food Volunteer Program
Friday, April. 17 | 9:00 am - 10:00 am | Classroom

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**.

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 4th Friday | April 24 | 8:30 am - 9:30 am | 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, 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 though 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
(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***

12:45 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 (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**
(2nd & 4th Wed.)

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

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

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
(3rd 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

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.

Aging with Pride

A social club for older LGBTQ+ adults

Friday, April 10th
2:15 PM – 3:15 PM in the Classroom

Movie Matinee:
Before I Change My Mind (2022)
Thursday, April 16th | 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 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 *Work out with DCSL Main Site Members Online*	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 | 1st and 3rd 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 | 2nd & 4th 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

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**

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

SPECIAL EVENING PROGRAMS

Move Well, Feel Good: Mat Pilates | Thursday, 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!

Davidson Group HR SOLUTIONS

Root Martinez LLC

triangle media

TRUIST

Humana

DBC

BlueCross BlueShield of North Carolina

MEDICARE

wellcare

Quality Red's Acre

Durham Power Wash Exterior Cleaning Services

We Are BaggingIt4Kids Durham

Black Farmers' Market

Inter-Faith Food Shuttle Feed · Teach · Grow

Foster Street coffee | fare

Eno River Association

Durham the place for plant people garden center

Cooperativa Latino Credit Union

We Care We Share Community Enrichment Programs Inc.

J.E.W.E.L.S Outreach & Networking

Weatherby Healthcare A CHG Company

foodbank of Central & Eastern North Carolina

Durham County DCO 1881 | Social Services

Diaper Bank of North Carolina

Central Pines Regional Council

The Forest at Duke

Duke Office of Durham & Community Affairs

DukeHealth

triangle community Foundation Make a Difference

@DurhamSeniors | @DCSLNC | Durham Center for Senior Life | www.dcslnc.org