



JULY 2026



DCSL SECC # 4109

# OUR TIMES

## DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



*Members participate in DCSL's Total Body Workout class, improving strength, flexibility, and overall wellness while supporting one another on their fitness journeys.*

### TABLE OF CONTENTS

Message from our Executive Director	2	Weekly Program Schedule <i>(continued)</i>	8
#OnlyAtDCSL	3	Health Promotions Classes	9
Save The Date: Legacy of Light	3	Movie Matinee Series	9
Support Services	4	Photos	9
DCSL EATS: Shop & Grab Express	4	Technology Programs	10
DCSL EATS: Cooking Demonstrations	4	JFK Towers Schedule	11
Senior Farmer's Market Vouchers	4	406 Café Menu	12
Recurring Monthly Programs	5	Weekly Evening Programs	13
Special Monthly Events	6	Word Search	14
New Classes	6	Employees of the Month	14
Weekly Program Schedule	7	Community Supporters & Photos	15



## A Message From Our Executive Director

*Dear Friends,*

As we begin a new fiscal year, I am pleased to welcome you into what is both a fresh start and a continued commitment to service at the Durham Center for Senior Life (DCSL). Each July represents an opportunity to reflect on our mission and reaffirm the work we do every day to support older adults in Durham, North Carolina.

The kickoff of Fiscal Year 2026–2027 brings renewed focus, energy, and purpose. Our team remains dedicated to strengthening programs, expanding access to services, and ensuring that older adults in our community are supported with dignity, respect, and compassion. Whether through Adult Day Health services, nutrition programs, social engagement, or supportive resources, our goal remains the same: to enhance quality of life and promote independence for every individual we serve.

We look forward to expanding our revenue-generating efforts through exciting fundraising events, continued weekend building rentals, and strengthened community partnerships. These initiatives will support additional revenue that sustains the programs our participants rely on. In addition, we will continue to pursue grants and encourage generous donations that allow us to grow and improve services for older adults across Durham County.

At DCSL, we understand that our impact is measured not only in numbers, but in lives touched, relationships built, and moments of connection created. As we move forward into this new fiscal year, we are committed to continuing to meet evolving needs, respond to challenges, and finding innovative ways to serve our growing older adult population.

We are grateful for our staff, partners, volunteers, and community supporters who make this work possible. Together, we will continue building on our progress and strengthening our role as a trusted resource for older adults and their families throughout Durham County. Thank you for your continued support of DCSL. We look forward to another year of meaningful service and community impact.

*With appreciation,*

Seanyea Rains  
Executive Director



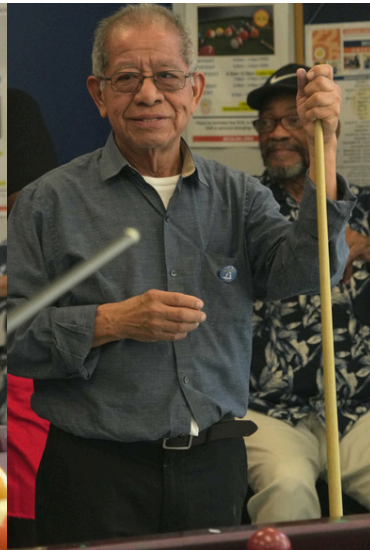


DCSL African Drum & Dance Groups celebrating Juneteenth.

**CELEBRATE  
& SUPPORT  
DURHAM DADS**



[dcsInc.org/donate](https://dcsInc.org/donate)



SAVE THE DATE  
**LEGACY of LIGHT**

*Honoring the Lives That Brighten Our Community*

 **FRIDAY**  
August 28

 **6PM - 8PM**

 *Semi-formal Attire*

**TICKETS GO ON SALE**  
**JULY 15, 2026**

EARLY BIRD TICKETS

**\$45**

*Through July 31, 2026*

BEGINNING AUGUST 1

**\$50**

*Legacy Club  
Members*

**\$60**

*General  
Admission*





**EATS: Shop & Grab Express**



**Monday, July 13 | 12:30 pm - 2:30 pm**

• **Registration Opens July 8 | 8:30 am**

Shop & Grab is back with a faster, more convenient setup! Enjoy our new grab-and-go selection. **Register in person or call (919) 688-8247 ext. 104**



**EATS: Nutrition Today Cooking Demonstrations**



**Durham Cooperative Extension: Master Food Volunteers Program**

**Presented By: Leslie McClellan**

Friday, July 17 | 9:30 am - 10:30 am | 406 Cafe



**FREE NOTARY SERVICES**

**Wednesday, July 8 | 1:00 pm - 2:00 pm**

**Wednesday, July 1, 15, 22, & 29 | 9:30 am - 11:30 am**

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

**Durham County Veteran Services**



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

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

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

**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, July 30 | 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.**

MCPHERSON | ROCAMORA

**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!



**HOLISTIC EMPATHETIC ASSISTANCE RESPONSE TEAMS**

**Elder Care Navigation**

**Thursday, July 2 & 16 | 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.

**2026 Senior Farmer's Market Nutrition Program**

**Vouchers Application**

**Wednesday, July 1 - Friday, July 10**

All applications **must** be completed and submitted by **3:00 pm** on July 10, 2026.

