

creating active retirement years

September-December 2011

www.townofcary.org

(919) 469-4081

*NC Senior Center of Excellence
2008-2013*

Registration Dates:

August 1

Cary Resident

EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone

August 8

Cary Resident

EZ Reg Walk-In

August 15

Nonresident

Any EZ Reg Method

Laugh. Learn. Play.

in the spotlight



Marcelle Hooks

Instructor Spotlight

Marcelle has been teaching a variety of art classes at the Cary Senior Center for over four years. Her painting classes are enjoyed by many, and we are happy to have her expertise at the center! Thanks for all your hard work Marcelle!



CPR, First Aid & AED Training

Program Spotlight

Nothing is more important than having the skills to save a life! Learn the basic skills from the American Red Cross to prolong life before help arrives. Register today!

Cary Senior Center Mission



The Cary Senior Center is supervised by the Town of Cary's Parks, Recreation, and Cultural Resources Department's Senior Program Staff. The Cary Senior Center strives to provide quality leisure

activities and services to all adults ages 55 and older. These activities are designed to assist, inform, entertain and enrich the lives of the Town of Cary's citizens. The Cary Senior Center also facilitates the needs of senior adult clubs in the area. It is our goal to enhance the lives of Cary's senior citizens through our offerings.

On The Cover

Tennis Appreciation Day

Grab your racquet and join others at the Cary Tennis Park for a morning of fitness and fun. Cary Tennis Park and Western Wake Tennis Association will host a Senior Tennis Play Day on Wednesday, October 19 from 9 a.m. to noon. Be ready to meet other tennis players and learn new skills too!!



Cary Senior Center Closed

The Town of Cary and the Cary Senior Center will be closed on the following holidays:

- Sat- Mon, Sep 3-5 (Labor Day)
- Fri, Nov 11 (Veterans Day)
- Thu-Sun, Nov 24-27 (Thanksgiving)
- Sat-Tue, Dec 24-27 (Christmas)
- Sun-Mon, Jan 1-2 (New Years)

We typically close at 6pm the evening prior to each holiday.



Fall 2011



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Registration information

Special Events

All events take place in the Ballroom unless otherwise stated.

Waterfront Picnic

End the summer season with a picnic! Join us for a catered lunch at the Bond Park Boat House. After lunch, stick around and socialize while 'rocking' on the deck, fishing, or using the pedal boats. Registration includes free rental of pedal boats, lunch, a refreshing dessert and live band entertainment by the Bloomsbury Boys! Meet directly at the Bond Park Boat House. Rain site is at the Cary Senior Center Ballroom. To reserve your spot, please register by September 9.

Fees: \$10 (per person)

51817 Fri Sep 16 11:30 a.m.-2 p.m.

Fall Dance

Look sharp and dance the night away with all of your friends! This special night will be highlighted with music from yesterday and today, dancing, and hors d'oeuvres. To reserve your spot, please register by October 12.

Fees: \$10 (per person)

51957 Wed Oct 19 6:30-9 p.m.



Have a blast at our Fall Dance!

Flu Shots

Roll up your sleeve, it's time to get protection from the flu! Pneumonia and flu immunizations available. Both FREE with some forms of Medicare (bring your card!). Fees for each shot will not be announced until one month prior to the dates as this can fluctuate. Registration by phone or person is required (appointment times are given at registration). Provided by Maxim HealthCare.

52204 Thu Oct 20 9 a.m.-3 p.m.

52205 Fri Oct 21 1-5 p.m.

HOW TO USE THIS BROCHURE

Class Title	Pen, Ink and Watercolor Painting	NEW	Day	Day course meets
Description	Draw landscapes, still-life and subjects of choice with pen-and-ink techniques, then fill in with watercolor to create impressive drawings. This class is perfect for beginner and experienced artists. Supply list given at registration.		Date	Start and end date of each course meeting
Class Code	Fees: \$44(R) \$57(N) (6 classes)		Time	Start and end time of the entire course
	31166 Mon Nov 5-Dec 17		1-3 p.m.	(R) Cary Residents (N) Non-Cary Residents
	↓ Day	↓ Date	↓ Time	



Witches' Tea

Witches' Tea

In the spirit of the season, join us for a wickedly good time! "Eye of newt, and toe of frog, wool of bat, and tongue of dog!" – what possible surprises will we brew? Definitely tasty treats and hot teas, or maybe some lizard legs and spider knees. You'll want to join us for a ghostly good time! Costumes are welcome but not required! To reserve your spot please register by October 21.

Fees: \$10 (per person)

51818 Fri Oct 28 2-4 p.m.

Veterans Luncheon

(ages 18 and up)

FREE

Join the Town of Cary as we honor all Veterans during this annual luncheon event. A patriotic program, catered lunch, and entertainment await you. Lunch is free for Veterans and their families; donations are welcome. To reserve your spot, please register by October 28.

Location: Kay Yow Court, Herbert C. Young Community Center

51819 Fri Nov 4 11:30 a.m.-1 p.m.

Registration Dates:

Aug 1 Cary Resident – EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone

Aug 8 Cary Resident – EZ Reg Walk-In

Aug 15 Nonresident – Any EZ Reg Method

Healthy Requests!

The Cary Senior Center offers a vegetarian and diabetic option for all events featuring food. We also have **'Heart Healthy'** options (low sodium, low fat) as well. You will be asked at registration your preference for our meal programs. Please let us know if (and HOW) we can expand our Healthy Options for YOU!

Surprise Party!

You will have an afternoon full of surprises and, with the help of our NC State volunteer students, you are guaranteed to have a great time! To reserve your spot, please register by November 2.

Fees: \$5 (per person)

51958 Wed Nov 9 2:30-4 p.m.

Annual Craft Show

Art & craft lovers will enjoy a lovely shopping experience for unique and one-of-a-kind holiday gifts made exclusively by creative friends ages 50+! Refreshments will be sold by the Cary Teen Council. Make a morning of relaxing shopping and sipping hot coffee all while finding great gifts and decorations that are made with love and care! Admission is free! Vendor information by request.

Sat Nov 19 9:30 a.m.-2:30 p.m.



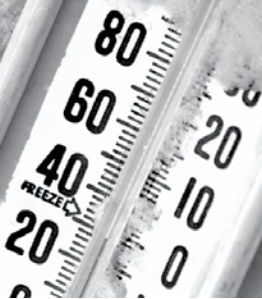
Say CHEESE!

Cary Parks, Recreation & Cultural Resources Department photographs program participants to use in publications. We can't be everywhere to take pictures. Email the digital photos you take while on one of our trips or during a program. You may email your digital photos to jody.jameson@townofcary.org. For more, call (919) 469-4081.



At the Annual Holiday Celebration you never know who you will see!

Winter Weather Alerts!



During the winter months, we may experience snow or ice storms. Decisions about programs are made with your safety in mind. The best thing to do will be to **call the main Cary Senior Center number (919) 469-4081 and listen to the entire recording.** Updates on program and facility status will be made as necessary during the day. If you registered for a class on the day in question, our staff will attempt to call you as early as possible to let you know the status of that program.

**Stay Warm and Stay Home!
Your safety is our #1 concern!**

A 1940's Christmas

FREE

Join the Cary Children's Concert Choir and the Cary Youth Chorale for a free concert! Celebrate the holidays and remember the times of old as we celebrate Christmas in the 1940's. We'll honor the 70th anniversary of Pearl Harbor and harken back to the days when the country was united in grief and resolve during the holiday season. Favorites (plus many more) you'll enjoy include: Sleigh Ride (familiar music by Leroy Anderson, from 1948), It's the Holiday Season (medley, Happy Holiday from 1941, Let It Snow from 1945), Go In Peace, Tribute to the Armed Forces (all the songs from each of the branches of the military, plus America the Beautiful), Song for Unsung Heroes. Dessert served after the concert! Registration ends one week prior to the concert.

Location: Cary Senior Center Ballroom

55159 Tue Dec 6 6:30-8:30 p.m.

Annual Holiday Celebration **FREE**

It's that most wonderful time of year when the Cary Senior Center hosts the holiday event of the year in this afternoon of festivities and fellowship. Special entertainment, followed by tree-trimming, cookie exchange and refreshments await us all! Those wishing to participate in a homemade cookie exchange, please bring a dozen to share and a dozen for the exchange. Take this afternoon for yourself and share in the merriment of the season. Free for all, but be sure to register your place before December 2.

51825 Fri Dec 9 1:30 a.m.-3 p.m.

Last Call Potluck!

FREE

Enjoy your last chance to meet and greet at the Cary Senior Center for 2011! Let's ring in the New Year together with friends. Bring your favorite potluck dish to share, and the Senior Center will provide the beverages and paper goods. Bring a wrapped 'RE-gift' as we continue the fun of fellowship and laughter with a great (and competitive) gift exchange! To reserve your spot, please register by December 23.

51826 Fri Dec 30 11:30 a.m.-1 p.m.

Trips

All trips leave from the Cary Senior Center. Return times are approximate. Space is limited and cost only covers admissions/transportation. See each description for details. Dress for the weather and wear comfortable shoes! Register early, as reservations must be made and paid in advance for confirmation. No refunds for cancellations.

Come Fly Away

Come Fly Away is the new Broadway musical that brings together the legendary music of FRANK SINATRA and the creative vision of Tony® Award-winner Twyla Tharp. This one-of-a-kind experience combines the seductive vocals of 'Ol' Blue Eyes' with the sizzling sound of a live on-stage big band, the visceral thrill of Tharp's choreography and 15 of the world's best dancers. Please eat before trip as no meal stops will be made on this trip. Concessions are on your own at the theatre. Register by Friday, September 23 to be included on this trip!

Fees: \$73(R) \$96(N) (per person)

53544 Sat Oct 1 12:30-4:45 p.m.

The Mystery of Durham

Durham has a great deal of history and unique places to visit, for example the Duke University Chapel. We will first explore this fascinating and historical place then you will have lunch at a popular spot in Durham, followed by a historic walking tour of Durham tobacco heritage. Discover the past present and future of what used to be the top producing tobacco location in the state. Lunch is on your own, and this trip involves extensive walking for both tours. Register by September 28 to be included in this trip.

Fees: \$40(R) \$52(N) (per person)

53545 Fri Oct 7 9 a.m.-3:45 p.m.

Trip Refund Policy:

You will not receive a refund for canceling a trip registration for any reason (including medical/hardship cases). **Exception:** You may receive a refund if there is a waitlist for the trip AND a person from the waitlist registers for the trip. The Town of Cary is not responsible for money lost due to cancellation.

Radio City Christmas Spectacular Starring the Rockettes

Fill your heart with Christmas as the world-famous Radio City Rockettes bring their legendary eye-high kicks and a cast and crew of over 100 to Durham in Americas #1 Holiday Show, the Radio City Christmas Spectacular. Enjoy numbers such as Parade of the Wooden Soldiers and Christmas in New York. Please eat before trip as no meal stops will be made on this trip. Concessions are on your own at the theatre. Register by November 15 to be included in this trip.

Fees: \$76(R) \$99(N) (per person)

53546 Tue Nov 22 12:30- 4:45 p.m.



Take a trip to watch your favorite Broadway musicals!

A Splash of Color

Enjoy a wonderful trip to the NC Art Museum to experience a guided tour of fifty works of art created by Rembrandt, and then enjoy lunch and last minute holiday shopping at Crabtree Valley Mall. Lunch will be on your own, and there will be extensive walking. Register by November 30.

Fees: \$37(R) \$48(N) (per person)
53547 Thu Dec 15 9:15 a.m.-4:30 p.m.



Experience NC!

Cary Senior Center Presents an Overnight Trip to Asheville, North Carolina

Three-day two-night trip to Asheville, NC! Experience a candlelight tour of the Biltmore Estate with a holiday dining experience, lunch at the Grove Park Inn while enjoying the National Gingerbread House Competition, wine tasting at the Biltmore Winery, shopping at the Blue Ridge Parkway Folk Art Center, and Western North Carolina Farmers Market! Travel on a luxury bus and have lots of fun to and from Asheville. Cost of trip includes travel protection, transportation, baggage handling, 2 night hotel accommodations, 2 breakfasts, 1 lunch, and 1 dinner, admissions and more! Learn more at the pre-trip meeting (**register using number: 52203**). **Deposit of \$150 due at registration by September 8. Remaining balance due by October 4.**

Fees: \$420 (Double Occupancy) \$490 (Single Occupancy)
52191 Wed, Thu, Fri Nov 16-18 7 a.m.- 8 p.m.



Arts & Crafts

All Arts & Crafts programs take place in Classroom 306 unless otherwise stated. Supply list given at registration or available on the Town of Cary website. All supplies are needed on the first day of class. Please check receipt for additional details.

Drawing

If you never believed that you could draw, then this class is for you! Explore the basics of drawing using the most fundamental of tools – the #2 pencil. Relax in a friendly, informal setting as you learn the beauty of pencil rendering. Emphasis is on total enjoyment with one-on-one instruction.

Instructor: Bobbi Hopp

Drawing for Beginners

This class is designed to strengthen observation skills while presenting basic drawing procedures for those who never thought they could draw. In a very comfortable classroom atmosphere, students get one-on-one instruction and two hours of enjoyable fellowship. The only medium used is a #2 pencil.

Fees: \$44(R) \$57(N) (6 classes)

53597 Tue Sep 13-Oct 25 10 a.m.-noon
(no class 9/20)

Intermediate Drawing

This class builds on the skills learned in the Basic Drawing class. More comprehensive approaches are explored. Emphasis is on developing drawing skills and habits with one-on-one instruction.

Fees: \$44(R) \$57(N) (6 classes)

53598 Tue Nov 1-Dec 13 10 a.m.-noon
(no class 11/8)

Drawing Techniques

Learn to do more with pencil drawing as you explore and practice advanced techniques of creative drawing. This is the 3rd level of drawing. You must have successfully completed Drawing for Beginners and Intermediate Drawing.

Fees: \$44(R) \$57(N) (6 classes)

53599 Tue Nov 15-Dec 20 1-3p.m.

Art can be messy! Bring an apron or cover shirt to protect your clothing! All programs take place in Classroom 306 unless otherwise stated.

Calligraphy: The Lost Art of Lettering **NEW!**

Traditional to ornate styles practice and learn new calligraphy fonts while exploring the use of India ink, pen staff and variety of pen nibs. In this class you will have fun designing and completing your choice of unique scrap booking projects, while using new lettering styles to embellish memory book pages, monogrammed note cards or a family photo collage.

Location: Classroom 303

Instructor: Ginny O'Neal

Fees: \$44(R) \$57(N) (4 classes)

53624 Mon Sep 26-Oct 17 1-3 p.m.

FREE Notary Public Service is available at the Cary Senior Center! Please call (919) 469-4081 to make an appointment with Kristine Werlau, Customer Service Representative.



Discover your creative side!

Gallery Exhibitions

Caroline Morgan – Not Just Lilies....



Medium: Photography
 Exhibit opens Mon Aug 8, closes Fri Sep 2
 Artist View and Reception: Fri Aug 26
 5:30 p.m.,
 reception 6-8 p.m.

Photographs of florals and the rich landscapes from North Carolina, primarily the Triangle. From the Duke Gardens in Durham, and Yates Pond in Raleigh to the Page Walker Gardens in Cary, nature is captured in vibrant colors. This exhibition is some of my favorite images from North Carolina nature.

9th Annual FALC Senior Art Exhibition



Cary Senior Center
 Medium: Mixed
 Exhibition opens Tue Sep 6;
 closes Fri Oct 7
 Artists' Reception Fri Sep 30 3-5 p.m.

Cary Senior Center and the Fine Arts League of Cary will be hosting the 9th Annual Seniors Art Exhibition. This art show features two dimensional art made by local residents over the age of 55! The maximum size of work will be 18"x24" and no photography will be accepted. Fees and more details will be in the entry information. There will be ribbons and awards. A reception will be held for artists and friends on Friday, September 30.

Art should be removed Fri, Oct. 7 from 1-3 p.m. For more information (including eligibility and entry rules) call the Cary Senior Center at (919) 469-4081 after August 1, 2011.

Gallery Exhibitions

Cary Photographic Artists 4th Annual Open Juried Photography Exhibition



Cary Senior Center
Medium: Photography
Exhibition opens Thu Nov 10; closes Fri Dec 16
Artists' Reception Fri Dec 2 6-8 p.m.

This will be the Cary Photographic Artists Fourth Annual Open Juried Photography Exhibition. The Cary Photographic Artists formed in January 2007 as a club dedicated to learning, teaching and sharing photographic art. It is the only club in Cary focusing on photography as a viable fine art form. For more, contact Chris Forte at cdforte@nc.rr.com, Bobbi Hopp BHopp3@nc.rr.com (919) 388-3395 or check out the website www.caryphotographicartists.org for a prospectus.

