

*Creating*

# ACTIVE

*Retirement Years*

CARYNC.GOV

SUMMER 2025

**CARY**

REGISTRATION  
BEGINS MAY 7

*Join Us  
on the  
Courts  
This  
Summer!*

THE PROGRAM GUIDE FOR THE CARY SENIOR CENTER (919) 469-4081



## PARKS, RECREATION & CULTURAL RESOURCES

316 North Academy Street  
Cary, NC 27513

### MAILING ADDRESS

P.O. Box 8005  
Cary, NC 27512-8005

### OFFICE HOURS

8:30 a.m.-5 p.m. weekdays  
Closed on town-observed holidays

### PHONE NUMBERS

Dial 311 within town limits, or  
(919) 469-4000 outside Cary  
Available 7 a.m.–7 p.m. Monday-Friday

### EMAIL

311@carync.gov

### WEBSITE

carync.gov

### PHOTOGRAPHY

Photographs are provided by Cary staff,  
Alyson Rode of AlyCat Photography, and  
Chuck Ruffin.



Cary Parks, Recreation & Cultural Resources is recognized for excellence in operation and services by the Commission for Accreditation of Parks and Recreation Agencies.

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### An Inclusive Approach

Cary Parks, Recreation & Cultural Resources is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. For individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the American with Disabilities Act. Please go to [carync.gov/inclusion](https://carync.gov/inclusion) for more details.

Follow us on Social Media  
[@caryncgov](https://www.instagram.com/caryncgov)



# Welcome to Summer 2025!

## What's Happening in Cary PRCR?

Have you heard of pickleball? Judging by its popularity in the Triangle, you probably have! Combining aspects of tennis, badminton, and ping pong, pickleball is a fun sport that all ages can enjoy. Whether you are new to pickleball, or an experienced player looking to up your game, check out our Pickleball University, starting on page 27. Ready to take on your friends? Drop-in at the courts at Ed Yerha Park, Carpenter Park, Walnut Street Park, or McCrimmon Neighborhood Park or make a court reservation at Cary Tennis Park. Want to play even when it is cold and rainy? Participate in an open gym at Herb Young, Middle Creek, or Bond Park community centers. For everything pickleball at Cary PRCR, visit [carync.gov/pickleball](http://carync.gov/pickleball).



## How Do I Register for Activities?

Registration happens in RecTrac. The first step is to create your Household Account by visiting [carync.gov/register](http://carync.gov/register). Once you have created your account and added all your household members, navigate to "Search," or click on one of the featured tiles on the RecTrac homepage. You can set search parameters to find just the right activity for you!



## When Does Registration Open?

Registration for Summer 2025 opens Wednesday, May 7 at 9 a.m. for Cary residents and on Wednesday, May 21 at 9 a.m. for nonresidents.

## How to Use this Guide

### ACTIVITY AND AGE

Activity name and the eligible age range.

### DESCRIPTION

Who the activity is for, what you will experience, and goals of the program.

### THEME

Specific themed sections of an activity.

### ACTIVITY NUMBER

A unique number for this. When searching in RecTrac, use the information before the hyphen.

### DAYS, DATES, AND TIME

When activity meets. Exceptions are noted.

### FEES AND CLASS MEETINGS

Activity price for Cary residents and nonresidents, and the number of times activity meets.

### INSTRUCTOR AND LOCATION

Activity instructor and facility.

### Enameling | Ages: 16+

Torch enameling is a wonderful way to add color to your metalwork. Discover the basics of enamel powder application using an open flame. Learn techniques to create simple yet sophisticated motifs. Leave with several wearables. No metalsmithing experience required but it is helpful. Basic supplies provided. Additional supplies available on-site.

#### Intro to Torch Enameling

**STUD0064-010 | Fri | Jun 13-Jul 25 | 6-9 p.m.**

*No Class: Jul 4*

**Fees: \$200 Res | \$230 Non-Res (5 classes)**

**Instructor David Tomlin**

#### Torch Fire Enamel Pendant

**STUD0064-0101 | Sat | Jul 12-19 | 1:30-5:30 p.m.**

**Fees: \$120 Res | \$150 Non-Res (2 classes)**

**Instructor David Tomlin**

**Location: Cary Arts Center**

# CARY PARKS, RECREATION & CULTURAL RESOURCES

## ACTIVITY PLANNER

Busy families and so many great Cary Parks, Recreation & Cultural Resources activities means you may need a little help keeping track of it all. We want to make it a easier — use this worksheet to build your activity plan for the whole family!

FAMILY MEMBER	DATE / TIME	ACTIVITY	ACTIVITY NUMBER	LOCATION





# Senior

Senior classes take place at Cary Senior Center unless otherwise noted. Classes are for ages 55+ unless otherwise noted.

## Education

### Beyond the Weeds

Interested in learning about pollinators and how to participate in the Great Southeast Pollinator Census? This class will explore the fascinating lives of pollinators and the flowers that support them. Participants will also be provided with everything they need to know to participate in the upcoming Pollinator Census on August 22 & 23, 2025.

Counting the Buzz: Pollinator Census Workshop

EDUC0100-006 | Mon | Aug 18 | 9:30–10:30 a.m.

Fees: \$2 Res | \$3 Non-Res (1 class)

### Book Chats

#### Second Monday Book Club

Join us for a thought-provoking discussion about the monthly book selection. Call Cary Senior Center for the booklist prior to start date. Meets on the 2nd Monday monthly.

EDUC0023-010 | Mon | Jun 9–Aug 11 | 12:15–1:45 p.m.

Fees: Free (3 classes)

### MARK YOUR CALENDAR!

- **May 7** for Cary residents
- **May 21** for nonresidents

That's when registration begins for the next session.

### Fourth Friday Book Chat

Share what you've been reading with the group and learn from others about their reading.

EDUC0023-009 | Fri | Jun 27–Aug 22 |

11:15 a.m.–1:15 p.m.

Fees: Free (3 classes)

### Cookie Decorating with Connie—Beginner

Are you a beginner and curious about what cookie decorating is all about? Leave with six yummy cookies beautifully decorated by you! Learn what goes into preparing royal icing, the value of different icing consistencies, and tips and tricks. No baking, just decorating.

EDUC0025-017 | Mon | Jun 16 | 1–3 p.m.

EDUC0025-018 | Mon | Jul 21 | 1–3 p.m.

EDUC0025-019 | Mon | Aug 18 | 1–3 p.m.

Fees: \$30 Res | \$39 Non-Res (1 class)

Instructor: Connie Istock

## Cookie Decorating with Connie—Intermediate

Ready to try to advance your cookie decorating skills? This class will be for those of you who have taken the beginner cookie decorating class or have had some experience with decorating cookies with royal icing. We'll learn more advanced cookies with some harder techniques to challenge your skills. No baking, just decorating, but still 5–6 yummy cookies to take home!

EDUC0103-005 | Mon | Jun 23 | 1–3 p.m.

EDUC0103-006 | Mon | Jul 28 | 1–3 p.m.

EDUC0103-007 | Mon | Aug 25 | 1–3 p.m.

Fees: \$40 Res | \$52 Non-Res (1 class)

Instructor: Connie Istock

## Creative Floral Design

Explore your creative side in a relaxed and fun atmosphere. Enjoy the fresh scents and textures while awakening your hands, arms, and fingers! Learn about flowers, care, and design. Take home your creation.

EDUC0066-013 | Thu | Jul 17 | 1–3 p.m.

EDUC0066-014 | Thu | Aug 21 | 1–3 p.m.

Fees: \$50 Res | \$65 Non-Res (1 class)

Instructor: Annette Hassinger

## Discovering You in Action

Have you ever wondered what makes you “you”? Discover your purpose in life and what is uniquely yours to contribute. Meets monthly on the first and third Wednesday.

EDUC0041-005 | Wed | Jun 4–Aug 20 | 1–2:30 p.m.

Fees: Free (6 classes)

## English as a Second Language Beginner

This course is designed for people who are just starting to learn English. Lessons include basic vocabulary, pronunciation, and reading simple words and sentences. This is a friendly and supportive place to start your English journey!

EDUC0030-006 | Wed | Jun 4–Jul 16 | 10 a.m.–12 p.m.

No Class: Jun 11

Fees: \$20 Res | \$26 Non-Res (6 classes)

## Historical Lectures with Wade Carmichael

### America's First Civil War—1607 to 1783

America's First Civil War began soon after the settlement in Jamestown Virginia Colony. Conflict erupted as new settlements were established with different social, political, and religious expectations. These divergent expectations fed the American Revolution, pitting neighbor against neighbor and congregation against congregation. This class looks into that often-overlooked aspect of our nation's birth and what may be America's First Civil War.

EDUC0045-018 | Tue | Jul 22–Aug 19 | 12:30–2:30 p.m.

Fees: \$30 Res | \$40 Non-Res (5 classes)

## Makeovers

Learn professional makeup application techniques and helpful beauty tips. Experiment, play, and explore hands-on what skincare and color cosmetics can do for you. Fun and fellowship are guaranteed.

EDUC0031-011 | Wed | Jun 25 | 9:30–11:30 a.m.

EDUC0031-012 | Thu | Aug 7 | 9:30–11:30 a.m.

Fees: \$8 Res | \$10 Non-Res (1 class)

Instructor: Kathy Marton

## Navigating Travel

Need help making travel plans? Learn tips from a retired travel agent, Airport Ambassador, and experienced traveler. She will help with the basics to get you started on your vacation, usual options, soft adventures, and post-COVID travel.

EDUC0042-004 | Thu | Aug 21–28 | 12:30–4:30 p.m.

Fees: \$15 Res | \$20 Non-Res (2 classes)

Instructor: Molly Mead

### DON'T WAIT!

Early Registration allows us time to plan appropriately. Classes that do not meet their minimum enrollment are generally cancelled. Don't wait to register—you could make the difference!

## Science Lectures With Harry Dammers

### Rust!

Once we learned to use iron, we learned about the unfortunate reality of rust. Can you believe the U.S. alone spends around \$600 billion per year fighting rust. So then, how do we make iron and steel and how do we avoid rust? Here's where chemistry meets history and real life.

