NOVEMBER 2026

OUR TIMES

SECC State Employees Combined Campaign

DCSL SECC # 4109

DURHAM CENTER FOR SENIOR LIFE NEWSLETTER



DCSL members at our JFK Towers satellite site enjoyed a fun and enriching field trip to the Nasher Museum of Art!

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Downtown Durham Location:

(919) 688-8247 | 406 Rigsbee Avenue Suite 202 Durham, NC 27701 | www.dcslnc.org

JFK Towers Satellite Location:

(919) 426-0248 | 4900 N. Roxboro Street Durham, NC 27704



A Message From Our Executive Director

Dear DCSL Family,

November is a time when many of us reflect on the people and experiences for which we are most grateful. At the Durham Center for Senior Life, I am reminded every day that we have so much to be thankful for.

I am grateful for the older adults who walk through our doors and fill our Center with laughter, wisdom, friendship, and energy. You are the heart of DCSL, and it is an honor to serve you. I am grateful for our caregivers and families who give so much of themselves to care for the people they love. I am grateful for our staff and volunteers who consistently go above and beyond to make sure our members feel welcomed, supported, and valued. And I am grateful for our donors, partners, Board members, and community supporters who continue to believe in our mission and invest in older adults throughout Durham.

As we enter the holiday season, I also recognize that this time of year can be difficult for those experiencing grief, loneliness, or changes in family traditions. I encourage each of us to check on one another, extend an invitation, make a phone call, or simply spend a little extra time with someone who may need connection. This November, I hope we remember that gratitude is more than saying "thank you." It is showing people that they matter.

On behalf of the entire DCSL team, thank you for being part of our family and allowing us to continue enriching the lives of older adults throughout Durham.

Wishing you and your loved ones a wonderful Thanksgiving and a November filled with gratitude, connection, and joy

With grattitude,

Seanyea J. Rains

Seanyea Rains
Executive Director



"Since I have arrived at the Center, I have felt such a human warmth. At our age, we need this community."

— José Mauricio Artiga, DCSL Member



THE DCSL 2027-2028 YEARBOOK IS COMING SOON!

We're excited to announce the return of the DCSL Yearbook, celebrating the members, memories, and moments that make our community special!

More details about **photography dates** and how to secure your copy will be announced soon.

Stay tuned for updates through our robocalls, emails, and announcements at the Center!



Cardio & More class sporting pink for Breast Cancer Awareness



2026 Hispanic Heritage Month Celebration



Breast Cancer Awareness: Pink & Denim Day



JFK Towers Cook Out!

EATS: SHOP & GRAB EXPRESS



Monday, Nov. 2 | 12:30 pm - 2:30 pm

- ***Registration Opens Oct. 29 | 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, Nov. 2 | 9:00 am - 12:00 pm
Monday, Nov. 16 | 9:00 am - 12:00 pm

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

Veteran Support Group



Monday, Nov. 2 | 12:00 pm - 1:00 pm
Monday, Nov. 16 | 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, Nov. 13 | 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, Nov. 6 | 9:30 am - 10:30 am | Classroom

EATS: TURKEY DAY GIVEAWAY!

Monday, Nov. 23 | 10:00 am

Stop by the Support Services Office for a Thanksgiving food bag. No sign-up necessary.

One bag per person. Must be present to participate. No reservations. While supplies last.



CAREGIVER SUPPORT GROUP

Thursday, Nov. 12 | 12:30 pm | Boardroom

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

FREE NOTARY SERVICES

Wednesday, Nov. 11 | 1:00 pm - 2:00 pm
Wednesday, Nov. 4, 18, & 25 | 9:30 am - 11:00 am

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

Pro Bono Elder Law Planning



Thursday, Nov. 19 | 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.

Grief Support Group | Tuesday, November 3 & 17 | 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.

Chinese Workshop | Friday, November 13| 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, November 18| 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!

November Birthday Celebration | Wednesday, November 18 | 12:30 PM | Lower Commons | Celebrate members born in November with cake, crowns, and bingo with Maria, Senior Insurance Professional!

Duke SciTalks| Friday, November 20 | 12:00 PM - 1:00 PM | Classroom | Postdoctoral researchers from Duke University share short, TED-style talks. This month learn about microbes, metabolism and powering the heart.

Senior Legal Advisor| Monday, November 23 | 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, November 24 | 12:15 PM | Lower Commons| Stay connected with updates from DCSL staff and get early access to next month's calendar!

Understanding Clinical Trials | Monday, November 2 | 12:00 PM - 1:00 PM | Classroom | Learn how medical research happens through clinical trials and how to get involved with representatives from the Duke Cancer Institute.

