



SEPTEMBER 2026



DCSL SECC # 4109

# OUR TIMES

## DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



*Practice makes ping-pong perfect!  
DCSL members meet weekly to sharpen their skills with friendly competition.*

### TABLE OF CONTENTS

|                                       |   |                                              |    |
|---------------------------------------|---|----------------------------------------------|----|
| Message from our Executive Director   | 2 | Weekly Program Schedule ( <i>continued</i> ) | 8  |
| New Language Classes                  | 3 | Falls Prevention Awareness Week              | 9  |
| Photos                                | 3 | Health Promotions Classes                    | 9  |
| Support Services                      | 4 | Aging With Pride & Movie Matinee             | 9  |
| DCSL EATS: Shop & Grab Express        | 4 | Technology Programs                          | 10 |
| Veteran's Support Group               | 4 | 406 Café Menu                                | 11 |
| Digital Caregiving Newsletter QR Code | 4 | JFK Towers Schedule                          | 12 |
| Recurring Monthly Programs            | 5 | Weekly Evening Programs                      | 13 |
| Special Monthly Events                | 6 | Word Search                                  | 14 |
| Flu Shot Clinic                       | 6 | Main/JFK Employee of the Month               | 14 |
| Weekly Program Schedule               | 7 | Community Supporters & Photos                | 15 |



## A Message From Our Executive Director

*Dear DCSL Participants,*

Every September, Durham Center for Senior Life joins senior centers across the country in celebrating **National Senior Center Month**. This year's theme, *"Happier Birthdays Happen Here,"* reminds us that aging well isn't just about adding years to our lives, but about filling those years with connection, purpose, support, and community.

Every day at DCSL, I have the privilege of seeing what that looks like firsthand. It is in the laughter shared between friends, the determination in a fitness class, a warm meal enjoyed together, someone learning something new, or a participant walking through our doors and realizing they have found a place where they belong.

Our mission is to enrich the lives of older adults 55+ by promoting healthy, active, and independent lifestyles. Through our programs, services, classes, resources, nutrition and food-access programs, caregiver support, and opportunities for social connection, we work every day to make that mission a reality.

But what makes DCSL truly special is you. Our participants bring life into this Center. Our staff and volunteers bring compassion and dedication. Our community partners, donors, Board members, and supporters make it possible for us to continue growing and responding to the changing needs of Durham's older adults.

As we celebrate National Senior Center Month, I encourage you to try something new at DCSL. Attend a class you've never taken. Introduce yourself to someone you haven't met. Invite a friend to visit the Center. Most importantly, continue showing our community what it means to embrace aging with confidence, purpose, and joy.

At DCSL, we believe every stage of life deserves to be celebrated. Here's to healthier lives, stronger connections, new memories, and many more happy birthdays together.

*With gratitude,*

Seanyea Rains  
Executive Director



**French 1 | Tuesdays - Begins 9/8 | 9:30 AM - 10:15 AM | Location TBD** | This is an introductory French class. **To register, please call 919-688-8247 ext. 110 by September 8.** Spots are limited, so early registration is encouraged! Additional class details will be provided to registered participants.

**French 2 | Thursdays - Begins 9/10 | 9:30 AM - 10:15 AM | Volunteer Room** | This class is designed for participants with a strong foundation in the French language. **Please call 919-688-8247 ext. 110 to register by September 9, as spots are limited.** *\*Students may be asked to complete a placement test to determine the appropriate class level.*

**Spanish 1 : Español básico | Tuesdays | 9:30 AM - 10:30 AM | Location TBD** | This is an introductory Spanish class. **To register, please call 919-688-8247 ext. 110.** Spots are limited, so early registration is encouraged! Start date will be shared with registered participants.

**Spanish 2 | Wednesdays - Begins 9/9 | 1:00 PM - 2:00 PM | Volunteer Room** | This class is geared towards those with a strong foundation in Spanish language. **Please call 919-688-8247 ext. 110 to register** as spots are limited! *\*Students may be asked to take a placement test to determine the appropriate class level.*



**DCSL IS A PLACE TO BELONG ALL SUMMER LONG.**

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

[www.dcsln.org/donate](http://www.dcsln.org/donate)



## EATS: Shop & Grab Express



**Monday, Sept. 14 | 12:30 pm - 2:30 pm**

• **Registration Opens Sept. 10 | 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**

