



Monday - Friday, 9 am - 1 pm

919-542-6877

28 Swim & Croquet

(behind The Gathering Place)

Ferrington Cares Newsletter

November 2024

*The Ferrington Cares Center will be closed the week of
Thanksgiving, November 25 - 29*

A Message from Our Executive Director

As we embrace the crisp air and colorful transformation of fall, I'm reminded of the beauty that comes with change and growth—both in nature and in ourselves. This season offers us a moment to reflect on the importance of healthy aging, not only in how we care for our bodies but in how we nurture our minds, our connections, and our communities.



October was a busy and exciting month for Ferrington Cares, and we are looking forward to the home stretch of 2024 with many more programs, events, and activities

to help keep you healthy and engaged. We are especially excited to bring you our Health and Technology Fair on November 8. Look below for details!

As we approach the season of giving and receiving, I invite you to consider how we can all contribute to a community where everyone can age well. Whether through your time, resources, or simply your kindness, every gesture makes a difference. In turn, we hope that our work continues to offer you support, encouragement, and opportunities to thrive.

UPCOMING PROGRAMS



Ferrington Cares Film Nite

Thursday, November 7, 7pm

at The Gathering Place

With newly released films moving quickly from theaters to streaming services, Film Nite offers an opportunity to see movies that you missed at the theater! You can enjoy them at The Gathering Place with friends and neighbors while enjoying complimentary movie theater popcorn, beverages and treats. Admission is free but contributions are gratefully accepted to support this community program.

If you would like to find out the title of our upcoming movie (which is a new release), please email us at FilmNite@FerringtonCares.org for a quick automated response that offers a blurb about the film. Remember that due to licensing restrictions, the title of the film cannot appear in public places like this newsletter, but it can be shared via email and word-of-mouth so tell your neighbors and have them join you!

All films are captioned, and the AudioFetch system at The Gathering Place offers hearing assistance. Download the AudioFetch app to a smartphone and listen with noise cancelling headphones or directly through Bluetooth-enabled hearing aids.



Health and Technology Fair

Friday, November 8, 10 am - 1 pm

at The Gathering Place

Don't miss out on the opportunity to learn more about healthy aging! This free event features over 20 vendors representing a wide range of services, including health and wellness, managing low vision and hearing, nutrition, financial and legal services, food resources, and research studies. Also featuring:

Blood pressure screening

- Grip strength check
- Sit/ stand testing
- Mini chair massages
- Opportunities to win prizes!

Representatives from Chatham County Aging Services and SHIP (Medicare) Counselors will also be on hand.

Thank you to FHA for supporting the Fearington Cares' Healthy Aging Programs!



Book Exchange

Tuesday, November 12, 10 - 11 am

at the Ferrington Cares Center

Do you love reading fiction? Would you like to share books you have enjoyed with others and learn about books and authors unfamiliar to you? If so, join our Fiction Book Exchange! Bring up to three good fiction books that you are willing to trade, and stay to enjoy conversation with fellow book lovers (or just come for discussion and socializing!).

This group will meet on the second Tuesday of each month.

When Words Won't Work:

Expressing Grief Through Creativity

Tuesday, November 12, 1 - 2 pm

at the Ferrington Cares Center

Many who are grieving may find it difficult to verbalize their feelings when navigating the loss of a loved one. Creative activities help express deep feelings when words don't come easily or seem insufficient. In this hands-on program, participants will use simple art materials and approaches (such as collages and watercolors) to express memories in a safe and caring space. You do not need to be an artist to participate! Regardless of when the loss was suffered, all are welcome as we acknowledge the importance of honoring where you are right now. Ferrington resident and artist Marlene Jones will be your guide.

Registration is required. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. To cover the cost of materials, please bring \$5 cash or check payable to Marlene Jones.

Lantern-Making Workshops for the Winter Solstice Lantern Walk



**Wednesday, Nov 13, 11:30
am – 1 pm**

*(Balloon paper mâché
lanterns)*

**Wednesday, Dec 4, 11:30
am – 1 pm**

*(Clear plastic container
paper mâché lanterns)*

**Tuesday, Dec 10,
1 pm – 2:30 pm**

*(Cut paper snowflake
lanterns)*

To prepare for our Winter Solstice Lantern Walk on December 21 - and just for fun - Fearington Cares is holding workshops on lantern making!

Registration is required, limit 15 per session. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. \$5 materials fee payable to Beth Gold at the workshop.

Dance Mix

Wednesday, November 13, 3 - 4 pm

at the Fearington Cares Center

Come meet fellow dance fanatics who have an interest in dancing various types, steps, and styles. Dancing is a full body workout, stress-reliever, and is just plain fun! Come to this first meeting to learn more.