Joy of Origami: It's Fall, Y'All - Celebrate the Season with Origami | Wednesday, November 4 | 12:00 PM - 1:30 PM | Art Studio | Unfold the enchanting world of Japanese paper folding with award winning educator and author, Barbara Pearl. Learn how to fold pumpkins, leaves, acorns, and a surprise model to brighten the Winter holidays, all it takes is a "peace" of paper! Share with friends and family, decorate a table, personalize cards, or display. Bring a bag or shoebox to safely transport your artwork treasures home. Discover mindFOLDNess -- *You are never too old to fold.*

NCCU Senior Safety Day | Friday, November 6 | 1:00 PM - 3:30 PM | Lower Commons | Join us to learn more about your safety and how together we can create a safer community.

Veteran's Day Breakfast | Monday, November 9 | 9:00 AM - 10:15 AM | Activity Room | If you are a veteran, we hope you will join us for a breakfast in honor of your service. Each veteran may bring one guest. Please call 919-688-8247 ext. 110 to let us know you're coming!

Vito Dito Veteran's Day Concert | Monday, November 9 | 12:00 PM | Lower Commons | Enjoy live music together in recognition of the many veterans in our community. All are welcome!

Memory Monday Games | Mondays beginning November 9 | 3:30 PM - 4:30 PM | Volunteer Room | Test and improve your memory with Stephanie! Play different games each week to stay sharp while having fun. Win Prizes!

Quarterly Volunteer Meeting: Fall 2026 | Tuesday, November 10 | 12:00 PM - 1:00 PM | Theater | Current, active DCSL volunteers are invited to join this meeting to share updates, needs and feedback.

Aging in Place: Truths About Communicating with Adult Children | Monday, November 9| 12:30 PM - 1:30 PM | Classroom | Are you prepared for the next evolution in your relationship with your adult children? Relationships evolve and change just like people, but navigating those changes isn't always easy. Join us for this candid conversation concerning communicating with adult children as you age. Presented by Certified Senior Housing Professional, Tracy Drakeford-Pierce

Happy Brain, Healthy Life | Thursday, November 12 | 9:30 AM - 10:30 AM | Volunteer Room | Join Dr. Qing Hao with Duke Neurology and the Divistion of Stroke & Vascular Neurology to learn how to prevent cerebrovascular disease.

Be Red-Cross Ready - Preparedness Essentials | Friday, November 13 | 10:00 AM - 11:00 AM | Theater | Becoming "Red Cross Ready" for an emergency means following simple steps in advance to ensure you can weather a crisis safely and comfortably.

Durham History Presentation | Monday, November 16 | 12:30 PM - 1:30 PM | Classroom | Staff from the Museum of Durham History will share stories and explorations of topics from Durham History each month, including general history, special exhibits, and tie-ins to current events.

Hands-Only CPR and AED Course with Duke University EMS | Thursday, November 19 | 9:30 AM - 10:30 AM | Classroom | Sudden cardiac arrest is a leading cause of death in the United States, but you don't have to be a bystander! This course will teach you the skills you need to potentially save someone whose heart has stopped beating. Doing CPR on a patient in cardiac arrest can TRIPLE their chance of survival outside of the hospital. BE PREPARED, LEARN CPR.

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**

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**
No Class 11/2 - 11/11

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**

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.)

12:00 pm - 1:00 pm
Walking Club **UC**

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**
No Class 11/2 - 11/11

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**
No Class 11/5

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**
No Class 11/5

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**

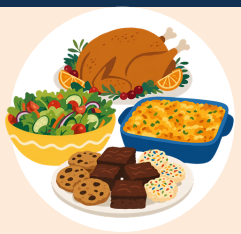
12:00 pm - 2:00 pm
Crochet Club **VR**

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**

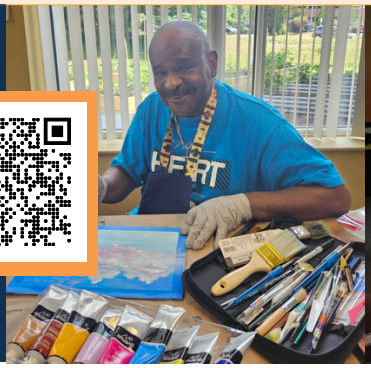
Seniors' Friendsgiving Meal
Monday, November 16 | 11:15 AM - 1:30 PM | Lower Commons
Let's come together in the season of gratitude and thankfulness for a meal together sponsored and served by BaggingIt4Kids. Happy Thanksgiving!



HELP KEEP THE FUN GOING!

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

Scan the QR code to see what's needed. Thank you for your generous support.





