



Orange County Department on Aging Activity Calendar

May 2021

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | | |
|----------|--|---|---|---|--|---|----------|
| | | | | | | 9:00am - 12:00pm Barn Quilt Painting Passmore Parking Lot 10:00am - 12:00pm Tech Knowledge Virtual | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| | 9:30am - 10:30am Spanish Level 1 Virtual 10:00am - 11:00am Strong and Steady Virtual 10:00am - 11:00am Chinese Choir- Hong Yan Virtual 10:45am - 11:45am Spanish Level 2 Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:30am - 12:30pm Philosophy Discussion Group Virtual 11:30am - 12:30pm Birthday Bash-May Passmore Parking Lot 11:30am - 12:00pm Birthday Curbside Recognition Seymour Garden Entrance & 1:00pm - 1:45pm Line Dance Beginners Passmore Parking Lot 1:00pm - 2:00pm Tune in Daily Virtual | 8:00am - 10:00am Soap Making Pre-Recorded 10:00am - 11:00am Tap Dance Virtual 10:15am - 11:15am Dementia -Let's Talk About It Virtual 11:00am - 12:00pm Chair Yoga 1:00pm - 2:30pm Sewing 101 - CANCELLED Virtual 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm Intro to Android Smartphone Virtual 2:00pm - 3:00pm Virtual Tour Ripley's Aquarium Virtual 2:00pm - 3:30pm Watch for the Happiness - M Virtual 4:30pm - 5:45pm Transgender Health Program Virtual | 9:30am - 10:00am Strengthen Your Core- Wedn Virtual 10:00am - 11:00am Charlie's Social Group Virtual 10:00am - 11:30am Becoming Better than Before Virtual 2 10:00am - 12:00pm Wednesdays' Buzz Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual 11:30am - 12:30pm Cinco de Mayo Candy Tastin Passmore Parking Lot 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 3:00pm Intro to Android Smartphone Virtual 1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual | 8:00am - 10:00am Passmore Pandemic Performer Pre-Recorded 9:00am - 10:30am Let's Exercise - Spanish Virtual 10:00am - 11:00am Strong and Steady Virtual 11:00am - 12:00pm DIY Plant Pokes Virtual 12:30pm - 2:00pm Party Celebration - Blumora Seymour Garden Entrance & 1:00pm - 2:00pm Tune in Daily Virtual 1:30pm - 3:30pm Advanced Watercolor Passmore Parking Lot 2:00pm - 3:00pm Essential Oils-Customizing Virtual 2:00pm - 3:30pm Watch for the Happiness - M Virtual 5:30pm - 7:00pm Well Spouse Assoc Support Virtual | 9:30am - 10:00am Strengthen Your Core- Frida Virtual 9:30am - 10:30am Spanish-Level 3 Virtual 10:00am - 11:30am Becoming Better than Before Virtual 2 10:00am - 11:00am Jane Austen CANCELLED a Virtual 11:00am - 12:00pm Alicia's Arthritis Exercise Virtual 11:00am - 12:00pm Seated T'ai Chi Virtual 11:30am - 12:30pm Mother's Day Recognition Passmore Parking Lot 12:30pm - 1:30pm Mindful Yoga Virtual 1:00pm - 2:00pm Tune in Daily Virtual 2:00pm - 3:00pm Veterans Benefits Information Virtual | 1:30pm - 3:00pm Drawing 101- Intro to Drawing Virtual | |

