



# Western Chatham Senior Center

112 Village Lake Road, Siler City NC 27344 (919) 742-3975

31	1	2	3	4
<p>9 am Strong &amp; Fit with Olivia (HB)  <b>10 am Fall Celebration:</b> Games, Snacks, Surprises and Fun!</p> <p>10 am Walking Through Grief Support Group (CR)</p> <p>2 pm Geri-Fit (HB)</p>	<p>9:45 am Chair Exercises with Olivia—Beginner Exercise (HB) (in person HB &amp; Zoom—Meeting ID is 814 3452 9432. Passcode is 534444)</p> <p>10:30 am Ping Pong (AR)</p> <p>1 pm ROOK, Phase 10 &amp; Rummikub (HB)</p> <p>1pm "Bring Your Own Project" Gathering (CSR)</p>	<p>8 am-12 pm Veteran Benefits Assistance (CR)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Craft Club (Plastic Canvas) (CSR)</p> <p>10 am Bible Study with Gary &amp; Carla Meyers (AR)</p> <p>11 am Muffins with the Manager (DR)</p> <p>1—2:30 pm Cornhole (HB)</p> <p>2 pm Crafting with Kathryn—Wooden Christmas Ornaments (CSR)</p>	<p>9:30 am —11:30 am Matter of Balance (HB)</p> <p>9:30 am Men's Coffee &amp; Doughnuts (CR)</p> <p>10 am <b>Shopping Trip to Greensboro</b> (Pre-register with Olivia, \$5 travel fee)</p> <p>10 am—12 pm Music Jam Session (AR)</p> <p>1 pm Book Club (Library)</p> <p>2 pm Tai Chi (HB)</p> <p>3pm Mocktails &amp; Trivia, Apple Cider &amp; Snacks (DR)</p>	<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>9:30 am Blood Pressure Checks</p> <p>10:30-11:30 am SALUTE TO VETERANS EVENT at Veteran's Memorial, Bray Park, Siler City</p> <p>7 pm Dance (HB)            Band: Silverhawk Kicking Country (\$10)</p>
7	8	9	10	11
<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Walking Through Grief Support Group (CR)</p> <p>10 am Karaoke (DR)</p> <p>2 pm Geri-Fit (HB)</p>	<p>9:45 am Chair Exercises with Olivia—Beginner Exercise (HB) (in person HB &amp; Zoom—Meeting ID is 814 3452 9432. Passcode is 534444)</p> <p>10:30 am Ping Pong (AR)</p> <p>1 pm ROOK, Phase 10 &amp; Rummikub (HB)</p> <p>1pm "Bring Your Own Project" Gathering (CSR)</p> <p>2 pm Fitness Room Orientation with Olivia</p>	<p>8 am-12 pm Veteran Benefits Assistance (CR)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Craft Club (Plastic Canvas) (CSR)</p> <p>10 am Bible Study (AR)</p> <p>10:30 am Diabetes Discussion with Olivia (DR)</p> <p>1—2:30 pm Cornhole (HB)</p> <p>2 pm Crafting With Kathryn—Ribbon Tree Ornament (CSR)</p>	<p>9:30 am —11:30 am Matter of Balance (HB)</p> <p>9:30 am Men's Coffee &amp; Doughnuts (CR)</p> <p>10 am Music with Tom Hildebrand (DR)</p> <p>10 am—12 pm Music Jam Session (AR)</p> <p>2 pm Tai Chi (HB)</p> <p>3 pm—Movie &amp; Pop-corn—You've Got Mail (DR)</p>	<p><b>Veteran's Day Holiday Western Chatham Senior Center is CLOSED</b></p> <p>7 pm Dance (HB)            Band: Jimmy Shirley &amp; 8-Track 45 Band (\$10)</p>
14	15	16	17	18
