



AUGUST 2026



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



*Our Cardio & More class keeps older adults moving, energized, and having fun.
There's always a reason to get up and get moving at DCSL!*

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A Message From Our Executive Director

Dear DCSL Participants,

Every year, National Senior Citizens Day allows us to pause and recognize the incredible contributions that older adults have made in our families, neighborhoods, and communities. At the Durham Center for Senior Life, we believe that aging is something to be celebrated every single day.

Each of you carries a unique story, a lifetime of accomplishments, lessons, and memories that inspire those around you. Your legacy is reflected in the families you have nurtured, the careers you have built, the communities you have strengthened, and the lives you have touched.

To honor that legacy, I am excited to invite you to our annual **Legacy of Light** celebration on Friday, August 28, 2026, from 6:00 p.m. to 8:00 p.m. This special evening is a celebration of the remarkable older adults who make our community brighter every day.

Whether you have been a part of DCSL for many years or have recently joined our family, we hope that you will join us for an elegant semi-formal evening filled with delicious refreshments, entertainment, and fellowship.

Ticket Information

- *Legacy Members: \$50*
- *General Admission: \$60*

I encourage you to invite your family members, friends, neighbors, and loved ones to celebrate alongside you. Together, we will shine a light on the stories, achievements, and enduring spirit of the older adults who enrich our community every day.

Thank you for allowing the Durham Center for Senior Life to be part of your journey. We look forward to celebrating you and the incredible legacy you continue to build.

With gratitude,

Seanyea Rains
Executive Director



Legacy of Light



FRIDAY
AUGUST 28, 2026



6PM - 8PM



SEMI-FORMAL
ATTIRE



Join us for a an evening of recognition,
inspiration, entertainment, and fellowship.

\$50

LEGACY
MEMBERS

\$60

GENERAL
ADMISSION

PURCHASE TICKETS AT THE FRONT
DESK OR ONLINE BY VISITING:

dcslnet.org/legacyball



SCAN HERE

MUSIC & DANCING!



LEGACY AWARDS



HEAVY HORS D'OEUVRES



DCSL is a place to belong all summer long.

Help support the programs that keep seniors connected and thriving all year-round.



EATS: Shop & Grab Express



Monday, August 3 | 12:30 pm - 2:30 pm

• **Registration Opens July 30 | 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, August 7 | 9:30 am - 10:30 am | 406 Cafe

FREE NOTARY SERVICES



Wednesday, August 12 | 1:00 pm - 2:00 pm

Wednesday, August 5, 19, & 26 | 9:30 am - 11:00 am

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

Durham County Veteran Services



Monday, August 3 | 9:00 am - 12:00 pm

Monday, August 17 | 9:00 am - 12:00 pm

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

Veteran Support Group



Monday, August 3 | 12:00 pm - 1:00 pm
(Info Session / Open House)

Monday, August 17 | 12:00 pm - 1:00 pm
(Info Session / Open House)

Join Tiffany Chavis, Raleigh Vet. Center Director, for a welcoming, confidential space where veterans can connect, find support, and access valuable resources.

NCCU ECCRC - "Talk Tuesdays"

Tuesday, August 18 & 25 | 9 am - 1 pm

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



2026 Senior Farmer's Market Vouchers

If you've been notified of your selection, please visit the Support Services Offices to pick up your Farmer's Market Vouchers.



HOLISTIC EMPATHETIC ASSISTANCE RESPONSE TEAMS

Thursday, August 6 & 20 | 10:00 am - 1:00 pm

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



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
- Latex & Non-Latex Gloves
- Gluten-Free Items
- Ensure
- **Much More!**



CAREGIVER SUPPORT GROUP

Thursday, August 13 | 12:30 pm | Boardroom

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



TRIVIA TIME!

Healthy fats in moderation can help your body...

- A) absorb vitamins and minerals
- B) build muscle mass
- C) stock up on Vitamin C

Answer: A

Painting with Police | Wednesday, August 19 | 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 are limited, so please call 919-688-8247 ext. 110 to secure your spot!*

DCSL Growing Garden Club | Thursday, August 20 | 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!