What is: Artist Views?

This is a wonderful opportunity to meet and greet the artists who show their work at the Cary Senior Center! You will learn about the artist's techniques, inspirations and have time for questions and answers. Be sure to stay for the reception immediately following this short lecture. This program is open to all ages!



www.caryartloop.org

Cary Art Loop

Monthly on final Fridays 6-9 p.m.

Cary Art Loop highlights Triangle arts & culture in the Cary Area offering extended hours for participating art galleries, restaurants, coffee houses and other businesses that showcase visual, music and more! For maps, details and more visit: www.cartartloop.org

Earrings to GO!

NEW!

Handcraft an original pair of earrings to complement your new fall outfit! You will learn the basics of earring components and assembly, from jump rings to eye pins. Explore the use of new and recycled materials to create a unique earring design. Beads, stones, spacers, metal ear wire and shapes will be provided with material fee to craft two pairs of earrings. Sterling Silver findings will be available from instructor at an additional charge. Please specify pierced or nonpierced preferences at registration. Supply fee of \$6 is due to instructor at the beginning of class.

Instructor: Ginny O'Neal

Fees: \$12(R) \$16(N) (1 class)

53629 Fri Sep 9 3:30-5:30 p.m.

The Art of Copper Enameling **NEW!**

During this introductory class, you will investigate and learn the techniques of the copper enameling process with easy step-by-step instructions, including copper preparation and applying enamel colorants for designs and kiln firing. Experience the thrill of creating unique, small stamped copper pieces suitable for earrings, necklaces or fashion pins. Pieces are kiln fired by the instructor and completed during each class. Colorants, 10 copper pieces and base metal findings are included in price. Additional copper pieces are available for purchase \$1 each.

Instructor: Ginny O'Neal

Fees: \$73(R) \$95(N) (5 classes)

53622 Mon Sep 19-Oct 17 3:30-5:30 p.m.


 **53623** Sat Oct 22-Nov 19 1-3 p.m.

PHOTO CONTEST

Calling all amateur and professional senior photographers! Have your picture be the next cover of the Cary Senior Center Brochure! If your photo is chosen as the cover you will be a featured spotlight on the back of the brochure. To be eligible to win your photo must meet the following requirements: Photo must show active aging through an activity provided by the Town of Cary, Brief description of the activity that is being captured in the photo, people in the photo must be 55 and older and we need their contact information and photo needs to be 300 dpi and in either jpg, or tif, format. All photos and information will need to be submitted digitally to Stefanie Penrod, through either email Stefanie.penrod@townofcary.org or CD. Deadline for photo entry is Thursday, December 1.



Dazzling Earrings for the Holidays

NEW!

Just in time for the Holidays, handcraft two pairs of earrings. Give one as a gift and keep one for yourself. In this class you will learn the basics of earring components and assembly, from jump rings to eye pins. Explore the use of sparkling materials to create a unique earring design. Crystal beads, stones, spacers, metal ear wire and shapes will be provided and are included in material fee. Sterling Silver findings will be available from instructor at an additional charge. Please specify pierced or non-pierced preferences at registration. Supply fee of \$6 is due to instructor at the beginning of class.

Instructor: Ginny O'Neal

Fees: \$12(R) \$16(N) (per class)

53625 Mon Dec 5 3:30-5:30 p.m.

 **53626** Sat Dec 17 1-3 p.m.

Registration Required

All programs, trips and events **require** registration. **You will receive a confirmation/receipt, which you may keep as a reminder, after registering.** Please record your course registrations on your calendar because we cannot guarantee a reminder call for each program.



Make your own creations!

Social Knitting

FREE


Bring a project and join us for a relaxing afternoon of knitting and socializing. Share ideas and create items from dishcloths to afghans to mittens and caps, which would make wonderful gifts. Help will be provided as needed. Bring your own project

Location: Classroom 303

Instructor: Marge Wordell

53603 Tue Sep 6-Nov 15 12:30-2 p.m.
(no meeting 10/11)

Knitting for Beginners

 Learn the basics of knitting (knit & purl as well as ribbing). You'll create a sleeveless pullover top and learn how to adjust for various sizes of needles and yarn, as well as measurements, and how to put the sweater pieces together properly.

Location: Conference Room

Instructor: Carolyn Furkey

Fees: \$39(R) \$51(N) (6 classes)

53606 Sat Oct 1-Nov 5 9:30-11:30 a.m.

53607 Thu Sep 29-Nov 3 6:30-8:30 p.m.

Open Studio Membership Cards

The Cary Senior Center offers Open Studio Membership Pass Cards to individuals taking any of our open studio programs. This card will allow you to have 10 visits to either of our open studio programs: Ceramics and/or Fine Arts! You can also purchase a one-time pass to try out one activity. Our experienced and talented instructors are at the Open Studios to assist you in beginning a new project or help you complete one! Membership cards are purchased at the front desk. See below for prices, descriptions and schedules.

	<u>Resident</u>	<u>Nonresident</u>
One visit	\$3	\$4
10-visit pass	\$20	\$30

Open Ceramics & Clay Hand-building

Instructor: Johanna New

1st & 3rd Thursdays,
1-4 p.m.

Purchase a bisque ceramic item (many in stock!) to glaze or try hand-building with wet clay. The possibilities are endless with this fun and creative group. Join us for great fellowship!

Funtastics Art Studio

Instructor: Winnie Ferguson

Mondays, 9:30-11:30 a.m.
Fridays, 1-3 p.m.

Grow your creative skills in a friendly, open studio environment with this positive group for fun and learning! Focus is on fine art (drawing & painting) with an experienced instructor who enjoys helping all skill levels. New artists stop by to experiment; experienced students bring your own materials.

Crocheting

Learn the fundamentals and everything else you will need to get started. Bring your hook and yarn! More advanced courses now offered!

Location: Conference Room

Instructor: Carolyn Furkey

Crocheting for Beginners

Learn the basics of this lifelong activity and come away pleased with your new skills-chain, single crochet & double crochet. You'll create a sleeveless sweater top.

Fees: \$39(R) \$51(N) (6 classes)

53617 Wed Oct 5-Nov 16 11:30 a.m.-1:30 p.m.
(no class 10/12)

Intermediate Crochet – Post Hat & Scarf

Using stitches learned in the Crocheting for Beginners class, learn how to make post stitches for a hat (made in the round) and a scarf. Prerequisite: Successful completion of 'Crocheting for Beginners' or permission from the instructor.

Fees: \$39(R) \$51(N) (3 classes)

53618 Wed Sep 7-21 9 a.m.-noon


Intermediate Crochet – Purse/Tote

Using what you learned in the beginning class, learn how to design and make your own purse and/or tote. Try new yarns combined with basic stitches to make your own creation. Use beads, buttons and/or ribbon to enhance your designs. Prerequisite: Successful completion of 'Crocheting for Beginners' or permission from the instructor.

Fees: \$39(R) \$51(N) (per 2 classes)

53619 Sat Sep 10-17 9:30 a.m.-12:30 p.m.
53620 Wed Nov 30-Dec 7 9:30 a.m.-12:30 p.m.

Preparing Your Artwork for Exhibition

 This one time session will prepare both photographers and two-dimensional artists with the basics on presenting their work for exhibition. Good artwork demands attention to detail and presentation. Class will demonstrate mat-cutting procedures, proper framing for specific images, wiring and labeling! Ideal for anyone participating in the upcoming 9th Annual FALC Senior Art Exhibition and Cary Photographic Artists 4th Annual Open Juried Photography Exhibition.

Instructor: Bobbi Hopp

Fees: \$9(R) \$12(N) (1 class)

53600 Sat Sep 10 1-3 p.m.

Jump into Acrylics

Abstraction or Non-Figurative Art has become increasingly popular particularly with the advent of the Internet and inexpensive printing processes. If you have ever thought "I could paint that," now is the time to find out just how it can be done! Each class will focus on a style of Abstract art: from the early days of Cubism through hard-edge, expressionist and text-driven art. No prior art experience is necessary to enjoy this provocative class and to have fun creating your own works. You will take home a finished painting each session, ready to hang! Bring an open, inquiring mind and be ready to explore!

Instructor: Jillian Goldberg

Fees: \$55(R) \$72(N) (4 classes)

53568 Tue Sep 27-Oct 18 1-3 p.m.



Grab a brush and express yourself!

General Painting Techniques

Using acrylics, or water-soluble oils, you will learn the basic techniques in painting flowers, landscapes, and seascapes, which include clouds, water, trees, grass and much more! Also stressed is color mixing, composition and the use of various types and shapes of brushes. All levels are welcome, with a great deal of individual attention.

Instructor: Marcelle Hooks

Fees: \$46(R) \$60(N) (4 classes)

53567 Wed Nov 23-Dec 14 1-3:30 p.m.

Exploring Color in Depth **NEW!**


This class will take the guesswork out of mixing colors with acrylics and water-soluble oils. You will learn how to use the color wheel to understand increasing and decreasing color intensity, developing color schemes and how to create tension between warm and cool colors to develop a more interesting painting. You will make several color charts including mixing greens, complements and much more!

Instructor: Marcelle Hooks

Fees: \$23(R) \$30(N) (2 classes)

53549 Wed Sep 7-14 1-3:30 p.m.

Beginning Water-Soluble Oil Painting

 Learn the basics of water-soluble oil painting! There's very little mess, easy to clean (even out of your clothes!) and fun to work with, plus no odor! Learn the techniques of mixing paints to get the colors you want and the ways of applying paint to a canvas with palette knife or brush. Explore under painting and over glazing! Enjoy the process!

Instructor: Rocky Alexander

Fees: \$69(R) \$90(N) (6 classes)

53563 Sat Oct 22-Dec 10 9:30 a.m.-noon
(no class 10/29 & 11/26)

Photo to Canvas

This comprehensive class using water-soluble oils is an academic approach to portraiture using techniques which produce lifelike portraits. You will learn to scale a small photo to a larger canvas using a different type of grid to get a good likeness. This class includes color mixing and applying an under-painting using a 10 value scale and a flesh palette similar to those used by Master Artists. Also covered are backgrounds, clothing with folds, glazing techniques and much more. You may paint from personal photos of people or pets provided the photo is clear and has good lighting; otherwise you may choose from photos provided by instructor.

Instructor: Marcelle Hooks

Fees: \$79(R) \$103(N) (8 classes)

53566 Wed Sep 21-Nov 16 1-3:30 p.m.
(no class 11/9)

Don't Wait

Please register early. Early registration allows us time to plan appropriately. Often times we are able to accommodate those on waiting lists by adding additional spots to the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled. You could make the difference.

Craft Show at the Cary Senior Center

Join us for the **Annual Senior Center Craft Show** on **Saturday, November 19, 2011!** We will accept applications from ONLY adults ages 55+ who reside in Wake County who make handmade items. The Crafts Show itself will be open to the general public. Last year's artists will have first dibs on spaces. Email jody.jameson@townofcary.org to be included on the Craft Show interest list beginning July 1.

Your concern is our concern. Write down your suggestions and submit them using our comment box in the lobby!



Practice your skills with guidance!

Pen, Ink and Watercolor Painting

Learn to draw with pen and ink and use watercolors to bring your art to life. You will learn how to paint scenic views of landscapes, sea and mountains. All skill levels from beginner to experienced are welcome to join in the fun of learning new techniques and creating beautiful artwork!

Instructor: Donald Hamilton

Fees: \$53(R) \$69(N) (per 6 week class)

53564 Mon Sep 12-Oct 17 1-3 p.m.

53565 Mon Oct 31-Dec 12 1-3 p.m.
(no class 11/7)


Evaluations

You may receive an evaluation in the mail or handed to you after a class or program. Please fill it in promptly and return it to the Cary Senior Center front desk, as your input will make our programs better! For more, call (919) 469-4081.

Watercolors

This teacher will dazzle you with color and life! Explore watercolor techniques such as wet into wet, dry brush, and washes to produce skies, clouds, water, rocks, and more! Learn what materials to use to improve the success of your own painting!
Instructor: Rocky Alexander

Beginning Watercolors

 This is for the true beginner! Learn to paint in watercolors; the techniques of washes, clouds, skies, trees, rocks and water. The last class we will paint a landscape by putting all techniques together! Students will learn about quality of paints, brushes and will learn some easy tips and tricks to painting their favorite landscapes.

Fees: \$46(R) \$60(N) (4 classes)

53550 Sat Sep 10-Oct 1 10 a.m.-12:30 p.m.

Intermediate Watercolors

This class is for intermediate students. You will learn how to interpret a photo in order to paint a scene or still life. Emphasis will be on Fall scenes, Fall floral and some experimental techniques. Student will paint one painting each week. If you have a favorite vacation photo, we'll learn how to use it, transcribe the light and shadow and create a lasting memory!

Fees: \$46(R) \$60(N) (4 classes)

53551 Fri Sep 9-30 9:30 a.m.-noon

Continuing Watercolors

This class is geared for watercolor students wanting to learn different techniques on different surfaces. You will use gessoed paper, massa paper, oil pastel resist, rice paper and watercolor crayons. Items will be used to make one painting per class and some Holiday cards! Bring an apron - it might get messy!

Fees: \$69(R) \$90(N) (6 classes)

53552 Fri Oct 21-Dec 9 9:30 a.m.-noon
(no class 11/11 & 11/25)

Your concern is our concern. Write down your suggestions and submit them using our comment box in the lobby!

Education

Most programs take place in classroom 302 unless otherwise stated.

Advocacy Corner

FREE

Learn ways to protect yourself and how to influence decision-makers on the policy-making levels. Influence the government and work to make your voice heard in the laws, policies and politics that shape our lives. During this seminar you will discover how the decisions made this year will be affecting seniors, and what you can do to get involved in future decisions. Presented by Bill Wilson from the AARP.

53241 Wed Sep 28 9:30-10:30 a.m.

How to Spot and Avoid Charity Scams

Have you ever received a phone call or e-mail asking you to donate to a great cause? Do you want to donate, but you question if this company is legit? Then this is the class for you. In this seminar you will learn how to spot and avoid charity scams as well as made aware of any new scams. Presented by Mallory Schmidt, Communication Specialist of the Better Business Bureau serving Eastern, NC.

53281 Mon Sep 19 10-11 a.m.

53282 Mon Oct 17 10-11 a.m.

53283 Mon Nov 21 10-11 a.m.

53284 Mon Dec 19 10-11 a.m.

Exciting NEW Evening & Weekend Opportunities!



Have more time in the evenings or weekends? Look throughout the brochure for this new symbol and these programs are for you! From Fitness to Education, Arts & Trips, we are offering more opportunities when you are available! Join these or any other Cary Senior Center programs designed by and for older adults. All evening and weekend programs are open to ages 50* and older! For more program information please stop by the Cary Senior Center or call (919)469-4081 today!

* Minimum age may be different based on facility

Coffee with the Expert

Ever wanted to pick the brain of a local expert? Now is your chance! Brigitte Specht from Sunrise of Cary has teamed up with the Alzheimer's Association of North Carolina to bring you this fascinating series. We will serve coffee and treats (therefore the small fee), and you bring your questions!

Instructor: Brigitte Specht

Brain Fitness Club

Learn new ways to keep your brain engaged as you age! The first 30 minutes of each class will focus on a topic students are interested in and the remainder of the class will be spent doing brain fitness exercises.

Fees:	\$1(R)	\$2(N)	(per class)
53688	Wed	Sep 21	9:30-11 a.m.
53689	Wed	Oct 19	9:30-11 a.m.
53690	Wed	Nov 16	9:30-11 a.m.
53691	Wed	Dec 21	9:30-11 a.m.



The Cary Senior Center will be closed on the following dates:

- **Saturday to Monday, September 3-5** (Labor Day)
- **Friday, November 11** (Veterans Day)
- **Saturday to Tuesday, December 24-27** (Christmas)
- **Sunday to Monday, January 1-2** (New Years)

* We close at 6 p.m. the day before all holidays.

Brown Bag Book Chats **FREE**

Bring a bag lunch or snack and join one of our book clubs! Call for the book list and to register your space.

Second Monday Meeting

Read the book selection of the month and share your comments with this lively discussion group.


53876 2nd Mondays Monthly 12-1:30 p.m.
(9/12 meeting held in classroom 303)

Fourth Friday Book Club

Different twist – no one reads the SAME book! Share your readings with the group and whet their literary appetite for more!