## Durham County Veteran Services



**Monday, Sept. 14 | 9:00 am - 12:00 pm**

**Monday, Sept. 21 | 9:00 am - 12:00 pm**

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

## Veteran Support Group



**Monday, Sept. 14 | 12:00 pm - 1:00 pm**

**Monday, Sept. 21 | 12:00 pm - 1:00 pm**

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"

**Every Tuesday | 9:00 am - 2:00 pm**

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



## EATS: Nutrition Today Cooking Demonstrations



Durham Cooperative Extension:

**Master Food Volunteers | Leslie McClellan**

**Friday, Sept. 4 & 18 | 9:30 am - 10:30 am | Classroom**



## FREE NOTARY SERVICES

**Wednesday, Sept. 9 | 1:00 pm - 2:00 pm**

**Wednesday, Sept. 2, 16, 23, & 30 | 9:30 am - 11:00 am**

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



## CAREGIVER SUPPORT GROUP

**Thursday, Sept. 10 | 12:30 pm | Boardroom**

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



## 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!**

## 2026 Senior Farmer's Market Vouchers

**Visit the Support Services Offices by September 1** to pick up your Farmers Market Vouchers. Unclaimed vouchers will be given to applicants on the waiting list.

## CARING FOR OLDER ADULTS STARTS WITH SUPPORT

Discover our **Adult Day Health Newsletter**, featuring a messages from our ADH Director and Support Services Manager, helpful caregiving resources, important updates, and more.

**Scan the QR code to read the latest issue and explore resources designed to support older adults and the caregivers who care for them.**



**SCAN ME**

**Chinese Workshop | Friday, September 4 & 18 | 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.

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

**Painting with Police | Wednesday, September 16 | 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, September 17 | 11:00 AM - 12:30 PM | Volunteer Room/Lucas Legacy Garden** | A monthly meeting to care for and get updates on the community garden.

**Duke SciTalks: Bacteria and Telehealth in South America | Friday, September 18 | 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

**September Birthday Celebration | Wednesday, September 23 | 12:30 PM | Lower Commons** | Celebrate members born in September with cake, crowns, and a special bingo with Maria, Senior Insurance Professional!

**Senior Legal Advisor | Monday, September 28 | 12:30 PM - 1:30 PM | Classroom** | Certified Senior Legal Advisor, Rick Messier, shares about various legal topics to help you make safe and informed choices.

**Monthly Member Check-In | Thursday, September 29 | 12:15 PM | Lower Commons** | Stay connected with updates from DCSL staff and get early access to next month's calendar!

---

**Alzheimer's & Memory Health Presentation | Friday, September 4 | 10:00 AM - 11:00 AM | Volunteer Room** | Prof Eric Stallard will discuss his ground-breaking paper pointing out an error in US dementia estimates and the good news it holds. Gloria Xie will describe a new research study being done at Duke to keep our minds sharp. The talk will include a Q & A so you can get your questions answered and understand prevention, signs, and options for yourself and loved ones.

**Labor Day Lunch | Wednesday, September 9 | 11:30 AM- 1:00 PM | Lower Commons** | It's never too late to celebrate the contributions of the workforce! Let us come together for a community meal for some good food and great company. **Please call 919-688-8247 ext. 110 to register.**

**Grief Support Group | Tuesday, September 8 & 22 | 1:10 PM - 2:30 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 in a confidential setting. We encourage you to let us know you are coming by calling 919-688-8247 ext. 110 or sign up at reception.

**Vito Dito: Grandparents' Day Concert | Monday, September 14 | 12:00 PM | Lower Commons** | Enjoy a live music performance by Battle of the Bands winner Vito Dito and Living Earth, in honor of all the Grandparents out there!

**Selling or Buying a Home in THIS Market | Monday, September 14 | 12:00 PM - 1:00 PM | Classroom** | The housing market is shifting. Is selling your home AS-IS the right move? If looking to buy, what should you know? Join us for this informational session on our local real estate market presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce.

**Flu Shot Clinic | Tuesday, September 15 | 11:00 AM - 1:30 PM | Classroom** | Protect yourself by getting your seasonal flu shot onsite at DCSL, provided by Walgreens. Insurance card required.

