

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



Chatham Council on Aging
May 2021

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

KEY: **In person program option
(BC): Pittsboro Senior Center Bocce Court
(GM-L): Google Meet, RSVP Liz
(Z): Zoom (ZY): Zoom & YouTube

****8am Body Conditioning w/Jackie** will be our first program offered outside and In-person at the ECSC with COVID guidelines. To secure one of the limited In-Person slots, RSVP Jackie.Green@ChathamCOA.Org Or 919-542-4512, ext. 227

TOPS - Take Off Weight Sensibly
Every Thursday 1pm-2pm (ZOOM)
For more information: Robin Leto (birdie86509@gmail.com) or 919-942-2298

10:00am Arthritis Exercise (ZY) **3**
Meeting ID: 161 125 6861

11:15am Bingo W/Joe (Z)
Meeting ID: 161 180 2786



3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689

****8:00am** Body Conditioning **4**
W/Jackie (BC**)

9:00am Strong & Fit W/Jackie
(ZY) Meeting ID: 160 238 1068



11:15am Spill The Beans W/Liz (Z)
Meeting ID: 161 180 2786

1:00pm Matter Of Balance (Z)



10:00am Chair Yoga W/Liz (ZY) **5**
Meeting ID: 937 7320 9073

10:00am Virtual Walk Club
Meeting ID: 160 626 4982

11:15am Wood Turning W/Alan
(ZY) Meeting ID: 161 180 2786

12:30pm Short Stories W/Chris
(CL) 1-727-731-8717



****8:00am** Body Conditioning **6**
W/Jackie (BC**)

10:00am Arthritis Exercise (ZY)
Meeting ID: 161 125 6861

10:00am Needlework Call (GM-Liz)

11:15am Apple Tech Help w/Conor
(Z) Meeting ID: 161 180 2786

1:00pm Matter Of Balance (Z)

1:00pm TOPS - Take Off Pounds
Sensibly (Z) Meeting ID: 161 672 1128

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689

9:00am Strong & Fit W/Jackie **7**
(ZY) Meeting ID: 160 238 1068

10:15am Weekly Call W/Dennis
Streets – “A Tribute to Mothers”
w/Neriah Edward-Boone
(CL) 1-727-731-8717



3:00pm Virtual Yoga for
Senior Athletes w/Liz (Z)
Meeting ID: 160 398 3566

10:00am Arthritis Exercise (ZY) **10**
Meeting ID: 161 125 6861

11:15am Bingo W/Joe (Z)
Meeting ID: 161 180 2786

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689



****8:00am** Body Conditioning **11**
W/Jackie (BC**)

9:00am Strong & Fit W/Jackie
(ZY) Meeting ID: 160 238 1068

11:15am Chatham Striders
Special Guest: Kathy Streng,
Arthritis Foundation (ZY)
Meeting ID: 161 180 2786



1:00pm Matter Of Balance (Z)

10:00am Bible Study W/Neriah **12**
(Z) Meeting ID: 160 626 4982

10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073

11:15am Diabetes Discussion
Group – Nutritious & Delicious
Desserts w/Tara Gregory (Z)
Meeting ID: 161 180 2786



12:30pm Short Stories W/Chris
(CL) 1-727-731-8717

****8:00am** Body Conditioning **13**
W/Jackie (BC**)

10:00am Arthritis Exercise (ZY)
Meeting ID: 161 125 6861

10:00am Needlework Call (GM-Liz)
11:15am Looking Up When You're
Feeling Down-Cheryl of Therapeutic
Alternatives Meeting ID: 161 180 2786

1:00pm Matter Of Balance (Z)

1:00pm TOPS -Take Off Pounds
Sensibly (Z) Meeting ID: 161 672 1128

3:00pm Tai Chi For Arthritis (ZY)

9:00am Strong & Fit W/Jackie **14**
(ZY) Meeting ID: 160 238 1068

10:15am Weekly Call W/Dennis
Streets,
“Latest Scams” – Mike Copeland,
Sheriff's Dept &
Storyteller Neriah Edwards-Boone
(CL) 1-727-731-8717

3:00pm Virtual Yoga for
Senior Athletes w/Liz (Z)
Meeting ID: 160 398 3566



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10:00am Arthritis Exercise (ZY) 17
Meeting ID: 161 125 6861



11:15am Bingo W/Joe (Z)
Meeting ID: 161 180 2786

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689

**8:00am Body Conditioning 18
W/Jackie (BC**)

9:00am Strong & Fit W/Jackie
(ZY) Meeting ID: 160 238 1068



11:15am Evidenced-Based
Preventive Care - Part 2 Of Virtual
Health Expo Presentation W/Julie
From UNC (Z)
Meeting ID: 161 180 2786

10:00am Chair Yoga W/Liz (ZY) 19
Meeting ID: 937 7320 9073

10:00am Virtual Walk Club
Meeting ID: 160 626 4982



11:15am Legal Aid Outreach For
Seniors W/Melany (Z)
Meeting ID: 161 180 2786

12:30pm Short Stories W/Chris
(CL) 1-727-731-8717

**8:00am Body Conditioning 20
W/Jackie (BC**)

10:00am Arthritis Exercise (ZY)
Meeting ID: 161 125 6861

10:00am Needlework Call (GM-Liz)

11:15am May Birthdays
Celebration (ZY)
Meeting ID: 161 180 2786

1:00pm TOPS - Take Off Pounds
Sensibly (Z) Meeting ID: 161 672 1128

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689

9:00am Strong & Fit W/Jackie 21
(ZY) Meeting ID: 160 238 1068

10:00am Senior Games Participant
Packet/T-Shirt Pick Up
(ECSC, WCSC)

10:15am Weekly Call W/Dennis
Streets &
COVID Update- Mike Zelek &
Musical Selection by Don & Marian
(CL) 1-727-731-8717

3:00pm Virtual Yoga for
Senior Athletes w/Liz (Z)
Meeting ID: 160 398 3566

10:00am Arthritis Exercise (ZY) 24
Meeting ID: 161 125 6861

11:15am Bingo W/Joe (Z)
Meeting ID: 161 180 2786

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689



**8:00am Body Conditioning 25
W/Jackie (BC**)

9:00am Strong & Fit W/Jackie
(ZY) Meeting ID: 160 238 1068

11:15am Bluegrass Music W/the
Original Haw River Crowdaddies
Meeting ID: 161 180 2786



10:00am Bible Study W/Neriah 26
(ZY) Meeting ID: 160 626 4982

10:00am Chair Yoga
Pre-recorded (COA YouTube)

11:15am Celestial Science w/Alan
(ZY) Meeting ID: 161 180 2786



12:30pm Short Stories W/Chris
(CL) 1-727-731-8717

**8:00am Body Conditioning 27
W/Jackie (BC**)

10:00am Arthritis Exercise (ZY)
Meeting ID: 161 125 6861

10:00am Needlework Call (GM-Liz)

11:15am Trivia W/Faye & Jackie
(ZY) Meeting ID: 161 180 2786

1:00pm TOPS - Take Off Pounds
Sensibly (Z) Meeting ID: 161 672 1128

3:00pm Tai Chi For Arthritis (ZY)
Meeting ID: 160 861 5689

9:00am Strong & Fit W/Jackie 28
(ZY) Meeting ID: 160 238 1068

10:15am Weekly Call W/Dennis
Streets- "Honoring Memorial Day"
& Musical Selection By Gene &
Marian (CL)
1-727-731-8717

3:00pm Virtual Yoga for
Senior Athletes w/Liz (Z)
Meeting ID: 160 398 3566



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COA Closed In
Honor Of Memorial Day

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