



## August 2023 Newsletter

This is the Fearington Cares Newsletter which is also found in the FHA newsletter. It has been updated with current information.

Information on how to join a Zoom Support Group is on our Website, under Services [www.fearingtoncares.org](http://www.fearingtoncares.org)



### Fearington Cares Film Nite

Thursday, August 3, 7:00 p.m.  
at the Gathering Place

Join your neighbors for an evening of entertainment that includes complimentary popcorn, beverages, and treats. Admission to this monthly event is free, but contributions to Fearington Cares are gratefully accepted to support this and other programs in our community.

Due to licensing restrictions, the title of the film cannot appear in public places like our mail kiosks or this newsletter which appears on a publicly accessible part of our website. If you would like to check the title of the upcoming movie, it is posted on flyers at the Fearington Cares Center and The Gathering Place. You can also email us at [FearingtonFilmNite@gmail.com](mailto:FearingtonFilmNite@gmail.com) for an automated response that offers the title and a blurb about the film. Once you find out, please share the news with your neighborhood! Word-of-mouth is absolutely acceptable, but please don't post anything publicly. Thanks for spreading the word and keeping this venture complaint with our movie licensing agreement.

Note that all films will be captioned, and the AudioFetch system at The Gathering Place offers hearing assistance. Download the AudioFetch app to a smartphone and listen

with noise Fearrington Cares material is edited by their staff and volunteers. Direct comments or questions to them at (919) 542-6877 or [info@fearringtoncares.org](mailto:info@fearringtoncares.org). Edited this month by Pat Skiver cancelling headphones or directly through Bluetooth-enabled hearing aids.

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## Ready for Hurricane Season?

June 1 starts hurricane season, and it runs through November 30. NOAA forecasters are predicting a near-normal season for the Atlantic, with 12 - 17 named storms, 5 - 9 hurricanes, and 1 - 4 major hurricanes. The first five storms will be named Arlene, Bret, Cindy, Don, and Emily. Chatham Community Emergency response team (CERT) has developed a hurricane preparedness checklist which you can find at this [link](#). Even when you've been well prepared in the past, it's an important to review so you are equally prepared in the future!


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## No Busy Hands Meetings until September

You may still be doing hand work over the summer but our twice a month group will not meet again until September 5<sup>th</sup> here in the Center.

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<p><b>Movement Classes</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a> at the Fearrington Cares Center (except as noted)</p>	<p><b>Support Groups</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a></p>
<p><b>Mondays</b> <b>*Chair Yoga</b> at The Gathering Place (No Class In August) <b>11:30 am</b></p>	<p><b>Mondays</b> <b>Alcoholics Anonymous</b> at the Fearrington Cares Center <b>10:00 am.</b></p>
	<p><b>Tuesdays</b> <b>Parkinson's Group:</b></p>

**Wednesdays**

**\*Otago**

**Fall Prevention Exercises**

**(No Class August 16)**

**11:30am**

**Thursdays**

**\*Intermediate Yoga**

**(No Classes until September)**

**Thursdays**

**\*Chair Tap Dance**

**10:00 a.m.**

**(No Class August 31)**

**Thursdays**

**\*Line Dancing**

**11:30 a.m.**

**(No Class August 31)**

**Fridays**

**\*Light Cardio**

**11:30 a.m**

**\*A donation of \$5/class is suggested**



**at the Fearington Cares Center  
1:30-3:30 p.m.**

**No Meetings In August**

**Wednesdays**

**Brainiacs Memory Cafe**

**at the Fearington Cares Center**

**10:00 am**

**Wednesdays**

**Caregivers Support Group**

**on ZOOM**

**August 2, 16**

**1:00 pm**

**Thursdays**

**Living with Chronic Conditions**

**on ZOOM**

**August 3, 17**

**1:00 pm**

**Fridays**

**Meditation**

**at the Fearington Cares Center**

**10:00 a.m.**



## **Health Services Offered at the Farrington Cares Center**

**Nurse Consultation Triage Clinic:  
Appointment required, call 919-542-6877**

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