



OCTOBER 2026



DCSL SECC # 4109

OUR TIMES

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



Members at our satellite center at JFK Towers took a field trip to DCSL Downtown to share a meal with their extended DCSL family!

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A Message From Our Executive Director

Dear DCSL Family,

As we welcome fall, we are reminded of the beauty of change and the importance of staying connected. At the Durham Center for Senior Life, we look forward to a season filled with opportunities for our older adults to remain healthy, active, and engaged.

Hispanic Heritage Month (September 15–October 15) invites us to celebrate the rich cultures, traditions, and contributions of Hispanic and Latino Americans. At DCSL, we value the diversity that makes our community stronger and encourage everyone to learn from and celebrate one another. Join us on October 7th from 1PM - 3:30 PM for our annual Hispanic Heritage Month Celebration.

October also marks **Breast Cancer Awareness Month**. This month serves as an important reminder of the value of awareness, education, and appropriate screenings. Breast cancer has touched the lives of so many individuals and families within our communities. We support and uplift those who are currently facing breast cancer, those who have survived it, and the families who have walked alongside them.

As the weather cools, I encourage you to participate in DCSL programs, spend time with friends, and find meaningful ways to care for your health and well-being. Thank you to our members, families, volunteers, staff, donors, and community partners for helping DCSL remain a place where older adults thrive and build meaningful connections.

Wishing you a safe, healthy, and enjoyable fall season. We look forward to seeing you at DCSL!

With gratitude,

Seanyea Rains
Executive Director



“ Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says 'I'll try again tomorrow'. ”

— Mary Anne Radmacher

CALLING ALL ARTISTS!**Submit Your Artwork for the 2027–2028 DCSL Coloring Book Planner.**

Share your creativity with the DCSL community! We're accepting original artwork to be considered for inclusion in our 2027–2028 Coloring Book Planner.

Submission Fee: \$5 per artwork

Deadline: Friday, October 30, 2026

Artwork should be submitted in black and white. Pen or pencil artwork is recommended. Colored artwork may also be submitted and may be converted to black-and-white line art designed for coloring.

HOW TO SUBMIT:

Bring your **artwork and submission fee** to the DCSL front desk or email a clear, high-quality image of your artwork to **kallmond@dcsInc.org**. Please include your name, phone number, and email address with your submission.

Please note: Submission does not guarantee inclusion in the planner. All artwork will be reviewed by DCSL, and artists will be notified by telephone and email by a member of the DCSL Development Team.

HISPANIC HERITAGE MONTH CELEBRATION: FASHION & FUN!

Celebrate the rich and vibrant cultures of the Hispanic community through an afternoon of music, fashion, food, and dance! Presented by the Durham Center for Senior Life's Hispanic Heritage Group.

We're excited to have **Mayor Pro-Tempore Javiera Caballero** and **Councilman Matt Kopac** as guest speakers for the event.

Wednesday, October 7 | 1:00 PM - 3:30 PM | Lower Commons

Congratulations to all of our 2026 Legacy of Light Award recipients!

Spirit of Generosity
Bill Porter



Community Ambassador
Sara Townsend



Heart & Hospitality
Gloria Rentrope



Above & Beyond Service
Angela Stroud



Above & Beyond Service
Isabel Perez



Above & Beyond Service
Oliver Wilson



Community Champion
Michelle Myers



Advocacy Award
Cynthia Ferebee



Stewardship & Service
Elaine McMichael



Above & Beyond Service
Anita Torain



Above & Beyond Service
Bill & Wadeah Beyah



Above & Beyond Service
Harry & Beth Freeman



Legacy Member of the Year
Patricia Bynum



Instructor of the Year
Donna Graham



EATS: Shop & Grab Express



Monday, Oct. 5 | 12:30 pm - 2:30 pm

• **Registration Opens Oct. 1 | 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, Oct. 5 | 9:00 am - 12:00 pm

Monday, Oct. 19 | 9:00 am - 12:00 pm

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

Veteran Support Group



Monday, Oct. 5 | 12:00 pm - 1:00 pm

Monday, Oct. 19 | 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.