Orange County Department on Aging Activity Calendar

May 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|---|--|---|--|---|---|
| <p><i>(Continued)</i> 2</p> | <p><i>(Continued)</i> 3</p> <p>1:00pm - 3:00pm Intro to Android Smartphone Virtual</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p> | <p><i>(Continued)</i> 4</p> <p>6:00pm - 7:30pm Mothers Day Celebration Seymour Garden Entrance & Virtual</p> <p>7:15pm - 8:30pm Song Swap Virtual</p> | <p><i>(Continued)</i> 5</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> | <p><i>(Continued)</i> 6</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p> | <p><i>(Continued)</i> 7</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> <p>3:00pm - 4:00pm Ethics and Sports=cancelled Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p> | <p><i>(Continued)</i> 8</p> |
| <p>9</p> | <p>10</p> <p>9:30am - 10:30am Spanish Level 1 Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:45am - 11:45am Spanish Level 2 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Passmore Parking Lot</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> | <p>11</p> <p>8:00am - 10:00am Pressed Flower Canvas Pre-Recorded</p> <p>10:00am - 11:00am Tap Dance Virtual</p> <p>10:00am - 10:30am Home Safety Chat Virtual</p> <p>10:30am - 12:00pm A Son's Search Virtual</p> <p>11:00am - 12:00pm Chair Yoga</p> <p>1:00pm - 3:00pm Photo Edit- I Phone - I Pad Virtual</p> <p>1:00pm - 2:30pm Sewing 101 - CANCELLED Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> | <p>12</p> <p>8:00am - 10:00am Container Gardening for Beg Pre-Recorded</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 3:00pm Explore Password Managers Virtual</p> <p>1:00pm - 2:30pm Life After Loss Support Grou Virtual 2</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> | <p>13</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>1:00pm - 2:30pm Caregivers' Support Virtual</p> <p>1:00pm - 3:00pm Photos on the Mac Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:00pm Mental Health - Clarity in Cle Virtual</p> <p>1:30pm - 3:30pm Advanced Watercolor Passmore Parking Lot</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> | <p>14</p> <p>8:00am - 10:00am Intarsia Woodcarving Pre-Recorded</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>9:30am - 10:30am Spanish-Level 3 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:00pm - 1:00pm NC Symphony-Beethoven Vi Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Photos on the Mac Virtual</p> | <p>15</p> <p>10:00am - 12:00pm Tech Knowledge Virtual</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p> <p>2:00pm - 2:45pm NC Chinese Opera Society Virtual</p> |

Pre-recorded programs may be viewed any time by going to: <http://www.orangecountync.gov/236/Senior-Center-Programs>. Activities are subject to change. Please contact the Passmore Center at (919) 245-2015 or the Seymour Center at (919) 968-2070 prior to the event or activity to verify that there have been no program changes. Thank you.

Orange County Department on Aging Activity Calendar

May 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|--|--|--|--|---|--|---|
| <p><i>(Continued)</i> 9</p> | <p><i>(Continued)</i> 10</p> <p>2:00pm - 3:00pm TED TALKS- Virtual Virtual</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> <p>2:00pm - 3:00pm Creative Crafts with Helen Virtual</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p> | <p><i>(Continued)</i> 11</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> <p>3:00pm - 4:00pm Travel and Covid19: The Ne Virtual</p> | <p><i>(Continued)</i> 12</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> | <p><i>(Continued)</i> 13</p> <p>5:00pm - 6:00pm Passmore Cookout Passmore Parking Lot</p> <p>5:30pm - 7:00pm Well Spouse Assoc Support Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p> | <p><i>(Continued)</i> 14</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>2:00pm - 3:30pm Watch for the Happiness - M Virtual</p> <p>4:00pm - 5:30pm Volunteer Appreciation Drive Seymour Garden Entrance &</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p> | <p><i>(Continued)</i> 15</p> |
| <p>16</p> | <p>17</p> <p>9:30am - 10:30am Spanish Level 1 Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>10:45am - 11:45am Spanish Level 2 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:30am - 12:30pm Philosophy Discussion Grou Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Passmore Parking Lot</p> | <p>18</p> <p>10:00am - 11:00am Tap Dance Virtual</p> <p>10:15am - 11:15am Dementia -Let's Talk About It Virtual</p> <p>11:00am - 12:00pm Chair Yoga</p> <p>1:00pm - 3:00pm Editing, Intro to Virtual</p> <p>1:00pm - 2:30pm Sewing 101 - CANCELLED Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>2:00pm - 3:00pm TED Talks-May Virtual</p> | <p>19</p> <p>8:00am - 10:00am Wholmmovies-Efland and Ce Pre-Recorded</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> <p>1:00pm - 2:00pm Cooking with Robin - Brown Virtual</p> <p>1:00pm - 3:00pm Facebook on Iphone & iPads Virtual</p> | <p>20</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>1:00pm - 3:00pm Facebook on Iphone & iPads Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:30pm - 3:30pm Advanced Watercolor Passmore Parking Lot</p> <p>3:00pm - 4:00pm Bingo Virtual</p> <p>6:30pm - 7:30pm Al-Anon Moving Forward Virtual</p> | <p>21</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>9:30am - 10:30am Spanish-Level 3 Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> <p>1:00pm - 3:00pm Facebook on Iphone & iPads Virtual</p> <p>1:00pm - 3:00pm Endless Possibilities: A Drive Seymour Garden Entrance &</p> | <p>22</p> <p>10:00am - 12:00pm Polymer Clay Earrings Virtual</p> <p>12:00pm - 2:00pm Storytime Adventure Passmore Parking Lot</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p> |