**EDUC0024-013 | Tue | Jun 3–Jul 1 | 10–11 a.m.**

*No Class: Jun 10*

**Fees: Free (1 class)**

**Instructor: Harry Dammers**

### Magnificent Mauve

In 1856, a young English chemist discovered a way to produce purple dye. As a result, he became fabulously wealthy, he revolutionized the textile and petrochemical industries, and he jumpstarted the German chemical industry. In addition, he also made modern cell biology possible. Quite an impressive list of accomplishments!

**EDUC0024-014 | Tue | Jul 8–29 | 10–11 a.m.**

**Fees: Free (1 class)**

**Instructor: Harry Dammers**

### The Alchemy of Air

Once upon a time, a German chemist discovered how to feed billions by converting air into fertilizer! Unfortunately, his discovery also pioneered the use of poison gas in warfare and almost handed victory to Germany in WWI. After the war, he tried to pay off Germany's war debts, but he was a Jew and Hitler was in charge. That's a problem. More chemistry you didn't learn in high school.

**EDUC0024-015 | Tue | Aug 5–26 | 10–11 a.m.**

**Fees: Free (4 classes)**

**Instructor: Harry Dammers**

## RESOURCES FOR SENIORS

Resources for Seniors provides on-site access to aging information and can assist area seniors with their service needs. For an appointment, contact Heather Arcuri at (919) 462–3983 or [heathera@rfsnc.org](mailto:heathera@rfsnc.org).

## Jump Start to Spanish Part 2

This course builds on the content taught in the Jump Start series and uses the textbook *Advanced Spanish Step-by-Step: Master Accelerated Grammar to Take Your Spanish to the Next Level*, 1st Edition, ISBN: 978–0071768733

**EDUC0028-009 | Mon | Jul 7–Aug 11 | 1–3 p.m.**

**Fees: \$36 Res | \$47 Non-Res (6 classes)**

**Instructor: Wake Tech Community College**

## Travel Junctions

Travelers join this group to share experiences, keep current on travel trends and requirements, and review future travel plans. Monthly topic varies, examples include guest speakers and specific travel topics. Meet others who share the passion or curiosity to travel.

**EDUC0044-008 | Thu | Jul 10 | 1–3:30 p.m.**

**Fees: Free (1 class)**

**Instructor: Molly Mead**

# Resources for Seniors

## Ask the Health Expert

### Break a Leg, Not a Bone! Osteoporosis Workshop

Your doctor says you have Osteoporosis, what do you do now? Review what is Osteoporosis and what to do, including building bone strength. We'll share insight and actions to help improve your health. Presented by Peggy LaRue, Fyzical Therapy North Cary.

**EDUC0032-034 | Fri | Jun 20 | 9:30–11 a.m.**

**Fees: Free (1 class)**

### Understanding the Role of Rehab in Dementia Care

Learn about the benefits of physical therapy, occupational therapy and speech therapy to promote independence and safety when caring for yourself or a loved one with dementia. Presented by Latoya Galberth, Galberth Health.

**EDUC0032-035 | Fri | Jun 27 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## Understanding Hearing Loss and Technology

There are therapeutic options and technology other than hearing aids that can help with hearing loss. Explore the options available and learn more about hearing appliances, accessories and assistive devices that are available. Presented by Kim Calabretta of CapTel NC.

**EDUC0032-036 | Fri | Jul 11 | 9:30–11 a.m.**

**Fees: Free (1 class)**

## The Joy and Responsibility of Pet Ownership

Join us for an engaging talk on the care of pets and the incredible benefits of pet ownership! Learn practical tips for providing your furry companions with the nutrition, exercise, and veterinary care they need to thrive. Presented by Dr. Lauren Hughes, DVM, Heal House Call.

**EDUC0032-037 | Fri | Jul 25 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## Increasing Our Healthspan

This class will focus on our Healthspan, as opposed to more traditionally only acknowledging one's Lifespan. In paying more attention to our Healthspan, we will examine factors that can be employed now to maximize our quality of life in our later years. Come join us in this lively and highly interactive class!! Presented by Pat Connolly.

**EDUC0032-038 | Wed | Aug 6–27 | 2:30–3:30 p.m.**

**Fees: Free (4 classes)**

## Boomers Series | Ages: 18+

### How Do I Get Rid of All This Stuff?

Liquidating personal household items is not as easy and straightforward as it may sound. Finding out what will sell and for how much requires research and experience and that's only the beginning. Get your estate liquidation questions answered at our upcoming free seminar featuring industry experts who know the secrets to liquidating your excess "stuff!" Presented by Freda Hamlett, Milestone Moves Realty.

**EDUC0033-030 | Thu | Jun 5 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## How to Pay for Assisted Living

Moving to an assisted living community is sometimes desirable and sometimes necessary. The question is how will we pay for it? Join us for a discussion on financing options associated with assisted living costs. Presented by Freda Hamlett, Milestone Moves Realty.

**EDUC0033-027 | Fri | Jun 6 | 9:30–11 a.m.**

**Fees: Free (1 class)**

## Should I Sell My Home in This Market?

Join us to learn about current market trends concerning updating, pricing and timing. How has the process changed since the last time you bought/sold a home? Why you might need a professional to help you with the process. Presented by Freda Hamlett, Milestone Moves Realty.

**EDUC0033-031 | Thu | Jul 3 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## CCRC: What Are They Really?

This type of retirement living option is often misunderstood. Now is the perfect time to educate yourself so you can make the right decision for your future. Learn the facts about continuing care and life care options. Presented by Freda Hamlett, Milestone Moves Realty.

**EDUC0033-028 | Fri | Aug 1 | 9:30–11 a.m.**

**Fees: Free (1 class)**

## Downsizing Made Easy

If you are considering making a move—now or in your future—you owe it to yourself to be prepared. Learn how others like you have simplified their lives by following these easy downsizing steps. Where do I even begin? What do I do with all the extra stuff? Who can I call for help? Presented by Freda Hamlett, Milestone Moves Realty.

**EDUC0033-032 | Thu | Aug 7 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## ACA/Obama Care: Options Before Medicare

Leaving employer or Cobra coverage and not yet Medicare eligible? Join us to learn about healthcare coverage options like ACA/Obama Care, and how to use Healthcare.gov. Presented by Schaefer Business Associates.

**EDUC0033-029 | Fri | Aug 29 | 9:30–11 a.m.**

**Fees: Free (1 class)**



## Financial Series

### De-Risk Your Retirement

“De-Risk Your Retirement” addresses 3 key concerns for today’s retirees: securing enough income, navigating market and economic risks, and minimizing the tax impact on your financial future. Presented by Mark Courtemanche of Pinnacle Retirement Solutions.

**EDUC0034-011 | Fri | Jul 18 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

### Social Security Benefits

Learn key facts and know important information before you decide. Presented by Kenn Buckner, Buckner Wealth Management.

**EDUC0034-012 | Fri | Aug 8 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## Legal Essentials

### Government and Veteran’s Benefits

Learn about public assistance programs, including Special Assistance, Long Term Care Medicaid, and Veterans Aid & Attendance. We will discuss eligibility requirements and an overview of the application process. Presented by Huston Law Firm, Carolina Estate Counsel.

**EDUC0035-013 | Fri | Aug 15 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

### Overview of Estate Planning

What you need to know and thoughts on picking your Executor and Powers of Attorney. Presented by Huston Law Firm, Carolina Estate Counsel.

**EDUC0035-014 | Fri | Aug 22 | 9:30–10:30 a.m.**

**Fees: Free (1 class)**

## Pathways to Peace Support Groups | Ages: 18+

Have you experienced the loss of a loved one, family member, or friend? Join others for relaxed discussions and social activities that help with the challenges of adjusting to a loss. Sponsored by Heartland Hospice and Resources for Seniors, Inc.

**EDUC0036-009 | Mon | Jun 2–Aug 4 | 1–2 p.m.**

**Fees: Free (3 classes)**

## Technology

### Apple Computers | Ages: 50+

#### Getting to Know Your iPhone

Get the most out of your Apple iPhone, including basic setup, making phone calls, and more advanced telephone features such as “Do Not Disturb” and, importantly, how to use the Find My iPhone app. Bring your iPhone along as well as your Apple ID, password.

**EDUC0018-030 | Wed & Fri | Jun 18–20 | 1:30–4 p.m.**

**Fees: \$10 Res | \$13 Non-Res (2 classes)**

#### iPhone Tips and Tricks

Most iPhone users are unaware of what an iPhone can do. These 15 iPhone tips and tricks could make your life easier and help you use your phone in more productive ways. Tips include battery usage, typing, contacts, notes, maps and calendar for beginners and seasoned users.

**EDUC0018-031 | Wed | Jul 9 | 1:30–4 p.m.**

**Fees: \$5 Res | \$7 Non-Res (1 class)**

#### Apple Watch

This course will cover basic functions of the latest personal technology from Apple as well as helpful tips and tricks to enhance your knowledge. It will also cover the new medical advances of the latest version which include a one-lead EKG and fall detection.

**EDUC0018-032 | Mon | Aug 4 | 9:30 a.m.–12 p.m.**

**Fees: \$5 Res | \$7 Non-Res (1 class)**

### General Technology | Ages: 50+

#### Canva

Canva.com is a free online graphic app that creates designs using shapes, stickers, illustrations, photos, frames, grids, etc. We will make a sign from scratch, an animated birthday card, and a flyer adapted from a template created by professionals.

**EDUC0022-030 | Mon-Wed | Jul 7–9 | 1:30–4 p.m.**

**Fees: \$15 Res | \$20 Non-Res (3 classes)**

## Artificial Intelligence

What is artificial intelligence (AI) and how is it influencing your life today? Learn what AI can do today and how it will impact our lives in the future. This is a high-level, non-technical overview of the field of AI, including chatbots and robots.

**EDUC0022-029 | Wed | Jul 23 | 1:30–4 p.m.**

**Fees: \$5 Res | \$7 Non-Res (1 class)**

## Google | Ages: 50+

### Gmail: The Basics & Beyond

We will teach text formatting, how to add an attachment, inserting a link or an emoji into your email, scheduling emails, generating mailing lists, moving emails into folders, modifying email settings and more. Be sure to bring your Gmail password and your phone with you to class.

**EDUC0020-019 | Wed & Fri | Jun 18–20 | 1:30–4 p.m.**

**Fees: \$10 Res | \$13 Non-Res (2 classes)**

### Google Docs Basics

Learn word processing with Google Docs, a free, powerful alternative to MS Word. Google Docs supports voice typing, online collaboration, editing MS Word documents, and more. For word-processing novices as well as those considering migrating to Google Docs.

