



Fearrington Cares Newsletter

May 2025



Click above for our calendar!



Click above for recorded programs!

The Fearrington Cares Center will be closed Monday, May 26 for Memorial Day

While we are closed for the holiday our volunteers will continue to provide Transportation and Handyperson services. If you need assistance with either of these, please call the Center at 919-542-6877 and leave a voice message in the appropriate **Transportation** or **Handyperson voice mailbox**; a volunteer will be in touch with you. All other messages will be retrieved when the Center reopens on May 27.

President's Invitation and Call for New Board Members

Please join Executive Director Kim Schneider and me at Fearrington Cares' annual open meeting. We will update you on last year's activities and successes, and share our future vision. Your continued ideas and feedback are critical to crafting a future that supports residents in aging and living well. The meeting will be at The Gathering Place or via [Zoom](#) on Tuesday, May 6, from 1 to 2:30 p.m.

Ferrington Cares is also seeking new board members for a two-year term beginning in September 2025. Board members should be passionate about helping neighbors, willing to attend monthly board meetings and actively participate in a committee, and be able to occasionally participate in a Ferrington Cares event. Nominations should be submitted by May 31, 2025. If you would like more information, contact me or Terry Lucas (tlucas9d@gmail.com).

Beth Coulombe, President
lisbeth.coulombe@gmail.com

UPCOMING PROGRAMS



Ferrington Cares Film Nite

**Thursday, May 1, 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.



Let's Get Crafty: Pop-Up Card Making

Wednesday, May 7, 11 am – 1 pm
At the Ferrington Cares Center

This month, Chriss Weiseman will guide you in making a birthday pop-up card. To customize the card for your use, there will be several options for the base, candles, and balloon colors. Just like earlier cards, this will lie flat for mailing, and an envelope will be provided. The finished size of the card is 5 in. x 7 in. All materials for making the card will be provided. This will be our last Let's Get Crafty class until September, so come out for some creative fun!

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

The Downsize: Preparing Your Estate for the Next Generation

Wednesday, May 7, at 1:30 – 2:30 pm
Via [Zoom](#)

Downsizing can simplify estate planning, especially as it impacts the next generation. By organizing and reducing the size and complexity of your physical estate, you can reduce the burden upon your heirs. This program will highlight key lessons the Downsize have learned about prioritizing what truly matters.

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

Ferrington Connections

**** New Day, Time, and Location! ****

Monday, May 12, Noon - 1 pm
At The Gathering Place, Small Conference Room

Would you like to get to know your neighbors and make meaningful connections? Are you feeling isolated or alone? Connect with other residents to share social conversation about life, aging, self-care, or whatever is on the group's mind. This group will meet on the second and fourth Monday of each month

except when Monday is a holiday, but you are welcome to come as your schedule permits.

If attending a group does not work for you, let us introduce you to a friend whom you can meet one-on-one, via FaceTime, by email, or by phone. For more information, contact Debbie Liebttag at dliebttag50@gmail.com.

Book & Puzzle Exchange

**Tuesday, May 13, 10 - 11 am
At the Ferrington Cares Center**

Attention Book and Puzzle lovers! Come join a lively group of FV neighbors who meet monthly to share their favorite books and puzzles. Bring one or two (no more) books and/or puzzles that you really liked and would recommend to your best friend and exchange them for same number of books/puzzles that others brought. Be prepared to give a brief synopsis of your book(s) including why you liked it.

This group meets for one hour the second Tuesday of each month. Not only do we discover new books and authors, but we get to meet and make new friends!

****New** Drawing Atelier (uh-teh-lee-ay)**

**Wednesdays, May 14 and 28, 10 - 11 am
At the Ferrington Cares Center**

Atelier is the cool French word for the studio where an artist creates. This program is designed for individuals of all skill levels who want to learn to draw or expand their existing skills. Village resident and experienced artist [Leslie Palmer](#) will guide you in drawing, ranging from fundamental techniques such as line weight and the interplay of light and shadow, to more advanced topics like composition and perspective.

Participants will practice their skills in various exercises and projects and receive constructive feedback. Explore using various drawing instruments, including pencils, pens, and markers, and learn which ones suit your artistic vision.

A materials review and list will be provided during the first class, and **participants will provide their own materials**. The program will be offered twice monthly, but participants may join as their schedule allows. As Picasso said, *"Learn the rules like a pro, so you can break them like an artist."* Unlock your artist potential!

*** NEW ***
Financially Savvy Coffee Club

Friday, May 16, 9 a.m. - 10 am
At the Fearington Cares Center



Financial advisor Cindy Royal of Edward Jones invites Village residents to enjoy coffee and pastries while discussing current events, the economy, and investing. **RSVP directly** to Cindy at royal@edwardjones.com or call her at 919-969-9104.

For a one-on-one appointment with Cindy between 10:30 a.m. and 1 p.m. on the third Friday of each month (the next is May 16), call the Fearington Cares Center (919-542-6877) Monday through Friday, from 9 a.m. to 1 p.m.

Ask a Financial Expert

Friday, May 16, 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.



Drumming for Wellness and Connection

Saturday, May 17, 10 – 11 am
At the Fearington Cares Center

Join us for 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.

Creative Collective
Tuesday, May 20, 9:30 - 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.

**What Happens When You
Search Online:
Understanding the
Internet and Tracking**
Wednesday, May 21, 4 - 5 pm
Via [Zoom](#)



Curious about what really happens when you search the internet? This program will guide you through how search engines like Google work and how websites gather information about you—often without you even knowing. Tom Walles of DAI Source will explain tracking in simple terms and offer tips to help you stay informed and in control while browsing online.

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

Tech Café: Drop-in Help Session
Tuesday, May 27, 9:30 – 11 am
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, 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.

Talk with an Attorney

Friday, May 30, 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.

FEATURES & HIGHLIGHTS

Open Meeting with Ferrington Cares Leadership

Tuesday, May 6, 1 – 2:30 pm
At The Gathering Place and Via [Zoom](#)

Village residents are Ferrington Cares' key stakeholders. We recognize the importance of listening, learning, and working together to support your goals of living and aging well. Join us at this open meeting where you will have an opportunity to dialogue with leadership about:

- What we are doing to support healthy aging in the Village
- Where we hope to go to support these goals in the future
- Your thoughts on how we can better serve you and the Village

This meeting will be recorded and posted on the Ferrington Cares website.

Have You Seen Spam Emails That Appear to Come from Ferrington Cares?

Nobody is immune to spam! Unfortunately, spam emails are virtually impossible to prevent, so our best protection is to be vigilant about validating an email before clicking on a link.

- Emails from Ferrington Cares staff will end in "ferringtoncares. org" with nothing behind that address

- Our monthly Newsletters, Friday Highlights, and other "blast" emails will come from admin@ferringtoncares.ccsend.com

If you are unsure about an email that appears to come from Ferrington Cares, please don't hesitate to call us!

Ferrington Faces

Leslie Palmer is this quarter's featured Ferrington Face. Click [here](#) to read more about Leslie and other Ferrington Faces!



PediCure Foot Care Services

**Tuesdays and Thursdays
At the Ferrington 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 Ferrington Cares Clinic.

To Schedule an Appointment, call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm. Services are payable directly to Wendy.

CLASSES AND GROUPS

***** The Ferrington Cares Center will be closed Monday, May 26*****

Movement Classes

www.ferringtoncares.com