

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.

Broadway: The American Musical

Back by popular demand and just in time for the holidays! Enjoy six musicals followed by a brief discussion led by Emily Gordon. Musicals will be shown during the month of December, featuring two musicals back to back. Don't forget to bring a friend or two. Episodes listed as follows:

Episode One: Give My Regards to Broadway (1893 - 1927) - Thu, Dec 7

New York City's turn-of-the-century musical theater embodied the hope that America offered to millions of immigrants. The story of legendary producer Florenz Ziegfeld introduces the era's key figures: songwriter Irving Berlin, comedienne-singer Fanny Brice and comic Bert Williams – America's first "crossover" artists – and brash song-and-dance man George M. Cohan, Jerome Kern and Oscar Hammerstein II unleash Broadway's potential with the groundbreaking show boat.

Episode Two: Syncopated City (1919 - 1933) - Thu, Dec 7

Prohibition and Jazz, along with newly-won freedoms for women, proved to be fertile ground for musical comedy. Marilyn Miller, the Marx Brothers, and Al Jolson rocketed to stardom, as songwriting teams like George and Ira Gershwin, Eubie Blake and Noble Sissle, and Richard Rodgers and Lorenz Hart wrote the music that seduced the nation with New York City's syncopated rhythm. But Broadway's Jazz age suffered a one-two punch with the "talking picture" and the stock market crash.

Episode Three: I Got Plenty O' Nuttin' (1930 - 1942) - Thu, Dec 14

In the Depression, a musical theater dichotomy emerged: shows like Cole-Porter's *Anything Goes* offered glamour as an escape, while others- like *Of Thee I Sing* and *The Cradle Will Rock*- dealt with the era's political concerns. Rodgers and Hart returned to New York to create new shows, stars like Ethel Merman and Ethel Waters became top box office draws, and George Gershwin created his epic folk opera, *Porgy and Bess*. The advent of World War II prompted Irving Berlin to write one of his biggest hits, *This is the Army*.

Episode Four: Oh, What a Beautiful Mornin' (1943 - 1960) - Thu, Dec 14

Beginning with *Oklahoma!* in 1943, the partnership of Richard Rodgers and Oscar Hammerstein II set a new standard for storytelling on Broadway. With *On the Town*, Leonard Bernstein, Betty Comden, Adolph Green, and Jerome Robbins musicalized wartime New York, and Irving Berlin and Ethel Merman triumphed with *Annie Get Your Gun*. Shows like *Kiss Me, Kate*, *Guys and Dolls*, and *My Fair*

Lady offered sophisticated literary adaptations, and *The Ed Sullivan Show* brought a television spotlight to Broadway. With the death of Oscar Hammerstein II in 1960 after *The Sound of Music*, the curtain lowered on a golden age.

Episode Five: Tradition (1957 - 1979) - Thu, Dec 21

In the late 50's and early 60's, Broadway continued producing enduring hits, including the groundbreaking *West Side Story*, but in the era of rock and roll and tumultuous social change, Broadway reinvented itself and established new traditions. The conceptual theater of John Kander and Fred Ebb's *Cabaret*, as directed by Hal Prince, was followed by the tribal love-rock musical *Hair* and the urban angst of Stephen Sondheim's *Company*. Bob Fosse showcased sexy cynicism in *Chicago*, and Michael Bennett created the blockbuster *A Chorus Line*. With Prince and Sondheim's production of *Sweeney Todd*, the musical reached unexpected heights in style and material.

Episode Six: Putting It Together (1980 - Present) - December 21

As notorious producer David Merrick conquered Broadway with *42nd Street*, and producer Cameron Mackintosh and composer Andrew Lloyd Webber redefined Broadway, the business of show business took center-stage. Sondheim's *Sunday in the Park with George* moved from a workshop Off-Broadway, while Jerry Herman's *La Cage Aux Folles* broke new ground in its portrayal of gay romance. Julie Taymor re-imagined Disney's *The Lion King*, composer Jonathan Larson scored a bittersweet triumph with *Rent*, and the old-fashioned musical was reborn in Mel Brook's *The Producers*. The creation of *Wicked*, the biggest hit of 2004, highlights the challenges of producing on Broadway in the 21st Century.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