**EDUC0020-021 | Mon & Tue | Jul 21–22 | 1:30–4 p.m.**

**Fees: \$10 Res | \$13 Non-Res (2 classes)**

### Google Drive

Google Drive features free online file storage accessible from all your computing devices. Google Drive also includes web apps for creating and sharing documents, spreadsheets, presentations, and more. Collaboration between multiple users is its most useful feature. Be sure to bring your Gmail password and your phone with you to class.

**EDUC0020-020 | Thu | Jul 24 | 1:30–4 p.m.**

**Fees: \$5 Res | \$7 Non-Res (1 class)**

## ADDITIONAL PROGRAMS

### Seniors' Health Insurance Information

The Seniors' Health Insurance Information Program (SHIIP) offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money. SHIIP counseling appointments are confidential and will help you understand your Medicare options. If you are turning 65 or on disability and qualify for Medicare, a SHIIP counselor can help you learn about Medicare and your options. Schedule your 1:1 appointment today! In-person and virtual appointments available. Call the Cary Senior Center at (919) 469–4081 to schedule.

### Hearing Screenings

Take advantage of this health screen—it may improve your life! Offered by Triangle Hearing Services, co-sponsored by Resources for Seniors, and Cary Senior Center. Call Cary Senior Center (919) 469–4081 to reserve your 15-minute timeslot which will be allocated between 11 a.m.-noon on June 18, July 16, or August 20.

### The Memory Café

Memory Café is a fun, safe, and welcoming place for Cary residents with Alzheimer's or Dementia as well as their primary caregivers. Join us for fellowship, dinner, music, and dancing the second Tuesday of each month. Contact Jimmy Lovejoy, [jlovejoy@nc.rr.com](mailto:jlovejoy@nc.rr.com) or (919) 608–0063.

<b>Bharatiya Senior Citizens of NC</b> <i>Meets:</i> 2 <sup>nd</sup> Saturday   Monthly 10 a.m.   Ballroom <i>Contact:</i> bsnc2001@gmail.com	<b>Cary Garden Club</b> <i>Meets:</i> 1 <sup>st</sup> Tuesday   Monthly 9:30 a.m.   Ballroom <i>Contact:</i> carygardenclub.org	<b>Cary Senior Center Clubs</b>  <b>Friends of Cary Senior Center</b> <i>Meets:</i> Varies <i>Contact:</i> friends.caryseniorcenter@gmail.com  <b>Cary Senior Technology Education</b> <i>Meets:</i> Varies <i>Contact:</i> caryseniorteched@gmail.com  <b>Cary Chinese Senior Club</b> <i>Meets:</i> 2 <sup>nd</sup> Wednesday   Monthly   9:00 a.m. <i>Contact:</i> CaryChineseSenior@gmail.com
<b>Cary Senior Golf Association</b> <i>Meets:</i> Every Wednesday Morning April-October <i>Contact:</i> caryseniorgolf@gmail.com	<b>Granpapparazzi Photo Club</b> <i>Meets:</i> 3 <sup>rd</sup> Thursday   Monthly 1:30 p.m.   Classroom 302 <i>Contact:</i> embarker@att.net	
<b>AARP Chapter 3976</b> <i>Meets:</i> 1 <sup>st</sup> Tuesday   Monthly 11:30 a.m.   Ballroom <i>Contact:</i> aarpnc3976@gmail.com	<b>Cary Stitchers</b> <i>Meets:</i> Every Monday 9 a.m.   Ballroom <i>Contact:</i> srhodes@bellsouth.net	

## Home Technology | Ages: 50+

### Cutting the Cable

Are you frustrated with ever-increasing cable TV bills? Learn how to build a triple-play system with TV, phone and Internet at a fraction of the cost. Hear the latest about streaming, VOIP, and the equipment needed to watch what you want for less.

**EDUC0052-017 | Wed | Jul 16 | 1:30–4 p.m.**  
**Fees: \$5 Res | \$7 Non-Res (1 class)**

### Streaming TV

Did you know there are many ways to watch Netflix, Disney+, HBO Max, or YouTube on your TV? Do you know all the many streaming services, both subscription and free? This seminar will help you understand the hardware options and video service choices available.

**EDUC0052-016 | Wed | Jul 30 | 1:30–4 p.m.**  
**Fees: \$5 Res | \$7 Non-Res (1 class)**

### Enhancing Your Digital Pictures

Make the most of your pictures taken with a digital camera or smartphone. Learn how to upload images to your computer. Using the PhotoScape X free version, you'll practice techniques to improve picture quality and add special effects to your photos. Flash drive is required.

**EDUC0052-015 | Mon-Wed | Aug 11–13 | 1:30–4 p.m.**  
**Fees: \$15 Res | \$20 Non-Res (3 classes)**

## Windows | Ages: 50+

### Exploring Windows 11

Explore the features of Windows 11 and how it differs from previous versions. Learn how to customize the Desktop, Start menu, and taskbar, and how to tailor the appearance and behavior to suit your needs. Intermediate level course; must have some knowledge of Windows.

**EDUC0019-020 | Mon-Thu | Jul 14–17 | 9:30 a.m.–12 p.m.**  
**Fees: \$20 Res | \$26 Non-Res (4 classes)**

### Protecting You and Your Computer

This hands-on class covers viruses, ransomware, updating your virus signatures/OS, Windows backups, and computer longevity. Learn freeware like Malwarebytes and Glary Utilities as well as a paid program, Acronis Cyber Protection. Intermediate and advanced skills everyone should know. Flash drive required.

**EDUC0019-021 | Mon-Thu | Aug 4–7 | 1:30–4 p.m.**  
**Fees: \$20 Res | \$26 Non-Res (4 classes)**

## Events

### Hot Dog Hoedown

Join the fun of a summer cookout with hot dogs and all the fixins! Your admission is a covered dish to share. We will grill the dogs and serve the basic toppings all in celebration of summer! You will find great food and fine friends at this hoe down! To reserve your spot register by August 9.

**EVEN0003-002 | Fri | Aug 15 | 12–2 p.m.**  
**Fees: Free (1 class)**

## Ice Cream Social

Join us in celebration of summer and hot weather by cooling off with an ice cream sundae. Enjoy your ice cream with all the yummy toppings and syrups. Reserve your spot by June 26. Ice cream will begin being served at 1:15 p.m. until supplies run out or everyone is finished.

**EVEN0002-002 | Wed | Jul 2 | 1–2 p.m.**

**Fees: Free (1 class)**

## Speed-Friending Event

Good friends make life less lonely, add fun and purpose, and even improve health! But it can be hard to make new friends as we age, our children “leave the nest,” or we live alone. Join us for a fun, new approach—the first-ever Speed-Friending Event. In under an hour, you’ll meet and chat with 8–10 potential new friends in a series of lively, one-on-one conversations. You may add to your existing circle of friends or even meet your new BFF!

**EVEN0016-006 | Wed | Aug 20 | 1:30–3:30 p.m.**

**Fees: Free (1 class)**

# Fitness and Wellness

## Aging Backwards Yoga

Feel healthy, strong, and empowered! Improve your posture and balance, relieve chronic pain, increase flexibility, and renew your energy.

Rebalance your body by stretching and strengthening your muscles and feel the benefit of lubricating your joints.

**FITN0045-014 | Fri | Jun 6–Jul 25 | 9–9:45 a.m.**

*No Class: Jun 13, Jul 04*

**FITN0045-015 | Fri | Aug 1–29 | 9–9:45 a.m.**

**Fees: \$33 Res | \$43 Non-Res (5 classes)**

**Instructor: Pat Connolly**

## RESOURCES FOR SENIORS

Resources for Seniors provides on-site access to aging information and can assist area seniors with their service needs. For an appointment, contact Heather Arcuri at (919) 462–3983 or [heathera@rfsnc.org](mailto:heathera@rfsnc.org).

## Basic Interval Step Aerobics

The class format is a 10-minute step warm-up followed by basic cardio step and weight intervals. This high-energy class will burn calories and increase your anaerobic threshold to give you more energy and stamina for everyday activities. Come ready to work and have fun!

**FITN0076-001 | Fri | Jun 6–Jul 25 | 1–1:45 p.m.**

*No Class: Jun 13, Jul 04*

**Fees: Free (6 classes)**

## Basic Interval Step Aerobics: Option 2

**FITN0076-002 | Fri | Aug 1–29 | 1–1:45 p.m.**

**Fees: Free (5 classes)**

**Instructor: Kati Ray**

## Cardio and Core

This 45-minute class utilizes a variety of elements for the fun and effective cardio conditioning portion. A 10-minute warm up is followed by 25 minutes of movement that could contain low impact choreography, EZ step, callisthenic intervals or any combination. The class ends with 10 minutes of core conditioning and stretches. Core work will be done on mats with chair options given. This class promises to keep you YOUNG!

**FITN0071-004 | Thu | Jun 5–Jul 24 | 1–1:45 p.m.**

*No Class: Jun 12, Jun 19*

**FITN0071-005 | Thu | Jul 31–Aug 28 | 1–1:45 p.m.**

**Fees: Free (5 classes)**

**Instructor: Kati Ray**

## Chair Yoga

This gentle form of yoga uses a stable, secure chair to support movement into/out of traditional basic poses. Strengthen muscles and joints, improve balance, learn deep breathing, reduce stress, enhance well-being, and gain flexibility, strength, and mobility.

## Chair Yoga Tuesdays

**FITN0044-013 | Tue | Jun 24–Jul 22 | 9–9:45 a.m.**

**FITN0044-014 | Tue | Jul 29–Aug 26 | 9–9:45 a.m.**

## Chair Yoga Thursdays

**FITN0044-015 | Thu | Jun 26–Jul 24 | 12–12:45 p.m.**

**FITN0044-016 | Thu | Jul 31–Aug 28 | 12–12:45 p.m.**

**Fees: \$25 Res | \$33 Non-Res (5 classes)**

**Instructor: Patricia Smith**

## Floor Chair Combo Yoga

Build core strength and balance, as well as increase flexibility and range of motion. Open to all levels of participants, whether you need to be in a chair or on the floor, the instructor will modify to your needs. Calm your mind, feel alive, and revive.

