

Fearrington Cares March 2025

Programs and Highlights

*All programs take place at the Fearrington Cares Center
unless indicated otherwise*

Ongoing Classes and Groups

Mind and Body

Otago
Chair Yoga
Chair Tap Dance
Beginning Line Dancing
Line Dancing
Intermediate Yoga
Meditation
Qigong

Support Groups

Alcoholics Anonymous
Parkinson's
Caregivers

For more information go to
www.fearringtoncares.org
or call 919-542-6877

Film Nite

Thursday, March 6, 7 pm *(At The Gathering Place)*

Women, Wealth, and Well-Being *(Via Zoom)*

Thursday, March 6, 4 – 5 pm

Driving Safely as You Age *(Via Zoom)*

Monday, March 10, 4 – 5 pm

Book & Puzzle Exchange

Tuesday, March 11, 10 - 11 am

Let's Get Crafty: Paperscape Card-Making

Wednesday, March 12, 11 am – Noon

Registration required

Nutrition and Your Brain

Thursday, March 13, 1 – 2 pm

Fearrington Connections

Friday, March 14, 11 am – 2:30 pm

Drumming for Wellness and Connection

Saturday, March 15, 10 - 11 am

Creative Collective

Tuesday, March 18, 9:30 am-11 am

The Downsizers: The Psychology of Letting Go –

Why We Hang onto Stuff *(At The Gathering Place & via Zoom)*

Wednesday, March 19. 11 am - Noon

Ask a Financial Expert

Friday, March 21, 10:30 am – 1 pm

Appointment required

Sound Bath Meditation

Monday, March 24, 1-2 pm

Registration required

Tech Café: Drop-in Help Session

Tuesday, March 25, 9 – 10:30 am

Introduction to Artificial Intelligence *(At The Gathering Place)*

Wednesday, March 26, 11 am to Noon

Talk With an Attorney

Friday, March 28, 10:30 am – 1 pm, at the FC Center

Appointment required