

JUNE 2009

For more information on any of these activities, please call Tom Galperin @ 919.942.5119 x112, or email him at tgalperin@arcoforange.org

To click on colored links in this document, you may need to hold down the "Ctrl" button while you click your mouse (depending on your computer settings).

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Art Class	2 Nutrition/Cooking Class Estes Dr. Community Center	3 Polymer Clay Class Strength Training	4 Spin Class Walk on Track	5 Game Day Adult Night	6
7	8 Art Class Stretch Class	9 Nutrition/Cooking Class	10 Strength Training Picnic and Fishing	11 Walk on Track Spin Class	12 Kickball Teen Night	13 Kid Sat.
14	15 Art Class Swimming	16 Nutrition/Cooking Class	17 Strength Training Swimming	18 Walk, Snack Spin Class	19 Duke Lemur Center Teen Night	20
21	22 Scrap Exchange Stretch Class	23 Nutrition/Cooking Class	24 Strength Training Museum of Life and Science	25 Walk Spin Class	26 Swimming TBA Teen Night	27 Kid Sat.
28	29 Swimming	30 Nutrition/Cooking Class				

DETAILS OF EVENTS ON FOLLOWING PAGES

Monday June 1

What: **Art Class**
Where: Carrboro Arts Center, 300 E. Main St., Carrboro ([map](#))
When: 1-2pm
Cost: ?
Notes: This class is currently full.

Tuesday June 2

What: **Nutrition/Cooking Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 12:30-2:30pm
Cost: \$60 per quarter
Notes: This class is currently full.

What: **Walk Bolin Creek Trail, basketball, ping pong**
Where: Chapel Hill Community Center ([map](#))
When: 1-3pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Wednesday June 3

What: **Polymer Clay Class**
Where: RBC Bank, corner of Rosemary and Columbia St., Chapel Hill ([map](#))
When: 1-2:30pm
Cost: ?
Notes: This is the last class for this session.

What: **Strength Training**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Thursday June 4

What: **Walk on indoor track**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Spin Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Friday June 5

What: **Game Day (Uno, Frisbee, Trouble, Chinese Checkers, movie, painting bird houses)**
Where: Advent Lutheran Church, 230 Erwin Rd., Chapel Hill ([map](#))
When: 1-3pm
Cost: none
Notes: Space is available. Click [here](#) to sign up. Amy Tamburro will pick up Games, Birdfeeders, Paints. We cannot use anything in the kitchen.

What: **Adult Night (age 18 and up) – Southpoint Mall in Durham**
Where: Meet here: Advent Lutheran Church, 230 Erwin Rd., Chapel Hill ([map](#))
When: 6:15-9:30pm
Cost: depends
Notes: CLASS IS FULL.

Monday June 8

What: **Art Class**
Where: Carrboro Arts Center, 300 E. Main St., Carrboro ([map](#))
When: 1-2pm
Cost: ?
Notes: This class is currently full.

What: **Stretch Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 3:30-4:15pm (room is open from 3-5pm to allow for set-up and break-down)
Cost: none
Notes: Space is available. Click [here](#) to sign up. Instructor is Nichole Chauvigne.

Tuesday June 9

What: **Nutrition/Cooking Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))

When: 12:30-2:30pm
Cost: \$60 per quarter
Notes: This class is currently full.

Wednesday June 10

What: **Strength Training**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Picnic and Fishing**
Where: Anderson Park, 302 Hwy.54 West, Carrboro ([map](#))
When: 12:00-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up. Poles and Tackle are FREE at The Century Center, 100 Greensboro St., Carrboro ([map](#)). It is suggested you get your pole shortly after 12pm, there will still be plenty of time to eat and fish once you get there. Call ahead: Contact person: Roger Wendell 918-7371.

Thursday June 11

What: **Walk on track**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Spin Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Friday June 12

What: **Kickball Game, possible Shuffle board and basketball**
Where: Hargraves Center softball field, 216 Roberson St., Chapel Hill ([map](#))
When: 1-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up. Can pick up kickball at the Hargraves Center desk. Can also ask about shuffle board and

basketball at the front desk. If it rains the night before, we will NOT be able to use the field.

What: **Teen Night (age 13-21)– Southpoint Mall in Durham**
Where: Meet here: University United Methodist Church, 150 E. Franklin St., Chapel Hill ([map](#))
When: 6:15-9:30pm
Cost: varies
Notes: Space is available. Click [here](#) to sign up.

Saturday June 13

What: **Kid Saturday (ages 6-12) – Museum of Natural Science**
Where: Meet at Aldersgate Methodist Church, 632 Laurel Hill Rd., Chapel Hill ([map](#))
When: 10am-3pm
Cost: none
Notes: CLASS IS FULL.