**FITN0066-006 | Mon | Jun 23–Jul 21 | 10–10:45 a.m.**

**FITN0066-007 | Mon | Jul 28–Aug 25 | 10–10:45 a.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Patricia Smith**

## Functional Fitness

Join this virtual class for a total body workout that keeps your mind, body, and heart healthy. Functional Fitness incorporates joint mobility, low-impact cardio, lightweight lifting, and yoga. This class can be done standing or in a chair. Registered participants will receive a Zoom link via email prior to the start of the program. You will need a chair, hand weights, exercise ball and a water bottle. Wear comfortable clothes and sneakers. Please be on time. Admittance to the virtual class will be denied 5 minutes after the start of class.

**FITN0026-008 | Mon & Wed | Jun 2–Jul 16 | 4–5 p.m.**

**Fees: \$35 Res | \$42 Non-Res (14 classes)**

**FITN0026-009 | Mon & Wed | Jul 21–Aug 27 | 4–5 p.m.**

**Fees: \$30 Res | \$36 Non-Res (12 classes)**

**Instructor: Stacy Smith**

**Location: Virtual**

## Gentle Fit Fusion

A gentle joint-friendly class consisting of warm-up, low-impact aerobics (no jumping, etc.) Standing strength using bands, dumbbells, and more. The last portion of the class will be on the mat with joint-friendly movements with a focus on the core. Ending with stretches and relaxation.

**FITN0060-008 | Thu | Jun 26–Jul 24 | 9–9:45 a.m.**

**FITN0060-009 | Thu | Jul 31–Aug 28 | 9–9:45 a.m.**

**Fees: \$25 Res | \$33 Non-Res (5 classes)**

**Instructor: Audy Brady**

## Gentle Yoga

It is designed for those who want a thorough but gentle whole-body stretch. This program will renew you from head to toe. With practice, you will have healthier joints, more flexible muscles, better balance, and a more relaxed, centered mind.

### Gentle Yoga Mondays

**FITN0033-019 | Mon | Jun 2–Jul 14 | 1–1:45 p.m.**

*No Class: Jun 09*

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**FITN0033-020 | Mon | Jul 21–Aug 25 | 1–1:45 p.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Kelly Winter**

### Gentle Yoga Thursdays

**FITN0033-017 | Thu | Jun 26–Jul 24 | 10–10:45 a.m.**

**FITN0033-018 | Thu | Jul 31–Aug 28 | 10–10:45 a.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Pat Connolly**

## Helen Merentino Line Dance Program

Line dance is a fun, choreographed dance routine performed to mainstream pop, oldies, country, and international music. Enjoy this exercise for your body and mind.

### Absolute Beginner Line Dance—Monday

This class is for those new to line dancing or who want to learn new steps at a slower pace.

**FITN0029-015 | Mon | Jun 23–Aug 25 | 2–2:45 p.m.**

**FITN0029-016 | Mon | Jun 23–Aug 25 | 3–3:45 p.m.**

**Fees: Free (11 classes)**

**Instructor: Patricia Smith**

## CARY TOTAL LIFE CENTER

Cary Total Life Center (TLC), housed within Bond Park adjacent to 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 throughout Wake County. It offers needed care for ambulatory and semi-ambulatory, dependent adults—especially those with memory loss and physical disabilities. Call (919) 460–4008 for more information or to schedule a visit.



### Absolute Beginner Line Dance—Thursdays

This class is for those new to line dancing or who want to learn new steps at a slower pace.

**FITN0029-042 | Thu | Jun 26–Aug 28 | 9:15–10:15 a.m.**

**Fees: Free (10 classes)**

**Instructor: Patricia Smith**

### Social Line Dance

Requires a knowledge of basic line dance steps and an eagerness to interact with other dancers. Geared toward fun and social interaction. Enjoy line dancing at an easy pace. Both Absolute Beginner and Beginner dances are taught.

**FITN0029-037 | Thu | Jun 26–Aug 28 | 10:30–11:30 a.m.**

**Fees: Free (10 classes)**

**Instructor: Susan Stanko/ Linda Waite**

### Beginner Line Dance

This course is intended for participants who have taken the absolute beginner class or have danced at the beginner level previously. You will need to wear dance shoes or sneakers with dance socks over them so as not to injure your knees. We will be dancing fun dances at the beginner level that challenge your mind, body and soul.

**FITN0029-017 | Thu | Jun 26–Aug 21 |**

**11:45 a.m.–12:45 p.m.**

**Fees: Free (10 classes)**

**Instructor: Corinne Kallman**

### Improve Line Dance

This class is more challenging than the beginner level, and less challenging than the intermediate level. Requires a comfortable familiarity with basic line dance steps.

**FITN0029-018 | Thu | Jun 26–Aug 28 | 1–2 p.m.**

**Fees: Free (10 classes)**

**Instructor: Leslie Stephens**

### Intermediate Line Dance: Tuesdays

Instructors teach dancing old favorites and new line dances in various genres (country, waltz, N.C., Rolling 8, cha-cha). Participants in this intermediate-level class must have proficiency in line dance steps and the ability to dance intermediate-level dances.

**FITN0029-038 | Tue | Jun 3–Aug 26 | 1–2:45 p.m.**

*No Class: Jun 10*

**Fees: Free (12 classes)**

**Instructor: Jeannette Moss/ Dawn Searer**

### Intermediate Line Dance: Thursdays

Instructors teach dancing old favorites and new line dances in various genres (country, waltz, N.C., Rolling 8, cha-cha). Participants in this intermediate-level class must have proficiency in line dance steps and the ability to dance intermediate-level dances.

**FITN0029-039 | Thu | Jun 26–Aug 28 | 2:15–3:45 p.m.**

**Fees: Free (10 classes)**

**Instructor: Jeannette Moss/ Dawn Searer**

### Advanced Level Line Dance

This class is for advanced-level dancers who are already proficient in Intermediate line dance steps and can move at a rapid pace of instruction. Various genres will include Rolling-8, Nightclub, Latin, Country Western, Waltz, Irish, Hip-Hop, R&B, Pop, and Swing. If you're ready for a fast-moving challenge in dancing old favorites and new popular line dances, this class is for you!

**FITN0029-041 | Thu | Jun 26–Aug 28 | 3:50–4:50 p.m.**

**Fees: Free (10 classes)**

**Instructor: Dawn Searer**

### Happy Feet Line Dance

If you are able to learn a line dance from a step sheet or You Tube tutorial, this class is for you. There is no instruction in this class and the level of dance is intermediate to advanced. Participants learn the assigned dances before class so that the class time is spent dancing and practicing the new dance.

**FITN0029-040 | Tue | Jun 3–Aug 26 | 4–4:45 p.m.**

*No Class: Jun 10*

**Fees: Free (12 classes)**

**Instructor: Jeannette Moss**

## Longevity Fitness: Cardio and Strength

This class is designed with two goals in mind: 1) to improve heart health through cardiovascular exercises and 2) to improve muscle mass through strength-training exercises.

### Cardio and Strength: Mondays

**FITN0069-007 | Mon | Jun 2–Jul 14 | 12–12:45 p.m.**

*No Class: Jun 09*

**FITN0069-008 | Mon | Jul 21–Aug 25 | 12–12:45 p.m.**

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**Instructor: Kelly Winner**

## Cardio and Strength: Fridays

**FITN0069-009 | Fri | Jun 6–Jul 25 | 11–11:45 a.m.**

*No Class: Jun 13, Jul 04*

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**FITN0069-010 | Fri | Aug 1–29 | 11–11:45 a.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Kelly Winner**

## Longevity Fitness: Stabilization and Strength

To help prevent falls and injuries, this class aims to increase overall stability through strength and balance exercises.

### Stabilization and Strength: Mondays

**FITN0068-008 | Mon | Jun 2–Jul 14 | 11–11:45 a.m.**

*No Class: Jun 09*

**FITN0068-010 | Mon | Jul 21–Aug 25 | 11–11:45 a.m.**

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**Instructor: Kelly Winner**

### Stabilization and Strength: Fridays

**FITN0068-007 | Fri | Jun 6–Jul 25 | 10–10:45 a.m.**

*No Class: Jun 13, Jul 04*

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**FITN0068-009 | Fri | Aug 1–29 | 10–10:45 a.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Kelly Winner**

## Nia Technique

Nia is fusion fitness for the body, mind, spirit, and emotions. The technique integrates movements from dance, martial arts, and healing arts like yoga to condition the whole body, quiet the mind, release stress, and restore the spirit. It is fun, expressive, and adaptable for all fitness levels. Find the joy of movement with Nia!

**FITN0035-013 | Thu | Jun 26–Jul 17 | 4–4:45 p.m.**

**Fees: \$22 Res | \$29 Non-Res (4 classes)**

**FITN0035-014 | Thu | Jul 31–Aug 28 | 4–4:45 p.m.**

**Fees: \$28 Res | \$36 Non-Res (5 classes)**

**Instructor: Janice Horner**

## Pilates

Pilates-based exercise and movement with particular attention to aging considerations such as decreased joint mobility and strength or flexibility loss. Full body standing, seated and mat work with a focus on functional fitness and range of motion development, as well as relaxation techniques. Modifications for different levels and floor work options will be shown. Sure to help stretch, strengthen and align your body for a life fully loved!

**FITN0075-001 | Fri | Jun 6–Jul 25 | 12–12:45 p.m.**

*No Class: Jun 13, Jul 04*

**Fees: Free (6 classes)**

**FITN0075-002 | Fri | Aug 1–29 | 12–12:45 p.m.**

**Fees: Free (5 classes)**

**Instructor: Kati Ray**

## PiYo

We fused Pilates, which strengthens your abs and builds a stronger core, with yoga, transforming your body and spirit. Feel the self-massage and deeper breathing that you will also experience to complete this innovative class, leaving you refreshed yet relaxed.

**FITN0039-007 | Wed | Jun 4–Jul 16 | 9–9:45 a.m.**

*No Class: Jun 11*

**FITN0039-008 | Wed | Jul 23–Aug 27 | 9–9:45 a.m.**

**Fees: \$40 Res | \$52 Non-Res (6 classes)**

**Instructor: Karee White**

## Senior Fit, Fun & Strength

This class will focus on strength, low-impact cardio, and balance. There will be no floor core exercises. Instead, this will be a fun, full-body workout class incorporating light weights and resistance bands. Chairs will be available to help with balance, core exercises, lunges, and squats.