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May 2021 (Continued)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|--|---|---|--|--|---|
| <p><i>(Continued)</i> 16</p> | <p><i>(Continued)</i> 17</p> <p>1:00pm - 3:00pm Editing, Intro to Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:30pm - 2:30pm Caregivers Series-Long Dist Virtual</p> <p>2:00pm - 3:00pm Friends of Passmore Annual Virtual</p> <p>3:30pm - 4:30pm Al-Anon Moving Forward Virtual</p> <p>6:30pm - 7:30pm Zumba - Latina Virtual</p> | <p><i>(Continued)</i> 18</p> | <p><i>(Continued)</i> 19</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual</p> | <p><i>(Continued)</i> 20</p> | <p><i>(Continued)</i> 21</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> <p>6:00pm - 7:00pm Zumba - Latina Virtual</p> <p>7:00pm - 9:00pm Enrichment Life Group Virtual</p> | <p><i>(Continued)</i> 22</p> |
| <p>23</p> | <p>24</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Chinese Choir- Hong Yan Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>1:00pm - 1:45pm Line Dance Beginners Passmore Parking Lot</p> <p>1:00pm - 3:00pm Intro to IPAD Virtual</p> <p>1:00pm - 2:00pm Tune in Daily Virtual</p> | <p>25</p> <p>10:00am - 11:00am Tap Dance Virtual</p> <p>10:00am - 10:30am Home Safety Chat Virtual</p> <p>11:00am - 12:00pm "Strength of the Panther" Rin Seymour Garden Entrance &</p> <p>11:00am - 12:00pm Chair Yoga</p> <p>1:00pm - 3:00pm Intro to IPAD Virtual</p> <p>1:00pm - 2:30pm Sewing 101 - CANCELLED Virtual</p> | <p>26</p> <p>9:30am - 10:00am Strengthen Your Core- Wedn Virtual</p> <p>10:00am - 11:00am Charlie's Social Group Virtual</p> <p>10:00am - 12:00pm Senior Health and Fitness D Passmore Parking Lot</p> <p>10:30am - 11:30am Book Club Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 11:50am Salli's Sr. Workout/Yoga Virtual</p> | <p>27</p> <p>9:00am - 10:30am Let's Exercise - Spanish Virtual</p> <p>10:00am - 11:00am Strong and Steady Virtual</p> <p>10:00am - 11:00am Strong and Steady-Pop up Passmore Parking Lot</p> <p>10:30am - 11:30am Book Discussions: Let's Talk Virtual</p> <p>1:00pm - 2:30pm Caregivers' Support Virtual</p> <p>1:00pm - 3:00pm Windows 10 Virtual</p> | <p>28</p> <p>9:30am - 10:00am Strengthen Your Core- Frida Virtual</p> <p>11:00am - 12:00pm Alicia's Arthritis Exercise Virtual</p> <p>11:00am - 12:00pm Seated T'ai Chi Virtual</p> <p>11:30am - 12:30pm Memorial Day Celebration Passmore Parking Lot</p> <p>12:00pm - 1:00pm NC Symphony-Beethoven N Virtual</p> <p>12:30pm - 1:30pm Mindful Yoga Virtual</p> | <p>29</p> <p>1:30pm - 3:00pm Drawing 101- Intro to Drawin Virtual</p> |

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May 2021 (Continued)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|--|---|--|--|----------------|
| (Continued) 23 | (Continued) 24 3:30pm - 4:30pm Al-Anon Moving Forward Virtual 6:30pm - 7:30pm Zumba - Latina Virtual | (Continued) 25 1:00pm - 2:00pm Tune in Daily Virtual | (Continued) 26 1:00pm - 2:30pm Life After Loss Support Grou Virtual 2 1:00pm - 2:00pm Tune in Daily Virtual 1:00pm - 2:00pm Sun Style T'ai Chi for Health Virtual 2:00pm - 4:00pm Challenge Celebration Seymour Garden Entrance & 3:00pm - 4:00pm Integrative Mode of Conscio Virtual | (Continued) 27 1:00pm - 2:00pm Tune in Daily Virtual 1:30pm - 3:30pm Advanced Watercolor Passmore Parking Lot 6:30pm - 7:30pm Al-Anon Moving Forward Virtual | (Continued) 28 1:00pm - 3:00pm Windows 10 Virtual 1:00pm - 2:00pm Tune in Daily Virtual 6:00pm - 7:00pm Zumba - Latina Virtual 7:00pm - 9:00pm Enrichment Life Group Virtual | (Continued) 29 |
| 30 | 31 10:00am - 11:00am Chinese Choir- Hong Yan Virtual 6:30pm - 7:30pm Zumba - Latina Virtual | | | | | |

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