<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Walking Through Grief Support Group (CR)</p> <p>10am Scam Awareness With Siler City Police Department (DR)</p> <p>2 pm Geri-Fit (HB)</p>	<p>9:45 am Chair Exercises with Olivia—Beginner Exercise (HB) (in person HB &amp; Zoom—Meeting ID is 814 3452 9432. Passcode is 534444)</p> <p>10:30 am Gospel Choir Practice (HB)</p> <p>10:30 Ping Pong (AR)</p> <p>1 pm ROOK, Phase 10 &amp; Rummikub (HB)</p> <p>1pm "Bring Your Own Project" Gathering (CSR)</p>	<p>8 am-12 pm Veteran Benefits Assistance (CR)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Craft Club (Plastic Canvas) (CSR)</p> <p>10 am Bible Study (AR)</p> <p>10 am Nutrition Education with Ann Clark, MMS,RD/LDN (DR)</p> <p>1—2:30 pm Cornhole (HB)</p> <p>2 pm Crafting With Kathryn—Sled Ornaments (CSR)</p>	<p>9:30 am —11:30 am Matter of Balance (HB)</p> <p>9:30 am Men's Coffee &amp; Doughnuts (CR)</p> <p>10 am—12 pm Music Jam Session (AR)</p> <p>1 pm Book Club (Library)</p> <p>2 pm Tai Chi (HB)</p> <p>3 pm—Bingo (DR)</p>	<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>9:30 am Blood Pressure Checks (DR)</p> <p>10 am Show &amp; Tell (DR)</p> <p>9 am—3 pm SENIOR EDUCATION CONFERENCE at Chatham Co. Agriculture Center Pittsboro, NC</p> <p>7 pm Dance (HB)            Band: SideKix (\$10)</p> <p>THANKSGIVING FOOD DRIVE—Bring Canned Foods to Donate</p>
21	22	23	24	25
<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Walking Through Grief Support Group (CR)</p> <p>10 am Coffee &amp; Games with the Chatham County Sheriff's Department (DR)</p> <p>2 pm Geri-fit (HB)</p>	<p>10 am Thanksgiving Program and Meal            *Pre-register by 11/10 if you plan to eat with us. If not part of our congregate nutrition, program cost is \$5.50)</p> <p>1 pm ROOK, Phase 10 &amp; Rummikub (HB)</p> <p>1pm "Bring Your Own Project" Gathering (CSR)</p>	<p>8 am-12 pm Veteran Benefits Assistance (CR)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Craft Club (Plastic Canvas) (CSR)</p> <p>10 am Bible Study (AR)</p> <p>1—2:30 pm Cornhole (HB)</p> <p>2 pm Crafting With Kathryn—Fabric Tree Ornament (CSR)</p>	<p><b>Thanksgiving Holiday Western Chatham Senior Center is CLOSED</b></p>	<p><b>Thanksgiving Holiday Western Chatham Senior Center is CLOSED</b></p> <p>7 pm Dance (HB)            Band: Diamond Edge Band (\$10)</p>
28	29	30	1	2
<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Walking Through Grief Support Group (Conference Room)</p> <p>10:30 Bingo with Woodman Life</p> <p>2 pm Geri-fit (HB)</p>	<p>9:45 am Chair Exercises with Olivia—Beginner Exercise (HB) (in person HB &amp; Zoom—Meeting ID is 814 3452 9432. Passcode is 534444)</p> <p>10:30 Ping Pong (AR)</p> <p>1 pm ROOK, Phase 10 &amp; Rummikub (HB)</p> <p>1pm "Bring Your Own Project" Gathering (CSR)</p>	<p>8 am-12 pm Veteran Benefits Assistance (CR)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Craft Club (Plastic Canvas) (CSR)</p> <p>10 am Bible Study (AR)</p> <p>11 am Birthday Party for Everyone with November Birthdays (DR)</p> <p>1—2:30 pm Cornhole (HB)</p> <p>2 pm Crafting With Kathryn—Decoupage Wooden Ornament (DR) (CSR)</p>	<p>9:30 am —11:30 am Matter of Balance (HB)</p> <p>9:30 am Men's Coffee &amp; Doughnuts (CR)</p> <p>10 am—12 pm Music Jam Session (AR)</p> <p>1 pm Book Club (Library)</p> <p>2 pm Tai Chi (HB)</p> <p>3 pm—Trivia &amp; Treats (DR)</p>	<p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>9:30 am Blood Pressure Checks (DR)</p> <p>7 pm Dance (HB)            Band: Silverhawk Kicking Country (\$10)</p>

