

INTEREST GROUPS

IG - AL-ANON

Alcoholism affects many people, including family and friends. There are people all around who may be experiencing the same thing you are right now. This Al-Anon group can help provide anonymous understanding and support. Meetings held in Conference Room 1026.

Fee: FREE

Passmore Center (257050-01)

Mondays 3:30 - 4:30 pm

Thursdays 6:30 - 7:30 pm

BOOK CLUB - PASSMORE CENTER

NEW! Book clubs are the perfect way to keep reading, to talk about what you read, and to make new friends. Enjoy a lively discussion with other book lovers.

Fee: FREE

Passmore Center (258000-01) 10:30 am

Wed, Jun 24- **Where the Crawdads Sing** by: Delia Owens

Tale of an unforgettable young woman determined to make her way in the wilds of NC

Wed, Jul 22 - **Life After Life** by: Jill McCorkle

Stories of residents in a NC Retirement Home

Wed, Aug 26 - **The Water Dancer** by: Ta Nehisi Coates

A slave's story; underground railroad

CHAT AND CHEW MOVIE CLUB

Have you ever watched a movie and just couldn't stop thinking about it? A movie is a lot like a book; often each person has a different perspective on what they saw. Are you interested in a monthly movie discussion similar to a book club? The movies would be selected by members of the club. Sign up at the front desk of the Passmore Center, 919-245-2015.

Passmore Center (253058)

CHESS MEET-UP GROUP

If you enjoy playing chess and would like to get a group started at the Seymour Center, please contact Keith Conners, 919-225-1055, for more information.

Fee: FREE

Seymour Center

ENRICHMENT LIFE GROUP FOR MANDARIN SPEAKERS

A fun and educational group for Mandarin-speaking seniors seeking spirituality and a healthy life. Come join us for singing, prayers, Bible study, health seminars, English conversations, games, and crafts.

精彩生命小组：无论您是在美定居还是来美探望儿孙的祖父母，已经是基督徒或是仍在思考人生终极信仰问题的慕道友，都欢迎参加我们为金色年华的长者们准备的生命小组。我们有唱诗歌、个人分享、圣经学习、健康讲座、英文会话、益智游戏、中美文化等丰富的活动。小组带领人周虹为杜克大学神学硕士及北卡大学教堂山分校社工硕士，贝丝·罗伯兹为养老院退休牧师，李万兵博士为本地华人教会牧师。免费小组，每周二上午9:30-10:30在希摩中心小剧场活动。

Instructors: Hong Zhou, Beth Roberts and Pastor Li

Fee: FREE

Seymour Center

Tuesdays (357171)

9:30 - 10:30 am

GARDEN CLUB - PASSMORE CENTER

If you are interested in being part of the garden club, please email Patty Meehan at Pattymeehan74@gmail.com Everyone is welcome.

Fee: FREE**Passmore Center****GARDEN CLUB - SEYMOUR CENTER**

Meet volunteers who love to garden. We range from Master Gardeners to amateurs; all enjoy designing, digging, planting, watering, weeding, harvesting, and otherwise tending the flowers, ferns, woody plants, and vegetables around the Seymour Center. There are raised beds that are wheel chair accessible. Meetings are the third Mondays of each month at 1:30 pm. Workdays are Thursdays 9:30 to 11 am, or at your convenience.

Contact: Priscilla Boomer, email: parboomer@gmail.com**Seymour Center**

Mon, Jun 15; Jul 20; Aug 17 (357002)

1:30 pm

Thursdays (357002)

9:30 - 11 am

INSPIRATIONAL TOPICS FOR PRACTICAL LIVING

Join us for this discussion series to uplift and encourage you throughout the week. If you have questions about the topics or materials, call 919-245-2015.

Leader: Walter Faribault**Fee:** FREE**Passmore Center**

Tuesdays (254000-01)

10 - 11 am

ISSUES OF FAITH

This time is for those who enjoy gathering together for scriptures, songs and uplifting words of encouragement.

Leader: Tim Aldrich**Fee:** FREE**Seymour Center**Wednesdays (357010)
am

10:30 - 11:30

MAN POWER: NETWORK GROUP FOR MEN

Check out a laid back experience created for men participants. This social time will enable men from all walks of life the opportunity to come together and make new friends, encourage and celebrate each other's milestones. It may include activities such as having lunch together; attending social or sporting events; exchanging life's journey; talking over healthy current events; teaching each other new games; and trying out new classes, activities or special events as a group.

