



JUNE 2026



DCSL SECC # 4109

# OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



*DCSL artists proudly showcased their beautiful work during our Art Gallery Showcase, celebrating creativity, talent, and the vibrant spirit of our community.*

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## A Message From Our Executive Director

*Dear Friends,*

June is recognized nationally as **Elder Abuse Awareness Month**, a time dedicated to bringing attention to the mistreatment, neglect, and exploitation that too many older adults experience every day. At the Durham Center for Senior Life, we stand firmly in support of the dignity, safety, and well-being of all older adults in our community.

Elder abuse can take many forms: physical, emotional, financial, or neglect. Often occurs in silence. Raising awareness is one of the most important steps we can take to protect vulnerable seniors and ensure they are treated with the respect and care they deserve.

As a community, we all have a role to play. By checking in on older neighbors, supporting caregivers, recognizing warning signs, and speaking up when something seems wrong, we help create a safer and more compassionate environment for aging adults.

This month, I encourage everyone to wear purple on **World Elder Abuse Awareness Day, June 15**, as a symbol of our commitment to ending elder abuse and promoting justice for older adults everywhere.

At the Durham Center for Senior Life, we remain committed to empowering seniors through connection, advocacy, education, and support. Together, we can build a community where every older adult feels valued, protected, and heard.

Thank you for standing with us in this important effort.

*With appreciation,*

Seanyea Rains  
Executive Director





# BATTLE OF THE BANDS

Sign up to perform by Friday, June 12<sup>th</sup>.

Open to bands, choirs, and musical ensembles!

Does your group have what it takes to win over the crowd. Step into the spotlight at this competition for a great cause!

Event will be held at DCSL on Friday, June 26<sup>th</sup> from 4PM - 7PM.



\$10

AUDIENCE ADMISSION

FREE

PERFORMER ADMISSION

TO SIGN UP OR PURCHASE TICKETS VISIT:

[givebutter.com/dcslbattle](https://givebutter.com/dcslbattle)



SCAN HERE



## Support DCSL with Sweet Treats! Ice Cream Social Fundraiser

Join us at **Jeni's Splendid Ice Creams**! 25% of all proceeds during the event will directly support DCSL's mission of helping older adults remain healthy, active, and independent.

**WHEN:** Thursday, June 11th | 4pm - 7pm

**WHERE:** 908 West Main St. Durham, NC 27701





**EATS: Shop & Grab Express**

**Monday, June 8 | 12:00 pm - 2:00 pm**

• **Registration Opens June 5 | 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.



**Pro-Bono Elder Law Planning**

**Thursday, June 25 | 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.**



**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!



**EATS: Nutrition Today Cooking Demonstrations**

**Durham Cooperative Extension: Master Food Volunteers**

**Friday, June 5 | 9:00 am - 10:00 am | 406 Cafe**  
*Presented by: Leslie McClellan*

**Durham County Veteran Services**

**Monday, June 1 | 9:00 am - 12:00 pm**

**Monday, June 15 | 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, June 4 | 10:00 am - 1:00 pm**

Care Navigators are here to listen and support you with an array of local resources.

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

**ALZHEIMER'S SUPPORT GROUP**



**Wednesday, June 1 | 2:00 pm - 3:00 pm | Classroom**

Connect with individuals and families affected by Alzheimer's disease and find encouragement in a welcoming environment.

**FREE NOTARY SERVICES**



**Wednesday, June 6 | 1:00 pm - 2:00 pm**

**Thursday, June 11, 18, & 25 | 9:30 am - 11:30 am**

*Please call 919-688-8247 ext. 104 to schedule an appointment with notary in advance.*

**CAREGIVER SUPPORT GROUP**



**Tuesday, June 9 | 12:30 pm | Boardroom**

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

**Senior Legal Advisor: Estate Planning and Money & Medicaid | Monday, June 1 & 22 | 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.

**Duke SciTalks | Friday, June 5 | 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 hear about Rethinking Aging and the science of the placenta.

**Chinese Workshop | Friday, June 12 & 26 | 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.

**Painting with Police | Wednesday, June 17 | 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, June 18 | 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 | Thursday June 25 | 12:15 PM | Lower Commons** | Stay connected with updates from DCSL staff and get early access to next month's calendar!

**June Birthday Celebration | Wednesday, June 24 | 12:30 PM | Lower Commons** | Join us to celebrate members born in June with cake, crowns, and a special bingo with Maria, Senior Insurance Professional!