Ask a Financial Expert

Friday, November 15, 10:30 am - 1 pm

at the Fearington Cares Center

Save your spot with Cindy Royal, Financial Advisor at Edward Jones. Bring your questions about goal setting, financial planning, tax strategies, wealth transfer and investing, and positioning yourself to deal with life events.

Registration is required. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to schedule your free 30-minute session.

Social for Singles

Friday, November 15, 7 - 9 pm

at the Gathering Place

*Co-sponsored by Fearington Homeowners Association and
Fearington Cares*

Join other Fearington singles in an evening filled with new friends, wine and light refreshments, games, and fun! This activity will occur monthly, so stay tuned for upcoming dates. Galloway residents are welcome!

Click [here](#) if you need transportation or more information.

Drumming for Wellness and Connection

Saturday, November 16, 10 - 11 am

at the Ferrington Cares Center

Ferrington Village resident and musician, John Makowski, will lead you in the joys of drumming for wellness and connection. The actions and rhythm of drumming are associated with improved brain health, reduced stress and an increased sense of well-being. It also is a great way to connect with others.

No experience required. Bring your own drum or percussive instrument.



Let's Get Crafty: Pop-Up Cards

Monday, November 18, 1 - 2:30 pm

at the Ferrington Cares Center

Join Chriss Weissman of Ferrington Village and learn how to make this cute pop-up card. The card can be used for various occasions, including birthdays, thank you, get well, etc. It folds flat for mailing and fits into a 6 x 9 envelope, which will be provided. In this class you will learn how to ink and shape cut-out pieces to create the flowers you see on the design. All materials to design, make, and assemble your card will be provided. Colors and patterned paper will vary.

Registration is required. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. To cover the cost of materials, please bring \$5 cash or check payable to Chriss Weissman.

Hearing Screening

Wednesday, November 20, 1 - 4 pm

at the Fearington Cares Center

Concerned about your hearing? Sign up for a free 10-minute hearing test and consultation to determine if you might benefit from a full hearing evaluation. Caitlyn Whitson, AuD, of the [UNC Hearing and Communication Center](#), will conduct the screenings. The UNC Center offers a wide range of hearing services, including complete diagnostic evaluations, aural rehabilitation, and various amplification and assistive listening devices.

Appointments are Required. Call Fearington Cares between 9 am – 1 pm, Monday through Friday, at 919-542-6877 to schedule your free screening.

UPCOMING FUNDRAISERS

Piano Concert

Sunday, November 10, 3 - 5 pm

at The Gathering Place



Sponsored by the Fearington Concert Series, with Proceeds Benefitting Women of Fearington and Fearington Cares

Enjoy an afternoon of musical magic with pianist Steve Baddour. Mr. Baddour promises lively entertainment and will introduce his pieces ranging from European classical offerings to compositions by Latin American and African composers with some jazz in the mix. Please join this accomplished musician and raconteur as he shares his talents to benefit these two worthy organizations. Seats are general admission and limited, so early purchase is recommended.

Meet the artist and share refreshments at a reception to follow the performance at the Gathering Place!

Seats may be purchased for \$25.00 per person, and payment can be made as follows:

- **In person** with check, cash, or credit card at the Fearington Cares Center
- **By phone** with credit card - Fearington Cares
- **Online** with credit card - Women of Fearington (click [here](#))

Checks should be made payable to Fearington Cares, with "Baddour Benefit Concert" included on the memo line of the check

Proceeds will be shared between Women of Fearington and Fearington Cares!



Light the Way with
Fearington Cares Luminary Kits
to Celebrate the Winter Solstice on December 21
(\$10 for a 10-Luminary Kit with Flameless Candles)

Light the way in your neighborhood with luminaries in front of your home on December 21. Celebrate the solstice *and* support Fearington Cares by purchasing luminary kits (each kit contains 10 bags, 10 flameless candles, and sand to anchor your luminaries).

Pre-Order Your Kits Now!!

- Email jennifer@fearingtoncares.org with the number of kits you would like to order, or
- Call the Fearington Cares Center at 919-542-6877, or come by in person

Pick up and pay for your kits Dec 9-20 at the Fearington Cares Center.

HIGHLIGHTS

Drive Thru Flu Vaccine Event a Great Success!!

On October 9, Fearington Cares hosted a drive-through flu shot event with 501 Pharmacy. We vaccinated 100 village residents, and even saw some furry ride-alongs!



CLASSES AND GROUPS

All Fearington Cares Groups and Classes are cancelled during the week of Thanksgiving, November 25 – 29.