53877 4th Fridays Monthly 10 a.m.-noon
(no Nov meeting)

The Bard's Book Club FREE & NEW!

 Discover the work of the world's most famous playwright: decode, discuss, and deliver lines aloud, as Shakespeare intended his words to be heard!

Instructor: Julya Mirro (4 classes)

55078 Sat Sep 24-Oct 15 10 a.m.-noon

Cooking Workshops

Healthy cooking alternatives focusing on heart-healthy recipes you can replicate at home. All classes are 'hands on' and encourage creativity for all individuals. Participants will enjoy what they have made in class. Registration deadline is one week prior to each class. Registration includes supply costs.

Location: Kitchen

Instructor: Carrie DiPietro

Fees: \$15(R) \$20(N) (per class)

Bountiful Fall Harvest of Apples

The main ingredient of this class will be apples; you will prepare one meat entrée featuring apples and Turkish apricots, complimented with a stir-fry vegetable dish which will include apples; and to finish off the meal, a 'raw' apple pie. So bring your appetite and talents to help create this intriguing meal!

53704 Tue Sep 13 10 a.m.-12:30 p.m.

Pumpkins, Squash and Sweet Potatoes, Oh My!

This class will provide you with the opportunity to prepare new dishes with these everyday items. On the menu will be creamy squash bisque with no dairy, a sweet roasted squash dish that will be a favorite for sharing with family and friends, and baked mashed sweet potatoes using no fat! Come to join old and new friends for this cooking class to taste and prepare these delicious new items!

53705 Tue Oct 18 10 a.m.-12:30 p.m.

Desserts for the Holidays

Simple, yet delicious desserts to prepare for your holiday celebrations. For this class, you will prepare a 'bar' type dessert, squash bread, and a gluten-free Italian cornmeal cake with winter berry compote. Simple, delicious desserts that are perfect with your coffee/tea, or frozen for the unexpected company.

53706 Tue Nov 8 10 a.m.-12:30 p.m.

Italian Christmas: Feast of the 7 Fishes

In learning about this holiday, participants will have the opportunity to prepare 3 entrees featuring seafood. Featured recipes and selections will include the freshest items from the seafood market.

53707 Tue Dec 13 10 a.m.-12:30 p.m.



Get creative in the kitchen!

State of the Programs **FREE**

Are we missing something or would you like to see more of a particular subject? Join the staff of the Cary Senior Center over coffee and snacks to discuss the state of the programs. We'll be planning for our 2012 brochures so your input is needed!

53151 Tue Sep 13 1-2 p.m.

The Out of Towners **FREE**

Do you enjoy taking trips and have some neat ideas for places to visit? During this meeting you will sit down with the staff of the Cary Senior Center to discuss potential trips for future seasons. So start collecting ideas and bring your suggestions!

53152 Thu Sep 8 9:30-10:30 a.m.

Feng Shui

This ancient Chinese art is used to improve one's life through intention and environmental changes. Color, shapes, object placement, room designs and layout are some of the many ways in which we maintain harmony within our everyday surroundings. You will learn ways to create positive energy in your life.

Instructor: Diane Franzese

Fees: \$6(R) \$8(N) (per class)

Feng Shui Your Kitchen

Not only is this the busiest room but it is also a critical energy area! Find out how the location of your appliances and other room components work with the room's energy.

53731 Wed Sep 21 11:30 a.m.-12:30 p.m.

MISSION STATEMENT: The mission of Cary Parks, Recreation and Cultural Resources Department is to serve, educate and enhance life for the citizens of Cary. Our professional staff plans and provides a variety of enjoyable and cost effective recreation, sports, environmental, historical and cultural arts programs and services. We acquire, develop, beautify, conserve and maintain a system of parks, greenways and recreation facilities, which will assure quality leisure opportunities for all Cary residents.

Feng Shui your Bedroom

Where should you place your bed? What about wall decor? Learn how to arrange your room to increase the positive energy where you sleep.

53732 Thu Oct 20 2-3 p.m.

Office Feng Shui

The location of your desk, windows, doors, certificates, etc. greatly impacts success and decision-making. Whether your office is in your home or at your place of business learn steps to create a power room.

53733 Wed Nov 16 3:30-4:30 p.m.

Your Environment and Feng Shui

Learn how the lot you live on, the type of home, the shape of your home, the landscape, and the location all play a part in your home's positive or negative energy. Learn steps to help improve the positive energy in your life.

53734 Wed Dec 21 3:30-4:30 p.m.

FREE Drop-In Activities are available to adults 55 plus to enjoy onsite while the center is open to the public.

Wireless Access

The Cary Senior Center is Wi-Fi from end-to-end. Bring your personal laptop computer, iPhone, PDA or other Wi-Fi-enabled device and take advantage of this free Wi-Fi service.

Board Games

Whether you prefer checkers to scrabble or chess to backgammon, grab a friend or two and play one of our games. Games are stored in Classroom 303.

Television & Movies

Watch movies or local over-the-air (OTA) digital channels on a 56" television at the Cary Senior Center. Check out the remotes and private, wireless headphones from the front desk. Use is limited to two people. A brief orientation is required before the first use.

Foreign Language

Learn basic conversational skills and vocabulary from an experienced, professional language teacher. You are required to purchase a textbook for class. Textbook information is printed at registration.

Location: Classroom 303

Instructor: Richard Knapp

Fees: \$31(R) \$40(N) (per 5 week class)

Spanish Conversation for Beginners I

Learn simple expressions to use in basic conversation, including greetings, initial social exchanges, and more. A brief geographical, historical, political, and cultural review of Latin America is also provided. The course is perfect for beginners and will be customized to meet individual student needs and levels. Class will include fun games such as Spanish bingo.

53735 Wed Sep 7-Oct 5 9-10:30 a.m.

Spanish II

This class is a continuation of Spanish I. You will expand your vocabulary and knowledge. The course is designed for those who have completed Spanish I. We'll play more games including grocery store, taxi trip, and the Mexican restaurant. Then, as a special treat and a way to practice your skills in a real setting, we will go out to eat at a Mexican restaurant.

53736 Wed Oct 19-Nov 16 9-10:30 a.m.

FREE Notary Public Service is

available at the Cary Senior Center! Please call (919) 469-4081 to make an appointment with Kristine Werlau, Customer Service Representative.

The **Town of Cary Parks, Recreation and Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together.** In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please check the appropriate box on the registration form.

English as a Second Language **FREE**

Open to anyone from any country who wants to improve their English. Class works on language skills at the intermediate level. The emphasis is on speaking and listening. Instructor has been teaching ESL for over 30 years.

Location: Conference Room


Instructor: Pat Mehlretter

53247 Every Wed 9:30-11:30 a.m.

Informational Seminars **FREE**

Learn about community resources, interesting topics and elder issues through these informational seminars.

Savvy Senior Courthouse Guide

 Where to go, what to do and what to expect in regards to Wake County Courthouse procedures that impact you! Topics will include parking, jury duty, estates, guardianship, traffic, small claims, and civil matters. Presented by Blair Williams, Attorney and Chief Assistant Clerk.

(5 classes)

53756 Wed Sep 7-Oct 5 6-7 p.m.

Diversity: Yesterday, Today, and Tomorrow

The U.S. Bureau of the Census projects that by the year 2050 the majority population of the U.S. will be non white. This phenomenon is already occurring in several urban areas. For some citizens this type of change will be unacceptable with resultant culture shock. In this seminar we will briefly review the impact of diversity forces in our history and the coping mechanisms employed by both the majority and minority populations. We will also acquire some practical conflict resolution skills. Students will be encouraged to share their success stories with the group. Presented by Dr. Charles Scott

53277 Mon & Wed Sep 12-14 1-3 p.m.

Are You Prepared for an Emergency?

Emergencies come in many forms and may last as little as an hour or for many days to months. Fire or flood, tornado or icy roads, gas leaks or power outages you never know what will happen next! Everyone needs to be prepared at anytime to care for themselves and everyone in their household for the first three days in the event of an emergency. Come discuss potential situations in the Cary area, and learn specific steps you can take now to better prepare for them. Presented by Cary CERT: Cary's Community Emergency Response Team.

53279 Thu Oct 20 9:30-11 a.m.

We Need to Talk

Bring your brown bag and join us for this important lecture which will provide participants with a 60-minute seminar led by trained facilitators who lead discussions on topics; such as, when to talk to older family members or friends about their driving, who should open the discussion, warning signs that an older driver should limit or stop driving, and how to develop alternative methods of transportation that will still allow the older adult to get out and remain a part of their community. Provided by Suzanne Black of AARP.

Location: Ballroom

53748 Tue Sep 20 12-1 p.m.

Location: Classroom 302

53749 Tue Sep 20 6-7 p.m.

Food Becomes You

Super foods, dietary supplements, magic cure-alls! What is really going on? Come to this 3-part lecture series to learn what reliable sources for health and nutrition are available to you. Guidance will be outlined for evaluating claims of so-called super foods and dietary supplements. Presented by Marilyn Golightly.

(3 classes)

53278 Fri Oct 21-Nov 4 2:30-4:30 p.m.

Your concern is our concern. Write down your suggestions and submit them using our comment box in the lobby!

Marketing 101

Learn how companies market their products and services to you. Learn about market segments, how prices are set, and what 'Branding' means! Our instructor taught this class for the College of Management at NCSU. Class projects will be fun and participants will learn how to save money without losing quality! Presented by Raymond Czarnecki.

Fees: \$3(R) \$5(N) (4 classes)

53911 Tue Oct 25-Nov 15 2-3:30 p.m.



Become a life saver today!

Lifesaving Techniques

This is your chance to learn how to save a life, handle breathing and heart-related emergencies, through using CPR and Defibrillation. Discover how you should properly dress a wound and when you should call 911. This two year certification may help you save a life! Provided by the Triangle American Red Cross. Bring a bag lunch and we will provide the drinks.

Fees: \$50(R) \$65(N)

53912 Thu Sep 29 9:30 a.m.-2:45 p.m.

Job Search Strategies

Finding full-time and part-time jobs today is challenging no matter your age. During this class, you will learn strategies that work! You will explore numerous resources, get to know your own goals and discover what kind of job experience you are really seeking! Topics include developing a job search plan, describing ideal jobs, age discrimination, elevator speeches, networking, resumes, guiding your contacts, interviewing, cover letters, thank-you notes and more!

Instructor: Mike Komives

Fees: \$22(R) \$29(N) (4 classes)

53738 Tue & Thu Sep 13-27 11 a.m.-12:30 p.m.
(no meeting 9/20)

Makeovers

Learn professional application techniques and helpful beauty tips. Experiment, play and explore what skin care and color cosmetics can do for you. Fun and fellowship guaranteed.

Location: Classroom 306

Instructor: Kathy Marton

Fees: \$7(R) \$9(N) (per class)

53285 Tue Sep 20 9:30-11:30 a.m.

53286 Wed Nov 16 9:30-11:30 a.m.

Continuing Fiddle for Advanced Beginners

More great fiddle lessons for budding fiddlers! Students should be able to hold instrument and bow comfortably, and be able to play at least G, D and A scales and arpeggios. We will learn more about techniques for bowing and for good intonation and agility. We'll learn at least one tune, but emphasis is on refining some of the basics we've learned.

Instructor: Mara Barnum

Fees: \$39(R) \$51(N) (4 classes)

Location: Conference Room

53695 Thu Sep 8-29 10:30-11:30 a.m.

Location: Classroom 302

53696 Thu Oct 27-Nov 17 10:30-11:30 a.m.

Location: Classroom 302

53697 Thu Dec 1-22 10:30-11:30 a.m.

Safe Driving

AARP Driver Safety Programs. These programs help to make you feel more confident when driving!

Instructor: Robert Hartshorn

Driver Safety Program

Cars, traffic rules, driving conditions and the roads we drive on have all changed. In this four-hour class, you will learn: defensive driving techniques, new traffic laws and rules of the road, how to deal with aggressive drivers, problem situations (left turns!) and more! Let us help bring you up to speed. Cost for AARP members is \$12, \$14 nonmembers (non members pay the additional \$2 to the instructor at class).

Fees: \$12

53757 Mon Oct 3 9:30 a.m.-1:30 p.m.

The Cary Senior Center maintains a library of over 400 books on tape, as well as 300+ movies, magazines and books, 600+ music CDs and the complete set of Time-Life Medical videotapes all for you to borrow! You may check out 3 books on tape, CDs or movies for up to ten days. Stop by to check out this growing resource for area senior citizens! Also, if you have books on tape, CDs or videos (DVD or VHS) you are no longer using, consider donating them to the Cary Senior Center!



Registration Required

All programs, trips and events **require** registration. **You will receive a confirmation/receipt, which you may keep as a reminder, after registering.** Please record your course registrations on your calendar because we cannot guarantee a reminder call for each program.

AARP Car-Fit

FREE & NEW!

Ask yourself, "Am I comfortable in my car and do I feel in control behind the wheel?" If you question this then sign up for this free 20-minute one-on-one consultation with a trained professional from AARP who will ask you simple questions and complete a 12-point CarFit checklist. You will learn tips, recommendations and some adjustments to gain a greater peace of mind when behind the wheel. You will receive an appointment time at registration. Rain date will be Wednesday, October 19.

Location: Cary Senior Center Parking Lot

53758 Mon Oct 17 10 a.m.- 1 p.m.

Simplify Your Life Series

FREE

Do you have clutter and disorganization in your life? Don't let STUFF control your life! These workshops are designed to help you simplify and organize yourself, your life and your home. You will discover free time you didn't know you had!


Instructor: Eileen Stevie

Who Get's Moose Head?

Estate organizing made easy! Certified Professional Organizer Eileen Stevie and Attorney Janna Wallace will offer you the chance to get the information you need to plan the task of clearing out the family heirlooms and develop a plan to make sure all your legal documents are set up properly.

53741 Mon Oct 24 10 a.m.-noon

The ABCs of Getting Organized

 Getting organized is about identifying what is important to you and giving yourself access to it. If you are having a problem doing that, then plan to attend this class to get information on the basic organizing skills you need to get started to make a difference in your environment and life.

53745 Mon Oct 24 7-8 p.m.

T.M.I. = Too Much Information!!!

These days we are constantly bombarded with information through our phones, e-mail, TV and traditional newspapers and magazines. How do you keep track of it all? Or are your paper piles growing larger every day? This class has a little bit of time management and filing mixed together. Plan on attending to get the tips to reduce those paper piles.

53742 Mon Nov 21 11 a.m.-noon

Send an SOS When Organizing Your Family Photos



Do something with all those old family photos! You remember the kind you took to the store to get developed plus all those extra prints to give to your family and friends. We just never got around to doing that and now we have pictures in shoe boxes, cardboard boxes, hat boxes and plastic boxes and generally lying around in piles. Come to this class to learn how to get started organizing those precious memories for future generations. Give your family these photos as a wonderful holiday gift!

53746 Mon Nov 21 7-8 p.m.

How to Lose 500 lbs. in a Week!

Ready to start that diet now so you are ready for the holidays? No, I'm not talking about a food diet; I'm talking about a 'STUFF' diet. It's time to eliminate all those things you don't love, need or use. But why do we have so much trouble letting go of stuff? Come and find out the reasons and what you can do to lighten your load before you get more stuff for the holidays.

53743 Mon Dec 12 11 a.m.-noon



Become a healthier you!

Pet Education

Bond Park Community Center offers a variety of dog-specific programs each season. Sample programs include Public Manners and Obedience classes. For more information, pick up the Cary Parks, Recreation and Cultural Resources Fall 2011 Program Brochure. You may also call (919) 462-3970.

Wii Brain Academy

Use the Wii and benefit your brain! Big Brain Academy features 15 activities that test the brain powers with fun problems in areas like logic, memory, math and analysis. The Academy allows people of any age to play together. Play individually or as a team for a brain-training exercise.

Location: Exercise Room

Fees: \$1(R) \$2(N) (per class)

53147	Wed	Sep 21	1:30-2:30 p.m.
53148	Wed	Oct 12	1:30-2:30 p.m.
53149	Wed	Nov 23	1:30-2:30 p.m.
53150	Wed	Dec 21	1:30-2:30 p.m.



During the winter months, we may experience snow or ice storms. Decisions about programs are made with your safety in mind. The best thing to do will be to **call the main Cary Senior Center number (919) 469-4081 and listen to the entire recording.** Updates on program and facility status will be made as necessary during the day. If you registered for a class on the day in question, our staff will attempt to call you as early as possible to let you know the status of that program.

**Stay Warm and Stay Home!
Your safety is our #1 concern!**

Fitness & Wellness Section

All programs take place in the Exercise Room unless otherwise stated. Proper shoes and clothing attire is required for all fitness classes.

