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## **Fearrington Cares Newsletter**

### **March 2025**

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### **A Message from Our Executive Director**

Can you believe it's already March? Our Programs Committee has been very busy creating a fabulous lineup of programs, workshops, and opportunities for you to connect with each other. Take a look below for details, and join in!



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## **UPCOMING PROGRAMS**

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### **Fearrington Cares Film Nite**

**Thursday, March 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! 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.

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## **\*\*NEW\*\* Introduction to Line Dancing**

*Absolute Beginners Welcome!*

**Thursday, March 6, 20, 27**

**Friday, March 14**

**1 - 2 pm**

**At the Farrington Cares Center**

With the enthusiasm generated by the “Penny Lane” line dance at Winterfest, we are pleased to introduce a new line dance class for absolute beginners. This is an opportunity for anyone curious about line dancing to learn the basics in an inclusive setting that offers instruction, entertainment, and a fun social activity.

Line dancing involves participants performing choreographed steps in lines without partners, set to various music genres ranging from big band and disco to country and classic pop. In this introductory class, you will learn to anticipate and move smoothly from step to step on your own instead of just copying the instructors. This helps strengthen the connection between cognitive and motor systems while offering exercise and fun! Participants who master the beginner-level dances are encouraged to advance to the higher-level line dancing class offered at 11:30 am on Thursdays.

Instructors Ellen and Jerry Grand are local line dancing enthusiasts. Ellen brings over 50 years of dance experience, including ballet and tap, along with 20 years of teaching while Jerry contributes his enthusiasm and energy. He regularly leads line dances and was the force behind the “Penny Lane” performance at Winterfest. Ellen and Jerry are offering this class gratis to the community and all contributions (\$5 per class is suggested) will go to Farrington Cares.

*Farrington Cares is funded entirely 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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## Women, Wealth and Well-Being

Thursday, March 6, 4 - 5 pm

Via [Zoom](#)

Join Cindy Royal, Financial Advisor with Edward Jones, to learn why it is important for women to take control of their finances. Did you know that it is as important to know your financial numbers as it is to know your health numbers? In this session you will learn more about investment fundamentals, as well as some actionable steps you can immediately take to plan your unique financial path forward.

*This program will be recorded and available on the Ferrington Cares website.*

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## Driving Safely as You Age

Monday, March 10, 3:30 – 4:30 pm

Via [Zoom](#)

Learn how normal aging and various health and cognitive conditions can impact driving safety. Fay Tripp, an occupational therapist and driving safety specialist at Duke, will share strategies and tips to enhance overall driving safety, including vehicle functions and driving practices. She will also discuss safe driving assessment (clinical and on-road), driving self-restriction, alternative driving options, and resources.



*This program will be recorded and available on the Ferrington Cares website.*

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## Book & Puzzle Exchange

Tuesday, March 11, 10 - 11 am

At the Ferrington Cares Center

Share books, jigsaw puzzles, or wood puzzles that you have enjoyed with others. Bring 1-2 fiction books that you will swap for books brought by others. You may bring up two puzzles to swap as well! 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.



## Let's Get Crafty: Paperscape Card- Making

Wednesday, March 12, 11 am –  
Noon  
At the Ferrington Cares Center

Paper craft aficionado, Chriss Weiseman, will guide in making a Paperscape card that depicts a 3D scene when you open it. This card can be used for all occasions and will be a wonderful reminder that Spring is on the way. Just like earlier cards, this will lie flat for mailing and an envelope will be provided. The finished size of the card is 5.5 in. X 4.25 in. All materials for making the card will be provided, just bring yourself for some creative fun.

**Registration is required.** Call the Center at 919-542-6877 Monday through Friday, 9 a.m. to 1 p.m. to register. To cover the cost of materials, please bring \$5 cash or a check payable to Chriss Weiseman.

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## Nutrition and Your Brain

Thursday, March 13, 1 – 2 pm  
at the Ferrington Care Center

Explore how nutrition impacts brain health with Tara Gregory, Family & Consumer Sciences Agents with NC Cooperative Extension. Learn key nutrients and dietary strategies to support cognitive health for long-term wellness.

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## Ferrington Connections

Friday, March 14, 11 am – 2:30 pm  
At the Ferrington Cares Center

This is a monthly meeting for those who may find it challenging to make meaningful connections with other Villagers. Ferrington Cares invites you to participate in this new program, which has its roots in the Ferrington Friends program. Experience how social connection, caring and friendship can enrich not only your own life but the lives of others.

## **Drumming for Wellness and Connection**

**Saturday, March 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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## **Creative Collective**

**Tuesday, March 18, 9:30 am-11 am  
at the Ferrington Cares Center**

Do you enjoy handwork? Would you like to craft with others, share your tips, get some help, and socialize? If you crochet, knit, make cards, draw, scrapbook, needlepoint, or engage in any other portable crafting, bring your project and join fellow Village crafters for this new monthly group.

