

Eastern Chatham Senior Center (ECSC)
365 Hwy 87 N, Pittsboro, 919.542.4512
Western Chatham Senior Center (WCSC)
112 Village Lake Rd, Siler City, 919.742.3975

Chatham Council on Aging (Eastern Chatham Senior Center Participants)

November 2021

(See Key on Page 2)

Meal Questions/Cancellations:
Alan Russo – 919.542.4512, ext. 238
Transportation Questions/Changes:
Barbara Woody – 919.742.3975, ext. 223

MONDAY

10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073
2:00pm Small Group Call
W/Rosemary (By RSVP - Jackie)

Reminder Election Day:
Tuesday, Nov. 2

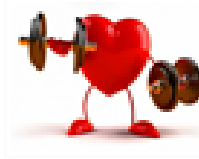


TUESDAY

8:00am Body Conditioning
W/Jackie (FH@CM) **2**
9:00am 3G's Men's Group
RSVP Susan Hardy
10:00am Arthritis Exercise
(FH@CM, ZY) Meeting ID: 161 371 7733
10:00am Music & Movement w/
Liz, Table Games, Blood Pressure
Checks &/OR Coffee (HB)
10:30am NC Registry For Brain
Health (HB)
3:00pm Powerful Tools For
Caregivers (HB) RSVP Susan Hardy

WEDNESDAY

8:00am Body Conditioning
W/Jackie (FH@CM) **3**
10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073



THURSDAY

8:00am Body Conditioning
W/Jackie (FH@CM) **4**
10:00am Let's Get Moving
W/Jackie, Table Games &/OR
Coffee (HB)
10:30am "Practicing Gratitude to
Benefit Your Mental Health" By
Cheryl Levinson, RN-BC, CDP,
CMDCP From Therapeutic
Alternatives
(HB, Z) Meeting ID: 161 632 9434
1:00pm TOPS - Take Off Pounds
Sensibly RSVP Robin Leto

FRIDAY

8:00am Body Conditioning
W/Jackie (FH@CM) **5**
10:00am **NO** Arthritis Exercise
10:00am Salute To Veterans At
Veteran's Memorial
100-1000 Alston Bridge Rd, Siler City
RSVP Liz Lahti



7:00pm Dance At WCSC (\$)

10:00am Chair Yoga W/Liz
(CGCC, Z) **8**
Meeting ID: 937 7320 9073
2:00pm Small Group Call
W/Rosemary (By RSVP - Jackie)



8:00am Body Conditioning
W/Jackie (FH@CM) **9**
8:00-11:00am NC Registry For
Brain Health (FH&CM)
9:00am 3G's Men's Group
RSVP Susan Hardy
10:00am Arthritis Exercise
(FH@CM, ZY) Meeting ID: 161 371 7733
10:00am Music & Movement w/
Liz, Table Games, Blood Pressure
Checks &/OR Coffee (HB)
10:15am Chatham Striders Walk
& Learn about Diabetes w/Ann
Clark MMS, RD/LD from CCPHD
(HB)
3:00pm Powerful Tools For
Caregivers (HB) RSVP Susan Hardy

8:00am Body Conditioning
W/Jackie (FH@CM) **10**
10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073

Riddle Question:
**What key has legs but
can't open a door??**



COA Closed In Honor Of Veterans' Day



8:00am Body Conditioning
W/Jackie (FH@CM) **12**
10:00am Arthritis Exercise
(FH@CM, ZY) Meeting ID: 161 371 7733
10:30am Hope 4 NC w/Crisis
Counselor Miriam Davila (HB)

7:00pm Dance At WCSC (\$)



10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073
2:00pm Small Group Call W/Rosemary (By RSVP - Jackie)



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8:00am Body Conditioning W/Jackie (FH@CM)
9:00am 3G's Men's Group RSVP Susan Hardy

10:00am Arthritis Exercise (FH@CM, ZY) Meeting ID: 161 371 7733

10:00am Music & Movement w/ Liz, Table Games, Blood Pressure Checks &/OR Coffee (HB)

10:30am November Birthday Celebration (HB)

16

8:00am Body Conditioning W/Jackie (FH@CM)
10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073



17

8:00am Body Conditioning W/Jackie (FH@CM)
10:00am Let's Get Moving W/Jackie, Table Games &/OR Coffee (HB)

10:30am Nutrition Education: Foods That Fight Inflammation by Ann Clark, MMS, RD/LDN (HB, ZY) Meeting ID: 161 632 9434

1:00pm TOPS - Take Off Pounds Sensibly RSVP Robin Leto

18

8:00am Body Conditioning W/Jackie (FH@CM)
10:00am Arthritis Exercise (FH@CM, ZY) Meeting ID: 161 371 7733

10:30am Bingo W/Joe (HB)

7:00pm Dance At WCSC (\$)



19

10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073
2:00pm Small Group Call W/Rosemary (By RSVP - Jackie)

22

8:00am Body Conditioning W/Jackie (FH@CM)
9:00am 3G's Men's Group RSVP Susan Hardy

10:00am **NO** Arthritis Exercise

10:00am Thanksgiving Celebration By RSVP Only (CC-AgCtr)

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8:00am Body Conditioning W/Jackie (FH@CM)
10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073

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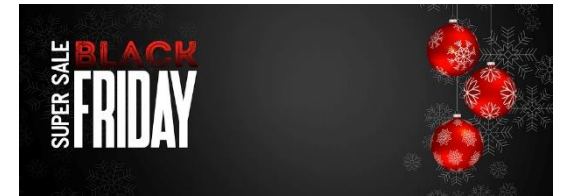
COA Closed For Holiday
Happy Thanksgiving



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COA Closed For Holiday

7:00pm Dance At WCSC (\$)



26

10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073
2:00pm Small Group Call W/Rosemary (By RSVP - Jackie)



29

8:00am Body Conditioning W/Jackie (FH@CM)
9:00am 3G's Men's Group RSVP Susan Hardy

10:00am Arthritis Exercise (FH@CM, ZY) Meeting ID: 161 371 7733

10:00am Music & Movement w/ Liz, Table Games, Blood Pressure Checks &/OR Coffee (HB)

10:30am Bluegrass Music W/the Original Haw River Crowdaddies (HB)

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Key:

CC-AgCtr: Chatham County Agriculture Center – 1192 US-64 Bus, Pittsboro
CGCC: Chatham Grove Community Center 1301 Andrews Store Rd, Pittsboro
ECSC: Eastern Chatham Senior Center
FH@CM: Forest Hall @ Chatham Mills, Suite 530
HB: Holly Brooks Room (at WCSC)
WCSC: Western Chatham Senior Center
Z, ZY: ZOOM, ZOOM & YouTube

In Person Congregate Programming options are highlighted.

All events are restricted to registered attendees ONLY! Please contact Jackie Green or Liz Lahti.

RSVPs:

Jackie.Green@ChathamCOA.Org
Liz.Lahti@ChathamCOA.Org
Susan.Hardy@ChathamCOA.Org

TOPS-Take Off Pounds Sensibly
Every Thursday 1pm-2pm (ZOOM)

For more information & RSVP:
 Robin Leto, RD
Birdie86509@gmail.com
 919.942.2298

Note: Events are subject to change.