

**Eastern Chatham Senior Center (ECSC)**

365 NC Hwy 87N, Pittsboro, NC 27312

919-542-4512

**Chatham Council on Aging – August 2022**

(See Key on Page 2)

**Welcome Back Chatham County Seniors!!!**

Calendar Subject to Change

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

**9-11am Eastern Chatham Senior Center Ribbon Cutting** **1**  
(Welcome Back Event for morning attendees!)  
**NO** Body Conditioning  
**NO** Chair Yoga W/Liz  
**NO** Arthritis Aquatic Exercise w/Jackie Rescheduled to Wed, 8/3  
**2pm Small Group W/Rosemary**  
(By RSVP - Jackie) (T)

**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2) **2**  
**10am BP Screening (WC)**  
**10:15am Bingo w/Joe (MP1)**  
**10am Woodcarvers (P)**  
**11am Spill the Beans w/Liz (MP1)**  
**1-3pm Rummikub (P)**

**9am 3G's Men's Group (P)** **3**  
**9:30am Aquatic Exercise w/Jackie\*** (Class Full/PSA)  
**10am Chair Yoga W/Liz \*\***  
(F, MP2, Z) Meeting ID: 937 7320 9073  
**10am Coffee & Games w/the Sheriff's Dept (MP1)**  
**11am Let's Get Reacquainted (MP1)**  
**1-3pm Open Art Studio (MP1)**

**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2) **4**  
**10am Needleworking Group (P)**  
**10am Let's Move w/Jackie\* (F)**  
**10am Games & Coffee (MP1)**  
**11am Science W/Alan (MP1)**  
**1:30pm Line Dancing (F/MP2)**  
**3pm Gentle Yoga W/Liz \*\* (F/MP2)**

**8am Body Conditioning w/ Jackie\*** (masks required) (F/MP2) **5**  
**9:30am Aquatic Exercise w/Jackie\*** (Class Full/PSA)  
**10am Games & Coffee (MP1)**  
**11am Team Jeopardy (MP1)**  
**5-7pm Grand Reopening Event BY RSVP Only to Jimmy Lewis (ECSC)**  
**7pm Dance at WCSC (\$)**

**8am Body Conditioning w/ Jackie\*** (masks required) (F/MP2) **8**  
**9am Chair Yoga W/Liz \*\***  
(CGCC, Z) Meeting ID: 937 7320 9073  
**9:30am Aquatic Exercise w/Jackie\*** (Class Full/PSA)  
**10am Games & Coffee (MP1)**  
**11am Chair Volleyball (MP2)**  
**2pm Small Group Call W/Rosemary (By RSVP - Jackie) (T)**

**SMOKEY THE BEAR TURNS 77!!!** **9**  
**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2)  
**10am BP Screening (WC)**  
**10am Woodcarvers (P)**  
**10am Bingo w/Joe (MP1)**  
**11am Chatham Striders Walk & Learn (F/MP2)**  
**1-3pm Rummikub (P)**

**9am 3G's Men's Group (P)** **10**  
**10am Chair Yoga W/Liz \*\***  
(F, MP2, Z) Meeting ID: 937 7320 9073  
**10am Games & Coffee (MP1)**  
**11am Seniors Helping Seniors Crafts w/Rosemary (MP1)**  
**1pm Parkinson's Support Group (P)**  
**1-3pm Open Art Studio (MP1)**

**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2) **11**  
**10am Needleworking Group (P)**  
**10am Let's Move w/Jackie\* (F)**  
**10am Games & Coffee (MP1)**  
**11am Diabetes Discussion Group (MP2)**  
**1:30pm Line Dancing (F/MP2)**  
**3pm Gentle Yoga W/Liz \*\* (F/MP2)**

**8am Body Conditioning w/ Jackie\*** (masks required) (F/MP2) **12**  
**9:30am Aquatic Exercise w/Jackie\*** (Class Full/PSA)  
**10am Games & Coffee (MP1)**  
**11am Chair Volleyball (MP2)**  
**2:30pm Mixed Art/Crafts w/Alan (MP1)**  
**7:00pm Dance at WCSC (\$)**

**8am Body Conditioning w/ Jackie\*** (masks required) (F/MP2) **15**  
**9am Chair Yoga W/Liz \*\***  
(CGCC, Z) Meeting ID: 937 7320 9073  
**9:30am Aquatic Exercise w/Jackie\*** (Class Full/PSA)  
**10am Games & Coffee (MP1)**  
**11am Cornhole/Table Tennis (MP2)**  
**2pm Small Group Call W/Rosemary (By RSVP - Jackie) (T)**  
**6pm Caregiver Support Grp (CCL)**

**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2) **16**  
**10am BP Screening (MR)**  
**10am Games & Coffee (MP1)**  
**10-10:15am Moving w/ Jackie (F)**  
**10:15am Bingo w/Joe (MP1)**  
**11am August Birthday Party w/Liz (MP1)**  
**10am Woodcarvers (P)**  
**1-3pm Rummikub (P)**

**9am 3G's Men's Group (P)** **17**  
**10am Chair Yoga W/Liz \*\***  
(F, MP2, Z) Meeting ID: 937 7320 9073  
**10am Games & Coffee w/the Pittsboro Police (MP1)**  
**11am Mind Games w/Jackie (MP1)**  
**1-5pm Bridge (P)**  
**1-3pm Open Art Studio (MP1)**