HB—Holly Brooks Room, CR -Conference Room, AR—Aerobics Room, DR—Dining Room, CSR—Craft & Sewing Room  
 Green: Health/Wellness Red: Recreation/Social Black: Educational Blue: Arts & Crafts

## Health & Wellness

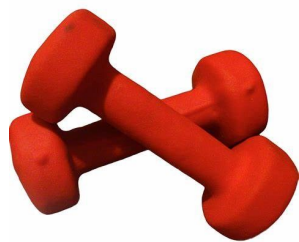
**A Matter of Balance** Thursdays, 9:30—11:30 am. This program is designed to reduce the fear of falling and increase activity levels among older adults. It consists of eight two-hour sessions, held once a week.

**Strong & Fit with Olivia** - Monday, Wednesdays and Fridays, 9 am. This is an exercise class that focuses on strength, balance and flexibility. This is a moderate-to-advanced class for seniors.

**Geri-Fit** - Starts August 22, Mondays & Thursdays, 2 p.m.

Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that has been lost through the aging process to help ensure a higher level of function as older adults continue to age.

**Chair Exercises** Tuesdays, 9:45 am. This class is a beginner exercise class.



**Strength & Tone** Mondays, starting October 24th.

**Tai Chi for Arthritis & Fall Prevention** Thursdays at 2 pm starting October 20. Goals of Tai Chi are improving movement, balance, strength, flexibility, immunity and relaxation, as well as decrease pain and falls.

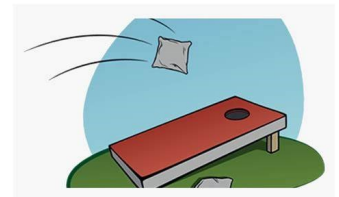
## Weekly Drop-In Activities

**Wednesdays, 1 pm**— Indoor Cornhole

**Tuesdays, 10:30 am**- Ping Pong

**Available 8am—5pm:**

Fitness Center  
Library  
Cards, Jigsaw Puzzles & Games in  
Library



## Crafts with Kathryn— Wednesdays at 2:00 Pm



Nov. 2 Wooden Christmas Ornaments

Nov. 9 Ribbon Tree Ornaments



Nov. 16 Sled Ornaments

Nov. 23 Fabric Tree Ornament



Nov. 30 Christmas Bunting

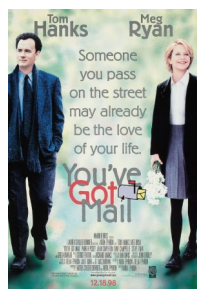
## Thursday Get Togethers, 3 pm

Nov. 3 : **Mocktails & Trivia**

Nov. 10, 3 pm: **You've Got Mail—Movie & Popcorn**

Nov. 17, 3 pm: **Bingo**

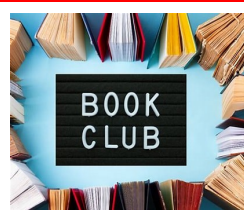
Movie: **You've Got Mail**



Book superstore magnate, Joe Fox and independent book shop owner, Kathleen Kelly fall in love in the anonymity of the Internet both blissfully unaware that he's trying to put her out of business.

## "Bring Your Own Project" Craft Club

Tuesdays, 1 p.m.  
Bring a craft project you are working on and sit and chat with other crafters.



## Book Club

Tuesday November 3 & 17  
Bring a book you have read recently and discuss it with other readers.



Thursdays, 10 am—Noon

Music Jam Session

Bring your instrument & join others for a time of bluegrass and country music jamming and singing!

## STAFF

**Ashlyn Martin** Director, Council on Aging

**Lacee Monte** Deputy Director, Council on Aging

**Kathryn Walters** Western Chatham Senior Center  
Manager

**Olivia Hayden** WCSC Activities  
Coordinator

**Barbara Woody** Integrated Services  
Manager

**Vacant Position** Aging in Place Manager

**Susan Alston** Administrative Support Assistant

**Doris Johnson** Administrative Support Assistant

**Alan Russo** Nutrition Services Manager

**Teresa Wood** Nutrition Assistant

**Jane Bray** Nutrition Assistant

The Western Chatham Senior Center offers recreational, social, health & wellness, and educational opportunities for seniors in Chatham County 60 years of age and older. We also serve as a hub for services including congregate meals, Meals on Wheels, Family Caregiver Support, a Grandparents Raising Grandchildren program, Aging in Place services, incontinence supply assistance and Medicare Counseling through the SHIP (Seniors' Health Insurance Information Program). The Western Chatham Senior Center also serves as a site for veterans services consultations. For more information about our services, contact us at (919) 742-3975.