

EDUCATIONAL OPPORTUNITIES

Classes must be registered for in advance (Classes may be cancelled if minimum numbers are not reached.) by calling the **Seymour Center** in Chapel Hill at 919-968-2070 or the **Passmore Center** in Hillsborough at 919-245-2015. Fee waivers/reductions are available based on assessed financial need for all classes/programs for Orange County residents. Transportation Specialist available at both centers: 919-717-1853

FLAG ALTERNATE ENDINGS - AN END OF LIFE CHOICES EVENT (See VC55+)

Register by: Fri, Jan 31 (919-96802070)

Fee: FREE

Seymour Center (355001-01)

Wed, Feb 5

4 - 6 pm

BILLY STRAYHORN - LOCAL JAZZ LEGEND

Did Billy "take the A Train" to Hillsborough? That's where he spent part of his childhood. Learn more about this famous composer and pianist, and the history of Hillsborough, at a presentation by Stephanie Pryor, Director of Orange County Historical Museum. Max: 80

Register by: Thu, Feb 20

Fee: FREE

Seymour Center

Thu, Feb 27 (313095-01)

1 - 2 pm

CAREGIVER EDUCATION SERIES - CARING BASICS

A new monthly education series designed to provide information for individuals providing care and support for a friend or family member. The program hopes to strengthen your skills and resilience, and bolster the ability to nurture and support those for whom you care. **You may register for one or multiple sessions .**

Instructors: Aging Transitions Team and Experienced Community Professionals

Register by : 1 week prior to event

Fee: FREE

Seymour Center

When the person you care for is a veteran

Mon, Dec 16 (354117-04) 1:30 - 2:30 pm

Assistive Devices to help you care

Mon, Jan 27 (354117-05) 1:30 - 2:30 pm

Financial Caregiving 101: Managing someone else money

Mon, Feb 24 (354117-06) 1:30 - 2:30 pm

CLIMATE CHANGE for NON-SCIENTISTS

What is Climate Change and do we **need to be concerned about it?** It is now believed by most atmospheric scientists, meteorologists, and climate scientists that man is making a measurable impact on the climate. **Why do we believe this and what can we do as individuals to diminish the negative impacts of climate change?** This class will seek to explain and address some of these issues.

Min: 5/Max: 25

Register by: 1 week prior to class

Instructor: Russ Wiener

Fee: FREE

Seymour Center

Wed, Feb 19 (344082-11)

3 - 4:30 pm

Wed, Feb 26 (322082-12)

3 - 4:30 pm

COFFEE & PASTRY WITH THE AUTHOR

Slavery and Class in the American South: A Generation of Slave Narrative Testimony, 1840-1865

Have a cup of coffee with author, William "Bill" Andrews, as he explains how social status and class developed among the enslaved in the first half of the nineteenth century. These distinctions played key roles in the lives and liberation of celebrated fugitives like Frederick Douglass and Harriet Jacobs. Andrews explains how social class cut two ways - separating upper and lower strata of slaves to their enslavers' advantage, but at other times convincing privileged slaves that they deserved complete freedom. There will be an opportunity to purchase the book and have it autographed. Min: 5/Max: 25

Register by: Wed, Feb 5

Author/Presenter: Bill Andrews, E Maynard Adams Professor of English Emeritus, UNC-Chapel Hill

Fee: FREE

Seymour Center

Wed, Feb 12 (313097-01)

10 - 11:30 am

CONGOLESE DRUMMING CLASS

See Dance, Music and Theatre on Page ---

Fee: FREE

Seymour Center

Fridays

(354061-06)

2- 3 pm

CUT THE CABLE CORD

With soaring cable prices and limited income something has got to give. Let's cut the cable cord. Join this class to learn how you can save money by stopping cable and using streaming services instead.

Min: 5/ Max: 25

Register by : Fri, Jan 31

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

Fri, Feb 7

(213047-01)

2 - 3 pm

DEMENTIA BASICS

A four-part series with topics around brain health - types and stages of dementia, communication, and preparing for the journey ahead. We invite those with memory concerns, caregivers, family members, friends, and other interested community members to join us!