**Jewish High Holidays: Learn and Celebrate | Wednesday, September 16 | 10:30 AM - 11:00 AM | Volunteer Room** | This September, the Jewish community celebrates the holiest days of the year - Rosh Hashanah and Yom Kippur. Join Jewish For Good for a short talk on what and how these holidays are celebrated. Stop by the table in the commons afterwards for some interactive learning, Yom Tov!

**Estate Planning is for Everyone | Wednesday, September 16 | 12:00 PM - 1:00 PM | Boardroom** | You thought it was just for millionaires? If you have a bank account, a home, and people you care for even after you are gone, it is for you too! Presented by Devasthali Law Firm

**Museum of Durham History: Russell Rosenwald School | Monday, September 21 | 12:30 PM - 1:30 PM | Classroom** | Join staff from the Museum of Durham History to learn about the historic schoolhouse from the 1920s that was built to provide Black students improved education.

**Diabetes Self-Management Workshop Series | Wednesdays September 23 - October 14 | 10:00 AM - 11:00 AM | Volunteer Room** | Take control of your health with this 4-week workshop led by the Durham County Department of Public Health. Learn practical tools and everyday strategies to better manage diabetes, set achievable health goals, and build healthy habits in a supportive group setting. Registration highly encouraged; please call 919-688-8247 ext. 114.

**Pickleball 101: Learn, Play, & Rally | Monday, September 28 | 1:00 PM - 2:30 PM | Exercise Room** | Come play pickleball with us! Whether you are brand new or have played before, this is your chance to learn and play. This class begins on September 28th and will begin running weekly in October. Sponsored by Humana. Call to register: 919-688-8247 ext. 110

## 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**  
(No Class 9/28)

**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**

**1:15 pm - 3:15 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 PM**

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**

**12:15 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**

(No Class 9/30)

**9:00 am - 10:00 am**

Sweat & Salsa **AR**

**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**

(2<sup>nd</sup> & 4<sup>th</sup> Wed.)

**12:30 PM - 4:00 PM**

Learn & Play Pinochle

Learn & Play Kings in the  
Corner **AR**

**1:00 pm - 2:00 pm** 

Chair Flow & Flex **ER**

**2:00 pm - 3:30 pm**

AARP Chapter Meeting **TH**

**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**

**12:15 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**

**Falls Prevention Bingo | Monday, Sept 21 | 12 PM - 1PM | DCSL Theatre** | Learn important falls prevention tips while playing bingo and winning prizes!

**Balance Screenings | Monday, Sept 21 | 1 PM - 2PM | Exercise Room** | Discover your balance score! Join us for a quick screening with a licensed physical therapist to keep you moving safely and confidently every day.

**Risk Calculator Tabling | Sept 22, 23, & 24 | 10 AM - 12PM | Lower Commons** | Take a short survey to identify your risk factors for falls and fractures, plus free resources to help reduce your risk.

**Polypharmacy Info Talk | Thurs, Sept 24 | 9:30 AM - 10:30 AM | Classroom** | Join one of Senior PharmAssist's clinicians to learn about how taking multiple different medications can increase your risk of a fall and what questions you should be asking your doctor at your next visit.

**Balance Screenings | Friday, Sept 25 | 11:30 AM - 12:30 PM | Exercise Room** | Get assessed by a trained PT to see how well your balance is fairing.

## 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 9/24.**

**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 9/25.**

**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!

## Aging with Pride

**Friday, September 11<sup>th</sup> & 25<sup>th</sup>**

2:15 PM – 3:15 PM in the Classroom

### Pride Matinee



A social club for older LGBTQ+ adults

*To Wong Foo, Thanks For Everything! Julie Newmar (1995)*  
Thursday, September 17<sup>th</sup> at 5PM in the DCSL Theatre

## MOVIE MATINEE SERIES | FRIDAYS AT 12:30 PM

**September 4:** Terry McMillan Presents: Forever

**September 11:** Always be My Maybe

**September 18:** Tortilla Soup

**September 25:** Mr. Malcolm's List

*Please Note: Movies are subject to change.*



**Just Ask George | Tuesdays and Thursdays | 9:00 am - 11:00 am | Computer Room** | Have tech questions? Bring your device for one-on-one help from technology educator George, Samantha, and other knowledgeable volunteers.

**Exploring Virtual Reality | Friday, September 11 | 9:30 AM - 10:30 AM | Volunteer Room** | Explore virtual reality with Durham County Library! Try VR headsets and activities, from 3D painting to traveling the world, all without leaving your seat.