## SPECIAL MONTHLY EVENTS

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**The Joy of Origami : Things with Wings | Wednesday, June 3 | 12:00 PM - 1:30 PM | Art Studio** | Learn to unfold the magic and beauty of origami, the art of Japanese paper folding. Discover how to fold a butterfly, flapping bird, and a robin to share with loved ones, display or give as one-of-a-kind gift. You are never too old to fold. All are welcome. Materials provided. Bring a bag to transport your treasures home.

**\*NEW\* Sweat & Salsa | Wednesdays | 9:00 AM - 10:00 AM | Activity Room** | This rhythmic dance workout class, inspired by Zumba, will get you moving, grooving and sweating! Join Giseli for some fun fitness beginning Wed. June 10th.

**Exploring Art Mediums: Outdoors with Watercolor Pencils | Thursday, June 11 | 12:00 PM - 1:00 PM | Art Studio** | This month we will head outside (weather permitting) to use watercolor pencils! Our theme will be the flowers in the community garden, where we will focus on shading and adding texture to our art. Spaces are limited; call 919-688-8247 ext. 110 to register today!

**Honoring Juneteenth: Genealogy | Friday, June 12 | 10:00 AM - 11:30 AM | Boardroom** | CBAC, Inc., a Durham-based nonprofit dedicated to lineage, heritage, and community education, will lead a special conversation on the meaning of Juneteenth and the importance of genealogy for every American family. This session will cover family history research, migration stories, and the cultural significance of Juneteenth as a day of remembrance and empowerment. All are welcome to learn how to begin tracing their own lineage and honoring the ancestors who shaped our community.

**Senior Planning Workshop | Monday, June 15 | 12:30 PM - 1:30 PM | Classroom** | Healthcare is one of the most overlooked parts of retirement planning, yet unexpected medical, legal, and long-term care expenses can quickly threaten a lifetime of savings. Join Nurse Stephanie with RN Senior Planning to learn how proactive healthcare planning can help you and your family avoid costly surprises and difficult decisions during times of medical crisis.

**From Family Lore to Historical Fiction: Turn Family Stories and Mementos into Writing | Tuesday, June 23 | 12:00 PM - 2:00 PM | Classroom** | Local author Melora Fern will provide the foundations needed to get started writing historical fiction based on family stories, from data gathering, to character development, building your world, and adding splashes of color through fiction. You will walk away with a plan of action to get your own novel underway. Please bring your preferred writing materials so to join in on a writing exercise (laptop, pen, paper, etc.). Limit 12 participants. Call 919-688-8247 ext. 110 to register!

**Budgeting & Basics of Investing | Wednesday, June 24 | 9:3- AM - 10:30 AM | Volunteer Room** | Join us for a relaxed and informative session with a financial advisor focused on simple, practical strategies for budgeting and investing. Learn how to make the most of your savings and feel confident about your financial future at any stage of life. Want to connect with the presentors sooner? *Join Evan on June 3<sup>rd</sup> in the Lower Commons for a special bingo at 1pm!*

## TECHNOLOGY PROGRAMS

**Just Ask George | 1st & 3rd 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 from George, and other knowledgeable technology volunteers.

**Exploring Virtual Reality | Friday, June 12 | 10:30 AM - 11:30 AM | Classroom** | Staff from the Durham County Library will provide VR headsets and activities to show what you can experience with virtual reality. Come paint in 3D or travel around the world – without leaving your seat!

**Introduction to the Internet and Email Parts 1, 2 & 3 | June 8-10 | 9:30 AM - 11:30 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.

# 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*

*Art Studio*

*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**  
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**

**10:30 am - 12:00 pm**  
Meeting Health & Wellness  
Goals **VR**

**11:00 am - 1:00 pm**  
Sewing **AS\***

**12:45 pm - 2:30 pm**  
Bible Study **VR**  
*\*\*Will meet in Cafe on 6/1*

**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 - 11:00 am**  
Just Ask George (1st & 3rd) **TR**

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

**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**  
Bingo **LC**

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


**2:00 pm - 4:00 pm**  
DCSL Band Practice **TH**

**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**

**9:00 am - 10:00 am**  
Sweat & Salsa **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**

**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.)


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

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


**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 - 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**

**11:30 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**  
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 **AS\***

## FRIDAY

**8:40 am - 9:30 am**  
Fitness with Keta **ER**

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

**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

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### Health Fair | Wednesday, June 3 | 8:30 AM - 11:00 AM | Upper & Lower Commons |

Our annual health fair includes various vendors offering different resources for all adults 55+. Visit them all and watch our cooking demo for entry into our raffle!



### Juneteenth Celebration | Thursday, June 18 | 12:30 PM - 2:30 PM | Lower Commons

Celebrate Juneteenth with an afternoon of culture, rhythm, and community as talented DCSL and community dance groups showcase a variety of performances honoring African American history and traditions. Light refreshments provided.

