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ChathamCOA.Org

Chatham Council on Aging

August 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit
W/Jackie
11:15 am Bingo W/Joe

4
9:00 am Body Conditioning
W/Jackie
11:15 am Staying Hydrated
W/Elizabeth From Chatham
County Public Health Dept.

5
10:00 am Wood Turning
W/Alan
NOTE Time & Zoom
Meeting ID Change

6
10:00 am Needlework Call (GM-Liz)
10:00 am Strong & Fit W/Jackie
11:15 am Let's Laugh: BYO Joke
2:00 pm Chronic Disease Self-Mgmt
Program (CDSMP) (GM-Liz)

7
9:00 am Body Conditioning
W/Jackie
10:15am Weekly Call
W/Dennis Streets (CL)

10
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit
W/Jackie
11:15 am Bingo W/Joe

11
9:00 am Body Conditioning
W/Jackie
11:15 am Spill The Beans
W/Liz

12
10:00 am Bluegrass Music
By "Kraldaddy John & Olde
Uncle Edd"
NOTE Time & Zoom
Meeting ID Change

13
10:00 am Needlework Call (GM-Liz)
10:00 am Strong & Fit W/Jackie
11:15 am Western USA National
Parks Tour W/ Rick & Val -Part 1
2:00 pm CDSMP (GM-Liz)

14
9:00 am Body Conditioning
W/Jackie
10:15 am Weekly Call
W/Dennis Streets & Guest
Storyteller Neriah (CL)

17
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit
W/Jackie
11:15 am Bingo W/Joe

18
9:00 am Body Conditioning
W/Jackie
11:15 am Live Yes! Arthritis
Learn & Chat! (Z)

19
10:00 am Wood Turning
W/Alan
NOTE Time & Zoom
Meeting ID Change

20
10:00 am Needlework Call (GM-Liz)
10:00 am Strong & Fit W/Jackie
11:15 am Science W/Alan
2:00 pm CDSMP (GM-Liz)

21
9:00 am Body Conditioning
W/Jackie
10:15 am Weekly Call
W/Dennis Streets & Music
Guests Don & Marian (CL)

24
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit
W/Jackie
11:15 am Bingo W/Joe

25
9:00 am Body Conditioning
W/Jackie
11:15 am Seniors Helping
Seniors – "We are
Connected!"

26
10:00 am Virtual trip back to
Jackie's Alpaca Farm –
Staying Cool & Babies soon
NOTE Time & Zoom
Meeting ID Change

27
10:00 am Needlework Call (GM-Liz)
10:00 am Strong & Fit W/Jackie
11:15 am Western USA National
Parks Tour w/Rick & Val – Part 2

28
9:00 am Body Conditioning
W/Jackie
10:15 am Weekly Call
W/Dennis Streets & Music
Guests Gene & Marian (CL)

31
9:00 am Tai Chi For
Arthritis*
10:00 am Strong & Fit
W/Jackie
11:15 am Bingo W/Joe

Key: All programs on Zoom and Facebook unless specified!
(CL): Conference Line
(GM-Liz)*: Google Meets (or Hangouts) RSVP to Liz to join.
Tai Chi for Arthritis*: Prior Tai Chi for Arthritis experience
required. Beginner Tai Chi class TBA.
To receive incoming call to join,

**Eastern Chatham
Senior Center (ECSC)**
365 NC Hwy 87N
Pittsboro, NC
(919)542-4512

**Western Chatham
Senior Center (WCSC)**
112 Village Lake Rd
Siler City, NC
(919)742-3975