

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. Scholarships available for qualifying residents. Transportation Specialist available at both centers: 919-717-1853

BUS RIDING 101 - Getting the Most Out of the Transit System

This 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 register to be picked up at home. Make your life better by understanding the transit system. Min: 5/Max: 25

Registration: suggested but not required.

Fee: FREE

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

Orange County Public Library - call 919-245-2536 to register

Wed, Jul 18

2 - 3:30 pm

Chapel Hill Public Library - call 919-717-1853 (Lisa Berley) to register

Tue, Aug 14

10 - 11:30 am

DIGITAL PHOTOGRAPHY

Take more professional photographs by learning how to use your digital camera. Learn to use your camera on manual, and 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 Dept and evening Photoshop classes at Durham Tech.

Class Min: 3/Max: 10

Register by: 1 week prior to each session

Instructor: Joan Cecil

Fee: \$50 per session

Passmore Center

Session I: Thu, May 31 - Jun 21 (244000-06) 1 - 3 pm

Session II: Thu, Jun 28 - Jul 19 (244000-07) 1 - 3 pm

Session III: Thu, Jul 26 - Aug 16 (244000-08) 1 - 3 pm

Session IV: Thu, Aug 23 - Sep 13 (244000-09) 1 - 3 pm

Or

Session I: Tue, May 29 - Jun 19 (254040-06) 6 - 8 pm

Session II: Tue, Jun 26 - Jul 17 (254040-07) 6 - 8 pm

Session III: Tue, Jul 24 - Aug 14 (254040-08) 6 - 8 pm

Session IV: Tue, Aug 21 - Sep 11 (254040-09) 6 - 8 pm

EBOOKS FOR YOUR PHONE OR TABLET

Whether you are an avid reader or just an occasional one, this is the class for you. Imagine almost any book, any time at your fingertips through E-book. The Orange

County Public Library offers multiple ways to check out electronic books with a library card. Come find out how! If you have a tablet, smart phone, or e-reader, bring it with you to install apps and follow along. Min: 5/Max: 25

Register by: Wed, Jul 18

Instructor: Erin Sapienza and Jason Richmond

Fee: FREE

Passmore Center

Wed, Jul 25

(234032-01)

2 - 4 pm

ESL (English, Speaking, Listening): WRITING WITH MUSIC, SONGS, AND POEMS

Practice speaking and grammar skills with world music, songs, poems and folktales.

Use your creativity to improve your English. We will have fun while working on the spoken word. Students will learn grammar, sentence construction, and idioms. We will begin with the *simple present tense*. There may be time to practice our writing skills using lyrics and poetry. **Handouts with lyrics and links to learning sites. All levels are welcomed! Materials needed:** A lined notebook of your choice; pencil or pen. iPhone is optional. Min: 3/Max: 12

Instructors: Lynda Rush Myers, MEd, Training and Development, Penn State; ESL Instructor, Durham Technical Community College

Mary Stevens PhD, Cultural Historian; Alamance and Durham Community Colleges

Fee: \$100 (for four 75 minute sessions)

Seymour Center

Mon, Jul 9, 16, 23, 30 (324065-02)

2:30 - 3:45 pm

ISSUES ON AGING

As you age issues that were once important to you seem to fade while other issues arise. We strive to provide programming that is relevant, useful, and enjoyable. That's why we want to talk with you! Stop by our table in the lobby on the dates below to express your concerns while aging, issues you want to discuss, and topics that interest you. This is a drop in program on the 4th Thursday of each month.

Register by: 1 week prior to date

Leaders: Emily Gordon & Meghan Davis

Fee: FREE

Seymour Center

Thu, Jun 28; Jul 26; Aug 23

(357172-01)

2:30 - 3:30 pm

LIFE HISTORIES

In this class, we will begin documenting your life histories. This is not autobiography, but rather, oral and documented history of your life; focusing on oral stories. You may interview other people who have favorite stories about you, and I will provide prompts. By the end of the class, you will have a good start on your life history.

Each week we will read aloud what we have written. The use of photographs, videos, and other documentation will also be discussed, along with the best ways of preserving them.

Fee: \$50 (for four sessions)

Seymour Center

Wed, Aug 8, 15, 22, 29 (334056-01)

1 - 2 pm

Instructor: Mary Stevens, Ph.D. Cultural Historian. Mary has taught courses on traditional culture and oral history, and has experience teaching writing at Alamance and Durham Community Colleges, as well as other institutions of higher learning.