NCCU/DUKE ELDER LAW PROGRAM



Friday, Oct. 23 | 10:00 am - 4:00 pm

Free legal counsel will be provided by Legal Aid to eligible individuals. Interested individuals must be screened and appointments will be set ahead of time.

Call 919-688-8247 ext. 104 or visit the Support Services Office for more info.



EATS: Nutrition Today Cooking Demonstrations



Durham Cooperative Extension:

Master Food Volunteers | Leslie McClellan

Friday, Oct. 2 & 16 | 9:30 am - 10:30 am | Classroom



FREE NOTARY SERVICES

Wednesday, Oct. 14 | 1:00 pm - 2:00 pm

Wednesday, Oct. 7, 21, & 28 | 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, Oct. 8 | 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!**

Pro Bono Elder Law Planning



Thursday, Oct. 29 | 9:00 am - 12:00 pm | Office 216

Planning assistance for individuals who have or may need Medicaid for long-term care, including guidance on protecting your home and assets. Meet with Anthony "Tony" Nicholson, a Certified Elder Law Attorney with 25 years of experience in Durham.

Call 919-688-8247 ext. 104 for an appointment.

MCPHERSON | ROCAMORA

Grief Support Group | Tuesday, October 6 & 20 | 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.

Learn Life Insurance with SECU | Wednesday, October 14 | 9:30 AM 10:30 AM | Boardroom | Join finance experts from SECU for a different workshop each month. This month experts discuss the what and how of life insurance.

Chinese Workshop | Friday, October 16 & 30 | 11:00 AM - 12:00 PM | Volunteer Room | Join this workshop to learn different topics about Chinese history and culture each month, as well as some basic Chinese language! All are welcome and topics rotate each session.

Duke SciTalks | Friday, October 16 | 12:00 PM - 1:00 PM | Classroom | Postdoctoral researchers from Duke University share short, TED-style talks. This month learn about urinary health, air pollution and the connection between the heart and mitochondria!

Painting with Police | Wednesday, October 21 | 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, *Registration required. Limited to 10 participants - call 919-688-8247 ext. 110 to secure your spot!*

Senior Legal Advisor | Monday, October 26 | 12:30 PM - 1:30 PM | Classroom | Certified Senior Legal Advisor, Rick Messemer, shares about various legal topics to help you make safe and informed choices.

Monthly Member Check-In | Tuesday, October 27 | 12:15 PM | Lower Commons | Stay connected with updates from DCSL staff and get early access to next month's calendar!

October Birthday Celebration | Wednesday, October 28 | 12:30 PM | Lower Commons | Celebrate members born in October with cake, crowns, and bingo with Maria, Senior Insurance Professional!

SPECIAL MONTHLY EVENTS

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Medicare 101 | Monday, October 5 | 9:30 AM - 10:30 AM | Volunteer Room | Learn and understand the basics of Medicare so you can make safe and sustainable choices for your healthcare.

Basics of Essential Oils | Monday, October 5 | 11:00 PM - 12:30 PM | Classroom | Learn the basics of essential oils: how to use them, when to use them, which ones to choose!

Stroke Peer Support Group | Monday, October 5 | 1:00 PM - 2:30 PM | Classroom | This month join guests from Dr. Cara Smith's stroke research lab with Duke University. This monthly group meets to share strategies for daily life and find comfort with others who have survived a stroke.

Nothing Bundt Home: Home for Every Season | Tuesday, October 6 | 12:00 PM - 1:00 PM | Classroom | Learn simple, smart, and affordable ways to make your home safer. Get ideas to prevent falls, improve accessibility, support independence, and prepare for changing needs -whether for yourself or someone you care for.

Kris Adora: Mind Moves Memory Challenge Gameshow | Wednesday, October 7 | 12:00 PM - 1:00 PM | Theater | Speech Language Pathologist, Kris Adora, will provide a fun and interactive presentation about practical strategies for memory!