Visit the Support Services office or call 919-688-8247 ext.104 to learn more about this program and if you are eligible.



**CAREGIVER SUPPORT GROUP**

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

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

**Chinese Workshop | Friday, July 10 & 24 | 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, July 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!*

**DCSL Growing Garden Club | Thursday, July 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!

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

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

**BRAIN BOOSTING TRIVIA!**

**Which vitamin is often called the "sunshine vitamin"?**

A) Vitamin D

B) Vitamin A

C) Vitamin C

*Answer: Vitamin D*

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

**Fourth of July Party | Thursday, July 2 | 12:00 PM - 1:00 PM | Lower Commons |** Join us to both beat the summer heat and celebrate America's independence! We will have popsicles while playing themed music and some recreation games. Wear your red, white, and blue for a chance to be crowned 'Most Patriotic'!

**Aging for Beginners - Author Talk | Tuesday, July 7 | 12:00 PM - 1:00 PM | Classroom |** Join Al Vincent, author of "Aging for Beginners: Insights & Strategies on Aging Gracefully" under the name Leroy Elder. Hear about key insights and Al's inspiration, writing, and research processes in a casual setting. Limited books available to borrow - just ask a Programs Team member. Please call 919-688-8247 ext. 110 to register.

**Finance with SECU: Credit & Credit Scores | Wednesday, July 8 | TBD | TBD |** Join finance experts from SECU for a different workshop each month. This month we start off with understanding credit and what your credit score means. More details to come.

**Exploring Art Mediums: Handmade Jewelry & Paper | Thursday, July 9 | 12:00 PM - 1:00 PM | Art Studio |** This month, use colorful handmade paper to create a special piece of jewelry, such as earrings or a broach. Plus, add optional acrylic touches to make your style shine. Spaces are limited; call 919-688-8247 ext. 110 to register today!

**Probate & Peace of Mind | Wednesday, July 15 | 9:00 AM - 10:00 AM | Volunteer Room |** Probate can seem overwhelming, but understanding the process can bring peace of mind. Attorney Kenzey Collins will explain what probate is, what families can expect, and how thoughtful planning today can reduce stress and uncertainty tomorrow.

**Men's Wellbeing Workshop | Friday, July 17 | 12:00 PM - 1:00 PM | Classroom |** Join this workshop, geared towards men, to understand and discuss the importance of and different aspects of well-being through different stages of life.

**Durham: The Birthplace of Motorcycling in NC | Monday, July 20 | 12:30 PM - 1:30 PM | Classroom |** Join staff from the Museum of Durham History to learn about the rich history of motorcycling in our own hometown.

**Volunteer Quarterly Meeting: Summer 2026 | Wednesday, July 29 | 12:00 PM - 1:00 PM | Theater |** All active volunteers are encouraged to attend this meeting to go over center and staff updates, safety information, and T-Shirt ordering.

## NEW CLASSES

**Meditation & Mindfulness | Wednesdays | 12:00 PM - 1:00 PM | Boardroom |** Join us for an introduction to meditation and mindfulness with Chris Barth, a trained meditation instructor. Each class in this six-week series will include meditation instruction, time to practice, discussion, and mindfulness activities. No materials needed.

**Move Well, Feel Good: Mat Pilates | Wednesday July 8 & 22 | 3:00 PM - 3:30 PM | Exercise Room |** A fun, beginner-friendly mat Pilates class with Kimberley, designed for seniors to build strength, improve balance, and boost flexibility — all at your own pace. No equipment needed, just bring yourself!

**\*EVENING CLASS\* Zumba with Kendra | Tuesdays | 5:30 PM - 6:30 PM | Exercise Room |** Perfect for all fitness levels, Zumba helps improve cardiovascular health, coordination, endurance, and overall fitness while boosting your mood and confidence. No dance experience is needed—just bring your energy and be ready to move!