Ageless Grace™

NEW!

Ageless Grace™ is a fitness and wellness program consisting of 21 'tools' designed for all ages and abilities. These movement sequences focus on the healthy longevity of the body, mind, emotions and spirit based on everyday movements that are natural and can be performed by almost anyone, regardless of their physical condition. Designed to be performed in a chair, each of the 21 tools focus on different anti aging techniques, i.e. joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness. The easy-to-learn movements of Ageless Grace™ are the 'Three Rs' of lifelong education, the ability to respond, recover and react efficiently with safety and ease.

Instructor: Julie Ihrig


Fees: \$31(R) \$41(N) (per 7 week class)

53872	Mon	Sep 12-Oct 24	11-11:45 a.m.
54166	Mon	Nov 7-Dec 19	11-11:45 a.m.



Fitness classes available for all levels!

Gentle Yoga

 Designed for those who want a thorough but gentle whole-body stretch. This program will renew you from head to toe! Chairs, tables and the wall will be used to modify poses. With practice, you will have healthier joints, more flexible muscles, better balance and a more relaxed, centered mind. Please wear nonslip socks and bring a yoga mat to class. All levels of experience are welcome.

Instructor: Pat Connolly

Fees: \$42(R) \$55(N) (per 8 week class)

53802 Tue Sep 6-Oct 25 10-10:50 a.m.

53803 Thu Sep 8-Oct 27 10-10:50 a.m.

Fees: \$37(R) \$48(N) (per 7 week classes)

53804 Tue Nov 1-Dec 13 10-10:50 a.m.

53805 Thu Nov 3-Dec 22 10-10:50 a.m.

(no class 11/24)

Gentle Yoga at Herb Young Community Center

Designed for those who want a thorough but gentle whole-body stretch. This program will renew you from head to toe! Chairs and the wall will be used to modify poses. With practice, you will have healthier joints, more flexible muscles, better balance and a more relaxed, centered mind. All levels of experience are welcome.

Location: Herbert C. Young Community Center

Instructor: Taralyn Farrell

Fees: \$25(R) \$33(N) (4 classes)

53819 Tue Sep 6-27 1-1:50 p.m.

Fees: \$31(R) \$40(N) (per 5 week class)

53824 Tue Oct 18-Nov 15 1-1:50 p.m.

53833 Tue Nov 22-Dec 20 1-1:50 p.m.

Don't forget your exercise equipment!

Proper shoes and clothing attire is required for all fitness classes. It is always a good idea to bring a water bottle and a towel. Additional equipment may be necessary for a class so please have that equipment ready to use on the first day. This information will be noted on receipt when registering.




Senior Tennis Appreciation Day

Wednesday, Oct 19, 2011
Cary Tennis Park

Cary Tennis Park and Western Wake Tennis Association will host a Senior Appreciation Day on Wednesday, October 19th, 9 a.m. to noon. All senior players in the Western Wake area are invited to participate, no charge. Preregistration information will be available in August. For more, call (919) 469-4081.

Nia Technique

 Fitness for the mind, body and spirit. The practice integrates nine different movement forms to create a high energy, expressive and nonimpact fitness experience that will strengthen your body and enliven your spirit. This is a safe, body-centered workout that is adaptable for all fitness levels.


Instructor: Julie Ihrig

Fees: \$31(R) \$41(N) (per 7 week class)

53815 Mon Sep 12-Oct 24 10-10:50 a.m.

53816 Mon Nov 7-Dec 19 10-10:50 a.m.

Tai Chi- Sun Style

 Tai Chi is an ancient, health-enhancing exercise often referred to as China's daily prescription for optimum health. Benefits include relief from arthritis, a stronger immune system, improved circulatory function and increased stamina.

Instructor: Norma Ferrell

Fees: \$37(R) \$48(N) (per 8 week class)

Beginner

53856 Wed Sep 7-Oct 26 11-11:50 a.m.

53857 Wed Nov 9-Dec 28 11-11:50 a.m.

Advanced Beginner

53858 Thu Sep 1-Oct 20 2-2:50 p.m.

53859 Thu Nov 3-Dec 29 2-2:50 p.m.

(no class 11/24)

Active Aging Week Adventures

National Active Aging Week is celebrated every fall and the Cary Senior Center invites you to participate in excellent new adventures! From free fitness classes to a challenge course program, you will experience new ways to be Active!

Location: Exercise Room

TRY IT FOR **FREE** CLASSES

Nia Technique

Like to dance? Then Nia is for you! Nia is fitness for the mind, body and spirit. The practice integrates nine different movement forms to create a high energy, expressive and non impact fitness experience that will strengthen your body and enliven your spirit. This is a safe, body-centered workout that is adaptable for all fitness levels.

Instructor: Julie Ihrig

53682 Mon Sep 26 12-12:50 p.m.

Zumba Gold

Zumba, a fun and effective workout, is the hottest new exercise! Set to the unique Zumba Latin and International music, this cardio-based workout uses dynamic dance steps to sculpt and tone the body. This exciting and effective fitness system is designed for everyone while providing benefit to your mind, body and soul!

Instructor: Kirsten Tan

53683 Tue Sep 27 12-12:50 p.m.

Tai Chi- Sun Style

Tai Chi is an ancient, health-enhancing exercise often referred to as China's daily prescription for optimum health. Benefits include relief from arthritis, a stronger immune system, improved circulatory function and increased stamina.

Instructor: Norma Ferrell

53684 Wed Sep 28 12-12:50 p.m.

Balance Ball

You will use resistance and an exercise (stability) ball in order to develop better core strength and balance. Light hand weights may be used for resistance work. The class will also use the ball for stretching which will benefit the participant by reducing muscle tension and stiffness and help promote greater freedom of movement and improved posture. Mat work will be a regular part of this class. Participants are to provide own exercise ball (further details given at registration).

Instructor: April Parker

53685 Thu Sep 29 12-12:50 p.m.

Challenge Course Demo

What is a Challenge Course? What is a Ropes Course? Come learn from our Town of Cary staff and participate in activities that are designed to challenge your thinking and explore your adventurous side!

Location: Courtyard/Gazebo/Patio

53686 Fri Sep 23 12-1 p.m.

Challenge Course

Finish your week of Active Aging with a new adventure at the Bond Park Challenge Course! Engage in activities that will challenge your thinking while building your confidence and motivate you to continue to be active! This program has a \$5 fee and will include a lunch!

Fees: \$5 (for lunch per person)

53687 Fri Sep 30 9:30 a.m.-noon

Weight Training for Beginners



Weight-bearing exercise is important in maintaining bone health and preventing osteoporosis. This class utilizes weights, tubing and balls to provide an overall strengthening workout. All fitness levels are welcome!

Instructor: Renee Compiano

Fees: \$38(R) \$49(N) (per 8 classes)

53846 Mon,Wed Sep 12-Oct 5 9-9:45 a.m.

53847 Mon,Wed Oct 10-Nov 7 9-9:45 a.m.
(no class 10/31)

53848 Mon,Wed Nov 14-Dec 12 9-9:45 a.m.
(no class 11/23)

Core & More



A strong core not only helps those pants fit better but can improve core balance, posture and stability. This 45-minute workout includes warm-up, cool down and a variety of exercises to strengthen and firm your abdominal region and lower back. Some Pilates and yoga will be incorporated, as well as floor workout on mats.

Instructor: Renee Compiano

Fees: \$38(R) \$49(N) (8 classes)

53853 Wed, Fri Sep 7-Oct 12 10-10:45 a.m.
(no class 9/16, 9/30, 10/7)

53854 Wed, Fri Oct 19-Nov 16 10-10:45 a.m.
(no class 11/11)

54536 Wed, Fri Nov 30-Dec 23 10-10:45 a.m.

You Can Do It Every Day of the Week!



Have fun while increasing cardiovascular endurance. We will keep you up and moving for 25 minutes. The remainder of the class will focus on stability, strength and/or flexibility. Athletic shoes required.

You Can Do It Tue/Thu

Instructor: April Parker

Fees: \$43(R) \$56(N) (13 classes)

53827 Tue & Thu Sep 6-Oct 18 11:05-11:55 a.m.

Fees: \$40(R) \$52(N) (12 classes)

53828 Tue & Thu Oct 27-Dec 8 11:05-11:55 a.m.
(no class 11/24)

You Can Do It! M/W/F

NEW!

Enjoy a great workout with this low-impact exercise class! Similar to the Tue/Thu You Can Do It class, but this class has more repetition and longer transitions between exercise moves.

Instructor: Neil Wells

Fees: \$30(R) \$39(N) (8 classes)

54273 Mon,Wed,Fri Sep 7-23 12-12:50 p.m.

Fees: \$33(R) \$43(N) (per 9 classes)

54274 Mon,Wed,Fri Oct 3-21 12-12:50 p.m.

54275 Mon,Wed,Fri Oct 31-Nov 23 12-12:50 p.m.
(no class 11/11 & 11/18)

54276 Mon,Wed,Fri Nov 30-Dec 19 12-12:50 p.m.

Balance, Strength and Stability NEW!

You will use resistance and an exercise (stability) ball in order to develop better core strength and balance. Light hand weights may be used for resistance work. The class will also use the ball for stretching which will benefit the participant by reducing muscle tension and stiffness and help promote greater freedom of movement and improved posture. Mat work will be a regular part of this class. Participants are to provide own exercise ball (further details given at registration).

Instructor: April Parker

Fees: \$24(R) \$31(N) (5 classes)

53916 Tue & Thu Oct 4-18 12-12:50 p.m.

Fees: \$44(R) \$57(N) (12 classes)

53917 Tue & Thu Oct 27-Dec 8 12-12:50 p.m.
(no class 11/24)

Raleigh-Wake and North Carolina Senior Games

Senior Games is a year-round health promotion program for adults 55 and older. Programs include Silver Striders walking program, sport competitions, tournaments, clinics, arts and special events. The local games will be held next Spring (in April!) at various venues across Wake County. Registration forms will be available in February. If you have participated before, one will be mailed to you directly at home. The North Carolina Senior Games will be held in September at many locations in Wake County. To **volunteer, sponsor or for more information**, call **(919) 469-4081, (919) 851-5456** or visit **www.rwseniorgames.org**.



Meet the new Kettlebell Instructors!

FREE Drop-In Activities are available to adults 55 plus to enjoy onsite while the center is open to the public.

Horseshoes

Challenge your friends to a fun and friendly game of horseshoes. You can even practice for your next competition or outing. Check out shoes from the front desk and use one or both pits in the courtyard.

Bocce

Bocce is one of the most popular precision sports played throughout the world. Hone your skills without leaving the Center. Check out a bocce set from the front desk and play in the courtyard.

Jigsaw Puzzles

Lend a hand with the most current public jigsaw puzzle. There are many puzzles on hand to maximize fun and enjoyment. Help with one piece or do it all yourself. Do as little or as much as you want.

Puzzle Books

A variety of puzzle books are available for use only in the Media Center. Try your hand at Sudoku, word finds, crossword puzzles and more.

Zumba Gold

Zumba, a fun and effective workout, is the hottest new exercise! Set to the unique Zumba Latin and International music, this cardio-based workout uses dynamic dance steps to sculpt and tone the body. This exciting and effective fitness system is designed for everyone while providing benefit to your mind, body and soul!

Instructor: Kirsten Tan

Morning Zumba

Fees:	\$33(R)	\$43(N)	(per 7 week class)
53831	Tue	Nov 8-Dec 20	9-9:50 a.m.
53832	Thu	Nov 10-Dec 29	9-9:50 a.m.
		(no class 11/24)	

☀ Evening Zumba

NEW!

Fees:	\$38(R)	\$49(N)	(8 classes)
53835	Wed	Sep 7-Oct 26	6-6:50 p.m.
Fees:	\$33(R)	\$43(N)	(7 classes)
53836	Wed	Nov 9-Dec 28	6-6:50 p.m.
		(no class 11/23)	

Zumba Workshop

☀ These one-lesson classes are a great way to get introduced to Zumba. During the first part of the class, steps will be broken down and practiced at your own pace. The second part will be a dance party similar to the classes during the week where you can use the moves you just learned! You will learn about Salsa, Meringue, Bachata, Samba and Cuban motion. Learn count and turn patterns. Dance in a fun, friendly environment. Take the mystery out of Zumba and join the party!

Instructor: Kirsten Tan

Fees:	\$14(R)	\$18(N)	(per class)
53839	Sat	Sep 10	9-10:50 a.m.
54700	Sat	Oct 29	9-10:50 a.m.
53840	Sat	Nov 12	9-10:50 a.m.

Benefits of participating at the CSC.

Fitness programs proven to extend all lifestyles and designed for you to maintain and increase your physical wellbeing.

Aerobics, Seniors in Motion

One of our most popular senior fitness classes!! This is a complete and effective workout designed to complement the senior's needs. Exercise to the tunes you enjoy, with friends old and new! Benefits include improved cardiovascular, strength and flexibility with this workout. Come join us!!

Location: Herbert C. Young Community Center

Instructor: Nan Clark

Fees: \$23(R) \$30(N) (per 10 classes)


53813 Tue & Thu Sep 6-Oct 6 10:45-11:30 a.m.

53814 Tue & Thu Oct 11-Nov 10 10:45-11:30 a.m.

Fees: \$25(R) \$33(N) (11 classes)

53818 Tue & Thu Nov 15-Dec 22 10:45-11:30 a.m.
(no class Nov. 24)

Try a Free Kettlebell Class! FREE & NEW!

 A Kettlebell is a traditional Russian cast iron weight that resembles a cannonball with a handle. The kettlebell is the ultimate tool for all around extreme fitness and has become increasingly popular! In kettlebell training you target every aspect of fitness using functional movements. It is the ultimate core workout, while developing your cardiovascular conditioning, power, stability, flexibility, balance, and agility. Come try the kettlebell pump for 20 minutes from 10-10:20 a.m. and the kettlebell circuit training from 10:25-10:45 a.m., for FREE!

Location: Herbert C. Young Community Center

Instructor: Jill & Marcus Thompson, Certified Personal Trainers

53873 Sat Sep 10 10-10:45 a.m.

OPEN GYM TIME

Enjoy basketball, volleyball, badminton and other sports at the Town of Cary's Community Centers. **Call each community center for specific schedules.**

Gyms are located at Bond Park Community Center, (919) 462-3970; Middle Creek Community Center, (919) 771-1295; and Herbert C. Young Community Center, (919) 460-4965.

Kettlebell Pump

NEW!

This is a fun and unique way to get into awesome shape. Beginner to advanced athletes love the workout because it tones your body, boosts your energy level and gets your cardio pumping-in! During this class you'll learn a variety of kettlebell techniques that are put together into an aerobic routine set to music. Each class is unique, so you get a total body workout and won't get bored. The sessions include a warm-up, a kettlebell workout and a cool-down. Kettlebells are provided to students each class; ranging in size between 5-20lbs.

Location: Herbert C. Young Community Center

Instructor: Jill & Marcus Thompson, Certified Personal Trainers

Fees: \$30(R) \$39(N) (8 classes)

53825 Mon & Wed Sep 12-Oct 5 9:30-10:15 a.m.

Fees: \$38(R) \$49(N) (10 classes)

53826 Mon & Wed Oct 17-Nov 16 9:30-10:15 a.m.

Kettlebell Circuit Training NEW!

In this class, you will be assessed for an appropriate starting weight; learn proper kettlebell technique and how to safely and effectively increase training intensity over time. The workout mimics body movements that occur in real life, so it appeals to everyone from seniors who desire to maintain strength and agility to athletes training in the off season. Weight-bearing exercise helps to prevent degenerative diseases and improves metabolism, muscle strength, joint range of motion and bone health. Students may purchase a kettlebell appropriate for their workout from the instructor.

Location: Herbert C. Young Community Center

Instructor: Jill & Marcus Thompson, Certified Personal Trainers

Fees: \$30(R) \$39(N) (8 classes)

53834 Tue & Thu Sep 13-Oct 6 1-1:45 p.m.

53837 Tue & Thu Oct 18-Nov 17 1-1:45 p.m.
(no classes 11/1 & 11/8)

Your concern is our concern. Write down your suggestions and submit them using our comment box in the lobby!

Ballroom Dancing

Ever danced before? Have some dancing experience? Either way, singles or couples, come join the fun! Learn a new dance every four weeks. This class is taught by an award-winning dancing professional who keeps the emphasis on FUN and not competition! Meet new friends and experience with us dance fever at the Senior Center!