Thu, Dec 7	Episodes 1 & 2	(323054-03)	6 - 8 pm
Thu, Dec 14	Episodes 3 & 4	(323054-03)	6 - 8 pm
Thu, Dec 21	Episodes 5 & 6	(323054-03)	6 - 8 pm

Bus Riding 101 - Getting the Most Out of the Transit System

This class is for people who are cutting back on driving, no longer drive, and want to spend less on gas, or simply enjoy bus riding. Participants will learn how to map out bus trips, and also how to qualify to be picked up at home. Make your life better by understanding the transit system. Min: 5/Max: 25

Registration: suggested but not required. Call 919. 717.1853

Fee: FREE

Instructor: Lisa Berley, OC Dept on Aging, Transportation Specialist (919-717-1853)

Orange County Public Library, Hillsborough

Wed, Jan 17 2 - 3:30 pm

Chapel Hill Public Library

Tue, Feb 13 10 - 11:30 am

Bus Riding Made Easier though Technology - New!

Tired of waiting at a bus stop and not knowing when the next bus will arrive?
Learn how to use transit apps to track your bus in real time and relax.
Uber and Lyft information will be covered as well.

Register by: 1 week before class

Fee: FREE

Passmore Center

Wed, Feb 21 (244037-02)

3 - 4:30 pm

Seymour Center

Tues, Jan 23 (324061-01)

2 - 3:30 pm

Creative Seminar: How to Think Like Leonardo Di Vinci

Margaret Moore has a Bachelor's Degree in Radio/Television and 40 years in a variety of business endeavors, and wants to introduce you to the Seven Davincian Principles. This creative seminar teaches people to think out of the box and stimulate their creativity for life situations - business, personal or just for fun. The seminar will help you to get in touch with your feelings and other aspects of your creative side. Snacks provided. Min: 8/Max: 15

Register by: Sat, Feb 10

Instructor: Margaret Moore

Fee: \$35 (for both days)

Seymour Center

Sat, Feb 17 & Sun, Feb 18 (334067-02)

9 am - 12 noon

Dating by Astrology

The art and science of Astrology has been around for a long time. It's a great tool for self-understanding, self-acceptance, psychological insight and even love. During this 6 week journey, we'll learn to see and appreciate our unique personality style, compatibilities and gifts. Bring a 3-ring binder with loose-leaf paper for notes, handouts, and journaling exercises. Order the workbook, *Astrology for Yourself* by Douglas Bloch and Demetra George prior to first class. Workbook may be ordered on Amazon.com. If you have questions, feel free to email the instructor at Kim.werfel@gmail.com Min: 4/Max: 8

- Fri, Jan 5 Class 1: Introduction. Give everyone their chart - go over signs, planets, symbols. How to read their chart & use their workbook.
- Fri, Jan 12 Class 2: Earth, Air, Fire, Water elements in the signs; Fixed, Cardinal & Mutable modes in the signs and compatibility.
- Fri, Jan 19 Class 3: Relationship Houses 5, 7 & 8. Sun & Moon compatibility in signs, houses, modes & elements.
- Fri, Jan 26 Class 4: Venus and Mars compatibility in signs, houses, modes & elements.
- Fri, Feb 2 Class 5: Outer planets & Nodes roles in Compatibility: Saturn, Uranus, Neptune and Pluto. North Node/South Node, 12th house past life and karmic relationships.
- Fri, Feb 9 Class 6: Putting it all together. Comparing charts and composite charts. Understanding what you need, your partner needs and how relationships help our souls to grow.

Register by: Fri, Dec 29

Instructor: Kim Werfel

Fee: \$90 (6 classes)

Seymour Center

Fri, Jan 5, 12, 19, 26; Feb 2, 9 (314049-01)

10 - 11:30 am

Digital Photography

Take more professional photographs by learning how to use your digital camera. You will learn to use your camera on manual and about all those settings on your icon mode dial. Stop motion, blurred motion, perspective, composition and other situations will be discussed and used for assignments. Field trips can be planned if desired. Joan Cecil, has taught photography for 14 years at Alamance Community College in the Advertising and Graphic Design Department and evening Photoshop classes at Durham Tech - Orange County campus. Class Min: 3/Max: 10