Instructors: Aging Transitions Team and Experienced Community Members

Register by: Fri, Jan 31

Fee: FREE

Chapel Hill Public Library

Tuesdays, Feb 4 -25

10 am - 12 noon

HOW TO "LIKE" FACEBOOK AND NOT BE FOOLED

Get a good understanding and great tips for being a safe and savvy user of Facebook with Kathy Swendiman. Kathy is a retired lawyer from the Library of Congress who has been part of a fact-checking team on Facebook. Learn how to safely use Facebook by recognizing and avoiding scams, knowing when to click and not to click, as well as how to circumvent being fooled by hoaxes and misinformation. Min: 25/Max: 80

Register by: Thu, Jan 9

Speaker: Kathy Swendiman

Fee: FREE

Seymour Center

Thu, Jan 16 (313099-01) 10 - 11:15 am

INTERNATIONAL WOMEN AND GIRLS IN SCIENCE

Come join us to celebrate Women and Girls in Science. Bring the grandchildren for science experiments and to hear more about science. Even if the grandchildren can't come, join us to learn some simple experiments to do at home with them. Min: 5/Max: 12

Register by: Tue Feb 4

Leaders: Faye Cleaton with Grandchildren Lukas and Kallie Smith

Fee: FREE

Passmore Center

Tue, Feb 11 (243071-01) 3:30 - 4:30 pm

I VOTED! NOW WHAT?

See Volunteer Connect (VC55+)

Register by: Fri, Feb 14 at 919-968-2070

Fee: FREE

Seymour Center (357138-39)

Wed, Feb 19 3:30 - 5 pm

LAST WISHES & HOW TO PREPARE

Ever thought about final expense wishes? How to leave a Legacy? Learn how to prepare the last wishes including wills and legacy placement with TransAmerica. Seminar will include Q & A, as well as, one on one consultation as needed. Min: 25/Max: 80

Register by : Wed, Jan 8

Instructor : Jan Pong MBA, and Humayun Talukder FSCP, LUTCF

TransAmerica Agency Network Associate

Fee: FREE

Seymour Center

Wed, Jan 15 (323771-02) 3 - 4 pm

KNOW THE CODE!

This is an interactive presentation to increase awareness and use of the air quality forecast system (code) to help older adults better plan their outdoor activities and take steps to protect their health. We will be discussing the air pollutants that commonly occur in North Carolina and how they can impact your health. We will explain the air quality code and talk about ways you can minimize your contribution to air pollution. Min: 10/Max: 25

Register by : Thu, Jan 30 (Passmore)/Wed, Jan 22/(Seymour)

Instructor : Melissa Kennedy

Fee: FREE

Passmore Center:

Thu, Feb 6(214040-01) 10 - 11:30 am

Seymour Center

Wed, Jan 29 (313106-01) 10 - 11:30 am

LIFE TRANSITIONS

Life is full of changes and moving from a home that you have lived in for years can be a daunting experience. In most cases you will be moving to a smaller home and will need to determine what to keep and what to give away/sell. You will need to consider how to best orchestrate the process - do you put your house on the market first or do you find your new home first? This session will help you figure out the best way to make the transition and get your house ready to go on the market. Min: 8/Max: 30

Presenter: Representative from Fonville Morisey Realty

Register by: Thu, Jan 30

Fee: FREE

Seymour Center

Thu, Feb 6

(323072-07)

10 - 11:30 am

LUNCH AND LEARN ENGAGING TOPICS

This interactive program features a guest speaker each quarter. These healthy conversations will stimulate your mind and create new thoughts after each presentation or powerful performance. A catered lunch will follow. Min: 15/Max: 25

Register by : Thu, Feb 20

Speaker: Liz Bucrek

Fee: FREE

Seymour Center

Thu, Feb 27

(353112-10)

11:30 am - 1 pm

UNC Global Initiatives

Liz Bucrek with the UNC office of Global Initiatives will begin the class with a Ted Talk, Dangers of a Single Story and discuss the dangers of global stereotypes. She will explain her role on the UNC Campus and their mission to remove barriers and connect the community with global initiatives.