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 11/26**

Keep It Moving (AFEP) | Tues & Thurs | 10 AM - 11 AM | Activity Room | Our morning offering of AFEP, this is a gentle exercise and mindful movement class to help maintain flexibility, balance, range of motion, strength, and ease of movement. All levels welcome! **No class 11/26**

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 11/25 & 11/27**

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 11/27**

Aging with Pride - A Social club for older LGBTQ+ adults

Friday, November 13 | 2:30 PM - 3:30 PM | Classroom

Come play a board or card games as we catch up and get to know each other.

Pride Movie Showing: *Rocketman (2019)*
Thursday, November 19 | 5:00 PM



MOVIE MATINEE SERIES | FRIDAYS AT 12:30 PM

November 6: The Magic of Bell Isle
November 13: Gorilla Story
November 20: 9 to 5
November 27: DCSL Closed

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.

Support Services - Essential Supply Drive

***ITEMS WE'RE COLLECTING**

- **Cleaning Supplies**
- **Multi-purpose Sponges**
- **Paper Goods**
- **Non-Perishable Food Items**
- **Ensure**
- **Personal Hygiene Products**
- **Toothbrush / toothpaste**
- **Soap / Bodywash**
- **Shampoo / Conditioner**
- **Deodorant**

...and more!

**All items must be unopened and within date.*

FOR MORE INFO:

DCSL Support Services Manager:
mgunn@dcslnc.org or
919-688-8247 ext. 104



November 406 Café Lunch Menu

MON	TUE	WED	THU	FRI
2 **Meatballs w/ Spaghetti Sauce** Tater Tots Broccoli Hot Dog Bun Apple Juice	**3** **Chicken w/ Lemon Scarpariello Sauce** Rice Pilaf Green Beans Texas Bread Seasonal Fruit	**4** **Bourbon Pork Roast** Roasted Potatoes Collard Greens Dinner Roll Mandarin Oranges	**5** **Beef Patty** Slice Cheese Baked Beans Garden Veggies Hamburger Bun Seasonal Fruit Condiments	**6** **Turkey Stuffed Pepper Casserole** Cauliflower Texas Bread Peach Crisp
9 **Teriyaki Chicken Breast** Fried Rice Glazed Carrots Dinner Roll Tropical Fruit	**10** **BBQ Pulled Pork** Whipped Potatoes Coleslaw Hamburger Bun Applesauce	**11** **DCSL IS CLOSED FOR VETERAN'S DAY** 	**12** **Chicken Cacclatore** Penne Pasta Broccoli Wheat Bread Berry Juice	**13** **Western Baked Beef** Cheesy Rice Brussel Sprouts Texas Bread Seasonal Fruit
16 **Chicken Breast w/ Apple Cider Mustard Glaze** Whipped Potatoes Lima Beans Wheat Roll Seasonal Fruit	**17** **Sliced Ham w/ Raisin Sauce** Northern Beans Spinach Cornbread Fruit Punch Juice	**18** **Sweet n' Sour Meatballs** Wild Rice Cabbage Wheat Roll Seasonal Fruit	**19** **Smothered Chicken** Macaroni & Cheese Yellow Squash Zucchini Texas Bread Mandarin Oranges	**20** **Turkey & Sweet Potato Hash** Seasonal Green Beans Dinner Roll Pear Cobbler
23 **Creole Beef Patty** Buttered Rice Green Peas Dinner Roll Seasonal Fruit	**24** **Cranberry Dijon Chicken** Delmonico Potatoes Mixed Veggies Texas Bread Cinnamon Applesauce	**25** **Sliced Turkey Breast** Swiss Cheese Potato Salad Beet Salad Wheat Bread **DCSL CLOSING EARLY AT 12PM**	**26** **DCSL IS CLOSED FOR THANKSGIVING** 	**27** **DCSL IS CLOSED FOR BLACK FRIDAY** 
30 **Meatballs w/ Spaghetti Sauce** Tater Tots Broccoli Hot Dog Bun Apple 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 Study**	**Travel Tuesday** *Virtual Travel Around the Globe Workshop*	**Waffles & Trivia!**	**Health & Wellness Activity**	**Nature & Discovery Activity**
10:30 am - 11:15 am	**Mindfulness & Stretch** *Instructor Led Class*	**Virtual Fitness** *Virtual Session*	**Virtual Fitness** *Virtual Session*	**Cardio & More** *Instructor Led Class*	**Walking Group** *Weather dependent*
11:30 am - 12:15 pm	Congregate Meal				
12:30 pm - 1:30 pm	**Group Game**	BINGO	**TV Time (*Movies/Classic TV*)**	BINGO	**Arts & Crafts**

SPECIAL EVENTS

DINE Cooking Demonstrations | Wednesday, Nov. 4 | 9:30 AM | Join the DINE team for an interactive cooking demonstration featuring healthy ingredients, simple preparation techniques, and delicious ideas for nutritious meals.

Golden Years Dance Lessons| Friday, Nov. 6 & 20 | 12:30–1:15 PM | Enjoy free, engaging dance lessons led by Duke University students. All abilities welcome!