Register by: 1 week prior to each session

Instructor: Joan Cecil

Fee: \$50

Passmore Center

Session I: Thu, Dec 7 - 28 (244000-12) 1 - 3 pm

Session II: Thu, Jan 4 - 25 (244000-01) 1 - 3 pm

Session III: Thu, Feb 1 - 22 (244000-02) 1 - 3 pm

Or

Session I: Tue, Dec 5 - Jan 2 (254040-12) 6 - 8 pm

Session II: Tue, Jan 9 - 30 (254040-01) 6 - 8 pm

Session III: Tue, Feb 6 - 27 (254040-02) 6 - 8 pm

Dressing Your Body Type

Discover what your body type is and how to dress so that you look fabulous every time you walk out your door. It is not the size that determines how well you look in your clothes, instead it is knowing how to dress your particular body. You can bring one outfit (or wear it to class) so we can discuss it. We will also discuss color in your wardrobe and how to make it work for you. Min: 8/Max: 12

Register by: Wed, Jan 10

Instructor: Regina Gale

Fee: \$10

Seymour Center

Wed, Jan 17 (314050-01)

2- 3:30 pm

Finding Joy

Life is wonderful and exciting, but can also be difficult and sad especially when you find yourself alone. Let's make sure that your life, even if you find yourself alone, is as wonderful as you want it to be. Come find the joy you deserve and how to never let it go. Min: 6/Max: 12

Register by: Wed, Dec 13

Instructor: Regina Gale

Fee: \$10

Seymour Center

Wed, Dec 20

(314051-01)

2 - 3:30 pm

Friends Around the Kitchen Table

Each week class members talk about topics - sometimes serious, sometimes light hearted, but that are always engaging and interesting! Everyone takes part in offering their thoughts and experiences on such things as "my backyard", "my best friend", or "my biggest fear". You may be surprised as you listen to those gathered around our imaginary kitchen table, and come away with unexpected insights. **Co-sponsored with Peer Learning of Chapel Hill.** Min: 10/Max: 15

Register by: Thu, Nov 16

Instructor: Leslie Stewart

Fee: FREE

Seymour Center

Thu, Nov 30 - Jan 18

(354105-02)

10 - 11 am

Improv Theater Basics II

Have fun learning the basics of long form improv. You may be an improv student already or this may be your first improv class. Welcome! We will play together using fun warm-ups and exercises. We will create memorable scenes using the 'Yes ... and' improv attitude that unleashes your creativity. Post course performance is optional. This class involves active physical participation including frequently alternating between standing and sitting, plus physical movement. Class meets for 5 sessions.

Co-sponsored with Duke's OLLI. Max: 7

Register by: Tue, Dec 19.

Instructor: Carolyn Cole

Fee: FREE

Seymour Center

Tues, Jan 9, 16, 23, 30; Feb 6 (314039-03)

9 - 11 am

Innergize: Destressing for the Holidays

Innergize Day is a day set aside for people to take time just for themselves. So often you put others' needs before your own and, especially at this stage of your life, it is important to put yourself first and enjoy life. In this class you will discuss: preparing for the holidays with less stress, defining your own holiday traditions/ceremonies, and taking time for **YOU** during the holidays. Min: 5/Max: 15

Register by: Wed, Dec 6

Instructor: Michelle Porchia

Fee: \$5

Passmore Center

Tue, Dec 12 (214022-01)

2:30 - 3:30 pm

Seymour Center

Wed, Dec 13 (344063-02)

9:30 - 10:30 am

Lunch and Learn Engaging Topics

Look forward to this new and interactive program in 2018, which will feature a surprise 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: Wed, Feb 21

Fee: FREE

Seymour Center

Wed, Feb 28

(353112-01)

11:30 am – 12:30 pm

North Carolina Medical Board: Your Advocate

The North Carolina Medical Board (NCMB) exists to protect the people of NC. An informed public will be aware of and more effectively use the resources of the Board while managing healthcare issues. Learn about the NCMB, how to look up a doctor or physician assistant and understand when and how to file a complaint. Min: 15/Max: 30

Register by: Fri, Dec 1.

Speaker: Jean Brinkley, NCMB Communications Director.

Fee: FREE

Seymour Center

Fri, Dec 8

(343052-02)

11 am

Preparing for 2018

Now that the hustle and bustle of holiday shopping, visiting, stressing and over-eating is over, what do you do with yourself? Are you that person who makes New Year's resolutions that rarely get fulfilled? Do you have angst over the fact that you overspent for the holidays and now you are facing the bills from all the gifts you bought? Do you have high hopes for a better 2018? Let's talk about how entering 2018 can be less stressful for you, and you can enter and live the year with ease. Min: 5/Max: 15

Register by: Wed, Jan 3.