***RETURNING* Exploring Art Mediums: Paper Marbling | Thursday, October 8 | 12:00 PM - 1:00 PM | Art Studio** | Try your hand at creating colorful swirls on paper, which could later be used for something special, like wrapping paper, origami, cards, art, bookmarks, ornaments, etc. **Spots are limited!**
Call 919-688-8247 ext. 110 to register.

Aging in Place: Decluttering | Monday, October 12 | 12:30 PM - 1:30 PM | Classroom | Now that the summer is over, it is time prepare your home for the holidays! Join this workshop to learn some tips & tricks to help motivate you to clear your space & your mind. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce.

Sexual Health Education | Thursday, October 15 | 11:00 AM - 12:00 PM | Classroom | Learn about the importance of sexual health at any age, as well as upcoming testing opportunities with the Alliance of AIDS Services of the Carolinas.

More Than a Helping Hand: Volunteer Fair | Friday, October 16 | 9:00 AM - 11:15 AM | Theater & Lower Commons | Connect with local organizations to find volunteer opportunities that are perfect for those 55+. This program is a research collaboration with the UNC School of Government and School of Medicine. Contact Julie Beasley at 919-966-4203.

Duke Healthy Aging for America: Nutrition Series | Fridays Beginning October 16 | 2:00 PM - 3:00 PM | Volunteer Room | Duke Healthy Aging for America (HAFA) students are excited to launch a six-week health education series! Sessions will cover reading food labels, cooking for one, adapting meals for diabetes or heart disease, and exploring connections between food, culture, and community.

Flu Shot Clinic | Wednesday, October 21 | 9:30 AM - 11:00 PM | Volunteer Room | Protect yourself and get your seasonal flu and/or COVID-19 shot, provided by Walgreens. **Insurance card required.**

Patient 101: Using Health Information to Help Make Informed Decisions | Thursday, October 22 | 10:00 AM - 11:00 AM | Classroom | Learn how to use the Internet and AI tools like ChatGPT to understand medical information, prepare for appointments, and advocate for your health—without replacing professional care.

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

8:35 am - 10:00 am

ConnecTech **TR** 

8:40 am - 9:35 am 

Muscle Pump **ER**
(Fitness with Keta 10/5)

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**

1:15 pm - 3:15 pm

Advanced Watercolor **AS**
(Call for Info)

1:00 pm - 2:30 pm

Pickleball 101 **ER**
(Call to register)

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 **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**

(Fitness with Keta 10/7)

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 - 11:00 pm

Quick Drawing **AS**

10:00 am - 2:00 pm

Hispanic Heritage Group **CR**

11:00 am - 12:30 pm

Sewing* **AS**

(2nd & 4th Wed.)

12:30 PM - 4:00 PM

Learn. Teach & Play Pinochle

Learn, Teach & 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**
(3rd Wednesday)

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**

11:00 am - 12:30 pm

Growing Garden Club **VR**
(3rd Thursday)

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**

BREAST CANCER AWARENESS PROGRAMS

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Breast Cancer Awareness: Pink & Denim Day | Tuesday, October 13 | 12:00 PM - 1:00 PM | Lower Commons | Wear pink and denim in recognition of Breast Cancer Awareness month as we celebrate survivors through dance! Enjoy performances by the Golden Genies & Seniors on the Move Line Dancers and add names and memories to our community board to recognize those affected.



Breast Cancer Trivia | Monday, October 19 | 12:00 PM - 1:00 PM | Classroom | Do you know about breast cancer? Test and expand your knowledge about this disease including risks, screenings, and more.



A Toast to Survivorship: Pink & Pearls Tea | Wednesday, October 28 | 9:30 AM - 11:00 AM | Activity Room | Let us toast to the strong women (and men) who have survived breast cancer! Wear pink and pearls and strut your stuff while enjoying light refreshments and fellowship.



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 10/1, 10/13, & 10/22.**

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 10/9 & 10/23.**

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 10/9.**

Aging with Pride



A social club for older LGBTQ+ adults

**Play Pride Trivia
Oct. 30th!**

Friday, October 16th & 30th.

