

Eastern Chatham Senior Center (ECSC)
 365 NC Hwy 87N, Pittsboro, NC 27312
 919-542-4512

Chatham Council on Aging – June 2022
Eastern Chatham Senior Center (ECSC)

Western Chatham Senior Center
 (WCSC) 112 Village Lake Rd, Siler City,
 NC 27344

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·


· FRIDAY ·

Key:

CCHD: Chatham County Health Dept.
CGCC: Chatham Grove Community Center,
 1301 Andrews Store Rd. Pittsboro
CT: Chatham Transit
DR: Dining Room at WCSC
FH@CM: Forest Hall @ Chatham Mills,
 480 Hillsboro St, Suite 530, Pittsboro
HB: Holly Brooks Room, WCSC
PSA: Pittsboro Swim Association
T: Telephone
Z, ZY: ZOOM, ZOOM & YOUTUBE

8am Body Conditioning **1**
 W/Jackie (FH@CM)
9am Chair Yoga W/Liz
 (CGCC, Z)
Meeting ID: 937 7320 9073
10am Arthritis Foundation
 Exercise Program W/Jackie
 (FH@CM, ZY)
Meeting ID: 161 371 7733

8am Body Conditioning **2**
 W/Jackie (FH@CM)
10am Games and Coffee (HB)
10:30am Bingocize ECSC (HB)



8am Body Conditioning **3**
 W/Jackie (FH@CM)
10am Arthritis Foundation
 Exercise Program W/Jackie
 (FH@CM, ZY)
Meeting ID: 161 371 7733
10am Games and Coffee (HB)
10:30am Bingocize/Bingo
WCSC/ECSC (HB)
7pm Dance at WCSC (\$)

8am Body Conditioning **6**
 W/Jackie (FH@CM)
9am Chair Yoga W/Liz
 (CGCC, Z)
Meeting ID: 937 7320 9073
10am Arthritis Foundation
 Exercise Program W/Jackie
 (FH@CM, ZY)
Meeting ID: 161 371 7733
2pm Small Group Call
 W/Rosemary (By RSVP - Jackie) (T)

8am Body Conditioning **7**
 W/Jackie (FH@CM)
10am Games and Coffee (DR)
10am Elder Abuse Prevention
 Month/How to Protect Yourself
 presented by Rodney Dietrich-
 COA (HB)
10:30am Bingocize ECSC (HB)



Congregate Programming is
 highlighted

All in person events are restricted to
 registered attendees ONLY!

See RSVP info

9am Chair Yoga W/Liz **8**
 (CGCC, Z)
Meeting ID: 937 7320 9073



For Transportation Changes:

Barbara Woody: 919-742-3975, ext



For Meal Changes:

Alan Russo: 919-542-4512, ext 238

8am Body Conditioning **9**
 W/Jackie (CCCPL@CM or CCPR)
10am Games and Coffee (HB)
10am Blood Pressure Screening
 (CR)
10:30am Bingocize ECSC (HB)



RSVPs:

Jackie.Green@ChathamCOA.Org,

919-542-4512 ext. 227

Liz.Lahti@ChathamCOA.Org,

919-542-4512 ext. 228

Caregiver Support Group: Lynn Parks

Lynn.Parks@ChathamCOA.Org,


919-742-3975 ext. 221


8am Body Conditioning **10**
 W/Jackie (CCCPL@CM or CCPR)
10am Arthritis Foundation
 Exercise Program W/Jackie
 (CCPR, ZY)
Meeting ID: 161 371 7733
10am Games and Coffee (HB)
10:30am Protect Yourself from
 Scams w/Humana Rep, Ryan
 Mankin (HB)
7pm Dance at WCSC (\$)




8am Body Conditioning W/Jackie (FH@CM) **13**
9am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073
10am Arthritis Foundation Exercise Program W/Jackie (FH@CM, ZY) Meeting ID: 161 371 7733
2pm Small Group Call W/Rosemary (By RSVP - Jackie) (T)
6:00pm Caregiver Support Group (Chatham Community Library)

8am Body Conditioning W/Jackie (FH@CM) **14**
10am Games and Coffee (HB)
10am Blood Pressure Screening (CR)
10:15am Chatham Striders Walk & Learn (HB)
11:30am Lunch Bunch – The MOD in Pittsboro, (\$, RSVP to Jackie by 6/6 to reserve space)
12pm Walmart Shopping (CT)



9am Chair Yoga W/Liz (CGCC, Z) **15**
 Meeting ID: 937 7320 9073

Remember Fathers' Day Sunday, June 19th


8am Body Conditioning W/Jackie (FH@CM) **16**
10am Games and Coffee (HB)
10:30am Nutrition Education by Ann Clark, MMS, RD/LDN (HB, ZY) Meeting ID: 830 9475 9696


8am Body Conditioning W/Jackie (FH@CM) **17**
9:30am Arthritis Foundation Aquatic Exercise Program W/Jackie (RSVP Only, PSA)
10am Games and Coffee (HB)
10:30 am Fathers' Day Celebration (HB)
7pm Dance at WCSC (\$)


Council on Aging **20**
CLOSED in recognition of


8am Body Conditioning W/Jackie (CCCPL@CM or CCPR) **21**
10am Games and Coffee (HB)
10am Blood Pressure Screening (CR)
10:30am June Birthday Celebration and Fun w/Angela from Cambridge Hills (HB)


9am Chair Yoga W/Liz (CGCC, Z) **22**
 Meeting ID: 937 7320 9073


8am Body Conditioning W/Jackie (FH@CM) **23**
10am Games and Coffee (HB)

10:30am Protective Mental Health Strategies w/ Tammy Curry, Therapeutic Alternatives (HB)

8am Body Conditioning W/Jackie (FH@CM) **24**
9:30am Aquatic Exercise (Arthritis) W/Jackie (RSVP Only, PSA)
10am Games and Coffee (HB)
10am Blood Pressure Checks (DR)
10:30am Celebrate Juneteenth (HB)
7pm Dance at WCSC (\$)

8am Body Conditioning W/Jackie (FH@CM) **27**
9am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073
9:30am Aquatic Exercise (Arthritis) W/Jackie (RSVP Only, PSA)
2pm Small Group Call W/Rosemary (By RSVP - Jackie) (T)
6:00pm Caregiver Virtual Support Group (Z) Must RSVP By Noon To Receive Link (Lynn Parks)

8am Body Conditioning W/Jackie (FH@CM) **28**
9:45am-2:45pm Trip to Raleigh Farmers' Market (CT, RSVP to Jackie)
10am Games and Coffee (HB)
10am Blood Pressure Screening (CR)
10:30am Dance Party w/Liz (HB)
11am Scam Protection w/Melany from Legal Aid of NC (HB)

9am Chair Yoga W/Liz (CGCC, Z) **29**
 Meeting ID: 937 7320 9073


8am Body Conditioning W/Jackie (FH@CM) **30**
10am Games and Coffee (HB)
10:30am Hurricane Preparedness with Chatham CERT member, Andy Foshee (HB)