**FITN0025-008 | Tue & Thu | Jun 3–Jul 17 | 10:15–11 a.m.**

*No Class: Jun 19*

**Fees: \$39 Res | \$39 Non-Res (13 classes)**

**FITN0025-009 | Tue & Thu | Jul 22–Aug 28 | 10:15–11 a.m.**

**Fees: \$36 Res | \$36 Non-Res (12 classes)**

**Instructor: Karen Eggenberger**

**Location: Middle Creek Community Center**

## Seniors In Motion

One of our most popular senior fitness classes! This is a complete and effective workout designed to complement your needs. Exercise to the tunes you enjoy with friends both old and new. Improve your cardiovascular health, strength, and flexibility with this workout.

**FITN0006-009 | Tue | Jun 3–Jul 15 | 10:45–11:30 a.m.**

*No Class: Jul 01*

**FITN0006-010 | Tue | Jul 22–Aug 26 | 10:45–11:30 a.m.**

**Fees: \$18 Res | \$24 Non-Res (6 classes)**

**Instructor: Nan Clark**

**Location: Herbert C. Young Community Center**

## Solely Strength

This 45-minute class incorporates strengthening exercises using either circuit, interval or periodization weight-training methods. It delivers a TOTAL body workout that will keep you motivated and educated for maximum benefits.

**FITN0072-004 | Thu | Jun 5–Jul 24 | 2–2:45 p.m.**

*No Class: Jun 12, Jun 19*

**Fees: Free (6 classes)**

**FITN0072-005 | Thu | Jul 31–Aug 28 | 2–2:45 p.m.**

**Fees: Free (5 classes)**

**Instructor: Kati Ray**

## Stretch and Refresh: Downtown Cary Park

Join Dr. Carlie Huberman, DPT from Elite Arts Physical Therapy, for an hour-long Stretch and Refresh Class for Seniors at Downtown Cary Park! Seated in chairs, seniors can improve mobility and flexibility in a fun and safe, group fitness atmosphere. Dr. Carlie is a physical therapist who specializes in teaching flexibility and mobility to everyone from beginners to experienced movers in a way that is pain free and not intimidating.

**FITN0051-019 | Mon | Jun 2 | 10–11 a.m.**

**FITN0051-020 | Mon | Jun 23 | 10–11 a.m.**

**FITN0051-021 | Mon | Jul 7 | 10–11 a.m.**

**FITN0051-022 | Mon | Jul 21 | 10–11 a.m.**

**FITN0051-023 | Mon | Aug 4 | 10–11 a.m.**

**FITN0051-024 | Mon | Aug 25 | 10–11 a.m.**

**Fees: Free (1 class)**

**Location: Downtown Cary Park**

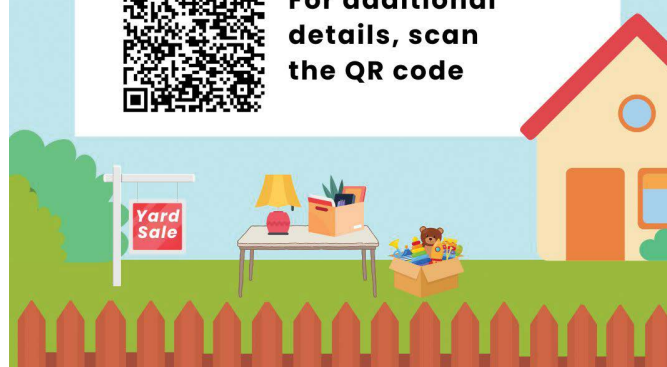
*See Downtown Cary Park Activities for registration information.*

## Annual Yard Sale – June 14

Join us for our annual fundraiser supporting senior clubs! The yard sale will take place on Saturday, June 14, 7:30 a.m.–noon. If you have any items you would like to donate to the sale, we will be accepting them June 10–12, 9:30 a.m.–4:30 p.m. All proceeds go towards supporting Cary seniors!



**For additional details, scan the QR code**



## T'ai-Chi for Your Health

Learn the 1–12 movements of sun style short form.

### T'ai-Chi Beginner

**FITN0028-029 | Wed | Jun 18–Aug 6 | 11–11:45 a.m.**

**Fees: \$44 Res | \$57 Non-Res (8 classes)**

**Instructor: Rani Kalra**

### T'ai-Chi Intermediate

**FITN0028-030 | Wed | Jun 18–Aug 6 | 12–12:45 p.m.**

**Fees: \$44 Res | \$57 Non-Res (8 classes)**

**Instructor: Rani Kalra**

### T'ai-Chi Advanced Wednesdays

**FITN0028-031 | Wed | Jun 18–Aug 6 | 1–1:45 p.m.**

**Fees: \$51 Res | \$66 Non-Res (8 classes)**

**Instructor: Rani Kalra**

### T'ai-Chi Advanced Thursdays

**FITN0028-032 | Thu | Jun 26–Aug 14 | 5:10–6 p.m.**

**Fees: \$51 Res | \$66 Non-Res (8 classes)**

**Instructor: Rani Kalra**

## Table Tennis Open Play

Free, friendly competition for all. New players are always welcome to join in the fun and fellowship of the game. Participants will have to take turns playing depending on the attendance.

**FITN0037-005 | Fri | Jun 6–Aug 29 | 2:30–5 p.m.**

*No Class: Jun 13, Jul 04*

**Fees: Free (11 classes)**

## Tap Program

Get your heart a-pumping and your feet a-tapping as you learn basic tap steps that build into simple dance routines. What a way to tap into life! Wear tap shoes or hard-soled shoes for the first class; tap shoes (available from any local dance store) will be discussed on the first day. A \$2 fee will be due to the instructor on the first day of class.

### Beginning Tap

**FITN0032-009 | Wed | Jun 4–Aug 27 | 3–3:45 p.m.**

*No Class: Jun 11*

**Fees: Free (12 classes)**

**Instructor: Connie Belton**

### Intermediate Tap

**FITN0032-010 | Wed | Jun 4–Aug 27 | 2–2:45 p.m.**

*No Class: Jun 11*

**Fees: Free (12 classes)**

**Instructor: Connie Belton**

## Weight Training with Balance and Flexibility

Weight-bearing exercise is important for maintaining bone health and preventing osteoporosis. This class is set to upbeat tunes and moves at a faster pace using weights and body-bearing exercises. All fitness levels are welcome.

**FITN0040-007 | Mon | Jun 2–Jul 14 | 9–9:45 a.m.**

*No Class: Jun 09*

**FITN0040-008 | Mon | Jul 21–Aug 25 | 9–9:45 a.m.**

**Fees: \$40 Res | \$52 Non-Res (6 classes)**

**Instructor: Karee White**

## WITHDRAWALS

A participant wanting to withdraw from a class, program, or league that has not been cancelled by the Town must do so at least seven (7) calendar days before the scheduled start of a class, program, or league's first game. To withdraw from a program that is more than seven days away, log into your RecTrac account, navigate to "History & Balances," and select "Cancellations." To request a withdrawal from a class within the 7-day window, send an email to [recreation.support@carync.gov](mailto:recreation.support@carync.gov) and you will receive a follow-up from staff. For refund information, visit page 23.

## Yoga and Strength Training

Combine the benefits of flexibility and strength training in one class. The first part of the class will focus on yoga movements, warming you up for the second half of strength training. Try this unique combination to give you a well-rounded workout.

### Yoga and Strength Training: Option 1

**FITN0070-004 | Tue | Jun 3–Jul 15 | 10–10:45 a.m.**

*No Class: Jun 10*

**FITN0070-005 | Tue | Jul 22–Aug 26 | 10–10:45 a.m.**

**Fees: \$33 Res | \$43 Non-Res (6 classes)**

**Instructor: Pat Connolly**

## AN INCLUSIVE APPROACH

Cary Parks, Recreation & Cultural Resources is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. Individuals with disabilities are welcome to attend any offered program, including activities outside of specialized recreation. For individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. Please go to [carync.gov/inclusion](http://carync.gov/inclusion) for more details.

# Games and Gatherings

## Bingo

Join over 100 people in this game of chance and win cash prizes. Please bring \$1 per card. Registration is required. Meets the second and fourth Tuesdays.

**GAME0006-005 | Tue | Jun 10–Aug 26 | 1–3 p.m.**

*No Class: Jun 10*

**Fees: Free (5 classes)**

## Dominoes

Learn the exciting and strategic game of dominoes. Join others for the fun and competition. If seating meets capacity, participants will rotate in to play.

**GAME0008-005 | Fri | Jun 6–Aug 29 | 1–3:30 p.m.**

*No Class: Jun 13, Jul 04*

**Fees: Free (11 classes)**

## Folk Music Jam Session

Bring your acoustic instruments and desire to meet others who love folk music. This weekly group is open to anyone interested in music and having a great time.

**GAME0009-005 | Wed | Jun 4–Aug 27 | 3:30–5:30 p.m.**

*No Class: Jun 11*

**Fees: Free (12 classes)**

## Mah Jongg

Bring your own cards. Players will rotate in if tables are full. All skill levels are welcome, but you must know how to play.

**Mah Jongg Open Play- Wednesdays**

**GAME0003-013 | Wed | Jun 4–Aug 27 | 11 a.m.–3 p.m.**

*No Class: Jun 11*

**Fees: Free (12 classes)**

**Mah Jongg Open Play- Fridays**

**GAME0003-014 | Fri | Jun 6–Aug 29 | 10 a.m.–12:30 p.m.**

*No Class: Jun 13, Jul 04*

**Fees: Free (11 classes)**

## Newcomers Coffee

New to the area? Our brochure can be overwhelming; you might need help figuring out where to start. Join us as you chat with other newcomers and our staff. Enjoy delicious treats and coffee.

**GAME0005-010 | Fri | Aug 1 | 10–11 a.m.**

**Fees: Free (1 class)**

## Open Cards

Stimulate your brain while socializing with friends. Registration is required. Should seats become full for a game, participants will rotate in for the next game.

**GAME0007-005 | Tue & Thu | Jun 3–Aug 28 |**

**9 a.m.–12 p.m.**

*No Class: Jun 10, Jun 12, Jun 19*

**Fees: Free (23 classes)**

## Open Games

Grab your boards, blocks, tiles, etc., and meet up with friends at this open play time. Games like Rummikub, chess, sequence, and more can be played during this time slot. First-come, first-served for this drop-in program.