Monday June 15

What: **Art Class**
Where: Carrboro Arts Center, 300 E. Main St., Carrboro ([map](#))
When: 1-2pm
Cost: ?
Notes: CLASS IS FULL. **This is the last session of this class.**

What: **Swimming**
Where: Meadowmont YMCA outdoor pool, 301 Old Barn Lane, Chapel Hill ([map](#))
When: 12-2:30pm
Cost: ?
Notes: Space is available. Click [here](#) to sign up. Sign in upon arrival at the pool's front desk.

Tuesday June 16

What: **Nutrition/Cooking Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 12:30-2:30pm
Cost: \$60 per quarter
Notes: This class is currently full.

Wednesday June 17

What: **Strength Training**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Swimming**
Where: Meadowmont YMCA outdoor pool, 301 Old Barn Lane, Chapel Hill ([map](#))
When: 12-2:30pm
Cost: ?
Notes: Space is available. Click [here](#) to sign up. Sign in upon arrival at the pool's front desk.

Thursday June 18

What: **Walk in Carrboro, snack at Carr Mill Mall (Katie's Pretzels or Rita's Ice Cream)**
Where: Carr Mill Mall, Carrboro ([map](#))
When: 1-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Spin Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Friday June 19

What: **Duke Lemur Center Tour**
Where: Duke Lemur Center, Duke Univ., directions below:

- Turn onto Old Erwin Road at 15-501/Hotel Europa intersection.
- Follow Old Erwin until right before it ends at Hwy 751
- Turn right onto Lemur Lane (the last intersection before Lemur is a stop light at Cornwallis)
- Follow till it ends, turn right on the gravel road
- Through gate and park in gravel lot on left
- Check in at Lemur Landing across from the parking lot (with handicap ramp)

When: 1pm
Cost: \$3 per person (care providers go free)

Notes: Space is available. Click [here](#) to sign up. Amy Tamburro (care provider) will have release forms for each person to complete just prior to going on the tour. If raining, tour will be cancelled. Contact person is Andrew at 919.489.3364.

What: **Teen Night (age 13-21) – Dance**
Where: Meet here: University United Methodist Church, 150 E. Franklin St., Chapel Hill ([map](#))
When: 6:15-9:30pm
Cost: none to enter dance
Notes: CLASS IS FULL.

Monday June 22

What: **Scrap Exchange**
Where: 548 Foster St., Durham ([map](#))
When: 1-2:30pm
Cost: \$5 per person (care providers are free if they do not make anything)
Notes: Space is available. Click [here](#) to sign up. We must call the Scrap Exchange in the morning to confirm. Contact person is Rowan Martel at 919.682.2751.

What: **Stretch Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 3:30-4:15pm (room is open from 3-5pm to allow for set-up and break-down)
Cost: none
Notes: Space is available. Click [here](#) to sign up. Instructor is Nichole Chauvigne.

Tuesday June 23

What: **Nutrition/Cooking Class**
Where: UNC UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 12:30-2:30pm
Cost: \$60 per quarter
Notes: This class is currently full.

Wednesday June 24

What: **Strength Training**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Museum of Life and Science**
Where: 433 W Murray Ave, Durham, NC 27704 ([map](#))
When: 1-2:30pm
Cost: \$2 to ride train, free to enter Museum
Notes: Space is available. Click [here](#) to sign up. Check in at the front desk of the Museum and tell them you are with The Arc of Orange County.

Thursday June 25

What: **Walk on track or Meadowmont Trail**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **Spin Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 1-2pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

Friday June 26

What: **Swimming**
Where: Hargraves Center, 216 N. Roberson St., Chapel Hill ([map](#))
When: 12:30–2:30pm
Cost: none
Notes: Space is available. Click [here](#) to sign up.

What: **TBA**
Where: TBA
When: TBA
Cost: TBA
Notes: Space is available. Click [here](#) to sign up.

What: **Teen Night (age 13-21) – Bowling**
Where: Meet here: University United Methodist Church, 150 E. Franklin St., Chapel Hill ([map](#))
When: 6:15-9:30pm
Cost: \$10 (includes 2 games + shoe rental)
Notes: CLASS IS FULL.

Saturday June 27

What: **Kid Saturday (ages 6-12) – Swimming, Lunch**
Where: Meet at Aldersgate Methodist Church, 632 Laurel Hill Rd., Chapel Hill ([map](#))
When: 10am-3pm
Cost: none
Notes: CLASS IS FULL.

Monday June 29

What: **Swimming**
Where: Meadowmont YMCA outdoor pool, 301 Old Barn Lane, Chapel Hill ([map](#))
When: 12-2:30pm
Cost: ?
Notes: Space is available. Click [here](#) to sign up. Sign in upon arrival at the pool's front desk.

Tuesday June 30

What: **Nutrition/Cooking Class**
Where: UNC Wellness Center, 100 Sprunt St., Chapel Hill ([map](#))
When: 12:30-2:30pm
Cost: \$60 per quarter
Notes: This class is currently full.

If you have an idea for a group activity, please contact Tom Galperin @ 919.942.5119 x.112 or tgalperin@arcoforange.org and let him know.