Location: Ballroom

Instructor: Sofia Hernandez

Fees: \$44 (R) \$58 (N) (per 4 week class)

Waltz for Beginners

When most people hear the word Waltz they think of grace and beauty. The dance is usually spotted out due to its smooth and gliding appearance. Learn how to 'Rise and Fall' and 'Sway' to produce its effortless look. True to all of the Ballroom style dances the main goal of Waltz is to move around the room.

53701 Tue Sep 13-Oct 5 1-2 p.m.

Tango for Beginners

The Tango was born in the slums of Buenos Aires in the late 19th century from a melting pot of dance moves. Tango was introduced to the U.S. prior to World War I., and it became the new rage!. Learn the American Tango which is characterized by a close hold, and a low center of gravity with emphasis on Contra Body Movement.

53702 Fri Oct 7-28 9:30-10:30 a.m.

East Coast Swing for Beginners

The origins of the swing goes all the way back to the Savoy Ballroom. This floor was said to be a block long where some of the worlds renowned bands and dancers performed. Introduced at the Savoy was the Lindy Hop and was characterized by its acrobatic and airborne steps, later it was known as the Jitterbug. Many people did not believe this form of dance fit into ballroom so it was tamed by professional dancers into the Swing. The East Coast Swing style got its names because of its regional music differences. The big band music dominated the East Coast, which you could only dance eastern swing to. Learn this fun version of the swing which is characterized by its rock step.

53701 Wed Dec 7-28 1-2 p.m.

Line Dancing

You don't need a partner, and it is fun exercise! All kinds of music is used from the Roaring 20s to the present - big band, cha cha, waltz and more! Each line dancing class takes place in a different room.

Classes start the week of September 6 and conclude the week of December 15.

Introduction to Line Dancing

This is a class for the person who has never danced before. Learn all the basic dance steps needed to move on to the Beginning Line Dance Class.

Location: Exercise Room

Instructor: Barbara Wouters

53288 Every Thu 1-1:50 p.m.
(no class 11/24)

Beginning Line Dancing

For those with some dance experience or who have successfully completed the Introduction to Basic Line Dancing class. *Intermediate II class members are not eligible for this class.

Location: Ballroom

Instructor: Helen Merentino & Kathy Thomas

53289 Every Thu 1-2:15 p.m.
(no class 11/24, 12/22, 12/29)
(Meet at BPCC 10/13, 10/20, 12/1)

Intermediate Line Dancing

For those who have line danced several sessions at the beginner level and would now like the challenge of learning more difficult steps at a slightly faster pace!

Location: Exercise Room

Instructor: Kathy Thomas

53290 Every Tue 2-2:50 p.m.
(no class 11/22, 12/20, 12/27)

Intermediate Line Dancing

For those who have line danced several sessions at the beginner level and would now like the challenge of learning more difficult steps at a slightly faster pace!

Location: Ballroom

Instructor: Helen Merentino

53291 Every Thu 2:30-3:30 p.m.
(no class 11/24, 12/22, 12/29)
(Meet at BPCC 10/13, 10/20, 12/1)

Intermediate II Line Dance

This class will be for the experienced line dancer who wants to move at a rapid pace and learn more line dances per session.

Location: Exercise Room

Instructor: Wanda Grozinsky

53292 EveryTue 1-1:50 p.m.
(no class 11/22, 12/20, 12/27)

Performing Line Dance

This is for those who are practicing to perform for Senior Games and other events! Join us and get on stage!

Location: Tues class meets in Exercise Room

Thu class meets in Ballroom

53293 Every Tue 3- 4 p.m.
Every Thu 11:45 a.m.-12:45 p.m.

(no class 11/22, 11/24, 12/20, 12/22, 12/27, 12/29)
(Meet at BPCC on 10/13, 10/20, 12/1)

Don't Wait

Please register early. Early registration allows us time to plan appropriately. Often times we are able to accommodate those on waiting lists by adding additional spots to the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled, you could make the difference.

Drop-In Country Dancing

Join us for line dancing every Tuesday from 6:45-8:45 p.m. at the Bond Park Community Center and every Monday night from 7-8:30 p.m. at the Herbert C. Young Community Center. If you think you want to give it a try, the door will be open just come on by. We stomp our feet and tap our toes. What else we'll do, nobody knows. But we have fun each time we meet! So come on by and shuffle your feet. Time subject to change, please call (919) 462-3970 to confirm. Instruction is provided so no experience is necessary. Partners are welcome but not required. Fee is \$5 for Cary residents and \$6 for nonresidents. Multi-visit passes available. Please call (919) 462-3970 or (919) 460-4965 to confirm.

Table Tennis

Free, friendly competition for all. New players always welcome to join in the fun and fellowship of the game.

Location: Exercise Room

53146 Fri Sep 2-Dec 30 1:30- 3 p.m.
(no meeting 11/11, 11/18, and 11/25)

Open Play Table Tennis

Open Play Table Tennis provides players the opportunity to compete against others of similar abilities while promoting physical fitness. The fee per session is \$4 for Cary residents, \$6 for nonresidents. Seniors aged 55+ participate at no charge. Pay as you go or save money by purchasing an open gym pass. Players must play in the appropriate level session according to the following USATT rating.

Beginner = Unrated players, or rated players with 999 or fewer rating points;

Intermediate = Players with 1000 -1499 rating points;

Advanced = Players with 1500+ rating points.

Schedule of sessions:

Intermediate and Advanced Session Mon 5-8:45 p.m.

Location: Cary Senior Center (919) 469-4081

All Skill Levels Wed 5-9:45 p.m.

Location: Herbert C. Young Community Center (919) 460-4965

All Skill Levels Fri 6-9:45 p.m.

Location: Middle Creek Community Center (919) 771-1295



The Town of Cary will host another great season of Senior Softball during the Spring of 2011. For more information please **call Aubrey Clayton at (919) 469-4063** or **email Aubrey.clayton@townofcary.org** Teams will be formed for ages 50+, 60+, and co-ed's are invited.

Social Badminton **FREE**

Improve mobility, stamina, concentration and strength while playing Badminton. Badminton is an adaptive game that it can be accommodating for players of all skills and age levels. Please bring your own equipment. Senior Badminton Pass is required.

Location: Bond Park Community Center
2nd & 4th Wed 1-3 p.m.

Social Pickleball Open Gym **FREE**

Have you hung up your tennis racquet? Come out of tennis retirement and play pickleball. Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. Senior Pickleball Pass is required.

Location: Bond Park Community Center
Every Tue 1-3 p.m.
Every Friday 9:30-11:30 a.m.
(no play dates 9/2, 9/30, & 11/25)

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Registration Dates:

- Aug 1** Cary Resident – EZ Reg Web, EZ Reg Mail-In, EZ Reg Phone
- Aug 8** Cary Resident – EZ Reg Walk-In
- Aug 15** Nonresident – Any EZ Reg Method

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Aqua Senior

A fun, social way to get moving and be easy on the joints. Ideal for participants who have arthritis or are easing back into an exercise routine. Proudly offered in partnership with the Triangle Aquatic Center. Nonresidents should contact the Triangle Aquatic Center for pricing (919) 459-4045.

Fees: \$51(R) (per 8 classes)

54840 Tue,Thu Sep 8-Oct 4 9-10 a.m.
(class starts on Thu Sep 8)

54841 Tue,Thu Oct 11-Nov 3 9-10 a.m.

54842 Tue,Thu Nov 8-Dec 6 9-10 a.m.
(no class Nov 24)

Wellness Section

Walking for Wellness **FREE**
and Fun (age 18 & up)

Walking workout in an open-gym format. Free to the public. Participants must wear tennis shoes and must sign the waiver sheet before entering.

Location: Bond Park Community Center
53504 Tue & Thu Sep 6-Dec 29 9-10:30 a.m.
(no walking on 11/24, & 12/27)

Stimuli for Stress-Free Healthy Living

Healthy living depends on many factors, some of which are within your control. Some factors include being active, eating better, breathing and meditation techniques, flexibility, and reducing aches and pains. Learn techniques that will encourage you to live a healthier life.

Location: Conference Room
Instructor: Balraj Aggarwal
Fees: \$11(R) \$15(N) (per 4 week classes)

53800 Mon Oct 3-24 4-5 p.m.

53801 Mon Nov 21-Dec 12 4-5 p.m.

Meditation and Breathing Techniques

Meditation is the practice of stilling the mind. The practice improves mental clarity, concentration and the ability to solve problems creatively. Benefit from stress relief, self-awareness, peace and a renewed sense of wellbeing!

Location: Classroom 303
Instructor: Balraj Aggarwal

Relax your body and synchronize your thought process through breathing and meditation. This class will identify the steps you will need to take to improve your health.

Fees: \$11(R) \$15(N) (per 4 week class)
53798 Wed Sep 7-28 3- 4 p.m.
53799 Wed Nov 2-23 3- 4 p.m.

Fun & Games

Most programs take place in classroom 303 unless otherwise stated.


BINGO Bonanza

Join more than 100 people in this game of chance and win cash prizes. Join anytime, no registration necessary. Please bring \$1 per card.

Location: Ballroom
 2nd & 4th Tue 1-3:30 p.m.
 (no Bingo 10/11 & 12/27)

Evening Bunco

FREE

 Join in on one of America's favorite dice games. Have fun and let the good times roll. Meets the fourth Thursday of each month. No prizes are offered. Participants are invited to bring food to share.

53125 4th Thu Monthly 6-8:30 p.m.
 (November meeting will take place on 11/17)

Cards

FREE

Bring a snack and invite a friend to these card games offered at the Cary Senior Center. Fellowship and fun for all who attend! Registration is required.

Pinochle and Hearts

Join friends for a variety of card games twice a week!

53126 Every Mon & Tue 9 a.m.-noon
 (no meeting 9/5, 10/11, 12/26, 12/27)

Open Cards

Open for all levels of players.

53127 Every Thu 9-11:30 a.m.
 (no meeting 11/24)

Angels

Bring snacks, a zest for fun and the enjoyment of card play! A variety of games are played, and you are sure to find something you like. Angels is for women only.

53128 Every Wed 11 a.m.-3 p.m.

Duplicate Bridge at Middle Creek



Thursdays are bridge days at the Middle Creek Community Center. Take advantage of some pre-game instruction, and then enjoy an American Contract Bridge League-sanctioned game. The Middle Creek Club maintains a warm and friendly atmosphere for players of all levels, from novice to intermediate. Questions? Our friendly instructor will be happy to speak with you about the program. For more information, call (919) 771-1295.

Instructor: Marty Demko
Fees: \$6(R) \$7(N) per visit
On-going: Thursdays 9:30 a.m.-1 p.m.

Social Bridge

FREE

Bridge in a social, enjoyable atmosphere! Please sign up for all sessions you are interested in as these fill quickly.

Evening Bridge

53142 Every Tue 5-9 p.m.

Daytime Bridge

Location: Ballroom 2
53143 Every Mon 1-4 p.m.
(no meeting 9/5 & 12/26)

Duplicate Bridge

53144 2nd & 4th Thu 1-4 p.m.
(no meeting 11/24)

Mah Jongg

FREE

This ancient Chinese game is both fun and challenging. If you have your own playing set, you may want to bring it. Limited space; sign up early!

53130 Every Fri 9-11:30 a.m.
(no meeting 11/11 & 11/25)

Military Mah Jongg **FREE & NEW!**

Try this ancient Chinese game similar to regular Mah Jongg but with a twist! Limited space; sign up early!

55353 Every Mon 5-7:30 p.m.

Dominoes

FREE

Learn the exciting and strategic game of dominoes. Join others for the fun and competition.

53129 Every Fri 1-3:30 p.m.
(no meeting 11/11)

Cary Cafe

FREE

What's better on a Friday afternoon than visiting with friends and having lunch? Each person should bring a potluck dish. We'll provide the beverages and the paper products. Registration is required and ends a week prior to each event. Participate in Operation Sweet Tooth following the lunch.

Location: Ballroom 2

53132 Fri Sep 9 11:30 a.m.-1 p.m.
53133 Fri Oct 7 11:30 a.m.-1 p.m.
53134 Fri Dec 16 11:30 a.m.-1 p.m.
(no November meeting)

Cary Senior Singles Club

FREE

Calling all senior singles (always single, divorced, widowed)! Join other senior singles for fellowship. This group meets at the center monthly to plan out a variety of adventures such as dinners, lunches, local tours, plays, and museums! This is for men or women and our goal is to spark friendships while discovering the area! If you have questions, call Nancy Moore at (919) 342-2842.

Location: Classroom 302

52026 2nd Mon Monthly 3-5 p.m.

OPERATION SWEET TOOTH

A group of Cary Senior Center participants have formed a group to send packages filled with sweets to our men and women serving in the military overseas (**Operation Sweet Tooth!**). It has been a great success thanks to the many donations and gifts you have given. We want to continue with this great project. A list of items that can be donated is available at the Cary Senior Center front desk. Donations may only be dropped off the week of the Cary Café Potluck each month. After the potluck we will pack boxes for mailing. Anyone who would like to help is certainly welcome to join (be sure to sign up for the potluck). Operation Sweet Tooth is in need of monetary donations to cover postal expenses as well as new APO addresses of men and women who are serving our country! If you are interested, please contact **Linda at (919) 234-9673 or lindasholben@yahoo.com**. Our service men and women thank you!

Learn to Play

Whether you have never played and want to learn or just need a refresher course for popular social games, here's your chance! You'll learn the ins and outs and be on your way in no time. Bring a partner and learn together!

Instructor: Balraj Aggarwal

Beginner Bridge

Bridge is a trick-taking card game that can be fun for everyone! You will learn the rules and bidding techniques to take your skills to the next level. Grab a friend or come alone. This class is for beginners or for those who may need a refresher.

Fees: \$15(R) \$21(N) (per 6 classes)

53863 Mon & Wed Sep 7-26 4-5 p.m.

53864 Mon & Wed Oct 26-Nov 14 4-5 p.m.

Intermediate Bridge

If you have some knowledge of playing bridge but need a little refresher or want to enhance your game, then this class is for you. This course includes jacobby transfer, gerber for slaws, double negative raise and ogust conventions. Learn seuse to jump bids, doubling and redoubling the opponent's bids. Bring your partner and learn together!

Fees: \$11(R) \$15(N) (4 classes)

53865 Mon & Wed Dec 14-28 4-5 p.m.

(no class 12/26)

Exciting NEW Evening & Weekend Opportunities!



Have more time in the evenings or weekends? Look throughout the brochure for this new symbol and these programs are for you! From Fitness to Education, Arts & Trips, we are offering more opportunities when you are available! Join these or any other Cary Senior Center programs designed by and for older adults. All evening and weekend programs are open to ages 50* and older! For more program information please stop by the Cary Senior Center or call (919)469-4081 today!

* Minimum age may be different based on facility.

Senior Citizen Clubs

Join the fun and fellowship these clubs have to offer. Please call the Club President prior to visiting to confirm their meeting schedule.

AARP (919) 481-3631

1st Tue of each month, 12:30 p.m., Ballroom
Phil Crockett, President

Bharatiya Senior

Citizens of NC..... (919) 387-1629

2nd Sat of each month, call for times, Ballroom
Harish Shah, President

Cary Senior Golf Assoc. (919) 815-3452

Call for membership information
Dan Blankenship, President

Cary XYZ..... (919) 303-3063

2nd & 4th Wed 10 a.m., Ballroom
Burt Carnegie, President

Computer Club..... (919) 469-2731

2nd Saturday 1:30 p.m., Classroom 302
Jim Burcsu, President

Cary Garden Club..... (919) 380-9138

Contact: Pat Mogren

Golden Kiwanis..... (919) 467-6626

Every Tue 9:30 a.m., Classroom 302
Bernie Nappen, President

OWLS..... (919) 380-8575

Call for schedule and meeting locations
Bob Adams, President

Triple F (919) 467-6986

1st and 3rd Mon, 10 a.m.,
Cary Presbyterian Church
Barbara Turner, President

Volunteer Sewing Club..... (919) 467-0231

Every Mon, 9-11:30 a.m., Ballroom
Contact: Barbara Harraghy

SeniorNet Computer


Learning (919) 271-5372

Contact: Joe Gelm

Young at Heart (919) 233-8296

Contact: Arline Kuhn

Saturday Matinee Movies **FREE**

 Join us for an afternoon of fun and watching the latest blockbuster movie. After the movie, stick around and discuss with the others what you just saw on the large-screen television.

The Kings Speech (2010)

Emmy Award-winning director Tom Hooper tells the story of King George VI. When his older brother abdicates the throne, nervous-mannered successor George "Bertie" VI reluctantly takes his role as king. Though his stutter soon raises concerns about his leadership skills, King George VI eventually comes into his own with the help of his unconventional speech therapist. Drama.