Instructor: Michelle Porchia

Fee: \$5

Passmore Center

Tue, Jan 9

(214023-01)

2:30 – 3:30 pm

Seymour Center

Wed, Jan 10

(314057-01)

9:30 – 10:30 am

Protect Yourself Workshop

Self-defense is an important tool to have as well as staying current on the biggest scams targeted towards older adults. Sunny Yu from Gracie Jiu Jitsu Durham and Deputy Jon Daniel from Orange County Sheriff's Dept partner up to design this workshop just for you. Min: 10/ Max: 15

Register by: Thu, Feb 8

Fee: FREE

Passmore Center

Thu, Feb 15

(212251-01)

2 – 3 pm

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 led by Emily Gordon.

Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Dec 18; Jan 22 (note date); Feb 19 (353020-01)

2 - 3 pm

Mon, Dec 18 - *What Adults can learn from Kids* - Adora Avitak

A prolific short story writer and blogger since age seven, Adora Svitak (now 12) speaks around the United States to adults and children as an advocate for literacy. Child prodigy Adora Svitak says the world needs "childish" thinking: bold ideas, wild creativity and especially optimism. Kids' big dreams deserve high expectations. She says, starting with grownups' willingness to learn from children as much as to teach.

Mon, Jan 22 - *How Healthcare is Evolving with Technology* - Daniel Kraft

Daniel Kraft has a vision of a healthcare system that trusts patients to be involved with their own care. Through technology that can track everything from your heart rate to your blood pressure and hormonal levels, we have the power to know more about our bodies than ever before. What will it be like to have minute-by-minute information on our bodies? How would it change our habits? How will it change our healthcare system? Watch Daniel's talk to learn about the medical care of the future! **Please note Jan date change due to MLK holiday.**

Mon, Feb 19- *What Makes a Good Life? Lessons from the Longest Study on Happiness* - Robert Waldinger

Robert Waldinger is the Director of the Harvard Study of Adult Development, one of the most comprehensive longitudinal studies in history. What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone - but, according to psychiatrist Robert Waldinger, you're mistaken. As the director of a 75-year-old study on adult development, Waldinger has unprecedented access to data on true happiness and satisfaction. In this talk, he shares three important lessons learned from the study as well as some practical, old-as-the-hills wisdom on how to build a fulfilling, long life.

Would You Share This? Learning about News Literacy

How do you know that the news you're reading and sharing is credible? Odds are that we have all seen, believed, or shared something that's actually not true. This class will give you some effective methods for determining if a story on the Internet is credible, including online resources for further exploration. The instructor will bring timely examples and offer some tips on how to discern the truth in the news. Min: 5/Max: 20

Register by: Thu, Dec 7

Instructor: Stephanie Willen Brown, Director of the Park Library at UNC's School of Media & Journalism

Seymour Center

Thu, Dec 14 (314062-01)

9 - 10 am

Weatherization Assistance Program

Doug Dickson from Central Piedmont Community Action, Inc will be here to give you tips about health and the safety of your home and discuss how they can possibly help you improve the comfort of your home and save you money by air sealing the attic, crawlspaces, and the inside. As well as checking your appliances energy consumption.

Register by: Tue, Jan 2**Fee:** FREE**Passmore Center**

Tue, Jan 9

(251021-09)

10:30 - 11:30 am

Seymour Center

Thu, Jan 11

(357168-01)

1 - 2 pm

FINANCIAL PLANNING**Bring Balance to Your Budget**

This workshop is designed to help you sharpen your spending and saving strategy. You'll learn more about the basics of budgeting and the importance of managing credit and debit.