Senior Legal Advisor | Monday, August 24 | 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, August 25 | 12:15 PM | Lower Commons | Stay connected with updates from DCSL staff and get early access to next month's calendar!

August Birthday Celebration | Wednesday, August 26 | 12:30 PM | Lower Commons | Celebrate members born in August with cake, crowns, and a special bingo with Maria, Senior Insurance Professional!

Chinese Workshop | Friday, August 28 | 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.



"DCSL is a great place for these wonderful ladies and gentlemen to foster tremendous relationships and focus on maintaining health and enjoyment every day!"

- Kristie Williams via Google Reviews

Learn & Play: Kings in the Corner | Wednesdays | 2:15 PM - 4:00 PM | Classroom | Learn to play the cardgame Kings in the Corner with the experts in a casual, for-fun setting.

Meditation & Mindfulness | Wednesday, August 5 | 12:00 PM – 1:00 PM | Volunteer Room | Join us for an introduction to meditation and mindfulness with Chris Barth, a trained meditation instructor. Enjoy meditation instruction, time to practice, discussion, and mindfulness activities. No materials needed.

Learn Canva: “What will you create today?” | Thursday, August 6 | 12:00 PM - 1:00 PM | Technology Room | Have you ever wanted to design your own invitations, posters, or cards online? Join Miranda to learn how to create your own professional looking paper goods that reflect your style!

Back to School Trivia | Friday, August 7 | 12:00 PM - 1:00 PM | Classroom | Play for fun, learn a little, and win some prizes! With kids going back to school, it's time to test your school-related knowledge!

***RETURNING* Aging in Place: Ask Tracey Anything About Real Estate! | Monday, August 10 | 12:30 PM - 1:30 PM | Classroom** | Are you thinking of moving to a senior living community & curious about the steps & what to expect? -or- Are you thinking of selling your home of 30 years & wonder if "selling as is" is the right thing to do? Bring your questions & let's have an honest (not salesy) conversation. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Self-Care and GIA Services Informational Session | Wednesday, August 12 | 12:30 PM - 2:00 PM | Boardroom | Join us for an informative and engaging session focused on self-care, healthy aging, and the services offered by GIA Services such as Peer Support, Liscensed Therapy, and medication management. Attendees will have the opportunity to ask questions, connect with others, and learn about the support available in the community. Complimentary snack bags for all participants!

Finance with SECU | Wednesday, August 12 | 9:30 AM 10:30 AM | Boardroom | Join finance experts from SECU for a different workshop each month!

Button Making | Friday, August 14 | 12:00 PM - 1:00 PM | Lower Commons | Design and draw your very own button with a pin back to attach to a shirt, jacket, scarf or bag! After you create your design, your button will be made in front of your eyes so you can wear it or gift it right away. Two buttons per person, while supplies last.

Music Memory Game Trivia | Monday, August 17 | 12:00 PM - 1:00 PM | Lower Commons | Put your memory to the test with our Trivia Memory Game! Match classic hits, TV theme songs, and other nostalgic favorites while enjoying a fun and interactive challenge. Come see how many you can remember!

***RETURNING* Duke SciTalks: Heart & Guts | Friday, August 21 | 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 talks on current heart and gut research!

Investing with a Purpose | Wednesday, August 26 | 9:30 AM - 10:30 AM | Volunteer Room | Investing isn't just about growing your money—it's about supporting the life and values that matter most to you. Whether your goal is creating a steady stream of income, helping family, or leaving a lasting legacy, a thoughtful investment plan can help turn your priorities into reality. Staying focused on your goals and reviewing your plan regularly can help keep you on track.

Nickel Bingo | Monday, August 31 | 12:00 PM - 1:00 PM | Lower Commons | Join us for an afternoon of Nickel Bingo! Try your luck, win exciting prizes, and take your chance at hitting the jackpot. Bring your friends and enjoy the fun!