# 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**

**1:00 pm - 2:30 pm**  
Stroke Support Group  
(1<sup>st</sup> Mon.) **CR**

**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**  
(No Class 7/28)

**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**

**11:30 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.)

**12:00 PM - 1:00 PM**  
Meditation & Mindfulness  
**BR**


**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**  
(No Class 7/30)

**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**  
(No class 7/2)

**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**

\*\*Walking club is cancelled if it  
is above 85 degrees

## HEALTH PROMOTIONS CLASSES

9 | DCSL | July 2026

**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 7/16.**

**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 7/3 & 7/10.**

**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 7/3 & 7/17.**

**Respecting Choices | Monday, July 13 | 9:30 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, July 10<sup>th</sup> & 24<sup>th</sup>**

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

**Pride Matinee**

*Milk (2008)*

Thursday, July 23 at 5pm in the DCSL Theatre

## MATINEE SERIES \*MOVIES SUBJECT TO CHANGE

### MONDAYS AT 1:00 PM

July 6: Clue the Movie  
July 13: Ticket to Paradise  
July 20: National Treasure  
July 27: Concussion



### FRIDAYS AT 12:30 PM

July 3: DCSL CLOSED  
July 10: Remarkably Bright Creatures  
July 17: The Theory of Everything  
July 24: Four Weddings and a Funeral (R)  
July 31: The Karate Kid (2010)



**Just Ask George | 2nd & 4th Tuesdays and 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.

**Frauds, Scams, and Password Protection | Thursday, July 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!

**Exploring Virtual Reality: Part 2 | Friday, July 10 | 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, travel around the world, and try something new – without leaving your seat!

**Staying Connected: Internet & Email for Beginners | July 13, 14, & 15 | 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 in this three-day series













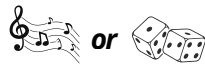






 **BRAIN BOOSTING TRIVIA!**

**What should you do if you receive a text or email asking for your password?**

- A) Reply with your password
- B) Ignore it or verify it with the company directly
- C) Forward it to your friends

Answer: B

**DAILY SCHEDULE**

	MON	TUE	WED	THU	FRI
8:30 am - 9:30 am	Coffee & Community				
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 Session with DCSL Trainers</i>	<b>Cardio &amp; More</b> 	<b>Mindfulness &amp; Stretch</b> 	<b>Cardio &amp; More</b> 	<b>Walking Group</b> 
11:30 am - 12:15 pm	Congregate Meal				
12:30 pm - 1:30 pm	<b>Music Circle</b>  <i>or</i>  <b>Group Game</b>		<b>Club Meetings</b> 		<b>Movie Time</b>  <i>or</i>  <b>Arts &amp; Crafts</b>

**SPECIAL EVENTS**

**Independence Day Celebration | Thursday, July 2** | Celebrate Independence Day with friends, food, and fun! Enjoy hot dogs, ice cream, and a lively game of Family Feud as we come together to celebrate the holiday.

**Computer Basics Class | Friday, July 10, 17, & 24** | Have your new laptop but not sure where to start? Join DCSL member Frederick S. Brown for this beginner-friendly class covering essential computer skills and technology basics.

**Tai Chi/Qigong Class | Monday, July 13** | Discover the benefits of gentle movement, balance, and relaxation. DCSL instructor Cynthia will lead an introductory Tai Chi/Qigong session designed for all experience levels.

**Mental Health Workshops | Thursday, July 9 & 23** | Join graduate students from NCCU for engaging workshops focused on emotional wellness, stress management, and practical strategies for maintaining a healthy mind.

**Adult Story Time | Thursday, July 23** | Bob from North Regional Library returns for another entertaining and engaging Adult Story Time. Sit back, relax, and enjoy a great story shared with friends.

**Final Friday Social: Battle of the Sexes | Friday, July 31** | Enjoy an afternoon of friendly competition, laughter, and fun as the men and women of JFK go head-to-head! Test your knowledge with trivia challenges and show off your culinary skills in our Battle of the Sexes Cook-Off.

**ONGOING PROGRAMS**

<b>Joy of Music with Judy Stock</b> <i>1<sup>st</sup> and 3<sup>rd</sup> Monday</i> <i>12:30 pm</i>	<b>Belly Dancing with Shamora!</b> <i>3<sup>rd</sup> Mondays</i> <i>10:30 am</i>	<b>Tech Support with George</b> <i>2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays</i> <i>9:00 am</i> <i>Bring your devices!</i>	<b>Birthday Party</b> <i>4<sup>th</sup> Wednesdays</i> <i>Celebrate July birthdays with cake and games!</i>	<b>Origami Class with Alexander Roa</b> <i>2<sup>nd</sup> Wednesdays</i> <i>12:30 pm</i>
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# July 406 Café Lunch Menu