**Please call 919-688-8247 ext 110 to register.**



### Father's Day Breakfast & Pool Tournament | Monday, June 22 | 9:00 AM - 11:30 AM |

Fathers, grandfathers, and father-figures, we hope you will join us for a special breakfast and Pool Tournament to celebrate YOU! **Sign up for the tournament at the reception or call 919-688-8247 ext 110.**



## 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 6/16 & 6/18.**

**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 6/18.**

**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 6/12, 6/17, & 6/19.**

**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 6/19.**

## Aging with Pride

A social club for older LGBTQ+ adults



**Friday, June 12<sup>th</sup> & 26<sup>th</sup>**

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

**See page 10 for all of our  
Pride offerings!**

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

### MONDAYS AT 1:00 PM

**June 1:** The Color Purple  
**June 8:** Simone: Woman of the Century  
**June 15:** Black Barbie  
**June 22:** Glory  
**June 29:** In America



### FRIDAYS AT 12:30 PM

**June 5:** A Better Life  
**June 12:** Finding Nemo  
**June 19:** DCSL CLOSED  
**June 26:** Moscow on the Hudson (R)

**Pride Afternoon Matinee | Thursday, June 11 | 3:00 PM | Theater** | This afternoon showcase of *Imagine Me and You (2005)* will tell the tale of a new bride noticing one of her wedding guests in more ways than one, having her question everything.

**Pride Potluck | Friday, June 12 | 2:15 PM - 3:15 PM | Classroom** | For our first social of the month, bring along a small offering of food to share potluck style as we celebrate community.

**Pride Keychains | Monday, June 15 | 11:00 AM - 12:30 PM | Classroom** | Color your own pride flag or pride symbol that will be shrunk down into a keychain for pickup at a later date.

**Pride Evening Matinee | Thursday, June 25 | 5:00 PM | Theater** | Join us for an evening showing of *All Over the Guy (2001)*; a contemporary romantic comedy about the quest to find the "one" when the "one" doesn't know he's the "one."

**Intergenerational Pride Trivia | Tuesday, June 30 | 12:00 PM - 1:30 PM | Classroom** | Test your pride knowledge for a chance to win a 'blind date' with a pride themed book. All ages welcome to attend!

**“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”**






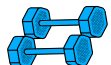











— Ralph Waldo Emerson



**DAILY PROGRAMS | MONDAY - FRIDAY**

8:30 am - 9:30 am - Coffee & Community

11:30 am - 12:15 pm - Congregate Meal

	MON	TUE	WED	THU	FRI
9:30 am - 10:15 am	<b>Bible &amp; Spiritual Studies</b> 	<b>Travel Tuesday</b> <i>Virtual Travel Around the Globe Workshop</i> 	<b>Waffles &amp; Trivia!</b> 	<b>Health &amp; Wellness Activity</b> 	<b>Nature &amp; Discovery Activity</b> 
10:30 am - 11:15 am	<b>Virtual Fitness</b>  <i>Virtual Work Out Session with DCSL Trainers</i>	<b>Cardio &amp; More</b> 	<b>Mindfulness &amp; Stretch</b> 	<b>Cardio &amp; More</b> 	<b>Walking Group</b> 
12:30 pm - 1:30 pm	<b>Music Circle</b>  or  <b>Group Game</b>		<b>Movie Time</b>  or  <b>Arts &amp; Crafts</b>		<b>Club Meetings</b> 

**SPECIAL MONTHLY EVENTS**

**Juneteenth Celebration | Thursday, June 18 | 12:30 pm** | Join us for a celebration of freedom and community with music, cultural activities, and delicious African cuisine!

**Father's Day Luncheon | Monday, June 22 | 12:30 pm** | Celebrate fathers with a special catered BBQ lunch, fun, competitive games, and cheer on dads as they compete for the title of "JFK Father of the Year"!

**Adult Story Time | Thursday, June 25 | 12:30 pm** | Enjoy an adult story time with Bob from North Regional Library.

**Mental Health Workshop | Thursday, June 11 & Thursday, June 25 | 9:30 am - 10:30 am** | Join NCCU counselling students for workshops focused on stress management, healthy communication, and strategies for everyday wellness.

**Diabetes Self-Management Workshop | Friday, June 5, 12, 26 & Thursday, June 18 | 9:30 am - 10:30 am** | This 4-week workshop led by the Durham County Department of Public Health will teach you practical tools and strategies to help manage your diabetes and build healthy habits in a supportive group setting. *Registration is required.*

**ONGOING PROGRAMS**





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

**Belly Dancing | 3<sup>rd</sup> Mondays @ 10:30 am**  
Shimmy your way to fitness with Shamora!

**Just Ask George | 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays @ 9 am**  
Bring your devices for tech support!