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

Pride Matinee

Maurice (1987)

Thursday, October 15th at 5PM in the DCSL Theatre

MOVIE MATINEE SERIES | FRIDAYS AT 12:30 PM

October 2: Flamin Hot

October 9: La Bamba

October 16: The Wedding Planner

October 23: Selena y los Dinos: A Family Legacy

October 30: Coco

Please Note: Movies are subject to change.



ConnecTech | Mondays | 8:30 AM - 10:00 AM | Drop in for one-on-one tech support with Anjali. Bring your questions and get answers to feel more confident in the digital world!

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.

Northstar Digital Literacy | Monday, October 12 | 10:30 AM - 11:30 AM | Computer Room | Learn about Northstar- an online platform offering free, self-paced classes that build and test your technology skills. Find out how to access classes and give it a try with trained DCO Library staff.

Digital Bridge: Technology Series | Monday, October 5 & 12 | 1:30 PM - 2:30 PM | Computer Room | Ready to feel more confident online? Learn smartphone tips, online safety, communication, and how to spot scams and misinformation. The final two sessions will take place the first two weeks in October.



TRIVIA TIME!

What symbol is found in every email address?

A) #

B) @

C) %

Answer: B

October 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
			1 Honey Baked Chicken Thigh Wild Rice Mixed Veggies Texas Bread Seasonal Fruit	2 Sliced Turkey Breast Swiss Cheese Potato Salad Beet Salad Wheat Bread Berry Juice
5 Meatballs w/ Spaghetti Sauce Tater Tots Broccoli Hot Dog Bun Apple Juice	6 Chicken w/ Lemon Scarpariello Sauce Rice Pilaf Green Beans Texas Bread Seasonal Fruit	7 Bourbon Pork Roast Roasted Potatoes Collard Greens Dinner Roll Mandarin Oranges	8 Beef Patty Slice Cheese Baked Beans Garden Veggies Hamburger Bun Seasonal Fruit Condiments	9 Turkey Stuffed Pepper Casserole Cauliflower Texas Bread Peach Crisp Closing at 12PM for Staff Development
12 Teriyaki Chicken Breast Fried Rice Glazed Carrots Dinner Roll Tropical Fruit	13 BBQ Pulled Pork Whipped Potatoes Coleslaw Hamburger Bun Applesauce	14 A-1 Chopped Steak Whole Kernel Corn Green Peas Texas Bread Seasonal Fruit	15 Chicken Cacclatore Penne Pasta Broccoli Wheat Bread Berry Juice	16 Western Baked Beef Cheesy Rice Brussel Sprouts Texas Bread Seasonal Fruit
19 Chicken Breast w/ Apple Cider Mustard Glaze Whipped Potatoes Lima Beans Wheat Roll Seasonal Fruit	20 Sliced Ham w/ Raisin Sauce Northern Beans Spinach Cornbread Fruit Punch Juice	21 Sweet n' Sour Meatballs Wild Rice Cabbage Wheat Roll Seasonal Fruit	22 Smothered Chicken Macaroni & Cheese Yellow Squash Zucchini Texas Bread Mandarin Oranges	23 Turkey & Sweet Potato Hash Seasonal Green Beans Dinner Roll Pear Cobbler
26 Creole Beef Patty Buttered Rice Green Peas Dinner Roll Seasonal Fruit	27 Cranberry Dijon Chicken Delmonico Potatoes Mixed Veggies Texas Bread Cinnamon Applesauce	28 Turkey Spaghetti Casserole Whole Kernel Corn Broccoli Wheat Bread Tropical Fruit	29 Meatloaf w/ Ketchup Sauce Whipped Potatoes Brussel Sprouts Dinner Roll Seasonal Fruit	30 Yogurt Dill Chicken Salad Pasta Salad Carrot Raisin Salad Hamburger Bun Grape 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 <i>Virtual Travel Around the Globe Workshop</i>	Waffles & Trivia!	Health & Wellness Activity	Nature & Discovery Activity
10:30 am - 11:15 am	Mindfulness & Stretch <i>Instructor Led Class</i>	Virtual Fitness <i>Virtual Session</i>	Virtual Fitness <i>Virtual Session</i>	Cardio & More <i>Instructor Led Class</i>	Walking Group <i>Weather dependent</i>
11:30 am - 12:15 pm	Congregate Meal				
12:30 pm - 1:30 pm	Music Circle or Group Game	BINGO	Club Meetings	BINGO	Arts & Crafts or Movie Time