**GAME0011-005 | Tue | Jun 3–Aug 26 | 12:30–2:50 p.m.**

*No Class: Jun 10*

**Fees: Free (12 classes)**

## Social Bridge

Social bridge: rubber bridge, auction bridge, or contract bridge is a card game that requires skill, luck, and card sense. You can come with a partner or without. This game is casual and friendly. Players rotate in when tables are full. New players are always welcome! Must know how to play bridge.

## Morning Bridge

**GAME0002-015 | Mon | Jun 2–Aug 25 | 9 a.m.–12 p.m.**

*No Class: Jun 09*

**Fees: Free (12 classes)**

## Afternoon Bridge

**GAME0002-016 | Tue | Jun 3–Aug 26 | 3–5:30 p.m.**

*No Class: Jun 10*

**Fees: Free (12 classes)**

## Duplicate Bridge: 2nd, 4th & 5th Thursday

**GAME0002-017 | Thu | Jun 12–Aug 28 | 12:30–4 p.m.**

*No Class: Jun 12*

**Fees: Free (6 classes)**





## Duplicate Bridge @ Herb Young Community Center | Ages: 18+

Duplicate Bridge is a popular variation of contract bridge that is widely used in club and tournament play. The term “duplicate” refers to the fact that the same bridge hand is played at each table, and scoring is based on performance, which removes the element of chance from the equation. Registration is not required. \$10 cash fee due to instructor each session.

### Duplicate Bridge @ Herb Young Community Center

**GAME0001-010** | Tue | Jun 3–Jul 1 | 10 a.m.–1 p.m.

*No Class: Jun 17, Jun 24*

**GAME0001-012** | Tue | Jun 17–Jul 22 | 11 a.m.–2 p.m.

*No Class: Jul 01*

**GAME0001-011** | Tue | Jul 29–Aug 19 | 10 a.m.–1 p.m.

**Fees: \$10 Res | \$10 Non-Res (4 classes)**

**Instructor: Barbara Hudson**

**Location: Herbert C. Young Community Center**

### Duplicate Bridge @ Middle Creek Community Center

**GAME0001-009** | Thu | Jun 5–Aug 28 | 11 a.m.–2 p.m.

*No Class: Jun 19*

**Fees: Free (12 classes)**

**Instructor: Barbara Hudson**

**Location: Middle Creek Community Center**

## Outdoor Recreation

### Senior Kayaking

This introductory class covers the basics of the sport, including safety, proper stroke technique, braces, wet exiting, and rescues. The class is taught by a certified British Canoe Union Instructor. Kayak rental is included.

**OUTD0017-005** | Thu | Jun 5 | 9–11:30 a.m.

**OUTD0017-006** | Thu | Jul 17 | 9–11:30 a.m.

**OUTD0017-007** | Thu | Aug 7 | 9–11:30 a.m.

**Fees: \$32 Res | \$40 Non-Res (1 class)**

**Location: Bond Park Boathouse**

### Senior Sailing

Set sail in just one day—exclusively for seniors! Learn to rig, launch, and sail a Sunfish, navigate all points of the wind, and even right the boat after capsizing. This fun, hands-on experience will give you the skills and confidence to sail, with a Sunfish rental included. Whether you’re new to sailing or brushing up on your skills, join us for an unforgettable day on the water!

**OUTD0020-004** | Thu | Jun 12 | 10 a.m.–12 p.m.

**OUTD0020-005** | Thu | Aug 28 | 10 a.m.–12 p.m.

**Fees: \$44 Res | \$57 Non-Res (1 class)**

**Location: Bond Park Boathouse**

# Seniors On the Go

## **Assisted Living @ The Barn Dinner Theatre | Level 1**

For the residents of Pelican Roost, 70-something is the new 20-something...only with looser skin! And they're partying like it's 1969. Imagine: no work, no pregnancy, and a full array of Medicare-subsidized pharmaceuticals. It's the Boomer dream! Fee includes transportation and lunch / show ticket. Alcohol purchases on your own. HIVE pickup at 11:30 a.m.; drop-off at 6:30 p.m.

**TRIP0064-001 | Tue | Jun 3 | 11 a.m.–7 p.m.**  
**Fees: \$75 Res | \$98 Non-Res (1 class)**

## **Wonders of Wilson Trip | Level 2**

Tour a variety of hot spots in Wilson, NC. Watch the Whirligigs spin at the Vollis Simpson Whirligig Park. Strike out at the NC Baseball Museum and walk through the Botanical Garden. We'll take a seventh-inning stretch for a traditional Eastern NC bar-b-que and ice cream break before returning to Cary. Fee Includes transportation and admission. Lunch and other purchases are on your own. HIVE pickup at 9:30 a.m.; drop-off at 5 p.m.

**TRIP0066-001 | Wed | Jun 11 | 9 a.m.–5:30 p.m.**  
**Fees: \$45 Res | \$59 Non-Res (1 class)**

## **Parade @ NRACT Trip | Level 1**

North Raleigh Arts & Creative Theatre presents the story of Lucille and Leo Frank, a newlywed Jewish couple struggling to make a life in the old red hills of Georgia. When Leo is accused of an unspeakable crime, it propels them into an unimaginable test of faith, humanity, justice, and devotion. The fee includes transportation and a show ticket. Meal and other purchases on your own. HIVE pickup at 4:15 p.m.; dropoff at 11 p.m.

**TRIP0067-001 | Fri | Jun 20 | 4:45–10:30 p.m.**  
**Fees: \$45 Res | \$59 Non-Res (1 class)**

## **Some Like It Hot @DPAC Trip | Level 1**

Experience Prohibition-era Chicago when everyone is thirsty for a little excitement! Some Like It Hot is a glorious, high-kicking story of two musicians forced to flee the Windy City with gangsters hot on their heels! Fee includes transportation and show ticket. Meal and purchases on your own. HIVE pickup at 4 p.m.; drop-off at 9:30 p.m.

**TRIP0068-001 | Sun | Jun 22 | 3:30–9:45 p.m.**  
**Fees: \$105 Res | \$137 Non-Res (1 class)**

## **Mebane and More Trip | Level 3**

Begin with a vineyard walk and a sampling of wines at Grove Vineyard and Winery. Travel to Bright Penny Brewery to enjoy a delicious lunch. Then walk off after-lunch fatigue browsing through eclectic shops in downtown Mebane and maybe you'll find something fun for yourself or a gift for a friend. Fee includes transportation and wine sampling. Meal and purchases on your own. HIVE pickup at 9:30 a.m.; drop-off at 5 p.m.

**TRIP0069-001 | Thu | Jun 26 | 9 a.m.–5:30p.m.**  
**Fees: \$52 Res | \$68 Non-Res (1 class)**

## **Dreamgirls @ The Barn Dinner Theatre | Level 1**

Meet Deena, Lorrell, and Effie, African American singers who have a group called the Dreamettes. They start as talented, close friends and gradually sharpen their act and rename themselves "The Dreams." Experience the joys of success along with the heartaches as they navigate the competitive world of show business. Fee includes transportation and lunch / show ticket. Alcohol purchases on your own. HIVE pickup at 11:30 a.m.; drop-off at 6:30 p.m.

**TRIP0065-001 | Tue | Jul 1 | 11 a.m.–7 p.m.**  
**Fees: \$75 Res | \$98 Non-Res (1 class)**

## SENIORS ON THE GO!

Let's hit the road and discover sites around the Triangle! Trips depart from Cary Senior Center and The Hive; you must sign in before the scheduled time. Return times are approximate. Please register early to ensure the success of each trip, as tickets and activities must be paid for in advance to secure reservations. Tickets are not transferable, and you must be a part of the trip from start to finish. Costs cover admission and transportation only unless noted. Our trip coordinators cannot provide one-on-one assistance. If you require this, you must complete the inclusion support section at registration to determine if we can accommodate your needs. Withdrawal and cancellation requests after the 7-day notice period will be granted but no refund will be given—except for approved medical or hardship cases. Medical and hardship cases are considered on a case-by-case basis and may require additional documentation. See Town of Cary's full refund policies for additional details.

### Trip Activity Levels

**Level 1 (light activity)** | Moderate walking over paved surfaces, could be up to three blocks. Must be able to ascend/descend up to eight steps on bus/coach or at venue. Accessible seating and elevator not guaranteed. Must be able to stand for 15 minutes. This trip would be best suited for an individual who is comfortable with light walking and occasional stairs.

**Level 2 (moderate activity)** | Moderate walking over paved and unpaved surfaces, could be up to half a mile. Must be able to ascend/descend up to one flight of stairs and stand for up to 20 minutes. Rest areas are not guaranteed at the venue. Accessible seating and elevators are not guaranteed. This trip would be suited for an individual that is comfortable standing and handling stairs.

**Level 3 (high activity)** | Extensive walking over irregular surfaces, including paved and natural paths, up to one mile. Must be able to ascend/descend up to three flights of stairs and stand for up to 30 minutes. Other physical exertion may be required on some excursions. Accessible seating and elevators are not guaranteed. This trip would be suited for an active individual.

### Let's Go Shopping- Again! Trip | Level 2

Shop at a couple of our amazing local consignment shops. Enjoy a wonderful lunch at Big Ed's in Garner before the finale of this trip—a sweet ice cream treat from Howling Cow. Fee includes transportation. Meal, ice cream and purchases on your own. HIVE pickup at 9 a.m.; drop-off at 5 p.m.

TRIP0077-001 | Wed | Jul 9 | 9:30 a.m.–4:30 p.m.  
Fees: \$15 Res | \$20 Non-Res (1 class)

TRIP0077-002 | Tue | Jul 29 | 9:30 a.m.–4:30 p.m.  
Fees: \$15 Res | \$20 Non-Res (1 class)

### Sounds of Summer @ The Rudy Trip | Level 1

Enjoy musical memories from your days of surf, sand, and sun! Sing along with Summer Jubilee favorites like V-A-C-A-T-I-O-N, Blue Bayou, See You In September, and many more. Fee includes transportation and show ticket. Meal and purchases on your own. HIVE pickup at 10:45 a.m.; drop-off at 5:45 p.m.

