

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

Chatham Council on Aging September 2020

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Immunization Clinic w/Walgreens
Influenza, Shingles, and Pneumonia**
ECSC: Tuesday, 9/22, 9-noon
RSVP by 9/15: 919-542-4512 or
Jackie.Green@ChathamCOA.org
WCSC: Tuesday, 10/6, 10-noon
RSVP by 9/29: 919-742-3975 or
Faye.Tillman@ChathamCOA.org

1
9:00 am Body Conditioning
W/Jackie
11:15 am Chatham County
Challenge Walk/Run/Bike Virtual
Kickoff w/Mallory from Chatham
Parks & Recreation

2
9 am Facebook Live Chat
w/Jackie
10 am League of Women Voters
presents "Making a Plan to Vote"
<http://www.vote411.org>

3
10:00 am Strong & Fit W/Jackie
10:00 am Needlework Call (GM-Liz)
11:15 am Let's Laugh:
BYO (Clean) Joke
Joke: What do you call a fake noodle?
Ans.: An impasta

4
9:00 am Body Conditioning
W/Jackie
10:15 am Weekly Call W/Dennis
Streets & Upcoming Events (CL)
**To complete 2020 Census Call
844-330-2020 by 9/30/2020**



**Chatham COA
Closed in Celebration of
Labor Day**

7
9:00 am Body Conditioning
W/Jackie
11:15 am Chatham Striders Walk
& Learn Series

8
9 am Facebook Live Chat
w/Jackie
10:00 am Wood Turning W/Alan
Joke: What do you call bears with no ears?
Ans.: B

9
10:00 am Strong & Fit W/Jackie
10:00 am Needlework Call (GM-Liz)
11:15 am Spill The Beans
W/Liz

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

14
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit W/Jackie
11:15 am Bingo W/Joe
If you boil funny bones it becomes laughing stock.
That's humerus!

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

16
9 am Facebook Live Chat
w/Jackie
10:00 am Bluegrass Music By
"Kralldaddy John & Olde Uncle
Edd"

17
10:00 am Strong & Fit W/Jackie
10:00 am Needlework Call (GM-Liz)
11:15 am Science W/Alan
Joke: Why do fish live in salt water?
Ans.: Because pepper makes them sneeze!

18
Rosh Hashanah - Jewish New Year
9:00 am Body Conditioning W/Jackie
10:15 am Weekly Call W/Dennis
Streets & Music Guests Don & Marian
(CL)

21
World Gratitude Day
International Peace Day
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit W/Jackie
11:15 am Falls Prevention Bingo
W/Joe

22
9:00 am/11:15 am **Cancelled**
9:00 - noon Drive Thru Vaccine
Clinic w/Walgreens at ECSC
(RSVP requested to ECSC by 9/15)
Clinic at WCSC on 10/6!

23
9 am Facebook Live Chat
w/Jackie
10:00 am Intro to Tai Chi for
Arthritis for Falls Prevention
Joke: Why did the man with one hand cross the
road?
Ans.: To get to the 2nd hand shop

24
10:00 am Strong & Fit W/Jackie
10:00 am Needlework Call (GM-Liz)
11:15 am **Falls Prevention Chat:
Lectures w/national specialists
PLUS Q & A w/UNC Trauma Injury
Prevention Coordinator, Lindsay &
Other Specialists**

25
9:00 am Body Conditioning
W/Jackie
10:15 am Weekly Call W/Dennis
Streets & Music Guests Gene &
Marian (CL)

28
Confucius' Birthday
9:00 am Tai Chi For Arthritis*
10:00 am Strong & Fit W/Jackie
11:15 am Bingo W/Joe

29
9:00 am Body Conditioning
W/Jackie
11:15 am Virtual trip back to
Jackie's Alpaca Farm – Crias
(babies) due 9/16 and 10/1!

30
9 am Facebook Live Chat
w/Jackie
10:00 am Wood Turning W/Alan
Joke: What did a judge say when a skunk came
into the court room? Ans.: Odor in the court

Key: All programs on Zoom and Facebook unless specified!
(CL): Conference Line (Z): Zoom Only
(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, call ECSC or WCSC!