LIVING LONGER IN THE BLUE ZONES

This is an overview of researcher and author Dan Buettner's work with his team from the National Geographic Society. They traveled the planet to meet the longest lived people in unique communities called Blue Zones. They identified common elements of diet and lifestyle. Along with the National Institute on Aging and top researchers in the field, he shows how we, too, can create our own Blue Zone by applying basic principles from the people who've lived the longest.

Min 10/Max 20

Leader: Janet Lloyd

Register by: Tue, Jun 19 (Passmore)/Tue, Jun 12 (Seymour)

Fee: FREE

Passmore Center

Tue, Jun 26 (234033-01) 2:30 – 3:30 pm

Seymour Center

Tue, Jun 19 (334043-01) 2:30 – 3:30 pm

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: Wed, Aug 22

Fee: FREE

Seymour Center

Wed, Aug 29 (353112-03) 11:30 am – 1 pm

Wed, Aug 29 – How to Navigate through Difficult Family Gatherings when Politics Arise – Kathryn Helene

If you are dreading family birthday parties or family holiday get-togethers, and are thinking about being MIA due to various strong political opinions, you can learn communication approaches to neutralize family strife. This class will cover both communication and emotional intelligence skills helpful in such stressful situations.

NUTS & BOLTS OF DOWNSIZING

Gayle Cooke, Owner of Triangle Senior Moving Services, LLC, presents tips on handling the daunting tasks associated with downsizing. After 2 sessions you will have a process for eliminating things you no longer use and for recreating your place in a smaller space.

Contact info: Gayle Cooke-919-522-4144, gayle@TriangleSeniorMoving.com

Max: 24

Register by: 1 week prior to each session

Instructor: Gayle Cooke, NASMM Senior Move Manager

Fee: FREE

Seymour Center

Session I: Wed, Jun 20 - Sorting & De-Cluttering (323072-03) 10 - 11:30 am

Session II: Wed, Aug 1- Sorting & De-Cluttering (323072- 04) 10 am - 12 noon

SUDOKU FOR BEGINNERS

Sudoku is a puzzle game designed for a single player. This is a fun and challenging way to exercise your brain. During this web based class, you will learn how to play Sudoku and pick up some tips to be able to enjoy the game. Min 5/Max 15

Register by: Jul 25

Fee: FREE

Passmore Center

Wed, Aug 1 (234031-01) 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 (first come first served basis). Min: 6/Max: 12 per Saturday

Register by: 2 weeks prior to dates listed

Instructors: Local High School Students

Fee: FREE

Seymour Center

1st & 3rd Sat, Jun 2, 16; Jul 7, 21; Aug 4, 18 (324063-01) 10 am - 12 noon

TECHNOLOGY COACHING FOR ANDROIDS, IPHONE, AND IPAD

Do you have questions about your smartphone or tablets? Do you feel comfortable using your calendar, settings, contacts, email, and music? This is the class for you. Come and learn about the different available applications. Min: 4/Max: 15

Register by: 1 week prior to each class.

Instructor: Laura Rogers, Profblue Consulting.

Fee: FREE

Passmore Center

Thu, Jun 28 (244040-06) 6 - 7:30 pm

Thu, Jul 26 (244040-07) 6 - 7:30 pm

Thu, Aug 23 (244040-08) 6 - 7:30 pm

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 led by Meghan Davis. Min: 5/Max: 25

Register by: 1 week prior to each session.

Facilitator: Meghan Davis

Fee: FREE

Passmore Center

Tue, Jun 19; Jul 17; Aug 28 (254038-06, 07, 08)

2 - 3 pm

Tue, Jun 19 - *What's It Like to be a Robot?*- Leila Takayama

We already live among robots: tools and machines like dishwashers and thermostats so integrated into our lives that we'd never think to call them that. What will a future with even more robots look like? Leila Takayama, social scientist researching human - robot interaction, shares some unique challenges of designing for human-robot interactions -- and how experimenting with robotic futures actually leads us to a better understanding of ourselves.

Tue, Jul 17 - *How Adaptive Clothing Empowers People with Disabilities.* - Mindy Scheier

What you wear can affect your mood, your health and your self-esteem says Mindy Scheier, founder of the Runway of Dreams Foundation. Inspired by her son, who was born with a degenerative disorder that makes it hard for him to dress himself or wear clothing with buttons or zippers, Scheier made fashion history by producing the world's first mainstream adaptive clothing line that works for everyone, including the differently abled.