**Digital Bridge: Technology Series | Monday, September 14, 21, & 28 | 1:30 PM - 2:30 PM | Computer Room** | Ready to feel more confident online? Join the Digital Bridge Initiative for a four-week, hands-on series. Learn smartphone tips, online safety, communication, and how to spot scams and misinformation.

**Outsmart the Scammers | Wednesday, September 30 | 9:30 AM - 10:30 AM | Volunteer Room** | Learn to recognize common scams and warning signs of fraud targeting older adults. Discover practical ways to protect yourself and loved ones, plus where to find trusted help and resources.



### TRIVIA TIME!

**Which of these was invented first?**

A) The smartphone    B) The computer mouse    C) The World Wide Web

Answer: B

# September 406 Café Lunch Menu

| MON                                                                                                                                                                                                                                             | TUE                                                                                                                  | WED                                                                                                                                   | THU                                                                                                                 | FRI                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                | <b>1</b><br><b>Crustless Turkey Pot Pie</b><br>Parslied Rice<br>Whole Kernel Corn<br>Texas Bread<br>Seasonal Fruit   | <b>2</b><br><b>Meatloaf w/ Gravy</b><br>Whipped Potatoes<br>Lima Beans<br>Wheat Roll<br>Fruit Punch Juice                             | <b>3</b><br><b>Honey Baked Chicken Thigh</b><br>Wild Rice<br>Mixed Vegetables<br>Texas Bread<br>Seasonal Fruit      | <b>4</b><br><b>Sliced Turkey Breast w/ Swiss Cheese</b><br>Potato Salad<br>Beet Salad<br>Wheat Bread<br>Very Berry Juice |
| <b>7</b><br><b>DCSL IS CLOSED FOR LABOR DAY</b><br>                                                                                                            | <b>8</b><br><b>Sloppy Joe</b><br>Ranch Beans<br>Cauliflower<br>Hamburger Bun<br>Mandarin Oranges                     | <b>9</b><br><b>Labor Day Lunch at Main Site!</b><br> | <b>10</b><br><b>Meatballs w/ Tomato Sauce</b><br>Whipped Potatoes<br>Garden Vegetables<br>Wheat Roll<br>Grape Juice | <b>11</b><br><b>Chicken Chef Salad</b><br>Pasta Salad<br>Cucumber Salad<br>Texas Bread<br>Seasonal Fruit                 |
| <b>14</b><br><b>Beef Patty</b><br>Potatoes<br>Mixed Vegetables<br>Hamburger Bun<br>Orange Juice                                                                                                                                                 | <b>15</b><br><b>Chicken Breast w/ Southwest Lime Sauce</b><br>Pinto Beans<br>Green Peas<br>Texas Bread<br>Applesauce | <b>16</b><br><b>Salisbury Steak w/ Steakhouse Sauce</b><br>Rice Pilaf<br>Green Beans Wheat Roll<br>Seasonal Fruit                     | <b>17</b><br><b>Pork Roast w/ Apple Berry Sauce</b><br>Whipped Potatoes<br>Cabbage<br>Dinner Roll<br>Tropical Fruit | <b>18</b><br><b>Honey Mustard Chicken Salad</b><br>Macaroni Salad<br>Coleslaw<br>Hamburger Bun<br>Seasonal Fruit         |
|  <b>21</b><br><b>Turkey Burger</b><br>Tater Tots<br>Sliced Carrots<br>Hamburger Bun<br>Tropical Fruit<br><b>JFK Towers will join DCSL downtown for lunch!</b> | <b>22</b><br><b>Bolognese Casserole</b><br>Whole Kernel Corn<br>Green Peas<br>Texas Bread<br>Seasonal Fruit          | <b>23</b><br><b>Glazed Ham</b><br>Northern Beans<br>Collard Greens<br>Cornbread<br>Strawberry Applesauce                              | <b>24</b><br><b>Garlic Rosemary Chicken</b><br>Cheesy Baked Rice<br>Mixed Vegetables<br>Texas Bread<br>Apple Juice  | <b>25</b><br><b>Turkey Salad w/ Peppers</b><br>Three Bean Salad<br>Broccoli Salad<br>Wheat Bread<br>Seasonal Fruit       |
| <b>28</b><br><b>BBQ Pulled Pork</b><br>Mac & Cheese<br>Broccoli<br>Hamburger Bun<br>Applesauce                                                                                                                                                  | <b>29</b><br><b>Crustless Turkey Pot Pie</b><br>Parslied Rice<br>Whole Kernel Corn<br>Texas Bread<br>Seasonal Fruit  | <b>30</b><br><b>Meatloaf w/ Gravy</b><br>Whipped Potatoes<br>Lima Beans<br>Wheat Roll<br>Fruit Punch Juice                            |                                 |                                     |
| 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<br><i>Virtual Travel Around the Globe Workshop</i>                 | Waffles & Trivia!     | Health & Wellness Activity                                                          | Nature & Discovery Activity |
| 10:30 am - 11:15 am | Virtual Fitness<br><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         |  | Arts & Crafts or Movie Time |