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## **The Downsizers: The Psychology of Letting Go Why We Hang onto Stuff**

**Wednesday, March 19. 11 am - Noon  
at The Gathering Place**

Expert on senior moves and decluttering, Elizabeth Hirsh, Owner and Founder of The Downsizers and The Consignors, will discuss why we hold onto "stuff" and offer tips on downsizing and decluttering. Stay tuned for future presentations!

*This program will be recorded and available on the Ferrington Cares website.*

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## **Ask a Financial Expert**

**Friday, March 21, 10:30 am - 1 pm  
at the Ferrington 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.

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## Sound Bath Meditation

**Monday, March 24, 1-2 pm  
At the Gathering Place**

A sound bath meditation offers an immersion in the healing power of sound. This special session, lead by Jennifer Hansen of Ancient Song Therapy, features the distinctive sounds of Himalayan and crystal singing bowls accompanied by voice, chimes, and percussion. It begins within a brief guided meditation, and then participants are “bathed” in sound vibrations. This experience promotes relaxation in the body and calmness in the mind which can lead to better sleep, restored emotional capacity, increased energy, and overall well-being.

Chairs are provided; participants may want to bring additional comfort items like cushions and blankets, even an eye mask. If you plan to sit or lie on the floor, please bring a yoga mat and let us know in advance so that we can allocate space accordingly.

**Registration is required.** Call the Fearington Cares Center (919-542-6877) Monday through Friday between 9 am and 1 pm. Cost is \$10 for payable to Jennifer Hansen.

*Jennifer is a polymath who has spent many years as a vocalist and ceremonialist and over a decade adapting both to sound healing work. She founded Ancient Song Therapy in 2018 and offers sound therapy sessions for individuals and groups throughout the Triangle.*

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## Tech Café: Drop-in Help Session

**Tuesday, March 25, 9 – 10:30 am  
at the Fearington Cares Center**

Do you have technology questions, problems with your Windows laptop, iPhone, iPad, email, or other technology? Fearington Cares will host a technology help session to assist you with issues on a one-on-one basis, in our multipurpose room to facilitate sharing, learning, and social connections around shared technology interests.

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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## Introduction to Artificial Intelligence

Wednesday, March 26, 11 am to Noon  
The Gathering Place

Are you curious about artificial intelligence but have heard conflicting information about its impact on human work? I-Sah Hsieh of the SAS Institute Data Ethics Practice, will demystify artificial intelligence by discussing what AI is (and what it is not). Through current and future examples of AI applications, he will share AI's potential to transform our society for the better.

*This program will be recorded and available on the Ferrington Cares website.*

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## Talk with an Attorney

Friday, March 28, 10:30 am - 1 pm  
at the Ferrington 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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## Thriving Through Tough Times: Top Tips

Monday, March 31, 1 - 4 pm  
At the Ferrington Care Center

Life today can be challenging. Join Vicki Field for this upbeat workshop to learn some down-to-earth tips to better navigate—and even thrive—as you navigate these “rough aters.” Vicki will share techniques to manage stress-related symptoms and emotions so you move forward and recapture your feeling of joy. Vicki Field is a consultant who has served as Director of Learning and Development for several major corporations and universities and now is a consultant.

**Registration is required.** Call the Ferrington Cares Center (919-542-6877) Monday through Friday between 9 am and 1 pm to register.



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## CLASSES AND GROUPS

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### **Movement Classes**

[www.ferringtoncares.org](http://www.ferringtoncares.org)

*All movement classes are at the  
Ferrington Cares Center (FCC)  
unless otherwise indicated*

#### **Otago\***

**Mondays 10:30 am**  
Fall Prevention Exercises

#### **Chair Yoga\***

**Tuesdays 11:30 am**

#### **Chair Tap Dance\***

**Thursdays 10 am**

#### **Line Dancing\***

**Thursdays 11:30 am**

#### **Beginning Line Dancing\***

**Thursdays 1:00 pm**

#### **Intermediate Yoga\***

**Thursdays 2:30 pm**

#### **Qigong\***

**Fridays 11:00 am**  
at The Gathering Place

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

### **Support Groups**

[www.ferringtoncares.org](http://www.ferringtoncares.org)

*Information on how to join a Zoom  
Support Group is on our  
website under Services*

#### **Alcoholics Anonymous**

**Mondays 10 am**  
at the Ferrington Cares Center

#### **Parkinson's Group**

**1st & 3rd Tuesdays,  
1:30 pm**  
at the Ferrington Cares Center

#### **Caregivers Support Group**

**1st & 3rd Wednesdays  
1 pm**  
on Zoom

#### **Living with Chronic Conditions**

**1st & 3rd Thursdays 1 pm**  
on Zoom

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### **Meditation**

**Fridays 10:00am at FCC**



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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 to prevent 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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