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
(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**

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
(1st 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 8/4)

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**

12:15 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**

WEDNESDAY

8:40 am - 9:35 am 

Muscle Pump **ER**

9:00 am - 10:00 am

Sweat & Salsa **AR**

(No Class 8/5)

10:00 am - 11:00 am 

Total Body Workout **ER**

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 **AR**



1:00 pm - 2:00 pm

Chair Flow & Flex **ER**

2:15 PM - 4:00 PM

NEW Learn & Play Kings
in the Corner **CR**

3:30 pm - 4:30 pm

Life Line Dancers **ER**

THURSDAY

8:35 am - 9:30 am

Seniors on the Move **ER**

(No Class 8/6)

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**

12:15 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**

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**

12:00 pm - 2:00 pm

Crochet Club **VR**

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**

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.

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 8/28.**

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 8/21 & 8/28.**

Aging with Pride



A social club for older LGBTQ+ adults

Friday, August 7th & 21st

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

Pride Matinee

The Birdcage (1996)

Thursday, August 13 at 5pm in the DCSL Theatre

MATINEE SERIES *MOVIES SUBJECT TO CHANGE

MONDAYS AT 1:00 PM

August 3: Iron Man

August 10: Captain America

August 17: Shang-Chi and the 10 Rings

August 24: Ms Marvel

August 31: Dr. Strange



FRIDAYS AT 12:30 PM

August 7: The Wizard of Oz

August 14: Star Wars: A New Hope

August 21: Ghost Busters (1984)

August 28: DCSL CLOSED



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, August 6 | 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!

Learn Canva: "What will you create today?" | Thursday, August 6 | 12:00 PM - 1:00 PM

| Technology Room | Have you ever wanted to design your own invitations, posters, or cards online? Join Miranda to learn how to create your own professional looking paper goods that reflect your style! All welcome, no materials needed.

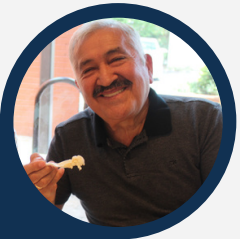
**TRIVIA TIME!**

What does "USB" stand for in computer cables?

- A) Utility Short Bypass B) Ultimate Source Base C) Universal Serial Bus

Answer: C

August 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
3 BBQ Pulled Pork Macaroni & Cheese Broccoli Hamburger Bun Applesauce	4 Crustless Turkey Pot Pie Parslied Rice Whole Kernel Corn Texas Bread Seasonal Fruit	5 Meatloaf w/ Gravy Whipped Potatoes Lima Beans Wheat Roll Fruit Punch Juice	6 Chicken Breast w/ Buffalo Sauce Brown Rice Green Peas Texas Bread Seasonal Fruit	7 Sliced Turkey Breast Swiss Cheese Potato Salad Beet Salad Wheat Bread Very Berry Juice
10 Fajita Chicken Fiesta Rice Pinto Beans Flour Tortilla Seasonal Fruit	11 Sloppy Joe Ranch Beans Cauliflower Hamburger Bun Mandarin Oranges	12 Taco Meat Shredded Cheese Spanish Rice Mixed Beans Flour Tortilla Seasonal Fruit	13 Meatballs w/ Tomato Sauce Whipped Potatoes Garden Vegetables Wheat Roll Grape Juice	14 Chicken Chef Salad Pasta Salad Cucumber Salad Texas Bread Seasonal Fruit
17 Beef Patty Delmonico Potatoes Mixed Vegetables Hamburger Bun Orange Juice	18 Chicken Breast w/ Southwest Lime Sauce Pinto Beans Green Peas Texas Bread	19 Salisbury Steak w/ Steakhouse Sauce Rice Pilaf Green Beans Wheat Roll Seasonal Fruit	20 Pork Roast w/ Apple Berry Sauce Whipped Potatoes Cabbage Dinner Roll Tropical Fruit	21 Honey Mustard Chicken Salad Macaroni Salad Coleslaw Hamburger Bun Seasonal Fruit
24 Turkey Burger Tater Tots Sliced Carrots Hamburger Bun Tropical Fruit	25 Bolognese Casserole Whole Kernel Corn Green Peas Texas Bread Seasonal Fruit	26 Glazed Ham Northern Beans Collard Greens Cornbread Berry Applesauce	27 Garlic Rosemary Chicken Cheesy Baked Rice Mixed Vegetables Texas Bread Apple Juice	28 DCSL IS CLOSED in preparation for Legacy of Light
31 BBQ Pulled Pork Macaroni & Cheese Broccoli Hamburger Bun Applesauce				
All meals are served with milk 				

