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## **Fearington Cares Newsletter**

### **February 2025**

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#### **Message From Our Executive Director**

Did you know that Fearington Cares is entirely funded through donations? We do not receive funds from the FHA or any other Fearington entity, so it's your contributions that enable us to provide the programs and services that you and your neighbors depend on.

You may know that we conduct two annual fund drives through mailings, but our upcoming Winterfest at The Barn event offers - by far - the most entertaining and enjoyable way to contribute to Fearington Cares! This is our biggest fundraising event of the year, and we depend heavily on the funds raised through our live and silent auctions.

Join us on February 7th and brighten up your winter with us! Tickets are still available, but they're going fast - see below for details.



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### **Winterfest at The Barn**

#### ***Tickets are Going Fast!***

**Friday, February 7, 7 - 10 pm**  
**at The Fearington Barn**

Bring your spouse or partner, invite your neighbors and friends, and enjoy a special evening at The Fearington Barn! This event is co-sponsored by Fearington Cares and the Fearington Homeowners Association, with generous support from Fitch Creations. The evening will include:

### Auctions Benefiting Fearington Cares

- **Live auction managed by Rogers Auctioneers**, featuring an AmaWaterways River Cruise, a week at a beautiful Beach House, and a fabulous UNC Sports Fan Package

Click [here](#) for more information on live auction items!

- **Silent auction** featuring curated experiences, services, and unique artwork and crafts

Click [here](#) for silent auction list!

### Food, Drink, and Fun

- **Light refreshments** including charcuterie and desserts catered by The Fearington House Restaurant
- **Cash bar** offering wine and beer (drink tickets are available in advance)
- **Customized playlist** brought to us by a professional DJ
- **Photobooth** to make lasting memories

**Tickets are \$65 per person**, and you may pay with check or credit card at the Fearington Cares Center Monday - Friday 9am - 1pm.

If you are curious about recommended attire, based on our experience last year many people will come in a festive outfit that you might wear to a cocktail party. Please come ready to socialize, dance (or enjoy watching the dancers), and bid the night away!

*All proceeds from this event and the auctions will benefit Fearington Cares, supporting the programs and services we offer to foster the well-being and healthy aging of all who reside in Fearington Village. Fearington Cares is entirely funded by donations - you make what we do possible!*



## **Fearington Cares Film Nite**

**Thursday, February 6, 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@FarringtonCares.org](mailto:FilmNite@FarringtonCares.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!

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**Learn a Simple Line  
Dance  
at Home or at the FC  
Center  
in Time for  
Winterfest!**



Winterfest is almost here, and we've got a fun, easy dance to get you in the spirit! This year, we're introducing a special line dance to the classic tune **"Penny Lane" by The Beatles**. It's suitable for everyone—women and men, whether you're a seasoned dancer or a total beginner.

The steps are simple, so you'll be dancing in no time! To help you get started, we've included links to two videos:

[Group Demo Video](#) - See a full group performance and get a feel for the dance.  
[Instructional Video](#) - Break down the steps and learn at home at your own pace!

If you would like to practice with others, we will be hosting group sessions at the Farrington Cares Center:

**Monday, February 3, 12 - 1 pm**  
**Wednesday, February 5, 2 - 3 pm**

With its easygoing tempo and nostalgic vibe of the 1960s, **"Penny Lane"** evokes a sense of community and the places we call home. So let's celebrate our community here and the joy of coming together. Grab your dancing shoes, start practicing, and let's have some fun creating unforgettable memories at the Farrington Barn! We look forward to seeing you at Winterfest!

## **Dance Mix**

**Wednesday, February 5, 3 - 4 pm**

**Wednesday, February 12, 3 - 4 pm**

**at The Ferrington Cares Center**

As a prelude to an upcoming night of dancing at the 2025 Winterfest at The Barn event, the February 5 session of our Dance Mix class will focus on learning to shag dance. This southern tradition is a basic six-count step that offers many possibilities for improvisation and imagination. The shag is often described as a slowed-down version of the jitterbug which is perfect for a party!

Come for as many classes as you can! We'll begin by learning the basics, and each week offer more options and opportunities to practice so you will be ready to dance the night away at Winterfest!

