



MAY 2026



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Artists and students of Marie Crock's Beginner Watercolor class celebrate the completion of their course with original works and well-earned graduation certificates.

TABLE OF CONTENTS

Message from our Executive Director	2	Special Celebrations	9
#OnlyAtDCSL	3	Health Promotions Classes	9
Photos	3	Movie Matinee Calendar	9
Support Services	4	Weekly Technology Programs	10
DCSL EATS: Shop & Grab Express	4	JFK Towers Schedule	11
DCSL EATS X BCBSNC	4	JFK Towers Special Events	11
May Essential Supply Drive	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,

Mother's Day is a time of reflection, gratitude, and love. Whether our mothers are with us or live on in our hearts. At the Durham Center for Senior Life, we recognize that this day can bring both joy and deep emotion.

For those who are able to celebrate with their mothers, we encourage you to make the day meaningful in simple, intentional ways: share a meal, revisit cherished memories, or express the appreciation that is sometimes left unsaid. These moments become lasting gifts.

For those of us who have lost our mothers, Mother's Day can feel especially tender. I lost my own mother on April 30, 2007, just days before Mother's Day. Over time, I have learned that while the loss never fully fades, the love also never leaves. I continue to celebrate her by honoring the lessons she taught me resilience, compassion, and the importance of community.

One way to make Mother's Day special, even in loss, is to live out those lessons. Share kindness, support someone in need, or pass along wisdom that was given to you. In doing so, we keep their legacy alive.

In May, we honor all mothers—past and present—and the enduring impact they have on our lives.

With appreciation,

Seanyea Rains
Executive Director



Sonja Pettiford Rains
05/09/1953 — 04/30/2007





Folk Musician Judy Stock with JFK residents



JFK Walking Club meeting up for a stroll through the park



DCSL Growing Gardens Club tending to the latest Spring harvest



Arts & Crafts at JFK Towers



DCSL Volunteers celebrate at the Volunteer Appreciation dinner!



EATS: Shop & Grab Express

Monday, May 4 | 12:30 pm - 2:30 pm

• **Registration Opens May 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

Eat Well Exchange - Jasmine Westbrook
Friday, May 1 | 9:00 am - 10:00 am | Classroom

Naturally Nectar - Ally Roberts
Friday, May 15 | 9:00 am - 10:00 am | Classroom
Topic: "Hydration Tips & Free Smoothies"

NCCU ECCRC - TALK TUESDAYS

Tuesday, May 26 | 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



Monday, May 4 | 9:00 am - 12:00 pm
Monday, May 18 | 9:00 am - 12:00 pm

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

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



Thursday, May 7 | 10:00 am - 1:00 pm
Thursday, May 21 | 10:00 am - 1:00 pm

Care Navigators are here to listen and help you feel supported with an array of local resources.
Walk-ins welcome in Office 216.

Pro-Bono Elder Law Planning

Thursday, May 28 | 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. **Call (919) 688-8247 ext. 104 for an appointment.**



DCSL EATS X BCBSNC



Friday, May 22 | 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.

FREE NOTARY SERVICES



Wednesday, May 13
1:00pm - 2:00pm | Office 216

Wednesday, May 6, 20, & 27
9:30am - 11:00am | Office 216

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

ESSENTIAL SUPPLY DRIVE All Month Long



All items must be unopened and within date. Please drop off in the support services office. Donation receipts are available.

- Personal Hygiene Products
- Non-Perishable Food Items
- Cleaning Supplies
- Incontinence Supplies
- Pop-Top Items
- Gluten Free Options
- Latex & Non-Latex Gloves
- Ensure
- Much More!

CAREGIVER SUPPORT GROUP



Thursday, May 14 | 12:30 pm | Boardroom

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

Grief Support Group | Tuesday, May 5 & 19 | 1:00 PM - 2:00 PM | Classroom | Experiencing a loss is emotional and challenging, but you don't have to go through it alone. Join us to find peer support and learn about how to help process your grief.

Chinese Workshop | Friday, May 15 & 29 | 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, May 15 | 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!

Painting with Police | Wednesday, May 20 | 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!

DCSL Growing Garden Club | Thursday, May 21 | 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!

Monthly Member Check-In | Tuesday, May 26 | 12:15 PM | Lower Commons | Stay connected with updates from DCSL staff and get early access to next month's calendar!

May Birthday Celebration | Wednesday, May 27 | 12:30 PM | Lower Commons | Join us to celebrate members born in May with cake, crowns, and a special bingo with Maria, Senior Insurance Professional!