SPECIAL EVENTS

Tips & Tricks for Staying on Your Feet | Thursday, October 1 | 9:30 AM | Join physical therapist Tiffany Shubert for an interactive Falls Prevention Workshop. Learn simple ways to improve balance, reduce fall risk, and stay safely on your feet through helpful information, exercises, and time for questions.

Flu Shot Clinic | Tuesday, October 14 | 9:30 AM - 12:00 PM | Stay healthy this flu season with an onsite flu vaccination clinic at JFK provided by a Harris Teeter pharmacist. *Please bring your insurance card if you would like to receive a flu shot.*

Understanding Alzheimer's & Dementia | Wednesday, October 15 | 12:15 PM - 1:15 PM | Join the Alzheimer's Association to learn about Alzheimer's disease and dementia, including key differences, risk factors, stages of the disease, and how Alzheimer's affects the brain.

Adult Story Time: Spooky Ghost Stories | Wednesday, October 22 12:30-1:15 | Bob from North Regional Library returns for another entertaining spooky story Adult Story Time! Sit back, relax, and enjoy

Field Trip: Nasher Museum of Art at Duke University | Thursday, October 23 | Join us for a trip to the Nasher Museum of Art at Duke University and spend the day exploring fascinating works of art and exhibitions. Space is limited, so see Stephanie Chaney to sign up.

Final Friday: Halloween Movie & Treats | Thursday, October 30 12:30-1:15pm | Celebrate Halloween with a fun afternoon featuring a movie, popcorn, treats, and time with friends.



Member of the Month - Kelly Adams

Join us in celebrating Kelly Adams, our Member of the Month! His participation and jovial spirit help make JFK a welcoming place for everyone. We're grateful to have Kelly as part of our JFK family!

Virtual Travel Destination: Kenya

Our members took a virtual journey to Kenya, exploring its rich culture, traditions, and wildlife! Featured here is Ms. Darnell, enjoying her souvenir photo and imagining herself in Kenya in beautiful African-inspired attire.



NEW! Mondays @ 10:30 AM - Seated Yoga with Precious

JFK welcomes Precious to our fitness team for weekly Seated Yoga, featuring gentle movement and relaxation for all mobility levels. She is a clinical therapist, Duke-trained Health & Well-Being Coach, RYT-500 yoga teacher, and iRest® Level 2 practitioner with 20+ years of healthcare experience.

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 | Thursdays | 5:30 PM - 6:30 PM | Exercise Room |**

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.

**No class 10/22*

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.



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

COSTUME
 PARTY
 SPOOKY
 TRICK

AUTUMN
 LEAVES
 PUMPKIN
 COLD

FASHION
 CANDY
 HERITAGE
 COMMUNITY

DCSL MAIN EMPLOYEE OF THE MONTH



Donna Fredrick
Receptionist

Donna is a warm and friendly presence as she welcomes all at the front desk. She consistently goes above and beyond her regular duties to help things run smoothly throughout the Center.

ADULT DAY HEALTH EMPLOYEE OF THE MONTH



Abria Wilds
Personal Care Assistant

Abria brings creativity and positive energy to her work, helping to make activities and daily experiences enjoyable for our participants. She is also kind, patient, and attentive to the participants.



THANK YOU TO OUR COMMUNITY SUPPORTERS!



Social Services



Cooperative Extension
Durham County Center



@DurhamSeniors



@DCSLNC



Durham Center
for Senior Life



www.dcsInc.org