



Fearington Cares Center Closed Sept. 2

**Introduction to Insight Meditation
Sept. 12, 7 p.m. at The Gathering Place**

The word "mindfulness" seems to be everywhere these days. In Insight Meditation, this concept is central but also is embedded in a broader approach, which many people find more supportive than stand-alone mindfulness. This talk will describe how Insight Meditation came to be developed and how it differs from several other approaches to meditation. There will be an opportunity for direct experience of a short guided meditation, followed by an opportunity for discussion and questions. Our presenter, Scott Bryce, has been a psychotherapist and Buddhist practitioner since the mid-1990s, and he continues to explore how these two practices intersect. He served for a number of years as a practice leader with the Eno River Buddhist Community and is now a teacher for Triangle Insight Meditation Community.

**All Things Considered—About Exercise
Sept. 26, 1:30 p.m. at The Gathering Place**

Please come to welcome and learn from Nancy Reynolds, a physical therapist from Reynolds and Associates and a familiar face to some of you. In a relaxed setting, Nancy will show us how to help maintain our health and flexibility in our "golden" years.

Nancy writes, "One of the questions I hear every day is, 'What's the Best exercise for me to do?'. Our program will be based around this question. In addition, I will introduce you to the work of Miriam Nelson, PhD. She is a nutritionist who has written two books based on her research with post-menopausal women. Men, this work applies to you, also! Her research is published in the *Journal of the American Medical Association* and I'm excited to share it with you. Please come dressed in comfy, stretchy clothing. We won't sweat, but we will be moving. Each individual has different exercise needs, barriers, and abilities. My goal for this program is to help you determine the best possible exercise program for you to achieve optimal health and safety."

Adjust to a Move—Build New Connections

If you've been through a move during the last year or two, please join us for this upbeat four-session program taught by Village resident, Vicki Field. You'll have the chance to connect with other Fearington residents and learn down-to-earth tips to navigate this re-location with less stress and more spark. **Registration is required and you must commit to all four sessions;** call 919-542-6877 before September 30 to sign up for **either the Night or the Day program.**

- ♥ Night Program: The Gathering Place
October 1, 8, 22, 29; 6:30-8:30 p.m.
- ♥ Day Program: The Gathering Place
October 4, 11, 25 and November 1; 1-3 p.m.

**Movement Classes at The Gathering Place
All classes 11:30 a.m.–12:30 p.m.**

Mondays—Chair Yoga (No classes Sept. 2, 23.)

Tuesdays—Tai Chi

Wednesdays/Fridays—Light Cardio

Thursdays—Line Dancing

TECH TUESDAYS

**County Connections for Emergencies
Sept. 3, 1 p.m. at The Gathering Place**

Prepare your household for the next disaster and learn how the Chatham County Community Emergency Response Team (CERT) is prepared to provide assistance during local emergencies. Locate county emergency shelters, find out how to prepare for disaster situations and hear about techniques for coping with lengthy power outages. Andy Foshee, from the local Community Emergency Response Team (CERT), will be the featured speaker. This program is provided by Fearington Edge.

Security for your Network Devices
Oct. 1, 1 p.m. at The Gathering Place

Ferrington Edge continues its series on safety and security in a digital world with Ferrington resident and experienced OLLIE professor Tom Foss teaching us how to stay safe on the Internet and how to protect our home networks from intrusion. Online activities allow us to bank, shop and even visit with friends without leaving our homes, but they can also leave us vulnerable to identity theft, fraud and other malicious activity. Don't miss these important discussions to help you stay safe in the cyberworld.

Chatham County Alzheimer's Walk & 5K Run and Fun Run
Sept. 14 at Galloway Ridge

Runners and walkers of all ages are welcome to attend the Chatham County 9th Annual Alzheimer's Walk & 5K Run, which will benefit the Alzheimer's Association Eastern North Carolina Chapter. There will also be a Fun Run and face-painting for ages 3-13. For more information about times for these events and to register for the official walk and race, please visit GallowayRidge.com/Chatham5K.

UNC Service of Remembrance
Sept. 8, 3 p.m. at The Gathering Place

UNC Hospice, together with Ferrington Cares, holds an annual Service of Remembrance for those who remain behind after loved ones have died. The service is ecumenical and open to all regardless of whether hospice was involved and whether your loved one died here or far away. John O'Donohue wrote beautifully about life and death and gave us these words of comfort: "May you know that absence is alive with hidden presence, that nothing is ever lost or forgotten. May the absences in your life grow full of eternal echo."

Duke Service of Remembrance
Sept. 29, 10:30 a.m., Hillsborough

This is an annual observance for all who wish to gather and remember their loved ones; you do not have to have been a patient of Duke services to attend. The event will be held at the Duke Hospice Bereavement Center on the Meadowlands Campus. The address is 1001 Corporate Drive in Hillsborough, NC.

SEPTEMBER HAPPENINGS

Ferrington Cares Center Closed Sept. 2

Events: *(All programs are held at The Gathering Place, unless otherwise noted.)*

- ♥ Movement Classes: Chair Yoga, Mon., 11:30 a.m.–12:30 p.m.; no classes Sept. 2, 23.
- ♥ Movement Classes: Tai Chi, Tues., 11:30 a.m.–12:30 p.m.
- ♥ Movement Classes: Light Cardio, Wed. & Fri., 11:30 a.m.–12:30 p.m.
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.–12:30 p.m.
- ♥ County Connections for Emergencies: Sept. 3, 1 p.m.
- ♥ UNC Service of Remembrance: Sept. 8, 3 p.m.
- ♥ Introduction to Insight Meditation: Sept. 12, 7 p.m.
- ♥ Chatham County Alzheimer's Walk & 5K Run and Fun Run: Sept. 14 at Galloway Ridge
- ♥ All Things Considered—About Exercise: Sept. 26; 1:30.
- ♥ Duke Service of Remembrance: Sept. 29, 10:30 a.m., Hillsborough
- ♥ Adjust to a Move—Build New Connections: Must register before Sept. 30; call 919-542-6877.
- ♥ Security for your Network Devices: Oct. 1, 1 p.m.

Health Services: *(Services are offered at the Ferrington Cares Center, unless otherwise noted.)*

- ♥ RN Office Hours: M–F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: Sept. 19 (Call 919-542-6877 for an appointment.)

Support Services: *(All groups meet at the Ferrington Cares Center, unless otherwise noted.)*

- ♥ 'Brainiacs': Thursdays, 10–11 a.m. (Call Karen Metzguer, 919-542-6877, for information.)
- ♥ Parkinson's Caregivers and Care Receivers: Sept. 4 and 18, 10-11:20 a.m. at The Gathering Place. Sept. 4 speaker is Tim Keim, an IAYT Certified Yoga Therapist, Ayurvedic Health Counselor, author and speaker. He will talk about the benefits of yoga, breathing and mediation for Parkinson's caregivers and care receivers.
- ♥ Caregivers Support Group: Sept. 4 and 18, 12:30-2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenlshectman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: Sept. 19, 1 p.m.
- ♥ *Alcoholics Anonymous—Closed Meeting: Wednesdays, 10 a.m.*

Volunteer Services and Opportunities:

Call the Center (919-542-6877) to schedule an appointment, to learn more or to volunteer.