JFK TOWERS 4900 N. Roxboro Street Durham, NC 27704 | Mon - Fri | 8:30 am - 1:30 pm

DAILY SCHEDULE

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

SPECIAL EVENTS

Guess What? Games! | Monday, August 10 | 12:30 pm | Bring a baby photo and see if everyone can guess who you are! Plus, test your taste buds with our Name Brand vs. Generic Taste Test and your memory with Name That Tune. Enjoy friendly competition, treats, and prizes!

Cooking Demo | Wednesday, August 19 | 10:30 am | Join Nutrition Specialist Megan Marquis from the Durham County Department of Public Health for a live cooking demonstration featuring a delicious, nutritious meal, healthy cooking tips, and a sample of the featured recipe.

Adult Story Time | Thursday, August 20 | 12:30 am | 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.

National Dog Day | Wednesday, August 26 | 10:30 am | Celebrate National Dog Day with a special visit from a therapy dog from Canine Companions! Meet our furry friend while learning fun facts about dogs and how they help people.

Japanese Bon Dance | Friday, August 28 | 12:30 am | Learn the traditional Japanese Bon Dance with the Japan America Society of North Carolina's Bon Odori Club, then enjoy a hands-on Chigiri-e craft using hand-torn paper.

End of Summer Celebration | Monday, August 31 | 12:30 pm | Celebrate summer's end with a tropical party! Wear your favorite Hawaiian shirt and enjoy burgers, ice cream, piña coladas, a water gun competition, and tie-dye fun.

JFK TOWERS - ONGOING PROGRAMS

**Joy of Music with
Judy Stock**
*1st and 3rd Monday
12:30 pm*

**Belly Dancing with
Shamora!**
*3rd Mondays
10:30 am*

**Tech Support with
George**
*2nd & 4th Tuesdays
9:00 am
Bring your devices!*

**Birthday Party
4th Wednesdays**
*Celebrate August
birthdays with cake
and games!*

**Origami Class with
Alexander Roa**
*2nd Wednesdays
12:30 pm*

DCSL DOWNTOWN EVENING PROGRAMS

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**

Zumba | 5:30 PM - 6:30 PM **ER**

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

Drums Alive: Cardio Drumming | Thursday, August 20 | 5:30 PM - 6:15 PM | Exercise Room | Join Elena for a trial class of a new class starting this fall! Move your body, make noise on your yoga ball drum, and get a great full body workout. This is your chance to share your favorite songs and give feedback about what you want to see in this upcoming weekly class. All welcome, all equipment provided.

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

CELEBRATE
 LEGACY
 DANCE
 HOPE

SENIORS
 GOLDEN
 INVEST
 CREATE

BINGO
 SCIENCE
 LIGHT
 MEMORY

EMPLOYEE OF THE MONTH



Z-Quana Powell-Jones ***Support Services Specialist***

Z-Quana has been instrumental to the department and key to the success of support services during a time of transition.

“

Mrs. Powell Jones has a strong commitment to the community and to the well being of the older adults served by DCSL

- Ashley Price, Assistant Director, Central Pines Area Agency on Aging

”



THANK YOU TO OUR COMMUNITY SUPPORTERS!



@DurhamSeniors



@DCSLNC



Durham Center for Senior Life



www.dcsInc.org