MONEY SAVING APPLICATIONS - FETCH AND IBOTTA

Attend this session and learn about these two applications that create rewards for you as you make everyday purchases. Bring your smart device if you would like assistance in getting started.

Min: 5/Max: 10

Register by : Tue, Nov 26

Fee: FREE

Leader: Deb Gayliard

Passmore Center

Mon, Dec 2 (214032-01)

1:30 - 2:30 pm

NC DMV REAL ID

You've been hearing about it for a while now. You've heard this and that but what is it? Do you need to get one? What documents do you need? There are so many questions surrounding the REAL ID. No worries, we got you covered. Join us for an information session with the NC DMV to learn about the REAL ID, address your concerns, and ask all the questions you may have. Min: 10/ Max: 50

Register by : Wed, Nov 13

Presenter: Gary Leake, NC DMV

Fee: FREE

Seymour Center

TBA (343067-02)

TBA

SNACKS AND LEARN: FAMILY PICTURES USA

Enjoy different snacks while engaging in conversation. We will watch episode 1, North Carolina, from the PBS special, Family Pictures USA. This episode explores and discusses our rural state built on tobacco and textiles and how quickly it is changing. Entrepreneurs find a warm welcome in Durham, Native Americans come home to ancestral lands, and families separated by race and class work toward healing. Min: 5/ Max: 25

Register by : Fri, Feb 14

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

Fri, Feb 21 (234037-01)

2 - 3 pm

TECH KNOWLEDGE

Not sure if your cell phone is an android or iPhone? If you want to learn more about your iPads, kindles, tablets, or whatever device you may have, this is a great opportunity. You will get one on one instruction from our tech savvy high school students. Your own personal Tech Assistant will be available to address your specific needs and inquiries with you for 45 - 60 min every other Saturday.

Contact Meghan Davis , Program Assistant at 919-245-2026 to make an appointment

Register by : 2 weeks prior to dates listed

Instructors : Local High School Students

Fee: FREE

Seymour Center

1st & 3rd Sat, Dec 7, 21; Jan 4, 18; Feb 1, 15 (324063)

TED TALKS AT PASSMORE

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversations.

Topics are created and made available for use by TED. Join us as we dive into TED Talks at Passmore in a laidback yet informative environment including a 15 - 30 min video/talk and follow up discussions.

Min: 5/Max: 25

Register by: 1 week prior to each session.

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

Tue, Dec 17; Jan 21; Feb 18

(254038-12, 01, 02)

2 - 3 pm

Tue, Dec 17 - The Lies Our Culture Tells Us About What Matters - and a Better Way to Live - David Brooks

Our society is in the midst of a social crisis, says op-ed columnist and author David Brooks: we're trapped in a valley of isolation and fragmentation. How do we find our way out? Based on his travels across the United States -- and his meetings with a range of exceptional people known as "weavers" -- Brooks lays out his vision for a cultural revolution that empowers us all to lead lives of greater meaning, purpose and joy.

Tue, Jan 21 - The Gift and Power of Emotional Courage - Susan David

Psychologist Susan David shares how the way we deal with our emotions shapes everything that matters: our actions, careers, relationships, health and happiness. In this deeply moving, humorous and potentially life-changing talk, she challenges a culture that prizes positivity over emotional truth and discusses the powerful strategies of emotional agility.

Tue, Feb 18 - The Secret to Living Longer May be Your Social Life - Susan Pinker

The Italian island of Sardinia has more than six times as many centenarians as the mainland and ten times as many as in North America. Why? According to psychologist Susan Pinker, it's not a sunny disposition or a low-fat, gluten-free diet that keeps the islanders healthy -- it's their emphasis on close personal relationships and face-to-face interactions. Learn more about super longevity as Pinker explains what it takes to live to 100 and beyond.

TED TALKS AT SEYMOUR

What are TED Talks? TED stands for Technology, Entertainment and Design. TED is owned by a non-profit, non-partisan foundation. Its agenda is to make great ideas accessible and spark conversation.