SPECIAL MONTHLY EVENTS

6 | DC SL | May 2026

Classic Movies & Conversation | Mondays in May | 12:30 PM | Theater | This month's Monday Movie Series features classic films of different genres from the 30's and beyond. Come at 12:30pm to chat about your favorite films, directors, and classics themes, followed by the movie at 1pm!

Meeting Health and Wellness Goals | Monday, May 4 | 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.

Basics of Essential Oils | Monday, May 4 | 12:00 PM - 1:00 PM | Classroom | Learn the basics of essential oils: how to use them, when to use them, which ones to choose!

Art Gallery Show | Monday, May 4 | 1:00 PM - 3:00 PM | Upper Commons | Meet our DC SL artists! The gallery will showcase the work of beginning and intermediate students, as well as some other "beginning" work done recently by these students. Light refreshments provided.

Mother's Day Hat Decorating | Tuesday, May 5 | 9:30 AM - 11:00 AM | Art Studio | Bring a hat and add some flair with flowers, ribbons and feathers. Bring your hats on Friday, May 8th to our Mother's Day Tea to show off your style! See pg. 9 for more details.

Kris Adora: Mind Moves | Wednesday, May 6 | 12:00 PM - 1:00 PM | Theater | Speech Language Pathologist, Kris Adora, will provide a fun and interactive presentation about practical strategies for memory!

The Joy of Origami : Flower Power | Wednesday, May 6 | 12:00 PM - 1:30 PM | Art Studio | Discover how to fold a variety of origami flowers including a tulip, a petal flower and a lotus. Learn the beauty and art of Japanese paper folding and how to transform a "peace" of paper from the ordinary into the extraordinary. You are never too old to fold! No experience required. All are welcome. Materials provided

Exploring Art Mediums: Inking Handmade Paper | Thursday, May 14 | 12:00 PM - 1:00 PM | Art Studio | This month see a bamboo demonstration and use acrylic ink with brush and/or pen in a fluid, simple, Japanese sumi-e style on handmade paper. If you made paper in April can bring that to use as well. Spaces are limited; call 919-688-8247 ext. 110 to register today!

Durham History Presentation | Monday, May 18 | 12:30 PM - 1:30 PM | Volunteer Room | Join staff from the Museum of Durham History to learn about our own city. This month hear about the new RTP exhibit!

Champion Your Hearth Health | Wednesday, 27 | 12:00 PM - 1:00 PM | Volunteer Room | May is Older American's Month and this year's theme is Champion Your Health. Join Linda Rayburn, RN and Cyndi Powell of Comfort Keepers, to learn how to champion your own heart health.

NEW WEEKLY PROGRAMS

Learn & Play: Blackjack | Monday Mornings | 406 Cafe | Learn the rules and strategies of Blackjack in a casual environment. Develop your skills through friendly, non-gambling gameplay. All levels welcome!

Learn & Play: Pinochle | Wednesdays | 12:30 PM - 4:00 PM | Activity Room | Learn the rules and strategies of Pinochle in a casual setting. Bid on points and try to win tricks in this unique card game. All skill levels are welcome!

Fitness with Keta | Fridays (Begins 5/8) | 8:40 AM - 9:30 AM | Exercise Room | This low-impact fitness class incorporates chair exercises with a focus on building strength.

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
Learn & Play Blackjack

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**

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 - 12:55
Belly Dance for Fitness **ER**
(Cancelled 5/5, 5/19)

12:00 pm - 2:30 pm
Crocheting Club **VR**

12:00 pm - 6:45 pm
Pinochle **AR**

1:00 pm - 1:45 pm
Bingocize /Bingo **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**

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

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

12:30 PM - 4:00 PM
Learn & Play Pinochle

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**


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/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
Fitness with Keta **ER**

9:00 am - 9:50 am
DCSL Walking Club **Lobby**

9:00 am - 12:30 pm
Open Art Studio **AS**

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

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 | DC SL | May 2026

Mother's Day Tea & Hat Parade | Friday, May 8 | 9:30 AM - 11:00 AM | Activity Room |

Wear your favorite decorated hat to show off in our Hat Parade and enjoy light refreshments and tea to recognize and celebrate all the mothers in our community! Call 919-688-8247 ext. 110 to register.