Leaders: Donn Graves & Harold Ballentine**Fee:** FREE**Seymour Center**4th Wed (357173-02)

1 - 2 pm

MANDARIN MAH JONG: LEARN TO PLAY LIKE A PRO!

An ancient Chinese game which is challenging and fun, and good for memory exercise, too. Similarities to both Poker and rummy, the goal is to reach the highest combination

of tiles which are called sets. Players will learn what sets are and how to best arrange them. Once the tiles can be identified and other game directions are learned, you will feel like a pro when all is said and done.

Fee: FREE

Seymour Center

Thursdays (324024)

10 am - 12 noon

NC CHINESE OPERA SOCIETY

NC Chinese Opera Society, formerly known as Triangle Area Peking Opera Association, is one component of the Traditional Chinese Music Foundation, a nonprofit organization. The Society is a group of people who are interested in, and have a passion for, Chinese opera. We have professional instructors and musicians. We invite professional instructors and Chinese opera experts to give lectures. All interested are welcome to join.

More information /contact: Dongmei (Lydia) Cui at 919-599-7406 or Rui Qi at 919-740-0271

Fee: FREE

Seymour Center

1st Mondays (313056)

7 - 9 pm

1st & 4th Saturdays (313056)

1 -5 pm

SAVVY SAVERS - COUPON CLUB

Everyone loves to save money and this group aims to get the most for their money. You will learn about the benefits of clipping coupons and how to be in the know for upcoming bargains. Bring the coupons you are not planning to use and exchange them within the group for ones you may use.

Instructor : Deb Gayliard

Fee: FREE

Passmore Center (257051-01)

Mondays

10:30 - 11:30 am

SHAKESPEARE OUT LOUD

Shakespeare Out Loud is a welcoming group, open to anyone who enjoys reading Shakespeare. We gather for a potluck dinner and to read a play out loud, and to discuss it - but you certainly don't have to be a Shakespeare expert to join us as we are from all kinds of backgrounds. Shakespeare Out Loud is very casual and friendly, and we'd love to have you join us! For questions or information contact Abigail at abby@abbyoverton.com

Contact: Abigail Overton

Fee: FREE

Seymour Center

1st Mondays (357174-01)

6 - 8:30 pm

SOCIALIZING SENIORS

There are a lot of things we can do when we socialize. Programs are based on your interests and feedback. Anything from checkers/chess, spades tournaments, guest speakers or discussion groups. Your help in planning and leading is welcome so "Let's socialize!" For more information, contact Robbin Justice Jones at 919-969-6961.

No Registration Needed

Fee: FREE

Hargraves Center

Fridays

10 am - 12 noon

SUDOKU

Keep your brain sharp with this game that is sure to offer a challenge. If you have never tried Sudoku, or would like to learn tips to advance from the basic puzzle to the "evil" one, come join us. Sudoku game sheets provided. You are also welcome to bring some to share.

Coach: Beverly Sanders

Fee: FREE

Seymour Center

Thursdays (357037)

10:30 am - 12 noon

TAR HEEL DEPRESSION GLASS CLUB

The Tar Heel Depression Glass Club shares common interests in collecting and **preserving the glassware of the American Depression era**. At times, the program will be about something related to the interest of a club member, including other antiques. Activities enjoyed by members are monthly meetings, social outings and trips to glass manufacturing areas of the country (WV, OH, and PA). **For additional information** contact the center or ncglassclub@hotmail.com

Fee: FREE

Passmore Center

Mon, Jun 1; Jul 6; Aug 3 (237001-01)

4:30 - 6 pm

WRITERS GROUP

This group is open to writers of Fiction, Non-Fiction, and Poetry. All are welcome to present their writings for evaluation and helpful hints from the other members. Our group has existed for over 20 years and had many publications during that time! We seek dedicated writers wanting to share their writing abilities to enlarge our group.

Contacts: Call Thalia Becak (919-928-9879) or Carol Buckles (919-240-4123) if you are interested in joining, or have questions.

Fee: FREE

Seymour Center

1st & 3rd Tue, Jun 2, 16; Jul 7, 21; Aug 4, 18 (357003)

2 - 4 pm