53137 Sat Sep 10 1-3:30 p.m.

The Tourist (2010)

American tourist Frank meets a mysterious beauty who drags him into a dangerous world of intrigue and espionage while traveling through Europe. When Frank met Elise on the train, he thought it was a chance encounter. Little did Frank realize it was all part of a much bigger plan, one that would soon find him dodging bullets through both the historic streets of Paris and the winding canals of Venice. Drama, Suspense/Thriller.

53138 Sat Oct 8 1-3:30 p.m.

Gnomeo and Juliet (2011)

The animated tale Gnomeo and Juliet knowingly follows the quintessential star-crossed lovers tragedy Romeo and Juliet, with the unexpected twist of making the characters garden gnomes that can move when human beings aren't watching. Animated, Comedy, Music/Performing Arts

53139 Sat Nov 12 1-3:30 p.m.

Arthur (2011)

The immature heir to a billion-dollar empire finds himself cut off from the family fortune after rejecting his arranged marriage to a nouveau riche socialite, and instead falling for a free-spirited unlicensed tour guide in this remake of the sentimental 1981 comedy starring Dudley Moore. Comedy/Romance.

53140 Sat Dec 17 1-3:30 p.m.

Outdoor Recreation Section

Tennis **FREE**

Join the Cary Senior Tennis group Monday, Wednesday and Friday mornings at Dunham Park on Walnut Street. Open play for all levels of experienced players. Game time is currently 8:30 a.m. For more information, call Helen at (919) 829-0254.

Canoeing

Learn basic paddling and safety skills for tandem (2 person) canoeing in a short, introductory course. Class will cover personal preparation, equipment choices, and strokes essential to efficient paddling in a Bond Lake-type environment. Approximately 1/2 the time will be spent on the water. Canoe rental is included.

Location: Fred G. Bond Metro Park

Instructor: Lynn Wright, ACA Certified

Fees: \$17(R) \$22(N) (per 2 classes)

53793 Mon & Tue Sep 12-13 9-11 a.m.


53794 Mon & Tue Oct 17-18 9-11 a.m.



Canoeing at Bond Lake

Nature

Adult Nature Programs (ages 16 & up)

 Stretch your legs, clear your mind, and experience nature at Hemlock Bluffs Nature Preserve. You'll continue your lifelong learning through informative and educational nature walks that are focused on seasonal plant and wildlife activity. Involves some walking on uneven ground including steps.

Location: Stevens Nature Center/Hemlock Bluffs
Fees: \$6(R) \$8(N) (per class)

Nocturnal Adventures

Join us for our annual fall night hike at the preserve. Bring a flashlight.

53573 Sat Oct 8 7-8:30 p.m.

Finding Fall

Enjoy a tour of the marvelous fall colors at Hemlock Bluffs.

53574 Sun Oct 30 2-3:30 p.m.

Finding Fall Birds

Search for resident and winter visiting birds. Binoculars provided if needed.

53575 Sun Nov 20 1:30-3 p.m.


A Winter Ramble

We'll seek out the wonders of nature during the winter season on a slow-paced ramble.

53576 Sat Dec 10 10:30 a.m.-noon

The programs offered by the Stevens Nature Center are held at the beautiful Hemlock Bluffs Nature Preserve. Trained, professional preserve staff will assist you in expanding your outdoor skills, increasing your natural resource knowledge and enhancing your lifelong learning.

Adult Nature Workshops (ages 18 & up)

 Pick up tips, techniques and hands-on experience to prepare you to get started on your backyard projects. Meet your neighbors and make new friends while enjoying these informative workshops.

Location: Stevens Nature Center/Hemlock Bluffs
Fees: \$18(R) \$25(N) (per class)

Landscaping for Wildlife 101

We'll explore the best ways to attract birds, butterflies and other wildlife to your property. Plants provided.

53569 Sun Sep 11 2-4 p.m.

Divide and Prosper

This popular annual workshop uses the nature center gardens as a source to add plants to your backyard. Plants provided.


53570 Sat Oct 15 2-4 p.m.

Fall Nature Photography

Spend time with an expert to expand and improve your nature photography skills during the fall color season at the Bluffs.

53571 Sat Nov 5 2-4 p.m.

Yoga in Nature (ages 16 & up)

 Through the combination of nature and yoga we can nurture the mind, body and spirit while strengthening our appreciation of the natural world around us. Each session will take place completely outdoors and will include a 90-minute flow yoga class. All levels are welcome! Participants should wear comfortable clothes and closed toed shoes for walking and should bring a mat and a towel or blanket.

Location: Stevens Nature Center/Hemlock Bluffs
Fees: \$12(R) \$16(N) (per class)

53588 Sat Sep 10 9:30-11 a.m.

53589 Sat Sep 24 9:30-11 a.m.

Silver Naturalists

Experience nature in a peaceful setting designed for easy wildlife viewing. You'll have an opportunity to ask questions about common plants and animals through indoor presentations and nature walks.

Location: Stevens Nature Center/Hemlock Bluffs
Fees: \$5(R) \$7(N) (per class)

Finding Ferns and Mushrooms

Discover the amazing world of small but mighty ferns and mushrooms at Hemlock Bluffs.

53578 Tue Sep 13 10-11:30 a.m.

Terrific Trees

We'll discuss interesting historical uses of trees and shrubs while learning how to identify them.

53579 Tue Oct 4 10-11:30 a.m.

Finding the Colors of Fall

Take a stroll and enjoy the beauty and splendor of fall at the nature preserve.

53580 Wed Oct 26 1:30-3 p.m.

Birds Made Easy

Join us to find out new ways to be a better bird-watcher. Binoculars provided if needed.

53581 Tue Nov 8 10-11:30 a.m.

Winter Survivors

Enjoy a leisurely walk as we look for the plants and animals that thrive during winter.

53582 Thu Dec 8 1:30-3 p.m.

Computer Club

The Computer Club membership consists of local seniors, 55 years old or above. Meetings are held the second Saturday of each month at 1:30pm at the Cary Senior Center, in classroom 302. Meetings revolve around a presentation by members or outside speakers on computer related topics of general interest to the members. Presentations have covered Windows, Macintosh and Linux computers. Learn more about us on our web site: <http://sites.google.com/site/caryseniorcomputerclub/Home>

Computer Learning Center Programs

Many opportunities to learn a variety of computer skills and expand your computer knowledge. Find classes in three following categories: Macintosh and Other Apple Computers, Computer Skills for Daily Living and the extensive SeniorNet programs.

Macintosh and other Apple Computers NEW! (age 50 and up)

These programs take place in Classroom 302

Introduction to iPad & iPhone FREE

Easy-to-use handheld devices are changing our world! The iPad, iPhone and iPod Touch are creating a revolution in computers and the way we live. While such devices are made by several manufacturers, this course will focus on products from Apple that illustrate their capabilities and underlying concepts. This course will show you how to set-up the devices, use them for e-mail and Internet access and provide a brief overview of the thousands of applications (apps) available.

53445 Wed Sep 21 1:30-4 p.m.

53446 Wed Oct 19 1:30-4 p.m.

Moving from a PC to a Macintosh FREE

This course will show you how easy it is to set up a new Mac and migrate your critical files, e-mail, and contacts to it from your Windows PC. Using a Mac is often easier than using a PC and moving your information from your Windows PC to a Macintosh is easy as well.

53447 Tue Oct 11 1:30-4 p.m.

53448 Wed Nov 9 1:30-4 p.m.



Discover what computers can do!

Getting to know Macintosh Computers

The popularity of Macintosh computers is mushrooming because of their ease of use and security. In three classes, this course will introduce you to: 1) the basics of the current Macintosh operating system, including file systems, menus and preferences, 2) using the included applications on a Mac and 3) connecting to the Internet and using the included e-mail program and Safari browser. This course is designed for those who recently got a Mac, are planning to get a Mac or those just curious about them! The course will closely follow the book "The Little Mac Book" by Robin Williams. Bring your Mac laptop if you have one!

Fees: \$15(R) \$20(N) (per 3 classes)

53449 M/W/F Sep 12-16 9:30 a.m.-noon

53450 M/W/F Dec 5-9 9:30 a.m.-noon

Registration Required

All programs, trips and events **require** registration. **You will receive a confirmation/receipt, which you may keep as a reminder, after registering.** Please record your course registrations on your calendar because we cannot guarantee a reminder call for each program.

Computer Skills for Daily Living

NEW! (age 50 and up)

Technology can help us in so many ways! Learn new skills today. These programs take place in Classroom 302 unless otherwise stated.

Managing Medicare on Internet

FREE

Did you know you can manage Medicare on your own time sitting in the comfort of your own home! Save money and learn how you can use your computer to go directly to www.medicare.gov and get fast results! Bring a list of your medications and questions you may have and let's navigate the system together. Insurance companies can and do change their prices annually; it is up to you to stay in charge of your own Medicare!

53786 Wed Oct 5 9:30 a.m.-noon

53788 Wed Nov 2 9:30 a.m.-noon

53789 Wed Nov 30 9:30 a.m.-noon

Sign up for Emails from Cary Senior Center a new way!



Take a moment to register for the new way to receive emails from the Cary Senior Center! Simply go to the Town of Cary's web site: www.townofcary.org and scroll to the bottom of the front page. **Click onto the green envelope on the bottom left corner and sign up for the Creating Active Retirement Years (Senior Programs) email listserv!** Emails are subject to Public Record Laws.

Electronic Personal Health Record

FREE

A personal health record can provide much-needed information in a medical emergency, when traveling or otherwise using a new medical practitioner for yourself or someone in your care. It is easy to build and update but, best of all, stored for free on the Internet. Making copies on a flash drive and/or paper will also be covered. Learn more about this life-saving skill.

53790	Wed	Oct 26	9:30 a.m.-noon
53791	Wed	Nov 9	9:30 a.m.-noon
53792	Wed	Dec 14	9:30 a.m.-noon

SeniorNet

(age 50 and up)

All take place in the Media Center unless otherwise indicated.

Volunteer instructors take you step by step through various computer skills! Membership to SeniorNet (national organization) is strongly encouraged. Flash drives (thumb drives) are required for most SeniorNet Courses (workshops and seminars are exempt). Cost is \$10 at the Cary Senior Center front desk (includes tax) or bring your own from home! Computing for Beginners and Organizing Your Computer are prerequisites to all other courses and workshops. Free seminars do not have this requirement. Follow SeniorNet on Facebook (Cary SeniorNet) or check out our web site: <http://www.caryseniornet.org/index.html>

Computing for Beginners

This course introduces you to the basics of computing and provides extensive practice using a mouse. It is intended for those with minimal or no computer experience. Computing for Beginners is a prerequisite for Applications, Surfing the Net and e-mail courses.

Fees:	\$20(R)	\$25(N)	(per 4 classes)
52245	Tue & Thu	Sep 13-22	9:30 a.m.-noon
52246	Tue & Thu	Sep 13-22	1:30-4 p.m.
52247	Mon & Wed	Nov 28-Dec 7	9:30 a.m.-noon



Learn new things about the World Wide Web!

Organizing Your Computer Using Windows 7

Where did I save that document? Where is that picture that I got from e-mail? If you have 'lost' items on your computer, this workshop is for you! You will learn to organize all kinds of files (documents, pictures, etc.) so you can easily retrieve them. You will also learn how programs and other information is organized on your computer. This course is a prerequisite for many other SeniorNet classes!

Fees:	\$15(R)	\$20(N)	(per 3 classes)
52261	M/W/F	Sep 12-16	9:30 a.m.-noon
52262	M/W/F	Oct 3-7	1:30-4 p.m.
52263	M/W/F	Dec 12-16	1:30-4 p.m.

Organizing Your Computer Using Windows XP

Same course as above only using Windows XP Computer Program.

Fees:	\$10(R)	\$15(N)	(per 2 classes)
52264	Mon & Wed	Sep 12-14	1:30- 4 p.m.
52265	Mon & Wed	Sep 19-21	1:30- 4 p.m.
52266	Tue & Thu	Oct 11-13	1:30- 4 p.m.
53586	Mon & Wed	Dec 12-14	9:30 a.m.-noon

Basic Computer Applications

This course will give an overview of basic applications available in many computer application suites including Open Office, Windows Office and others. Topics covered will be Word Processing, Spreadsheet and Presentation applications.

Fees: \$20(R) \$25(N) (4 classes)

52239 Mon & Wed Oct 3-12 9:30 a.m.-noon

Microsoft Excel

NEW

MS Excel is a very popular spreadsheet program and a part of MS Office application suite. This course will provide in-depth information exploring the functions of Excel and exploring techniques and ideas for creating Excel spreadsheets that are of interest to all! This class is suitable for both Windows and Apple computers.

Fees: \$30(R) \$39(N) (6 classes)

52241 Tue & Thu Nov 29-Dec 15 9:30 a.m.-noon

Browsing the World Wide Web

With Internet Explorer browser, learn to search for information, images and graphics on the World Wide Web, safely search for and locate web sites that interest you and save them for future reference. Research destinations, plan travel and buy tickets, purchase items on the Internet and safeguard your privacy. Computing for Beginners course is a prerequisite for this class.

Fees: \$25(R) \$33(N) (5 classes)

52242 Tue & Thu Nov 29-Dec 13 1:30- 4 p.m.

Digital Photography 1

Introduction to Digital Photography part 1: Bring your camera, and learn how to use the controls and understand the terminology. Learn techniques for taking better pictures and then upload and view your pictures on your computer. Applications course is a prerequisite to this class.

Fees: \$15(R) \$20(N) (3 classes)

52248 M/W/F Sep 19-23 9:30 a.m.-noon

Digital Photography 2

Photo enhancement and printing: Make the best of the pictures you have taken, learn how to enhance your photos using free software, and then print them. Understand some of the online photo services and how to use them. Digital Photography I is a prerequisite to this class. This class is suitable for both Windows and Apple computers.

Fees: \$30(R) \$39(N) (6 classes)

52249 Tue & Thu Sep 27-Oct 13 9:30 a.m.-noon

Digital Photography 3

Photo editing and manipulation using Photoshop Elements: Learn how to use the most popular photo editing software to create photographic works of art on your computer. Revive those old family portraits or edit distractions from your vacation pictures. Students are advised to either purchase the software or download the Free Trial version from www.adobe.com prior to attending this class. For copyright reasons we are unable to provide students with software for use on their home computers. Digital Photography 1 & 2 are prerequisites to this class. This class is suitable for both Windows and Apple computers.

Fees: \$40(R) \$52(N) (8 classes)

52250 Tue & Thu Oct 18-Nov 10 1:30-4 p.m.

NEW! GRANPAPARAZZI Photography Club

Following the success of the Digital Photography classes offered through SeniorNet, we are forming a Camera Club! Those interested in learning more about photography from each other's photography experiences and knowledge, in a friendly and unintimidating environment. First order of business will be exploring ideas for activities, such as day trip photo shoots, Photoshop techniques, picture critiques, and Gear news and discussions. If you are interested in joining like-minded amateurs in a quest for photographic excellence, join us as we begin a new club!

4th Thursdays Monthly (*no November meeting*)
1:30-3:30 p.m. · Classroom 302

The **Cary SeniorNet Learning Center** is a computer lab offering computer classes that are designed by, and for, senior adults. These classes feature a nationally acclaimed system which includes small class size, hands-on experience (each student works at a computer!), trained teachers and on-site coaches providing additional assistance. All instructors are volunteer senior adults! If you are interested in volunteering with the SeniorNet program, you are encouraged to call **(919) 469-4081**.

All courses offered in the Cary Computer Learning Center are part of the National SeniorNet Curriculum. To take any of the classes offered, you must be age 50 or older and become a member of the national SeniorNet organization through payment of an annual membership fee. Scholarships are available for class fees; please call (919) 469-4081 for more information.

There is a public computer located in the library for seniors (age 50+) to use for practicing what they have learned in SeniorNet classes or just to surf the internet! Sign-in is required. All information must be stored on your own floppy disk as the computer will not save your information (no printer available either). Wireless access is also a service of the SeniorNet Learning Center.

Beginning Fall 2010, all students are required to bring a 1GB (or larger) thumb drive (flash drive) to classes or you can purchase one at the front desk for \$10 each!

If you have suggestions for future classes or would like to see more courses in one topic offered, please talk to your instructor today.

Evaluations

You may receive an evaluation in the mail or handed to you after a class or program. Please fill it in promptly and return it to the Cary Senior Center front desk, as your input will make our programs better! For more, call (919) 469-4081.