**MON**

**TUE**

**WED**

**THU**

**FRI**



**1**  
**Sweet & Sour Pork**  
Rice Pilaf  
Green Beans  
Wheat Bread  
Apple Juice

**2**  
**A-1 Chopped Steak**  
Egg Noodles  
Brussel Sprouts  
Texas Bread  
Seasonal Fruit

**3**  
**DCSL IS CLOSED FOR INDEPENDENCE DAY**



**6**  
**Beef Patty w/ Swiss Cheese & Mushrooms**  
Potato Medley  
Baked Beans  
Hamburger Bun  
Applesauce

**7**  
**Crustless Turkey Pot Pie**  
Parslied Rice  
Whole Kernel Corn  
Texas Bread  
Seasonal Fruit

**8**  
**Meatloaf w/ Gravy**  
Whipped Potatoes  
Lima Beans  
Wheat Roll  
Fruit Punch Juice

**9**  
**Chicken Breast w/ Buffalo Sauce**  
Brown Rice  
Green Peas  
Texas Bread  
Seasonal Fruit

**10**  
**Sliced Turkey Breast**  
Swiss Cheese  
Potato Salad  
Beet Salad  
Wheat Bread  
Very Berry Juice

**13**  
**Chicken Piccata**  
Confetti Rice  
Brussel Sprouts  
Texas Bread  
Tropical Fruit

**14**  
**Sloppy Joe**  
Ranch Beans  
Cauliflower  
Hamburger Bun  
Mandarin Oranges

**15**  
**Taco Meat**  
Shredded Cheese  
Spanish Rice  
Mixed Beans  
Flour Tortilla  
Seasonal Fruit

**16**  
**Meatballs w/ Tomato Sauce**  
Whipped Potatoes  
Garden Vegetables  
Wheat Roll  
Grape Juice

**17**  
**Chicken Chef Salad**  
Pasta Salad  
Cucumber Salad  
Texas Bread  
Seasonal Fruit

**20**  
**Beef Patty**  
Delmonico Potatoes  
Mixed Vegetables  
Hamburger Bun  
Orange Juice

**21**  
**Chicken Breast w/ Southwest Sauce**  
Pinto Beans  
Green Peas  
Texas Bread  
Applesauce

**22**  
**Salisbury Steak w/ Steakhouse Sauce**  
Rice Pilaf  
Green Beans  
Wheat Roll  
Seasonal Fruit

**23**  
**Pork Roast w/ Apple Berry Sauce**  
Whipped Potatoes  
Cabbage  
Dinner Roll  
Tropical Fruit

**24**  
**Honey Mustard Chicken Salad**  
Macaroni Salad  
Coleslaw  
Hamburger Bun  
Seasonal Fruit

**27**  
**Turkey Burger**  
Tater Tots  
Sliced Carrots  
Hamburger Bun  
Tropical Fruit

**28**  
**Bolognese Casserole**  
Whole Kernel Corn  
Green Peas  
Texas Bread  
Seasonal Fruit

**29**  
**Glazed Ham**  
Northern Beans  
Collard Greens  
Cornbread  
Applesauce

**30**  
**Garlic Rosemary Chicken**  
Cheesy Baked Rice  
Mixed Vegetables  
Texas Bread  
Apple Juice

**31**  
**Turkey Salad w/ Peppers**  
Three Bean Salad  
Broccoli Salad  
Wheat Bread  
Seasonal Fruit

All meals are served with milk



## WEEKLY EVENING PROGRAMS

13 | DC SL | July 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

### **Aging Well with Nutrition: Healthy Eating for Older Adults | Tuesday, July 14**

**| 5:30pm-6:30pm | Volunteer Room** | This engaging workshop focuses on feasible nutrition practices to support energy, vitality, and overall well-being in older adults. Participants will learn about making balanced food choices and maintaining healthy habits that promote longevity and wellness.



**Fitness with Connor | Thursday, July 23 | 6:00 PM - 6:45 PM | Exercise Room** | Come on down and get moving with Connor! This energizing, evening fitness class is moderately intense, and easily adaptable to your comfort level.



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

CELEBRATE  
 SUMMER  
 LEGACY  
 PARTY

BALANCE  
 FREEDOM  
 INDEPENDENCE  
 HEAT

GROWTH  
 ACTIVE  
 POPSICLE  
 HEALTH

EMPLOYEES OF THE MONTH

MAIN CENTER



**Mars Gunn**

**Interim Support Services Manager**

*Mars is a dependable, kind, and driven multi-tasker, often being reminded to take a break!*

ADULT DAY HEALTH



**Sandra Manzo**

**Personal Care Assistant**

*Sandra is reliable, hardworking and all of the participants love her!*



THANK YOU TO OUR COMMUNITY SUPPORTERS!



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Durham Center for Senior Life



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