**Birthday Party | 4<sup>th</sup> Wednesdays**  
Celebrate members born in June with cake and games.

# June 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
<p><b>1</b> <b>Creamy Paprika Chicken</b> Brown Rice Mixed Vegetables Dinner Roll Applesauce</p>	<p><b>2</b> <b>Beef Noodle Casserole</b> Green Peas Dinner Roll Warm Mixed Fruit</p>	<p><b>3</b> <b>Sweet &amp; Sour Pork</b> Rice Pilaf Green Beans Wheat Bread Apple Juice</p>	<p><b>4</b> <b>A-1 Chopped Steak</b> Egg Noodles Brussel Sprouts Texas Bread Seasonal Fruit</p>	<p><b>5</b> <b>Sliced Turkey Breast</b> Swiss Cheese Pasta Salad Broccoli Salad White Bread (2) Seasonal Fruit</p>
<p><b>8</b> <b>Chicken Breast w/ Dijonnaise Sauce</b> Whipped Potatoes Corn Casserole Wheat Bread Very Berry Juice</p>	<p><b>9</b> <b>Beef Chili w/ Beans</b> Confetti Rice Broccoli Texas Bread Peaches</p>	<p><b>10</b> <b>Chicken Breast w/ BBQ Sauce</b> Macaroni &amp; Cheese Collard Greens Dinner Roll Seasonal Fruit</p>	<p><b>11</b> <b>Beef Patty</b> Tater Tots Mixed Vegetables Hamburger Bun Tropical Fruit</p>	<p><b>12</b> <b>Chicken Chef Salad</b> Potato Salad Coleslaw Dinner Roll Seasonal Fruit</p>
<p><b>15</b> <b>Swedish Meatballs</b> Whipped Potatoes Green Peas Dinner Roll Tropical Fruit</p>	<p><b>16</b> <b>Chicken Teriyaki Fried Rice</b> Whole Kernel Corn Dinner Roll Spiced Fruit</p>	<p><b>17</b> <b>Pork Roast w/ Horseradish</b> Ranch Beans Baby Carrots Dinner Roll Seasonal Fruit</p>	<p><b>18</b> <b>Bourbon Chicken</b> Succotash Glazed Carrots Dinner Roll Very Berry Juice</p>	<p><b>19</b> <b>CLOSED FOR JUNETEENTH HOLIDAY</b></p> 
<p><b>22</b> <b>Honey Baked Chicken</b> Sweet Potato Brussel Sprouts Dinner Roll Seasonal Fruit</p>	<p><b>23</b> <b>Sliced Ham</b> Northern Beans Collard Greens Cornbread Orange Juice</p>	<p><b>24</b> <b>Pizza Casserole</b> Green Peas w/Red Peppers Dinner Roll Warm Peaches</p>	<p><b>25</b> <b>Pork Carnitas</b> Mixed Beans Corn Casserole Flour Tortilla Tropical Fruit</p>	<p><b>26</b> <b>Chicken Salad</b> Macaroni Salad Beet Salad White Bread (2) Seasonal Fruit</p>
<p><b>29</b> <b>Creamy Paprika Chicken</b> Brown Rice Mixed Vegetables Dinner Roll Applesauce</p>	<p><b>30</b> <b>Beef Noodle Casserole</b> Green Peas Dinner Roll Warm Mixed Fruit</p>			

All meals are served with milk



## WEEKLY EVENING PROGRAMS

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**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, June 11 & 25 | 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!



**Evening Classic: A Philadelphia Story | Tuesday, June 16 | 5:00 PM | Theater** | In this classic romantic comedy, Tracy Lord (Katherine Hepburn), a Philadelphia socialite ends up caught between multiple men and must decide whether her ex-husband, C.K. Dexter (Cary Grant) or her new man, George Kitteredge (John Howard), will win her heart - despite their flaws.



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

CELEBRATE  
 LEGACY  
 CHAMPION  
 PRIDE

FATHERS  
 ELDER  
 FASHION  
 ADVOCATE

DANCE  
 PARTY  
 GARDEN  
 HEALTH

EMPLOYEES OF THE MONTH

MAIN CENTER



**Seanyea Rains, MS**  
**Executive Director**

*She consistently holds everything together at and supports everyone at DCSL!*

ADULT DAY HEALTH



**Chanda Ross, LPN**  
**ADH Licensed Practical Nurse**

*A true "go-to" staff member who is there to assist whenever and wherever she's needed!*



THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services