Genealogy

Learn how to document your family's history using the software program Millennia Legacy 7.4 Deluxe in SeniorNet's Introduction to Genealogy class. You will learn how to import your genealogy information if it is currently in a different format or, if starting from scratch, how to create a new family file. You will learn the basic functions of the various screens; how to cite sources; create reports and charts; and add pictures, maps and videos to your file. Computing for Beginners and Organizing Your Computer courses are prerequisites to this class.

Fees: \$25(R) \$33(N) (5 classes)

52251 Mon & Wed Nov 7-21 1:30-4 p.m.

Having Fun with Graphics

Using Sierra Print Artist software and your imagination, create personalized cards, calendars, newsletters and posters for any occasion. Applications course is a prerequisite for this class.

Fees: \$35(R) \$46(N) (7 classes)

52252 Tue & Thu Nov 1-22 9:30 a.m.-noon

Microsoft Word 2007

This course will teach you some of the most useful functions of the new Microsoft Word program in MS/Office 2007 with hands on opportunity to practice your new skills.

Fees: \$30(R) \$39(N) (6 classes)

52259 Mon & Wed Oct 24-Nov 9 9:30 a.m.-noon

Exploring Windows 7

This course will introduce you to the Microsoft Windows 7 System. Windows 7 has many capabilities that were not part of previous systems and has many more built-in safeguards to help you with safe computing. You will learn that Windows 7 is much better than earlier versions of Windows. Don't struggle with these changes! Take this class to learn how to fully use all of the features of Windows 7!

Fees: \$40(R) \$52(N) (8 classes)

52269 Mon & Wed Oct 10-Nov 2 1:30-4 p.m.

SeniorNet Workshops

All take place in the Media Center unless otherwise indicated.

Burning a CD or DVD

Want to learn how to save (burn) your important papers, documents and photos on a compact disc (CD)? Come to this class and see how! Windows has a build in software or you can buy or download additional CD/DVD burning software.

Fees: \$10(R) \$15(N) (2 classes)
52243 Tue & Thu Nov 15-17 1:30-4 p.m.

Computer Maintenance for Hardware and Software

Learn to keep your computer in tip-top shape and running smoothly. We will cover basic system clean up, defrag, software updates, backing up your system and more!

Fees: \$10(R) \$15(N) (2 classes)
52244 Tue & Thu Sep 27-29 1:30-4 p.m.

Home Networking

If you have more than one computer in your home, you might want to network them together so they can share files, printers and Internet access. This workshop will introduce you to the basics of creating a home network using wires or wireless.

Fees: \$5(R) \$10(N) (1 class)
52253 Thu Oct 6 1:30-4 p.m.

Let's GOOGLE!

You have heard it before: "Go Google it".....and you are sure you have "Googled" lots, but did you know that Google can do so much more? Calendars, maps, tracking mail, writing documents are just small parts of this amazing and free search engine! Come learn more!

Fees: \$10(R) \$15(N) (per 2 classes)
52254 Mon & Wed Sep 26-28 1:30-4 p.m.
52255 Tue & Thu Oct 25-27 9:30 a.m.-noon

Options for Email

There are two common ways to use email: webmail and using a client email program such as Windows Mail. Come learn the differences and some details of each for you to choose the best one for you!

Fees: \$10(R) \$15(N) (2 classes)
52260 Tue & Thu Oct 18-20 9:30 a.m.-noon

Safe Computing

Don't fall victim to computer scams, viruses or hackers! Learn how to protect your computer from these malicious programs. You will also learn about Fire Walls and other protective measures you can take to keep your computer system safe!

Fees: \$10(R) \$15(N) (per 2 classes)
52267 Mon & Wed Oct 17-19 9:30 a.m.-noon
53587 Mon & Wed Dec 5-7 1:30-4 p.m.

eBay!

Learn how to use this mega-giant YARD SALE! Bid on auctions, buy or sell and have lots of fun!

Fees: \$10(R) \$15(N) (2 classes)
52270 Mon & Wed Sep 26-28 9:30 a.m.-noon



Hands-on help to patiently guide you in the right direction

Google Earth

From the comfort of your computer chair, discover the excitement of traveling to interesting places around the world by using free Google Earth Software. Once you discover how this unique program works, you'll spend hours entertaining yourself by finding your neighborhood, your home, the home you grew up in and visiting famous cities throughout the world!

Fees: \$10(R) \$15(N) (2 classes)

52271 Mon & Wed Nov 14-16 9:30 a.m.-noon

SeniorNet Seminars

All seminars take place in Classroom 302 unless otherwise stated.

Introduction to Microsoft Windows 7 **FREE**

This SeniorNet course will introduce you to Microsoft's operating system, "Windows 7". Windows 7 has many new capabilities that were not part of previous systems and have many more built in safeguards to help you with safe computing. Although these changes might be difficult at first, after this class you will learn that Windows 7 is much better than earlier systems from Microsoft.

52272 Tue Oct 4 1:30-4 p.m.

Social Networking **FREE** - Facebook

A hundred years ago people kept up with their families and friends on the front porch, over the fence in the backyard, or by "snail mail". Although today life is very different, the need to stay close to people has not gone away. One of the newest and easiest ways to keep track of everyone is on "Facebook". Facebook, via the Internet, allows you to keep up with all the people you care about, as well as, see photos and videos of your children, grandchildren, friends and acquaintances. You will learn methods to find long lost friends from your school and college days, as well as, connect with people you haven't seen or heard from in years. Learn how easy it is to be part of Facebook.

52283 Wed Oct 12 9:30 a.m.-noon

Buying a Computer **FREE**

With so many computers to choose from, come learn some valuable information before you spend your money!

52274 Wed Nov 30 1:30-4 p.m.

Video Phoning Friends **FREE** & Family

Would you like to see your friends and family when you are talking to them over long distance? You can use your computer! Come learn how to have a voice and video conversation over the Internet using your computer. Best of all, there is no cost for the software or the Internet "call" using Skype!

52238 Thu Dec 15 1:30-4 p.m.



Expand your computer knowledge!

Information given in seminars offered by the Cary Senior Center and Resources for Seniors, Inc. is the professional opinion of the speaker and is not intended to be the sole informational resource on this topic. The Cary Senior Center encourages you to pursue additional outside professional opinions pertaining to the seminar content.

Senior Resources for Seniors

Ask the Health Expert **FREE**

Join local health experts explore aging issues and our health! Bring your questions to these informative and interactive lecture programs.

Nurses Guide to Successful Aging

How you age depends a great deal on the choices you make. Using a wellness model of mind/body connection, Nurses in the fields help you navigate ever changing waters. Presented by Everyone Needs A Nurse

53475 Fri Sep 16 1-2 p.m.

Emotional Wellness

Learn how to achieve emotional wellness and enhance your feelings of optimism and well-being. Presented by Dr. Herbert Harris, Medical Director of Welcare Counseling Services.

53476 Thu Sep 22 9:30-10:30 a.m.

Anti-Aging

Anti-aging is more than just the absence of disease and pain. It is the whole body working together to create a natural state of health. Practitioners from the field of Chiropractic and holistic medicine work to set you on the right course. Presented by Transformations for Health.

53477 Fri Sep 23 1-2 p.m.

Vascular Health

Medical diagnostic testing can provide predictive indicators for silent vascular conditions that may otherwise go undetected. Learn how a simple blood draw may uncover clues to otherwise unknown arterial markers. Presented by Medical Screening Services.

53478 Wed Sep 28 3-4 p.m.

Your concern is our concern. Write down your suggestions and submit them using our comment box in the lobby!

Hip and Knee Arthritis

Depending on the severity of the arthritis there are many ways to manage it. Learn treatment options and ways to remain active. Presented by Dr. Gilbert of Triangle Orthopaedic's

53479 Fri Sep 30 9:30-10:30 a.m.

Boost Your Immune System

Achieve true health and healing through maintaining a healthy nervous system and living a healthy lifestyle. Learn approaches that allow the body to heal and restore itself. Presented by Dr. Blake Livingood of Livingood Family Chiropractic.

53480 Fri Sep 30 1-2 p.m.

Learning About Arthritis

Arthritis has many forms. Learn how to get a proper diagnosis to best understand, manage and live with it. Presented by Dr. Silvia Ross of Triangle Arthritis and Rheumatology Association.

53481 Fri Oct 7 1-2 p.m.

Cataract Surgery

There are a number of cataract eye surgery options for cataract removal. Learn more about which cataract surgery procedure may be right for you. Presented by Dr. Dean Darmic of Laser Eye Care Center of NC.

53482 Fri Oct 14 1-2 p.m.

Dental Health

Dental health is more than flossing and brushing. Learn more about oral hygiene and new and innovative options for a brighter smile. Presented by Urban Oasis Dental.

53483 Fri Dec 2 1-2 p.m.

Senior Health Insurance Information Program (SHIIP) **FREE!**

The Seniors' Health Insurance Information Program (SHIIP) answers questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. Sign up for a one-on-one counseling opportunity today by calling (919) 469-4081.



**Obtain helpful information
from local experts!**

Cary Total Life Center

Cary Total Life Center (TLC), housed within Bond Park adjacent to the Cary Senior Center, is a unique Adult Day Care Service operation. Cary TLC is one of six Adult Day Care Programs run by Resources for Seniors, Inc. throughout Wake County. Cary TLC service offers needed care for ambulatory and semi-ambulatory, dependent adults – especially those with memory loss and physical disabilities. Cary TLC offers social, recreational, and stimulating activities in a safe and supportive environment. We try to promote a sense of self-worth and dignity through gentle, sensitive care and kindness. We offer assistance to avoid an early and/or inappropriate institutional placement of a loved one. We also provide education, motivation, and support for caregivers. A TLC day features a fun-filled schedule with meals, exercise, music, social experiences, discussions, arts & crafts and much more! Quality care is the aim of all our services; we desire to help your loved one stay as happy, healthy and alert as possible.

Please call (919) 460-9008 for more information or to arrange for a visit!

Boomers and Beyond

FREE

(age 18 and up)

A seminar series that answers key questions about aging or caring for older loved ones. Conveniently offered in a comfortable, open atmosphere. Attend one or all but please register for each free session individually. Open to anyone who is a senior or caring for a senior.

Medicare Basics

Important information about what to know and steps to take when becoming eligible for Medicare. Presented by Barry Mowbray, NC Department Insurance, Senior Health Insurance Information (SHIIP).

53461 Thu Sep 1 7-8 p.m.

When I'm 64

Discussions on Medicare, Social Security, Legal Matters and just simply how to plan for the time ahead. Presented by AARP of North Carolina

53462 Fri Sep 9 9:30-10:30 a.m.

Alzheimer's Overview

Comprehensive overview covers symptoms, causes, treatment and new discoveries. Presented by Nancy Broadwell, Alzheimers NC, Inc.

53463 Fri Sep 9 1-2 p.m.

Theresa Trimble, M.Ed is the Western Wake Service Coordinator for Resources for Seniors, Inc. Resources for Seniors provides onsite access to aging information and can assist area seniors with their service needs including:

- Advocacy
- Basic Needs
- Care Management
- Elder Abuse
- Friendly Visitor and More!

For a private appointment, contact

**Theresa Trimble, M.Ed at
(919) 462-3983 or
carysc@rfsnc.org.**

Financial Forum

Practical educational forum on how to outlive your money from a panel of experts in the fields of accounting, law and financial planning. Presented by Coda Financial Group.

53464 Thu Sep 22 7-8 p.m.

Medicare Made Clear

Gain a better understanding regarding the difference between original Medicare, Medicare advantage plans, Medicare supplement plans and part D drug plans. Presented by Ann Swinson with Legacy Wealth Strategies.

53465 Fri Oct 7 9:30-10:30 a.m.

Senior Options Advisory Panel

Join a panel of local aging service professionals as they explore supported living options from in-home care to residential living. Facilitated by Blue Ridge Healthcare.

53466 Thu Oct 13 7-8 p.m.

Social Security

Whether you're planning for social security or have been on it for years, learn how you can better understand and maximize your benefits. Presentation by the Social Security Administration.

53469 Thu Oct 27 9:30-10:30 a.m.

Senior Living Options for Community Living

Overview of the types of senior living options from rental to a full continuum of care and benefits of each option. Presented by Morgan Lamphere of Sear Stone.

53468 Thu Nov 17 1-2 p.m.

Life Care and Long Term Care

The benefits of life care and long term care and how making a plan can make a difference in your future. Presented by Morgan Lamphere of Sear Stone.

53470 Fri Dec 9 1-2 p.m.

Benefits of participating at the CSC.

Friendly, caring staff ready to answer your questions and help you find something to fill your leisure needs!

Financial Seminars**FREE**

Your financial wellness is something that can always improve! This investment in time is an investment in your future!

ROTH IRA Conversions

Do you want to minimize your RMD? Learn if converting your IRA to a Roth IRA is right for you. Presented by Jim Wyland, Edward Jones Investments.

53486 Fri Oct 14 9:30-10:30 a.m.

Searching for Yield in a Low-Interest Rate Environment

This seminar will discuss investment strategies that can enhance your income in a low-interest-rate environment. Offered by Merrill Lynch.

53487 Fri Oct 28 1-2 p.m.

Tax-Free Investing

Tax-free investing- It's not what you make, it's what you keep. Learn how to protect what you have to sustain financial value and growth for the future. Presented by Edward Jones Investments.

53488 Fri Nov 18 9:30-10:30 a.m.

Asset Protection

The Pension Protection Act ushered into law includes new tax incentives designed to protect retirement nest eggs. Learn about these new incentives, to whom they apply and how they may apply to your financial planning. Presented by State Life Insurance Company.

53489 Fri Dec 16 9:30-10:30 a.m.

Get PINned

Conveniently register from your home or office with EZ-REG.

Personal Identification Numbers (PIN) required to register using EZ-REG Web or EZ-REG Phone. To get PINned, complete a Family Account Registration Form available at classweb.townofcary.org. Or call any Parks, Recreation and Cultural Resources facility for assistance.

Health Screens

Take advantage of these health screens - you may improve your life! Offered by community businesses, co-sponsored by Resources For Seniors and the Cary Senior Center. Most are FREE!

Location: First Aid Room

Medical Blood Screening

Low cost blood tests! Complete blood profile (\$35), homocysteine level (\$50) and PSA (\$30). Results available the following week at the Cary Senior Center. Be sure to register for your individual time for this screening. Payment is made to screen provider on day of screening. Fasting is recommended. Offered by Medical Screening Services.

53506 Thu Sep 29 9-11 a.m.

Hearing Screen

Provided by Miracle Ear of Cary

53508 Wed Oct 19 11 a.m.-noon

53509 Wed Sep 21 11 a.m.-noon

Blood Pressure Screenings

Provided by Clare Bridge

53510 Wed Sep 14 11 a.m.-noon

53511 Wed Sep 28 11 a.m.-noon

Provided by Spring Arbor of Apex

53512 Wed Oct 12 11 a.m.-noon

53513 Wed Oct 26 11 a.m.-noon

Provided by Home Health & Hospice

53514 Wed Nov 9 11 a.m.-noon

Flu Shots

Roll up your sleeve, it's time to get protection from the flu! Pneumonia and flu immunizations available. Both FREE with some forms of Medicare (bring your card!). Fees for each shot will not be announced until one month prior to the dates as this can fluctuate. Registration by phone or person is required (appointment times are given at registration). Provided by Maxim HealthCare.

52204 Thu Oct 20 9 a.m.-3 p.m.

52205 Fri Oct 21 1-5 p.m.

Legal Essentials

Seminars where you will have the opportunity to hear from lawyers, specialists and experts about practical and legal information to protect you and your loved ones. All seminars take place in classroom 302 unless otherwise stated.

Essential Legal Documents

Make your decisions now regarding your finances and health matters. Learn about financial power of attorney, health care power of attorney and other legal documents you should not be without. Presented by McCuiston Law.

53494 Thu Oct 6 7-8 p.m.

Probate Basics

What is probate? Each state is different. Learn how the probate process works in North Carolina. Presented by McCuiston Law.

53495 Fri Oct 21 9:30-10:30 a.m.

PHOTO CONTEST

Calling all amateur and professional senior photographers! Have your picture be the next cover of the Cary Senior Center Brochure! If your photo is chosen as the cover you will be a featured spotlight on the back of the brochure. To be eligible to win your photo must meet the following requirements: Photo must show active aging through an activity provided by the Town of Cary, Brief description of the activity that is being captured in the photo, people in the photo must be 55 and older and we need their contact information and photo needs to be 300 dpi and in either jpg, or tif, format. All photos and information will need to be submitted digitally to Stefanie Penrod, through either email Stefanie.penrod@townofcary.org or CD. Deadline for photo entry is Thursday, December 1.