Register by: Wed, Nov 29 (Passmore)/ Wed, Jan 10 (Seymour)**Instructor:** Jane Clark, Financial Advisor, Edward Jones.**Fee:** FREE**Passmore Center**

Wed, Dec 6

(214000-01)

12 noon - 1:30 pm

Seymour Center

Wed, Jan 17

(314057-01)

12 noon - 1:30pm

Estate Planning

Basic Estate Planning - How to Protect Your Things in Three Easy Steps

1. Know the Rules (Guardianship; Intestacy; Probate; Power of Attorney; Will; Trust Administration)
2. Know your Predators (Taxes; Family relationships; Care Costs; Accidents/Lawsuits)
3. Know your Options (Documents vs Planning; Estate Planning)

Estate Planning for Elder Law Issues

1. Avoiding undue influence by family and acquaintances; Wills and the probate process; Avoiding probate with Revocable Living Trust; Asset Protection through Irrevocable Trusts
2. Providing for disabled beneficiary with Special Needs Trusts; Irrevocable burial trusts; Outside probate: Joint Ownership and Beneficiary Designations

Trusts 101 - What is a trust? Why do I care? Aren't those just for "rich people?"
Revocable Living Trusts; Special Needs Trusts; Irrevocable Trusts

Paying for Long Term Care - Private Pay - why would I pay for it and what should I expect? Long Term Care Insurance -what is it, what are some options? Medicare/Medicaid - which one will help with my nursing home? Basic Requirements; Current look-back period rules; Exempt and non-exempt assets transfers; Rules for Married Couples; Gifting rules and penalties; Rules on Spending down to qualify; What is "fair" hearing? VA Aid and Attendance (basic requirements; current rules on look back and assets; upcoming rule changes)

Register by: 1 week prior to the presentation

Presenters: Amy Osborne, JD, CPA (VA Accredited Attorney) & Chen Yangjian (Yangjian Chen) - Mandarin

Fee: FREE

Passmore Center

Mon, Jan 22 - Basic Estate Planning (230010-01)	3 - 5 pm
Tue, Jan 23 - Estate Planning for Elder Law Issues (230010-02)	3 - 5 pm
Mon, Jan 29 - Trusts 101 (230010-03)	3 - 5 pm
Tue, Jan 30 - Paying for Long Term Care (230010-04)	3 - 5 pm

Seymour Center

Wed, Dec 13 - Basic Estate Planning
9 - 11:30 am - Mandarin (333000-03), 2 - 4:30 pm - English (333000-02)
Fri, Dec 15 - Estate Planning for Elder Law Issues
9 - 11:30 am - Mandarin (333000-05), 2- 4:30 pm - English (333000-04)

Outsmart the Scammers

During this program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or a loved one is targeted, and steps you can take now to help protect yourself and your loved ones.

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

Instructor: Jane Clark, Financial Advisor, Edward Jones.

Fee: FREE

Passmore Center

Wed, Jan 10	(244027-01)	6:30 - 7:30 pm
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Seymour Center

Wed, Feb 7	(314058-01)	6:30 - 7:30 pm
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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. Class Max: 15.

Instructor: Jane Clark, Financial Advisor, Edward Jones

Register by: Thu, Dec 28 (Passmore)/ Tue, Dec 19 (Seymour)

Fee: FREE

Passmore Center

Thursdays	(254003-01)	2 - 3:30 pm
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Jan 4	Foundations of Investing
Jan 11	Focus on Fixed Income
Jan 18	Stocks: The Nuts and Bolts
Feb 1	An Investor's Tour of Mutual Funds
Feb 8	What Happens After the Paychecks Stop?
Feb 15	Preparing Your Estate Plan

Seymour Center

Tuesdays	(334004-06)	2 - 3:30 pm
Jan 9	Foundations of Investing	
Jan 16	Focus on Fixed Income	
Jan 23	Stocks: The Nuts and Bolts	
Jan 30	An Investor's Tour of Mutual Funds	
Feb 6	What Happens After the Paychecks Stop?	
Feb 13	Preparing Your Estate Plan	

Standing Guard: Protect What You've Worked For

Whether you're approaching retirement or have recently retired, your focus may begin to shift from building your retirement foundation to protecting the financial resources you have created. This presentation discusses active ways to address key risks you may encounter and strategies to help prepare for the unexpected.

Register by: Wed, Feb 21 (Passmore)/ Wed, Dec 6 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones.

Fee: FREE

Passmore Center

Wed, Feb 28	(224013-01)	12 noon - 1:30 pm
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Seymour Center

Wed, Dec 13	(314059-01)	12 noon - 1:30 pm
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Tax Free Investing

Join us to learn how certain investments can deliver tax-free income and possibly keep you in a lower tax bracket.

Register by: Wed, Nov 22 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Seymour Center

Wed, Nov 29	(334074-01)	12 noon - 1:30 pm
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