Topics are created and made available for use by TED. Join us as we dive into TED Talks at Seymour including a 15 minute video/talk and follow up discussions. Min: 10/Max: 82

Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Dec 16; Jan 13 (2nd Mon due to MLK holiday); Feb 17 (353020-01)
pm

2 - 3

Mon, Dec 16 - What reading slowly taught me about writing

Reading slowly has led Jacqueline Woodson to a life of writing books to be savored. In a lyrical talk, she invites us to slow down and appreciate stories that take us places we never thought we'd go and introduce us to people we never thought we'd meet.

Mon, Jan 13 - How to humor your stress

Don't believe everything you think! Many of our thoughts can be the source of amusement if we learn how to discover our inner sitcom. Life does not have to be a stress rehearsal. When we explore how to "lighten up", we also help to "lighten up" the world. With Loretta Laroche.

Mon, Feb 17 - How your emotions change the shape of your heart

"A record of our emotional life is written on our hearts," says cardiologist and author Sandeep Jauhar. In a stunning talk, he explores the mysterious ways our emotions impact the health of our hearts -- causing them to change shape in response to grief or fear, to literally break in response to emotional heartbreak -- and calls for a shift in how we care for our most vital organ."

UNDERSTANDING SENIOR HOUSING OPTIONS

Retirement Living Options - Part 1

There are many senior housing options available, today; **do you know where to start? Are all 55+ communities the same? Do you wonder the differences between a Continuing Care Community and an Independent Living rental community?** We will be discussing the differences between all types of communities, and the different contracts, waiting times and tools for planning ahead. Michelle has a Master of Healthcare Administration from UNC and has 20 years of senior living experience. Min. 10/Max. 20

Register by: Mon, Dec 2 (12 noon)

Instructor s: Michelle Lytle-Westrom, MHA Senior Housing Consultant, and Armand Lenchek Realtor

Fee: FREE

Seymour Center

Wed, Dec 4

(337044-02)

10 am - 12 noon

Retirement Living Options Part 2 and Making the Move

Continuing on with the discussion on independent senior living options, their differences, the various contract options and addressing your questions. Expanding the discussion to include affordable senior housing options, assisted living, skilled care and memory care. If you have already made your community choice and starting to plan your move, we will go over tips for downsizing and helpful tools for getting your house ready to put on the market. Min. 10/Max. 20

Register by: Fri, Dec 6

Fee: FREE

Seymour Center

Wed, Dec 11

(337044-03)

10 am - 12 pm

UNDERSTANDING SENIOR HOUSING OPTIONS

There are many senior housing options available. **Do you know where to start? Have you ever** wondered about the differences between a Continuing Care Community and an Independent Living

rental community? What about Assisted Living and Skilled Care? If you have questions about senior living communities, the differences and your options, this seminar will help you. We will also go over tips for downsizing and helpful tools for getting your house on the market.

Min. 10/Max. 20

Register by: Mon, Dec 2

Fee: FREE

Instructor s: Michelle Lytle-Westrom, MHA Senior Housing Consultant, and Armand Lenchek Realtor
Passmore Center

Thu, Dec 5 (213048-01)

1- 3 pm

WEDNESDAYS @ONE POETRY

If you are looking for an opportunity to expand your poetic horizons, to cultivate your own writing, to engage with other writers of poetry, then **Wednesdays@One Poetry** is for you. We meet each week from 1 to 2:30 p.m. We share poems. We react to each other's work. We encourage one another. We work on poetry projects together. Min: 5/Max: 10

Instructor: Clark Holtzman

Fee: \$5 (each week)

Seymour Center

Wednesdays (334075-04)

1 - 2:30 pm

FINANCIAL PLANNING

OUTLOOK AND OPPORTUNITIES

This seminar discusses current market conditions and how the political, economic and cultural forces shaping our markets can affect you as an investor. Min: 3/Max: 25.