Memorial Day Cookout | Thursday, May 21 | 11:00 AM - 12:30 PM |

Join us for a festive cookout filled with great food and community spirit as we honor those who served. Hot dogs and dessert will be provided, and we encourage you to bring your favorite dish to share! 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 5/12.**

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!

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 5/8 & 5/15.**

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 5/22.**

Respecting Choices | Friday, May 29 | 10 AM | Volunteer Room | Join B for an info session about person-centered decision making regarding end of life care. Learn about the options available to you and set up an appointment to get one-on-one help with drawing up these documents.

Aging with Pride

A social club for older LGBTQ+ adults



Friday, May 8th & 22nd

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

Movie Matinee:

Queer Planet (2023)

Thursday, May 21st | 5:00 PM | DC SL Theatre

MATINEE SERIES *MOVIES SUBJECT TO CHANGE

MONDAYS AT 1:00 PM

May 4: Comedy

May 11: Adventure

May 18: Western

May 25: DC SL CLOSED



FRIDAYS AT 12:30 PM

May 1: Little Women (1994)

May 8: Steel Magnolias

May 15: Soulfood

May 22: Freaky Friday (1976)











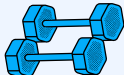









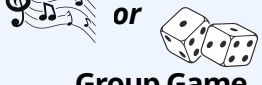




May 29: Juno

Just Ask George | Tuesdays & 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 from George, and other knowledgeable technology volunteers.

Frauds, Scams, and Password Protection | Thursday, May 7 | 9:00 AM - 11:00 AM | Computer Lab | Join Just Ask George's recognizing frauds and scams that come through technology, and learn how to maintain safe passwords. Handouts will be provided, and questions and discussion are encouraged!

Mini-Robot Games | Friday, May 8 | 10:30 AM - 11:30 AM | Volunteer Room | Join Durham County Library staff for a variety of games using tiny robots. Guide your robot through an obstacle course, use them on the miniature bowling lane and more! No robotics experience required!

Introduction to the Internet and Email Parts 1, 2 & 3 | May 11-13 | 9:30 AM - 11:00 AM | Computer Lab | Let's get to down to the basics with instructor Frederick "Stoney" Brown, as he shows you the how-to's of the Internet and email.

	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 & Spiritual Studies 	Travel Tuesday <i>Virtual Travel Around the Globe Workshop</i> 	Waffles & Trivia! 	Health & Wellness Activity 	Nature & Discovery Activity 
10:30 am - 11:15 am	Virtual Fitness <i>Virtual Work Out Session with DCSL Trainers</i> 	Cardio & More 	Mindfulness & Stretch 	Cardio & More 	Walking Group 
11:30 am - 12:15 pm	Congregate Meal 	Congregate Meal 	Congregate Meal 	Congregate Meal 	Congregate Meal 
12:30 pm - 1:30 pm <i>(Alternating Schedule - M/W)</i>	Music Circle <i>or</i> Group Game 	BINGO 	Movie Time <i>or</i> Arts & Crafts 	BINGO 	Club Meetings 

SPECIAL MONTHLY EVENTS

Computer Essentials Workshop | Tuesday, May 5 | 9 am -1:30 pm | Learn basic computer skills & receive a free laptop! (registration required)

Mothers Day Tea | Friday, May 8 | 12:30 pm | Enjoy tea, desserts, and a DIY bouquet to take home.

Duke Volunteer Group | Tuesday, May 12 | 9:30 am | Duke students join us for a group activity!

Naturally Nectar | Friday, May 15 | 12:30 pm | Hydration Tips & Free Smoothie samples!

10 Warning Signs of Alzheimer's | Thursday, May 21 | 12:30 pm | Join us to learn about the warning signs of dementia.

Bird Watching & Calling Workshop | Friday, May 22 | Explore nature with wildlife & bird calling!

Final Friday Social | 12:30 pm | Friday, May 29 Monthly party with food, music, and fun activities!

ONGOING PROGRAMS

Joy of Music : 1st and 3rd Monday @ 12:30 pm
Join Judy Stock with her banjo for musical fun!

Belly Dancing: 3rd Wednesdays @ 10:30 am -
Join Shamora and shimmy your way to fitness!

Just Ask George: 2nd & 4th Tuesdays @ 9 am - Bring your devices for tech support!

Birthday Party: 4th Wednesdays
Celebrate members born in May with cake and games.