**8am Body Conditioning w/ Jackie\*** (masks optional) (F/MP2) **18**  
**10-11:30am Needleworking Group (P)**  
**10am Games & Coffee (MP1)**  
**10am Chair Volleyball (MP2)**  
**11am Nutrition Education by Ann Clark, MMS, RD/LDN (MP1)**  
**1:30pm Line Dancing (F/MP2)**  
**3pm Gentle Yoga W/Liz \*\* (F/MP2)**

**8am Body Conditioning w/ Jackie\*** (masks required) (F/MP2) **19**  
**10am Games & Coffee (MP1)**  
**11am Stories w/Neriah (MP1)**  
**7:00pm Dance at WCSC (\$)**



**8am** Body Conditioning w/ Jackie\* (masks required) **(F/MP2)** **22**  
**9am** Chair Yoga W/Liz \*\* (CGCC, Z) Meeting ID: 937 7320 9073  
**9:30 am** Strong & Fit w/Jackie\* (F/MP2/ZY) Meeting ID: 821 8318 4987  
**10am** Games & Coffee (MP1)  
**11am** Cornhole & Ladder Ball (MP2)  
**2pm** Small Group Call W/Rosemary (By RSVP - Jackie) (T)  
**6pm** Caregiver Virtual Support Group (Z) Must RSVP By Noon to Receive Link to Lynn Parks

**8am** Body Conditioning w/ Jackie\* (masks optional) **(F/MP2)** **23**  
**10-11:30am** Woodcarvers (P)  
**10am** Blood Pressure Screening (WC)  
**10am** Games & Coffee (MP1)  
**10-10:15am** Moving w/ Jackie\* (F)  
**10:15** Bingo w/Joe (MP1)  
**11am** Music w/Front Porch Ministry (MP1/MP2)  
**1-3pm** Rummikub (P)  
**2-3pm** Ladies Tea w/Juliana (RSVP to Jackie or Juliana) (MP1)

**9am** 3G's Men's Group (P) **24**  
**10:00am** Chair Yoga W/Liz \*\* (F, MP2, Z) Meeting ID: 937 7320 9073  
**10am** Games & Coffee (MP1)  
**10:30am** Chair Volleyball (MP2)  
**11:30am** Calendar Review (MP1)  
**1-3pm** Open Art Studio (MP1)

**8am** Body Conditioning w/ Jackie\* (masks optional) **(F/MP2)** **25**  
**10-11:30am** Needleworking Group (P)  
**10am** Games & Coffee (MP1)  
**10am** Let's Move w/Jackie (F)  
**10:30am** Calendar Review w/Jackie (MP1)  
**11am** Monthly Topic w/Therapeutic Alternatives (MP1)  
**1:30pm** Line Dancing (F/MP2)  
**3pm** Gentle Yoga W/Liz \*\* (F/MP2)

**8am** Body Conditioning w/ Jackie\* (masks required) **(F/MP2)** **26**  
**9:30 am** Strong & Fit w/Jackie\* (F/MP2/ZY) Meeting ID: 821 8318 4987  
**10am** Games & Coffee (MP1)  
**11am** Shuffleboard (MP2)  
**7:00pm** Dance at WCSC (\$)

**8am** Body Conditioning w/ Jackie\* (masks required) **(F/MP2)** **29**  
**9am** Chair Yoga W/Liz \*\* (CGCC, Z) Meeting ID: 937 7320 9073  
**9:30 am** Strong & Fit w/Jackie\* (F/MP2/ZY) Meeting ID: 821 8318 4987  
**10am** Games & Coffee (MP1)  
**11am** Chair Volleyball (MP2)  
**2pm** Small Group Call W/Rosemary (By RSVP - Jackie) (T)

**8am** Body Conditioning w/ Jackie\* (masks optional) **(F/MP2)** **30**  
**10-11:30am** Woodcarvers (P)  
**10am** Blood Pressure Screening (WC)  
**10am** Games & Coffee (MP1)  
**10am** Bingo w/Joe (MP1)  
**11am** Chair Volleyball (MP1)  
**1-3pm** Rummikub (P)

**9am** 3G's Men's Group (P) **31**  
**10:00am** Chair Yoga W/Liz \*\* (F, MP2, Z) Meeting ID: 937 7320 9073  
**10am** Games & Coffee (MP1)  
**10:30am** 50's Music Fun (MP1)  
**1-3pm** Open Art Studio (MP1)  
**1-3pm** Open House (MP2/F)

**Key:**  
BP: Blood Pressure  
CCL: Chatham Community Library  
CGCC: Chatham Grove Community Center  
F: Fitness Room  
MP1: Multipurpose Room 1 (front)  
MP2: Multipurpose Room 2 (back)  
P: Parlor  
PSA: Pittsboro Swim Association  
T: Telephone  
WC: Wellness Center  
Z: ZOOM; ZY: ZOOM & YOUTUBE

**For Transportation Changes:**  
 Barbara Woody: 919-742-3975, Ext. 245

**For Meal Changes:**  
 Alan Russo: 919-542-4512, Ext. 238

\*Exercise Class requires preregistration with Jackie!  
 \*Yoga class requires preregistration with Liz!

**RSVPs:**  
[Jackie.Green@ChathamCOA.Org](mailto:Jackie.Green@ChathamCOA.Org), 919-542-4512 ext. 227  
[Liz.Lahti@ChathamCOA.Org](mailto:Liz.Lahti@ChathamCOA.Org), 919-542-4512 ext. 228  
 Caregiver Support Group:  
[Lynn.Parks@ChathamCOA.Org](mailto:Lynn.Parks@ChathamCOA.Org), 919-742-3975 ext. 221