TRIP0070-001 | Thu | Jul 17 | 11:15 a.m.–5:45 p.m.  
Fees: \$44 Res | \$58 Non-Res (1 class)

## **I Do, I Do @ BPAC Trip | Level 1**

The heartfelt musical chronicles newlyweds on a journey through 50 years of marital bliss, infidelity, children, incompatibility, old age, and simple joys. Presented in an intimate black-box space, we'll have the opportunity to talk with the performers following the show. Fee includes transportation and show ticket. Meal and purchases on your own. HIVE pickup at 12:15 a.m.; drop-off at 7:15 p.m.

**TRIP0072-001 | Sat | Jul 26 | 11:45 a.m.–7:45 p.m.**  
**Fees: \$74 Res | \$97 Non-Res (1 class)**

## **Korners Folly & More Trip | Level 3**

Tour the eclectic structure that boasts 22 rooms spread out over three floors and seven levels and learn the story behind the house. After the tour we'll enjoy lunch and some free time browsing—and maybe shopping—in Kernersville's charming downtown. Fee includes transportation and tours. Meal and purchases on your own. HIVE pickup at 9:30 a.m.; drop-off at 6 p.m.

**TRIP0075-001 | Tue | Aug 12 | 9 a.m.–5 p.m.**  
**Fees: \$74 Res | \$97 Non-Res (1 class)**

## **Dear Jack, Dear Louise @ BPAC Trip | Level 1**

When two strangers meet by letter during World War II, a love story begins. U.S. Army Captain Jack Ludwig, a military doctor stationed in Oregon, begins writing to Louise Rabiner, an aspiring actress and dancer in New York City, hoping to meet her someday if the war will allow. Fee includes transportation and show ticket. Meal and purchases on your own. HIVE pickup at 12:15 p.m.; drop-off at 7:15 p.m.

**TRIP0076-001 | Sat | Aug 16 | 11:45 a.m.–7:45 p.m.**  
**Fees: \$74 Res | \$97 Non-Res (1 class)**

# **Studio Arts**

## **Textiles**

### **Sewing for Seniors**

#### **Sew a Travel Tray**

Learn to use a pattern, cut out fabric, and operate a sewing machine to make a travel tray. This tray folds flat when ready to slip into your suitcase; perfect for holding jewelry and other small objects. Supply list printed on receipt.

**STUD0100-001 | Mon | Jun 30 | 5:30–8:30 p.m.**

**Fees: \$38 Res | \$50 Non-Res (1 class)**

**Instructor: Carrie Jo Wintermute**

**Location: Cary Arts Center**

#### **Sew Secret-Pocket Coat Hanger**

Learn to use a pattern, cut out fabric, and operate a sewing machine to make a secret pocket on a coat hanger to store your precious items. Perfect for holding jewelry and other small objects. Supply list printed on receipt.

**STUD0100-002 | Wed | Jul 9 | 5:30–8:30 p.m.**

**Fees: \$38 Res | \$50 Non-Res (1 class)**

**Instructor: Carrie Jo Wintermute**

**Location: Cary Arts Center**

#### **Sew a Food Tote**

Learn to use a pattern, cut out fabric, and operate a sewing machine to sew a food tote; designed to carry your delicious creations to your next potluck in style! Supply list printed on receipt.

**STUD0100-003 | Mon | Aug 18 | 5:30–8:30 p.m.**

**Fees: \$38 Res | \$50 Non-Res (1 class)**

**Instructor: Carrie Jo Wintermute**

**Location: Cary Arts Center**

# Visual Arts

## Expressive Painting with Louise

Have you explored techniques used by abstract artists and wish to develop your style? This class will help you stop relying on how-tos of other artists whose work you admire and start you down your own path. Working with the usual tools of color, shape, value, etc. you will strive to express your unique vision. This class is for those with basic skills who want to learn how to identify successful compositions, techniques, and more!

Expressive Painting with Louise  
VISU0660-001 | Tue | Aug 5–26 | 1–3:30 p.m.  
Fees: \$46 Res | \$60 Non-Res (4 classes)  
Instructor: Louise Fass

## Handcrafted Greeting Cards

Each class allows you to make beautiful any-occasion cards and learn creative stamping techniques and innovative paperwork designs. All levels of talent are welcome.

Simple Joys of Summer: 2 Pop-up Cards  
VISU0092-010 | Mon | Jun 2 | 1–3 p.m.  
Fees: \$17 Res | \$22 Non-Res (1 class)  
Instructor: Chaille O'Neal

Palm Leaves & Ocean Breezes: 2 Stair-Step Fold Cards  
VISU0092-011 | Mon | Aug 4 | 1–3 p.m.  
Fees: \$13 Res | \$18 Non-Res (1 class)  
Instructor: Chaille O'Neal

## Open Art Studios

Open studios offer you an opportunity to practice skills learned through our classes. Expert instructors are available to help with projects as needed. Registration is not needed for this drop-in program. Membership pass fees: One visit is \$3(R) \$4(N), 10 visits are \$20(R) \$30(N).

Monday Open Studio  
VISU0093-010 | Mon | Jun 2–Aug 25 | 9:30–11:30 a.m.  
*No Class: Jun 09*  
Fees: Free (12 classes)  
Instructor: Marcelle Hooks

Friday Open Studio  
VISU0093-011 | Fri | Jun 6–Aug 29 | 1–3 p.m.  
*No Class: Jun 13, Jul 04*  
Fees: Free (11 classes)  
Instructor: Marcelle Hooks

## Printmaking with Louise

This class will introduce you to at least three types of relief printmaking without a press. We will hand-print monoprints, white line prints, and linoleum or gel prints. You will get to try your hand at Printmaking using some of the instructor's supplies; you must have your supplies on the first day of class to participate.

Printmaking with Louise  
VISU0659-001 | Tue | Jun 3–Jul 29 | 1–3:30 p.m.  
*No Class: Jun 10*  
Fees: \$92 Res | \$120 Non-Res (8 classes)  
Instructor: Louise Fass

## Social Knitting and Crocheting

Bring a project and join us for a relaxing afternoon of knitting and socializing. Share ideas and create dishcloths, Afghans, mittens, and caps, which make lovely gifts. Help will be provided as needed.

VISU0098-005 | Tue | Jun 3–Aug 26 | 1–3 p.m.  
*No Class: Jun 10*  
Fees: Free (12 classes)

## Watercolors with Rick Bennett

This class is for intermediate or advanced artists with some experience with the basics of watercolor who are looking to expand their skills. Emphasis is on individual painting with one-on-one assistance. Topics will include the use of color, demonstration of brushwork, and how to develop a painting and composition. Supplies are required first day of class.

VISU0259-010 | Fri | Jun 6–Jul 25 | 9:30 a.m.–12 p.m.  
*No Class: Jun 13, Jul 04, Jul 11*  
VISU0259-011 | Fri | Aug 1–29 | 9:30 a.m.–12 p.m.  
Fees: \$46 Res | \$60 Non-Res (5 classes)  
Instructor: Richard Bennett



## AN INCLUSIVE APPROACH

Cary Parks, Recreation & Cultural Resources is committed to an inclusive approach to recreation and encourages individuals with and without disabilities to participate together. Individuals with disabilities are welcome to attend any offered program, including activities outside of specialized recreation. For individuals with disabilities to participate as fully as possible, reasonable modifications will be provided in accordance with the Americans with Disabilities Act. Please go to [carync.gov/inclusion](http://carync.gov/inclusion) for more details.

## Drawing

### Drawing with Ginny

#### Let's Begin to Draw

In this introduction to drawing, you will learn elements of a drawing: contour lines, negative space, and value. Complete graphite studies of everyday objects. Learn how to make your 2D drawings more three-dimensional. See supply list for what to bring to class.

**VISU0094-010 | Thu | Jun 26 | 12:15–3:45 p.m.**

**Fees: \$18 Res | \$23 Non-Res (1 class)**

**Instructor: Ginny O'Neal**

#### It's Face Time

Draw a favorite face, learning about feature placement, proportions and shading to create a more realistic, graphite head study. Bring a "close-up" 8x10 photocopy of a favorite face (no originals or electronics, please). See supply list for what to bring to class.

**VISU0094-011 | Thu | Jul 24 | 12:15–3:45 p.m.**

**Fees: \$18 Res | \$23 Non-Res (1 class)**

**Instructor: Ginny O'Neal**

### Colorful Collage and More

Create a 2D paper collage on canvas board. Use a drafting pen to create a contour drawing of a bird, flower or abstract design. Add color with tissue paper, decorative paper and mod podge. Some supplies provided, see supply list for what to bring to class.

**VISU0094-012 | Thu | Aug 21 | 12:15–3:45 p.m.**

**Fees: \$18 Res | \$23 Non-Res (1 class)**

**Instructor: Ginny O'Neal**

## Painting

### Painting With Marcelle

Learn to paint beautiful paintings using the wipe-out technique that the Old Masters first used—easy and fun for all levels. The instructor provides demonstrations and individual instruction. Supplies are needed on the first day.

#### Painting without Drawing: Tuesdays

**VISU0097-014 | Tue | Jun 3–Jul 15 | 9:30 a.m.–12 p.m.**

*No Class: Jun 10*

**Fees: \$59 Res | \$77 Non-Res (6 classes)**

**Instructor: Marcelle Hooks**

#### Painting without Drawing: Wednesdays

**VISU0097-013 | Wed | Jun 4–Jul 16 | 1–3:30 p.m.**

*No Class: Jun 11*

**Fees: \$59 Res | \$77 Non-Res (6 classes)**

**Instructor: Marcelle Hooks**

#### Painting on a Toned Canvas: Tuesdays

**VISU0097-015 | Tue | Jul 29–Aug 26 | 9:30 a.m.–12 p.m.**

**Fees: \$50 Res | \$65 Non-Res (5 classes)**

**Instructor: Marcelle Hooks**

#### Painting on a Toned Canvas: Wednesdays

**VISU0097-016 | Wed | Jul 30–Aug 27 | 1–3:30 p.m.**

**Fees: \$50 Res | \$65 Non-Res (5 classes)**

**Instructor: Marcelle Hooks**

# General Information

## Registration

Registration takes place online via our RecTrac software. All participants must have a RecTrac account. Go to [carync.gov/register](http://carync.gov/register) to create your RecTrac account and register for programs. Registration is also available in person at staffed Cary Parks, Recreation, and Cultural Resources (PRCR) facilities. All participants must have a RecTrac account.