Tue, Aug 28 - *How the US Government Spies on People Who Protest - Including You.* - Jennifer Granick

What's stopping the American government from recording your phone calls, reading your emails and monitoring your location? Very little, says surveillance and cybersecurity counsel Jennifer Granick. The government collects all kinds of information about you easily, cheaply and without a warrant -- and if you've ever participated in a protest or attended a gun show, you're likely a person of interest. Learn more about your rights, your risks and how to protect yourself in the golden age of surveillance.

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. Min: 10/Max: 82

Please register for each session.

Facilitator: Emily Gordon

Fee: FREE

Seymour Center

3rd Mon, Jun 18; Jul 16; Aug 20 (353020-01)

2 - 3 pm

Mon, Jun 18 - *How to Reinvent the Apartment Building* -Moshe Safdie, Architect

In 1967, Moshe Safdie reimagined the monolithic apartment building, creating "Habitat '67," which gave each unit a sense of openness. Nearly 50 years later, need for this type of building is greater than ever. In this short talk, Safdie surveys a range of projects that let light permeate into densely-packed cities.

Moshe Safdie's buildings from grand libraries to intimate apartment complexes explore the qualities of light and the nature of private and public space.

Mon, Jul 16 - *Why We Have Too Few Women Leaders* - Sheryl Sandberg, Facebook COO

As the COO at the helm of Facebook, Sheryl Sandberg juggles the tasks of monetizing the world's largest social networking site while keeping its users happy and engaged. Sandberg looks at why a smaller percentage of women than men reach the top of their professions -- and offers 3 powerful pieces of advice to women aiming for the C-suite.

Mon, Aug 20 - *How We'll Earn Money in the Future Without Jobs* - Martin Ford, Futurist

Machines that can think, learn and adapt are coming -- and that could mean we humans will end up with significant unemployment. What should we do about it? In a straightforward talk about a controversial idea, futurist Martin Ford makes the case for separating income from traditional work and instituting a universal basic income.

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. Come July, we'll have a public reading in the Seymour Center.

Min: 5/Max: 20

Register by: Wed, TBD

Fee: \$5 (each week)

Instructor: Clark Holtzman

Seymour Center

Wed, TBD (334075-03)

1 - 2:30 pm

FINANCIAL PLANNING

FOCUS ON FIXED INCOME

Explore the features of fixed-income investments and how quality bonds can serve as the foundation of a well-balanced portfolio. In this seminar, you'll learn the basics of bonds, the advantages of laddering and how fixed income may make sense as part of your investment strategy.

Register by: Wed, Jun 13 (Passmore)/ Wed, Jun 27 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Jun 20 (224018-01)

12 noon - 1:30 pm

Seymour Center

Wed, Jul 11 (324031-02)

12 noon - 1:30 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. Class Max: 15.

Instructor: Jane Clark, Financial Advisor, Edward Jones

Register by: Thu, May 31 (Passmore)/Tue, Jul 17 (Seymour)

Fee: FREE

Passmore Center

Thursdays (254003-03) 2 - 3:30 pm

Jun 7 Foundations of Investing

Jun 14 Focus on Fixed Income

Jun 28 Stocks: The Nuts and Bolts

Jul 12 An Investor's Tour of Mutual Funds

Jul 19 Preparing for the Unexpected

Jul 26 Preparing Your Estate Plan

Seymour Center

Tuesdays (334004-08) 2 - 3:30 pm

Jul 24 Foundations of Investing

Jul 31 Focus on Fixed Income

Aug 7 Stocks: The Nuts and Bolts

Aug 14 An Investor's Tour of Mutual Funds

Aug 21 What Happens After the Paychecks Stop?

Aug 28 Preparing Your Estate Plan

OUTLOOK AND OPPORTUNITIES

This seminar discusses current market conditions and how the political, economics, and cultural forces shaping markets can affect you as an investor.

Register by: Wed, Aug 8 (Passmore)/ Wed, Aug 15 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Aug 15 (214005-01) 6:30 - 7:30 pm

Seymour Center

Wed, Aug 22 (344015-04) 6:30 - 7:30 pm

OUTSMART THE SCAMMERS

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, Jul 11 (Passmore)/ Wed, May 30 (Seymour)

Instructor: Jane Clark, Financial Advisor, Edward Jones

Fee: FREE

Passmore Center

Wed, Jul 18 (244027-02) 12 noon - 1:30 pm

Seymour Center

Wed, Jun 6 (344015-06) 12 noon - 1:30 pm