**SPECIAL EVENTS**

**Arts & Crafts with Marie Crock | Friday, September 4 | 12:30 pm** | Get creative with Marie Crock as we make a Stars & Stripes Design in Acrylic!

**Organizing Workshop with Kendra | Friday, September 11 | 12:30 pm** | Learn practical ways to declutter and organize a small space, decide what to keep, and make your home more comfortable and manageable. Enter our FREE raffle for a chance to win a personal organizing session with Kendra!

**Tai Chi with Cynthia | Monday, September 14 | 10:30 am** | Experience the gentle movements of Tai Chi with Cynthia. This low-impact session focuses on balance, flexibility, relaxation, and mindful movement.

**Financial Workshop | Friday, September 18 | 9:30 am** | Join Evan from Edward Jones Investments to learn about budgeting on a fixed budget.

**DINE Cooking Demo | Friday, September 18 | 12:30 pm** | Join Durham Innovative Nutrition Education program for an interactive cooking demonstration featuring simple, nutritious food and healthy-eating tips. Watch, learn, ask questions, and discover ideas to try at home.

**JFK CLOSED — Field Trip to DCSL Main Site | Monday, September 21** | JFK Senior Center will be closed as we take our programming on the road! Members will visit the DCSL Main Site for a special field trip filled with activities and fellowship with the larger DCSL community. *See Stephanie at JFK to sign-up*

**Cookout & Birthday Celebration | Wednesday, September 23 | 12:30pm** | Welcome fall and celebrate our September birthdays! Enjoy a hot dog cookout, cupcakes, outdoor games, music, and fellowship as we welcome the new season together.

**Adult Story Time | Thursday, September 24 | 12:30pm** | Sit back, relax, and enjoy a great story shared with friends, led by Bob from North Regional Library.

**Piedmont Wildlife Center — Live Animal Encounter | Friday, September 25 | 12:30pm** | Learn about North Carolina wildlife, hear their unique stories, and discover simple ways to protect wildlife in our own backyards. Limited to 30 participants.

## 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**

### **Thursday**

**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*

## SPECIAL EVENING PROGRAMS

**Drums Alive: Cardio Drumming | Thursday, September 3, 10, & 17 | 5:30 PM - 6:15 PM**

**| Exercise Room** | Join Elena for our new class starting this fall! Move your body, feel the rhythm, and make some noise on your yoga ball drum, all while getting a great full body workout. All welcome, all equipment provided.



**“If you are 55+ years old I highly recommend that you take a tour of this outstanding facility. Plenty of activities for seniors. ”**

*– Frank Corliss via Google Reviews*

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

WALKING  
 EXERCISE  
 BALANCE  
 EXPLORE

HEALTHY  
 ACTIVE  
 INDEPENDENT  
 GRANDPARENTS

STEADY  
 PREVENTION  
 AUTUMN  
 STEPS

## EMPLOYEE OF THE MONTH



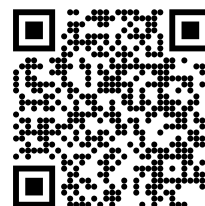
**Noah Penny**  
*Director of Programs*

Noah plays an important role in bringing DCSL's programs and services to life. He wears many hats and manages a wide range of responsibilities, always working to ensure our members have meaningful opportunities to stay active, connected, and engaged.

## HELP KEEP THE FUN GOING!

Show some love for our Programs Team by checking out their **Wish List**! Your support helps keep our programs creative, engaging, and full of fun.

**Scan the QR code to see what's needed.**



**SCAN QR  
 WITH  
 YOUR  
 PHONE  
 CAMERA**



THANK YOU TO OUR COMMUNITY SUPPORTERS!