## Payment

Payment for Cary PRCR programs can be made via credit/debit card (online or in-person), check (in-person), or cash (in-person at select locations). Full payment of program fees is required at the time of registration.

## Withdrawal & Refund Policy

If Cary PRCR cancels a program, class, or league in its entirety, registered participants will receive a 100% refund or account credit at the discretion of the participant. In the case that a cancellation occurs during the program, class, or league, the refund or credit will be prorated.

A participant wanting to withdraw from a program, class, or youth league that has not been cancelled by the Town must request to be withdrawn in writing at least seven (7) calendar days before the scheduled start of the program, class, or league's first game (14 calendar days for summer camps). The participant will receive a 100% refund or account credit at the discretion of the participant. Withdrawal and cancellation requests after the 7-day or 14-day notice period will be granted but no refund will be given – except for approved medical or hardship cases. Medical and hardship cases are considered on a case-by-case basis and may require additional documentation. In the instance of lost resources by Cary by granting a late withdrawal, a cancellation fee may be charged.

## Schedule Changes & Cancellation

Cary PRCR reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached.

## Scholarships

In Cary, we believe all citizens should have an equal opportunity to participate in recreation. Our scholarship fund allows residents to apply for funds that can be used towards Cary PRCR programs. More information and how to apply can be found at [carync.gov/playitforward](http://carync.gov/playitforward).

## Waiver Policy

A waiver signed by the participant (or parent/guardian for minor participant) must be on file before the first day of participation. Waiver signatures are collected at the time of registration, whether via RecTrac or in person. Registrants without signed waivers will not be allowed in class.

## Non-Registered Participants in the Classroom

Because of space limitations and the potential for distractions, only registered participants are allowed in the classroom. Parents/guardians and siblings may wait in approved waiting areas. Exceptions may be made for participants with disabilities who need additional assistance.

## Photo & Video Policy

Cary PRCR reserves the right to photograph and/or record program participants and volunteers during programs and events. Images may be used for publicity purposes in print and online.

## Satisfaction Guarantee

Cary PRCR continually strives to provide quality programs. We offer a satisfaction guarantee for programs in which you participate. Dial 311 or (919) 469-4000 outside Cary Town limits for more information.





# TICKETS ON SALE NOW

**JUNE 4-9, WAKEMED SOCCER PARK**

**TICKETS START AT \$20**




## Cary Senior Center Memorial Garden Plaza

Remember a loved one, honor a friend, or recognize a colleague with a unique gift that shows your support for the Cary Senior Center.

With a donation of \$100 or more, a personalized brick will be displayed in the Cary Senior Center Memorial Garden Plaza, surrounded by beautiful gardens and a relaxing fountain.

Call for a form to be sent to you, or pick one up from the Senior Center. Return it completed with your \$100 check payable to: Friends of Cary Senior Center, Inc.

For more information, please dial 311 or 919-469-4081.



# Exhibition Calendar



## **Bond Park Community Center** **Lynn Newman**

Medium: Mixed Media | April 30-July 20  
Meet the Artist: Friday, May 30 | 6-8 p.m.

## **Magdalena Scholle**

Medium: Oil painting | July 30-October 26  
Meet the Artist: Friday, August 29 | 6-8 p.m.

## **Cary Arts Center**

### **Word and Image: Michael Klauke**

Medium: Acrylic and Ink | May 21-July 6  
Meet the Artist: Friday, May 30 | 6-8 p.m.

### **Pride Documentary Photo Series: Origins of North Carolina Pride**

Medium: Photography | May 21-July 6

## **Katherine Stein**

Medium: Mixed media | May 21-July 6  
Meet the Artist: Friday, May 30 | 6-8 p.m.  
*"Maria" shown above left*

## **Joe McDonough & Ivan Liotchev**

Media: Painting, mixed media | July 9-August 24  
Meet the Artists: Friday, July 25 | 6-8 p.m.

## **Jose Trejo Maya**

Medium: Ink on film | July 9-August 24  
Meet the Artist: Friday, July 25 | 6-8 p.m.

## **Nancy Tanton Student Show**

Medium: Mixed media | August 29-September 21

## **Cary Senior Center**

### **Joyce Watkins King**

Medium: Mixed media | May 13-July 11

## **Fuquay Varina Painters Group**

Medium: Mixed media | July 15-August 22



## **Herb Young Community Center** **Madeera Goyal**

Medium: Watercolor | Through June 6

## **Adrianne Huang**

Medium: Watercolor and gouache on paper  
June 11-August 1  
Meet the Artist: Friday, June 27 | 6-8 p.m.  
*"Birthday Dinner" shown above center*

## **Page-Walker Arts & History Center**

### **Dean Sauls: DRIFT**

Medium: Abstract Paintings | May 14-June 28  
Meet the Artist: Friday, May 30 | 6-8 p.m.  
*"Lifeguard's Respite" shown above right*

## **Linda Starr: Colorful Energy!**

Medium: Acrylic | May 14-June 28  
Meet the Artist: Friday, May 30 | 6-8 p.m.

## **Fine Arts League of Cary Annual Juried Show**

Media: Various | July 2-September 13  
Meet the Artists: Friday, July 25 | 6-8 p.m.

## **Town Hall**

### **Carlye Clark Daugird**

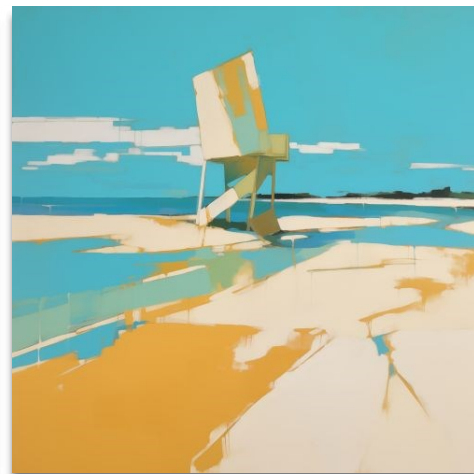
Medium: Painting | Through June 6

## **Frank Campion: Dichotomies**

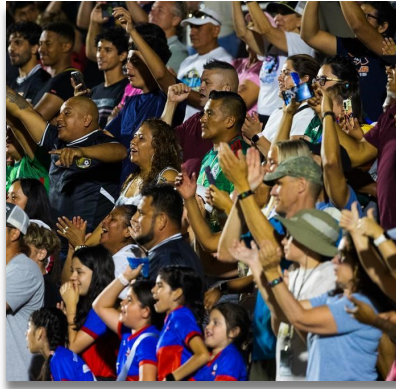
Medium: Acrylic | June 11-August 1

## **Zach Gunty**

Medium: Photography | August 6-October 3



# Calendar of Events



**The Soccer Tournament | WakeMed Soccer Park**  
Wednesday, June 4-Monday, June 9

**Cary Night Market | Downtown Cary Park**  
Friday, June 6 | 5-9 p.m.  
Friday, August 15 | 5-9 p.m.

**Performances at the Page**  
**Page-Walker Arts & History Center**

Jamrock | Friday, June 6 | 7-9 p.m.  
Celebration of Bluegrass | Friday, August 1 | 6:30-8:30 p.m.

**25th Birthday Celebration for Kids Together Playground**  
**Marla Dorrel Park**  
Saturday, June 7 | 2-4 p.m.

**Heather Maloney with Abigail Dowd | The Cary Theater**  
Saturday, June 7 | 7:30 p.m.

**Annual Yard Sale | Cary Senior Center**  
*Donation Drop Off:* Tuesday, June 10-Thursday, June 12  
9:30 a.m.-4:30 p.m.  
*Sale:* Saturday, June 14 | 7:30 a.m.-12 p.m.

**PopUp Chorus: Pride | The Cary Theater**  
Thursday, June 12 | 7 p.m.

**Movie Night | Downtown Cary Park**  
Friday, June 13 | 6-10 p.m.  
Thursday, July 3 | 6-10 p.m.  
Friday, July 11 | 6-10 p.m.  
Friday, August 8 | 6-10 p.m.  
Wednesday, August 20 | 6-10 p.m.

**Summer BreakOUT! | Downtown Cary Park**  
Monday, June 16 | 2-8 p.m.  
Wednesday, August 20 | 4-10 p.m.

**Adult Date Night Series | Downtown Cary Park**  
Friday, June 20 | 6:30-8:30 p.m.  
Friday, July 18 | 6:30-8:30 p.m.  
Friday, August 8 | 6:30-8:30 p.m.

**Juneteenth Jamboree | The Cary Theater**  
Friday, June 20 | 7:30 p.m.

**Juneteenth Celebration | Downtown Cary Park**  
Saturday, June 21 | 3-9 p.m.

**Pride Film Festival | The Cary Theater**  
Sunday, June 22 | 12-6 p.m.

**Bands, Bites & Boats | Bond Park Boathouse**  
Friday, June 26 | 6-8 p.m.  
Friday, July 11 | 6-8 p.m.  
Friday, August 1 | 6-8 p.m.

**Discover Dance | Downtown Cary Park**  
Friday, June 27 | 7:30-9:30 p.m.  
Friday, July 25 | 7:30-9:30 p.m.  
Friday, August 29 | 7:30-9:30 p.m.

**Cary Live! | Downtown Cary Park**  
Saturday, June 28 | 7:30-9:30 p.m.  
Saturday, August 23 | 7:30-9:30 p.m.

**PRIDE in the Park | Downtown Cary Park**  
Saturday, June 29

**July 3rd Celebration | Downtown Cary Park**  
Thursday, July 3 | 4-9 p.m.

**Independence Day Celebration**  
**Koka Booth Amphitheater**  
Friday, July 4 | 3:30-10 p.m.

**Applause! Cary Youth Theatre presents: The Tempest**  
**Cary Arts Center**  
Friday, July 18 & Saturday, July 19 | 7:30 p.m.  
Sunday, July 20 | 3 p.m.

**Demo Daze | Downtown Cary Park**  
Friday, August 22 | 4-9 p.m.

**Lazy Daze Arts + Crafts Festival | Town Hall Campus**  
Saturday, August 23-Sunday, August 24 | 9 a.m.-5 p.m.

For more programs and events visit [carync.gov/calendar](http://carync.gov/calendar) and [downtowncarypark.com/calendar](http://downtowncarypark.com/calendar).