May 406 Café Lunch Menu

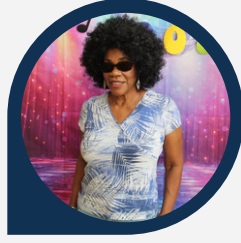
MON

TUE

WED

THU

FRI



1
Beef Patty
Baked Beans
Whole Kernel Corn
Hamburger Bun
Seasonal Fruit

4
**Chicken Breast w/
Lemon Sauce**
Delmonico
Potatoes
Spring Vegetables
Texas Bread
Seasonal Fruit

5
**Beef Noodle
Casserole**
Green Peas
Dinner Roll
Warm Mixed Fruit

6
**Sweet & Sour
Pork**
Rice Pilaf
Green Beans
Wheat Bread
Apple Juice

7
**A-1 Chopped
Steak**
Egg Noodles
Brussel Sprouts
Texas Bread
Seasonal Fruit

8
**Sliced Turkey
Breast**
Swiss Cheese
Pasta Salad
Broccoli Salad
White Bread
Seasonal Fruit

11
**Chicken Breast w/
Dijonnaise Sauce**
Whipped Potatoes
Corn Casserole
Wheat Bread
Very Berry Juice

12
**Beef Chili w/
Beans**
Confetti Rice
Broccoli
Texas Bread
Peaches

13
**Chicken Breast w/
BBQ Sauce**
Macaroni & Cheese
Collard Greens
Dinner Roll
Seasonal Fruit

14
Beef Patty
Tater Tots
Mixed Vegetables
Hamburger Bun
Tropical Fruit

15
**Chicken Chef
Salad**
Potato Salad
Coleslaw
Dinner Roll
Seasonal Fruit

18
Swedish Meatballs
Whipped Potatoes
Green Peas Dinner
Roll Tropical Fruit

19
Chicken Teriyaki
Fried Rice
Whole Kernel Corn
Dinner Roll
Warm Spiced Fruit

20
**Pork Roast w/
Horseradish Sauce**
Ranch Beans
Baby Carrots
Dinner Roll
Seasonal Fruit

21
**Chicken Breast w/
Romesco Sauce**
Penne Noodles
Italian Vegetables
Texas Bread
Grape Juice

22
Beef Patty
Swiss Cheese
Mushrooms
Roasted Potatoes
Baked Beans
Hamburger Bun
Seasonal Fruit

**DCSL CLOSED
FOR
MEMORIAL
DAY**

26
Sliced Ham
Northern Beans
Collard Greens
Cornbread
Orange Juice

27
Pizza Casserole
Green Peas w/
Red Peppers
Dinner Roll
Warm Peaches

28
Pork Carnitas
Mixed Beans
Corn Casserole
Flour Tortilla
Tropical Fruit

29
Chicken Salad
Macaroni Salad
Beet Salad
White Bread (2)
Seasonal Fruit

All meals are served with milk



WEEKLY EVENING PROGRAMS

13 | DCSL | May 2026

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

Tuesday

Pinochle | 5:00 PM - 6:45 PM **AR**

Kings | 5:00 PM - 6:45 PM **CR**

Fitness Center, Tech Lab, & Rec. Room Open for Drop-In 5:00 PM - 6:45 PM

Thursday

Pinochle | 5:00 PM - 6:45 PM **AR**

Kings | 5:00 PM - 6:45 PM **CR**

SPECIAL EVENING PROGRAMS

Move Well, Feel Good: Mat Pilates | Thursday, May 14 & 28 | 4:30 PM - 5:00 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!



Movie Night: It Happened One Night | Tuesday, May 12 | 5:00 PM - 7:00 PM | Theater | This romantic comedy from 1935 is a multi-Oscar winning movie starring Clark Gable and Claudette Colbert. A rogue reporter ends up stuck following an heiress on a cbus journey.



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

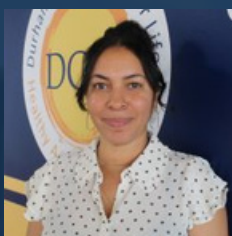
WELLNESS
 HEALTHY
 ACTIVE
 THRIVE

BALANCE
 MOVEMENT
 ENERGY
 SUNSHINE

HYDRATE
 STRENGTH
 FITNESS
 SUMMER

EMPLOYEES OF THE MONTH

MAIN CENTER



Stephanie Chaney
 JFK Program Coordinator

Stephanie is doing a phenomenal job at getting our new satellite site off to a great start with engaging programs for participants.

ADULT DAY HEALTH



Sharon Conyers
 ADH Director

Sharon is a hard-worker and is always willing to go the extra mile for both participants and other staff.



THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services