Free health screenings!

Support Groups

Resources for Seniors, Inc. and the Cary Senior Center provide numerous groups to support concerns that we encounter as we age. These groups provide opportunities to share experiences, explore options and learning from others facing similar situations. Registration for all groups is ongoing. Whatever your situation, you don't have to go through it alone.

Location: Conference Room

Caregiver's Support Group

Bring your lunch and join others to share your concerns in a supportive environment. Group meets the 4th Monday of each month.

53158 4th Mon 11:30 a.m.-1 p.m.
(no meeting 12/26)

Going On Group

For anyone who is grieving the loss of a special loved one, offering relaxed discussions and social activities that help with "going on." Meets first and third Mondays.

53159 1st & 3rd Mon 12-1:30 p.m.
(no meeting 9/3)

Arthritis Support Group

Join us as we work together to develop a healthier lifestyle with natural solutions for chronic pain that comes with conditions such as arthritis and fibromyalgia. This is a results oriented support group focused on healthy habits. Group meets first and Wednesdays of each month from 1:30-3pm at the Cary Senior Center.

53160 1st Wed 1:30-3 p.m.

Legal Aid

Information and assistance about legal issues for ages 60 plus only. You will receive a free 30-minute personal appointment with an attorney to discuss noncriminal legal concerns. Space is limited!

Location: Counsel Room

53496 Thu Nov 3 10 a.m.-noon

Living Wills

Living Wills – NC Advance Directive by Wills on Wheels, Kathryn Kabat, Attorney at Law. Discussions about end-of-life decisions are never easy, but are necessary. Plan ahead for unexpected health problems by having a living will. Leave with a prepared and notarized living will. Six people will be helped per hour. You will receive an appointment time upon registering.

Location: Conference Room

Instructor: Kathryn Kabat

Create a Living Will

53497 Thu Sep 22 10 a.m.-noon
53498 Tue Oct 18 10 a.m.-noon
53499 Thu Nov 17 10 a.m.-noon
53500 Tue Dec 13 10 a.m.-noon

Looking for a location for a special party or meeting?

Looking for a location for a special party or meeting? The Cary Senior Center rents a variety of rooms for weddings, receptions, birthday celebrations, holiday events, home-owner meetings and more! Stop by for a brochure listing all the fees and rules of use. Reduced rates for Cary residents are offered. Plan your next event to take place at the Cary Senior Center! **Call (919) 469-4081 or check it out on the web: www.townofcary.org**



C-Tran, Cary's **door-to-door** bus service, is available to **Cary citizens 60+ and disabled.**

Reduce frustration and traffic congestion by using C-Tran, the Town of Cary's **safe, comfortable, reliable** transportation service that goes anywhere in Cary **Monday-Saturday 6 a.m.-7 p.m.**



C-Tran fares are subject to change annually. Please call for current rates. Registration is required for out-of-town and door-to-door trips.

Call (919) 481-2020
www.townofcary.org

Senior Volunteer Opportunities

Volunteer Sewing Group **FREE**

Volunteer sew, knit and crochet a variety of dolls, quilts, and other goodies to be donated to local hospitals and care centers! More volunteers are always welcome, please join us in giving.

Location: Ballroom
Every Monday 9-11:30 a.m.

Volunteer Today! **FREE**

Volunteer at the Cary Senior Center! This program meets once as a group for orientation and then only as a 'need by need' basis! You will get a call as additional volunteer opportunities become available. No names are carried over to the next season.

Location: Classroom 302
53156 Tue Sep 13 2-3 p.m.

Warm Up America **FREE**

Grab your knitting needles, scrap yarn and warm heart! Help knit and crochet warm blankets that will be donated to a variety of charities in the area. Your self-expression provides warmth and hope for so many. Some yarn will be provided; donations accepted.

Location: Classroom 303
53157 3rd Thursdays 1-4 p.m.

Santa Project **FREE**

Calling all Santa's elves! The Town of Cary is in dire need of several kind hearted elves to do some of Santa's work. Right after Thanksgiving, children will be dropping off their letter to Santa at Town Hall. Santa has given us permission to help return letters to the good little children of Cary - but we need your help! Join us for this special project by signing up for an orientation meeting on November 30!

Location: Classroom 302
55374 Thu Dec 1 2-3 p.m.

Participant's
 Last Name _____ First Name _____

Mailing Address _____

City _____ ST _____ ZIP _____

Home Phone _____ E-mail Address _____

(Subject to Public Records Law)

How do you prefer to receive your registration receipt? Email Printed/Mailed

Valid email address required.

Work or Cell Phone _____ Date of Birth _____ (required)

Local Emergency Contact Name: _____ (required)

Local Emergency Relationship: _____ (required)

Local Emergency Contact Phone Number: _____ (required)

Are you a Cary Resident? Yes No

Gender: Female Male

Class Code	Class/Workshop Title	Day	Date(s)	Time	Fee*
Additional space for more classes on the back >>>					

The Town of Cary provides the opportunity for Cary residents to apply for scholarships and/or reduction of fees for Parks, Recreation & Cultural Resources' programs. If you are interested in donating \$1 or more to the scholarship fund, please indicate it in the total on your registration form and include it in your check. Thank you !

MAKE CHECKS PAYABLE TO "Town of Cary"

I would like to donate \$1 or more to the scholarship fund.
 See registration information for more details.

Scholarship Donation: \$ _____

Total from other side: \$ _____

Total from this side: \$ _____

Total Amount Due: \$ _____

*Nonresident, pay fee indicated in program description.

Programs are provided for people of all abilities. If you need a reasonable modification, please check YES below and complete the registration at least two weeks prior to the start date of the program/class. Each request will be assessed in compliance with the ADA. **YES**

WAIVER

I, for myself or as parent or guardian, hereby assume all the risks and hazards incidental to the conduct of the activities and transportation to and from the activities. I release, absolve, and indemnify the Town of Cary, employees of the Town, volunteers, contractors and/or sponsors from all risks and hazards associated with the activities and in the event of injury, do expressly waive all claims against them. **I understand that no insurance coverage is provided by the Town of Cary Parks, Recreation and Cultural Resources Department.** By registering for this program, I understand and agree that if a portion of the program is unable to be completed due to inclement weather or other unforeseen circumstances, I will receive a prorated credit on my account for the uncompleted portion of the program. Further, I understand and agree that I have up to one year to use the credit and if it is not used within the one year, the credit will be donated on my behalf to the PRCR Scholarship Fund.

Signature: _____ Date: _____

WAIVER MUST BE SIGNED

Registration Dates: Aug 1 (Residents – Online and Mail-In), Aug 8 (Residents – All Types), Aug 17 (Nonresidents – All Types). Mark Your Calendars!

Participant's
 Last Name _____ First Name _____

Class Code	Class/Workshop Title	Day	Date(s)	Time	Fee*

Transfer this total to the other side: \$ _____

Cary Senior Center Memorial Garden Plaza

Remember a loved one with a gift to the Cary Senior Center Memorial Garden Plaza. With your \$50 or more donation, an engraved brick will be placed in the Memorial Garden Plaza, surrounded by beautiful gardens and a relaxing fountain. This tax-deductible contribution will show your dedication to the Cary Senior Center, while honoring or memorializing a loved one, friend or yourself! **Fill out this form today and return it with a separate check for \$50 or more made out to: Friends of the Cary Senior Center, Inc.** Call (919) 469-4081 for more information.



Please print text in the spaces provided below. There is a maximum of 3 lines and no more than 17 characters per line (characters include letters, dots, dashes, spaces, numbers, etc.). Please use a separate form per brick.

If this is a gift, please acknowledge to:

Name: _____

Address: _____ City/State: _____ Zip: _____

Important Information for Cary Senior Center Participants

The Town of Cary Parks Recreation and Cultural Resources Department is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. In order for individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. If you or a family member requires a reasonable modification to participate in a program, please circle the appropriate box on the registration form.

Registration Process

All activities, classes and events, even if they are ongoing, **require** registration. After registering, you will receive a confirmation, which you need to keep as a reminder. All programs with a fee must be paid for in full at registration. Be sure to register early as many programs have limited space! Call (919) 469-4081 for more information on any of these programs.

How to Register

1. Mail in the Registration Form found in this brochure or at the Cary Senior Center.
2. Bring in the Registration Form to the Cary Senior Center.
3. EZ-REG Phone Registration* and
4. EZ-REG Web Registration*
at <http://classweb.townofcary.org>

* To use either EZ-REG Phone or Web, you need a personal access code (PIN Number). Stop by the Cary Senior Center and request your PIN today!

When to Register

- Cary Resident Mail-in/Web/Phone Registration begins: **Aug 1**
- Cary Resident Walk-in Registration begins: **Aug 8**
- Nonresident Registration begins: **Aug 15**

**Please note that our mailing address is:
PO Box 8005 • Cary, NC 27512-8005**

Ideas & Suggestions

Questions, concerns, suggestions and more! We welcome your ideas! Call anytime – (919) 469-4081.

Age Requirements for Programs

The CARY SENIOR PROGRAM serves all citizens ages 55 and older regardless of residency. Senior-Net and AARP programs are open to adults 50 plus. Legal Aid is for ages 60 plus only. All programs take place at the Cary Senior Center unless otherwise noted.

Refunds & Cancellations

Class fees are 100% refundable when the class is cancelled by the department. A student wishing to withdraw from a class that has not been cancelled by the department must request a refund, **in writing**, at least five (5) business days before the scheduled start of a class. The student may receive 100% credit or may request a refund minus a \$5 processing fee per participant per class, understanding that credits after one year will be donated on my behalf to the PRCR scholarship fund. After the five-working-day period, refunds will not be given except for verified medical/hardship cases. **Refunds for payments made by check cannot be processed for three weeks from date payment was made. Refunds may not be given for trips.**

Town of Cary Utility Payment Box

There is a drop box for **utility bill** payments in the Cary Senior Center parking lot. The box is emptied every weekday at 8 a.m. and again at 2 p.m. The Town still has the payment drop box on Town Hall campus outside Building A on the railroad tracks side. For more on utility bill payment options, look under Site Index on **www.townofcary.org** or call Customer Service at (919) 469-4050 if you have questions.

Don't Wait

Please register early. Early registration allows us time to plan appropriately. Often we are able to accommodate those on waiting lists by adding additional spots in the class or adding additional classes. Classes that do not meet their minimum enrollment are generally cancelled; you could make the difference.

Cary Senior Center

(919) 469-4081

Transportation

C-Tran Bus Service (919) 481-2020
 Triangle Transit Authority (919) 549-9999

Town of Cary

Town Hall Administration (919) 469-4007
 Town of Cary Human Resources (919) 469-4070
 PRCR Administration (919) 469-4061
 Bond Park Community Center (919) 462-3970
 Fred G. Bond Metro Park (919) 469-4100
 Herbert C. Young Community Center (919) 460-4965
 Hemlock Bluffs Nature Preserve (919) 387-5980
 Cary Arts Center (919) 469-4069
 Middle Creek Community Center (919) 771-1295
 Page Walker Arts & History Center (919) 460-4963

Resources

Resources for Seniors (919) 462-3983
 Cary Chamber of Commerce (919) 467-1016
 Total Life Center – Bond Park (919) 460-9008
 Consumer Protection (919) 716-6000
 Legal Aid of NC (919) 828-4647
 Internal Revenue Service 1 - (800) 829-1040
 Medicare Information 1 - (800) 633-4227
 Senior Health Insurance Information 1 - (800) 443-9354
 Social Security Administration 1 - (800) 772-1213
 Veteran's Benefits 1 - (800) 827-1000
 Volunteer – Triangle United Way www.nc211.org
 Town of Cary Website www.townofcary.org
 Town of Cary EZ-REG classweb.townofcary.org

Cary Senior Staff

Jody Jameson

Senior Center Supervisor
 jody.jameson@townofcary.org

Stefanie Penrod

Recreation Program Specialist
 stefanie.penrod@townofcary.org

Kristine Werlau

Customer Service Representative
 kristine.werlau@townofcary.org

Cary Senior Center

(919) 469-4081

120 Maury O'Dell Place

Directions: The Cary Senior Center is located in Fred G. Bond Metro Park at 801 High House Road between NW Maynard Drive and NW Cary Parkway.

Hours of Operation:

Monday-Thursday
 9 a.m. - 9 p.m.

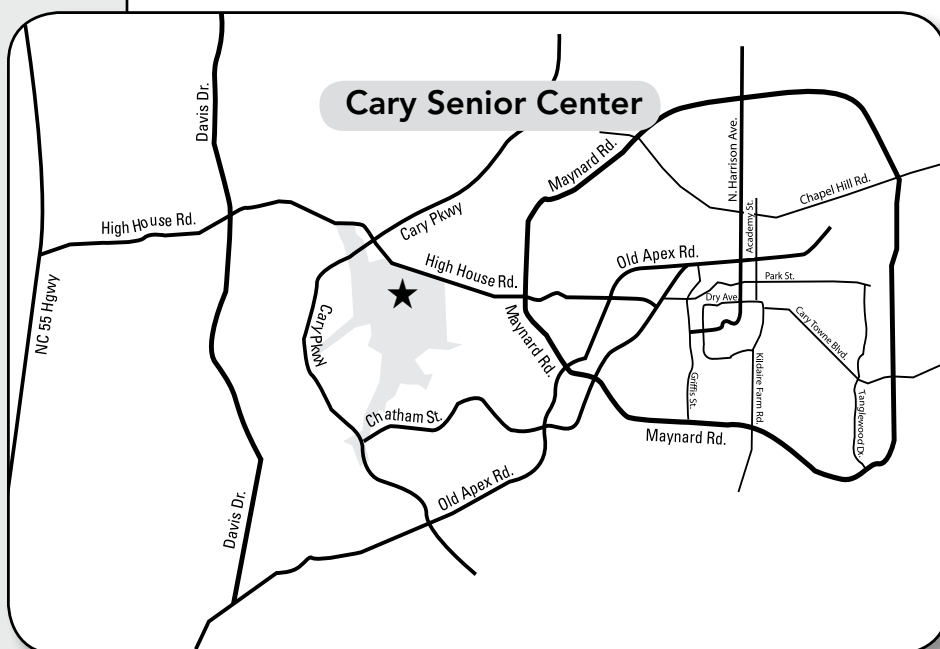
Friday-Saturday
 9 a.m. - 6 p.m.

Closed Sundays

The Cary Senior Center will be closed on all official Town of Cary holidays. Sep 3-5, Nov 11, Nov 24-27, Dec 24-27, Jan 1-2. The Center closes at 6 p.m. the day before a holiday.

New to Cary?

The Cary Senior Center welcomes you to town! We can provide you with aging resources, fun activities, educational opportunities and more! Come see us today!



Did You Know...

Did you know that the week of September 26- 30 is Active Aging Week?

This week was initiated by the International Council of Active Aging to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere. A different fitness program will be offered for free at noon each day this week! Finish the week with a new adventure at the Bond Park Challenge Course. Engage in activities that will challenge your think-



ing while building your confidence and motivating you to continue to be active! This program has a \$5 fee and will include a great time and lunch! Join us during this week and experience new ways to be ACTIVE! More informa-

tion can be found in the Fitness & Wellness Section.



in the spotlight



Nancy Moore

Volunteer Spotlight

Nancy took over the reins as leader of the Cary Seniors Single Club this past Winter/ Spring, and has been doing a wonderful job. This club meets on the 2nd Monday monthly, to coordinate and plan social gatherings. Thank you, Nancy, for all your time and effort!



Waterfront Picnic

Event Spotlight

As summer comes to an end, join us at the Bond Park Boat House for a picnic! This event will be great fun with friends, food, boating and live band entertainment provided by the Bloomsbury Boys! What better way to say goodbye to summer than by having a good old-fashioned picnic by the lake!



Cary Senior Center
 P.O. Box 8005
 Cary, NC 27512-8005
 (919) 469-4081
 22

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 Please Recycle...Share with a friend! 

In your words...

"The Cary Senior Center is a delightful place to learn new things, meet new friends and keep the mind working. It means getting out for fun, games and learning. I first came to the center because I was a new transplant to the area and I hoped to learn more about Cary from the folks already here. I absolutely, positively would recommend to those who have not dropped in to stop by the center! The staff is very friendly, helpful, efficient, and knowledgeable."

- Stephanie Chaconas



Cary Parks, Recreation & Cultural Resources Brochures

For a full listing of programs and events, please see our other brochures.



a Nationally Accredited Agency