Register by: Wed Jan 22 (Passmore)/ Fri, Jan 3 (Seymour)

Instructor: Mary-Charles Nassif, CFP

Fee: FREE

Passmore Center

Wed, Jan 29 (214005-01)

12 noon - 1 pm

Seymour Center

Wed, Jan 8 (344015-02)

6:30 pm - 7:30 pm

RETIREMENT FOR BOOMERS AND RETIREES

It's never too late or too early to learn about growing your money. Planning for your retirement and making sure that your money will last is a daunting task. Join us and discover how you can make wise decisions for the future. Min: 3/Max: 15.

Instructor: Mary-Charles Nassif, CFP, Financial Advisor, Edward Jones

Register by: Thu, Jan 9 (Passmore)/Fri, Jan 3 (Seymour)

Fee: FREE

Passmore Center

Thursdays (254003-01)

2 - 3:30 pm

Jan 16

Foundations of Investing

Jan 23

Focus on Fixed Income

Jan 30

Stocks: The Nuts and Bolts

Feb 6

An Investor's Tour of Mutual Funds

Feb 13

Preparing for the Unexpected

Feb 20

Preparing Your Estate Plan

Seymour Center

Tuesdays (334004-14)	2 - 3:30 pm
Jan 14	Foundations of Investing
Jan 21	Focus on Fixed Income
Jan 28	Stocks: The Nuts and Bolts
Feb 4	An Investor's Tour of Mutual Funds
Feb 11	Preparing for the Unexpected
Feb 18	Preparing Your Estate Plan

STANDING GUARD - PROTECT WHAT YOU'VE WORKED FOR

You've worked hard to provide for your family. Whether you're approaching retirement or have recently retired, your focus may begin to shift from building your financial foundation to protecting the financial resources you've created for you and your family. This presentation discusses active ways to address key risks you may encounter and strategies to help prepare for the unexpected. Min: 3/Max: 25.

Register by: Wed, Feb 19 (Passmore)/Wed, Jan 29 (Seymour)

Instructor: Mary-Charles Nassif, CFP

Fee: FREE

Passmore Center

Wed, Feb 26 (224013-01) 6:30 - 7:30 pm

Seymour Center

Wed, Feb 5 (324016-02) 12 noon- 1 pm

STAYING IN CHARGE OF YOUR LIFE - HOT TOPIC SERIES

Courses offered by Hunter Rowe Real Estate Agents and Advisors

Selling Your Home in Today's Market

Have you considered selling your home or purchasing a different one? Do you understand where you can get professional assistance? Do you know how to determine the value of your property, so you can sell it quickly at the highest price? Do you understand the current process of selling and what information needs to be disclosed to the buyer? We will also talk about what to look for if you are buying a "maintenance free" home.

Register by: Tue, Dec 10

Fee: FREE

Seymour Center

Tue, Dec 17 (324088-05) 3 pm

Moving in the Right Direction Seminar

Have you considered investigating the opportunities that await you in senior living communities? We will explore 55+ communities and what to look for when considering a move. We will look at communities that are designed to assist us in transitioning from independent living to assisted living and full nursing services. We will review the various options from fee based to equity-based communities.

Register by: Tue, Jan 7

Fee: FREE

Seymour Center

Tue, Jan 14 (334078-03) 3 pm

What Does Ready Look Like? How Do I Know if I'm Ready to Leave My Home?

These questions often dominate when seniors consider making the transition from home to a senior community. Wondering what your life might be like in your new home? What are my health care needs and how will they be provided? How do I sell my home or transition it to a family member? What services are available to help me downsize? There are no easy answers. Join us to discuss and explore the variety of available options.

Register by: Tue, Feb 11

Fee: FREE

Seymour Center

Tue, Feb 18 (334079-03)

3 pm

TAX-FREE INVESTING - IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket. Min: 3/Max: 25.

Register by: Wed Nov 27 (Passmore)/ Wed, Dec 4 (Seymour)

Instructor: Mary-Charles Nassif, CFP

Fee: FREE

Passmore Center

Wed Dec 4 (244022-01)

12 noon - 1 pm

Seymour Center

Wed, Dec 11 (334023-01)

12 noon - 1 pm