Our instructor, Janet Swepson, has been shag dancing for over 20 years with the Eno Beach and Chatham Shag Clubs—participating in competitions and hosting workshops. She enjoys the social aspects of shag dancing and claims that it keeps her young and is good for her heart and soul.

*Ferrington Cares is entirely funded through your donations. A suggested contribution of \$5 per class enables us to compensate quality instructors for this and other movement classes. Please consider a donation for the classes you attend!*

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## **Book & Puzzle Exchange**

**Tuesday, February 11, 10 - 11 am**

**at the Ferrington Cares Center**

Share books, jigsaw puzzles, or wood puzzles that you have enjoyed are ready to pass on to others. Bring 1-2 fiction books or puzzles that you will swap. Enjoy conversation with fellow book and puzzle lovers, whether you bring something to swap or not! This group meets on the second Tuesday of each month.

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## **Terrariums: A Winter Gift to Yourself or a Friend**

**Tuesday, February 11, 1 - 2 pm  
at the Ferrington Cares Center**

Cheryl Gallan of Ferrington Village will guide you in creating and caring for the tiny world inside a glass container. To make your magical world, please bring a tiny fern or other humidity-loving plant, mosses, small figurines, pretty stones, pebbles, or crystals- *think small!* You will be provided with a container for your closed humid terrarium and basic supplies, but consider bringing small tongs, a medium spoon, or long tweezers if you have them. Click [here](#) for inspiration.

**Registration is required.** Call the Center at 919-542-6877 Monday through Friday, 9 a.m. to 1 p.m. The cost is \$5, payable directly to Cheryl Gallan.

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## **Tech Café: Drop-in Help Session**

**Thursday, February 13, 11 am – Noon  
at the Ferrington Cares Center**

Do you have technology questions, problems with your Windows laptop, iPhone, iPad, email, or other technology? Ferrington Cares will host a technology help session to assist you with issues on a one-on-one basis. Please bring your device with you and we will do our best to solve your issue. No appointment necessary – first come, first served! This session will occur monthly.

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## **Drumming for Wellness and Connection**

**Saturday, February 15, 10 – 11 am  
at the Ferrington Cares Center**

Ferrington Village resident and musician, John Makowski, will introduce you to 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.

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## The Art of Downsizing Our Top 10 Downsizing Tips

Wednesday, February 19, 11am - Noon  
at The Gathering Place

An expert on senior moves, Elizabeth Hirsh, Owner and Founder of The Downsizers and The Consignors, will present on downsizing and consigning your home's contents and liquidating estates. She will share The Downsizers best practices and help you navigate the pitfalls of the downsizing process.

Stay tuned for additional presentations by the Downsizers in March and April!

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## Ask a Financial Expert

Friday, February 21, 10:30 am – 1 pm  
at the Fearington Cares Center

Save your spot with Cindy Royall, 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.

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## Talk with an Attorney

Friday, February 28, 10:30 am - 1 pm  
at the Fearington Cares Center

Reserve your spot to meet with Sophia Munson, managing partner at the Munson Law Firm. Bring your questions regarding your estate documents, advanced directives, or estate administration. Is it time to consider an update your existing will or other documents because your children are now grown, your life situation has changed, or you have a child with a disability? Bring your questions to Sophia to learn what changes may need to be made to your estate plan to gain peace of mind, one piece at a time.

**Registration is required.** Call the Center at 919-542-6877 Monday-Friday, 9 am - 1 pm to schedule your free 15-minute session.

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## PediCure Foot Care Services

**Tuesdays and Thursdays  
at the Fearington Cares Center**

Put your feet on your priority list in 2025! Be proactive in preventing problems caused by having long or thick toenails. Commit to better care of your feet this year and come see our foot nurse, Wendy McCluney, at the Fearington Cares Clinic.

**To Schedule an Appointment** call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm

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**Art Installation  
at Fearington Cares  
Weekdays 9 am - 1 pm**

Stop by and view the ongoing exhibit by members of Artists Studios at Fearington Village. Enjoy rotating works including paintings, photos, textiles, and mixed media pieces. We are so fortunate to be able to display beautiful artwork by amazingly talented Fearington artists!

Learn more at [FearingtonArtists.org](http://FearingtonArtists.org)!

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