Chair Massage Session | Monday, Nov. 9| 12:15–1:15 PM |$10|Relax with a 10-minute chair massage from licensed massage therapist Lauren of Good Wind Healing Massage. *Limited to 7 participants.*

Field Trip: The Colorful Hat Circus & Variety | November 10 | 10:15–11:15 AM |$10| Enjoy a lively performance featuring acrobatics, juggling, magic, and more! *Transportation and admission included -- seats limited.*

Fall Prevention Workshop | Thursday, Nov. 12 | 9:30 AM | Physical therapist Tiffany Shubert returns to help you assess strength, improve mobility, and maintain an active, independent lifestyle.

Arts & Crafts with Maria: Fall Pumpkin Painting | Friday, Nov. 13 | 12:30 PM | Celebrate fall by painting and decorating your own pumpkin to take home. No experience needed!

Alzheimer's Workshop | Thursday, Nov. 19 | 12:30 PM | Join the Alzheimer's Association to learn the 10 warning signs, how they differ from normal aging, and when to seek guidance.

Japanese Calligraphy | Friday, Nov. 20 | 9:30–10:15 AM | Join Yuki from the Temma Japan Program to explore traditional Japanese calligraphy and practice brush techniques.

Drums Alive | Monday, Nov. 23 | 12:30 PM | Get moving with a fun, music-filled cardio drumming workout combining rhythm, movement, and coordination!

JFK Friendsgiving Potluck & Photo Booth | Wednesday, Nov. 25 | 11 AM–12 PM | Bring a favorite dish to share with your JFK neighbors and enjoy food, music, and a festive photo booth!

See next page for more news from JFK Towers!



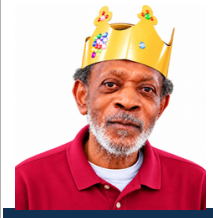
Virtual Travel Destination: Guyana

Donna shared a wonderful taste of her home country through rich traditions and delicious homemade food!



Farewell Performance: November 2

Join us for a heartfelt farewell to Judy with folk songs and guitar music as we celebrate the joy and talent she's shared with DCSL over the years!



JFK Towers Member of the Month: Tyrone Watson

His dedication and participation make him a valued part of our JFK family!

DCSL DOWNTOWN EVENING PROGRAMS

Mon / Wed / Fri: *8:30 AM - 5:00 PM*

Tues / Thurs: *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**
Drums Alive | 5:30 PM - 6:30 PM **ER**

Fitness Center, Tech Lab, & Rec. Room Open for Drop-In 5:00 PM - 6:45 PM

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

THANKFUL
KINDNESS
FAMILY
FEAST

AUTUMN
TURKEY
APPLE
MAPLE

FROST
PIE
DESSERT
HARVEST

DCSL MAIN EMPLOYEE OF THE MONTH



Ella Tinsley
Porter

Ms. Ella consistently goes above and beyond to care for DCSL and ensure that our facility remains a welcoming, well-maintained environment for our members, staff, and visitors. We are grateful for the difference she makes each day!

ADULT DAY HEALTH EMPLOYEE OF THE MONTH



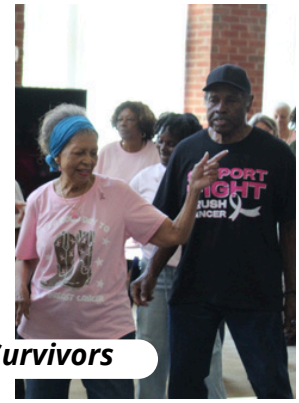
Malinda Cozart, CNA
Certified Nursing Assistant

She demonstrates kindness, compassion, and attentiveness in caring for our participants. She is always willing to lend a helping hand to fellow staff. We are grateful for her committment and care.

#ONLYATDCSL







Celebrating Strength in Togetherness and Honoring Breast Cancer Survivors





Honoring the Diversity that Unites Our DCSL Family



Exploring Art and Making Memories Together

THANK YOU TO OUR COMMUNITY SUPPORTERS!

THE FOREST AT DUKE

Duke OFFICE of DURHAM & COMMUNITY AFFAIRS

DukeHealth

CENTRAL PINES REGIONAL COUNCIL

TRUIST

Humana

Reliance Medicare Helpline

DURHAM COUNTY Social Services

wellcare

BlueCross BlueShield of North Carolina MEDICARE

Davidson Group HR SOLUTIONS

ROOT MARTINEZ LLC

DURHAM COUNTY Cooperative Extension Durham County Center

foodbank OF CENTRAL & EASTERN NORTH CAROLINA

triangle community FOUNDATION MAKE A DIFFERENCE

Weatherby HEALTHCARE A CHG COMPANY

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