

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 COUNTY COUNCIL ON AGING
Eastern Chatham Senior Center Participants
September 2021

Meal questions/cancellations:
Alan Russo – 919-542-4512, x 238

Transportation Questions/Changes:
Barbara Woody: 919-742-3575, x 223

MONDAY

Key:
CGCC: Chatham Grove Community Center 1301 Andrews Store Rd, Pittsboro
ECSC: Eastern Chatham Senior Center
FH@CM: Forest Hall @ Chatham Mills
HB: Holly Brooks Room
WCSC: Western Chatham Senior Center
Z, ZY: ZOOM, ZOOM & YouTube

TUESDAY

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

Note: Events are subject to change.

WEDNESDAY

10:00am Chair Yoga W/Liz **1**
(CGCC, Z)
Meeting ID: 937 7320 9073

2:00pm Chronic Disease Self-Management Program (CDSMP) (Z)

In Person Congregate Programming options are highlighted.
All events are restricted to registered attendees ONLY! Please contact Jackie Green or Liz Lahti.

THURSDAY

8:00am NO Body Conditioning W/Jackie **2**

10:00am Let's Get Moving W/Jackie (HB)

10:00am Games And Coffee (HB)

10:30am Cool, Calm & Connected-
Continued with Cheryl from Therapeutic Alternatives

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

FRIDAY

8:00am Body Conditioning W/Jackie (FH@CM) **3**

10:00am Getting Active & Fit W/Jackie (FH@CM, Z)
Meeting ID: 161 371 7733

7:00pm Dance w/ Music by "Big Daddy" At WCSC (\$)

6 Labor Day (US)
Rosh Hashanah - Jewish New Year

COA Closed
In Honor Of Labor Day

8:00am Body Conditioning W/Jackie (FH@CM) **7**

10:00am Getting Active & Fit W/Jackie (FH@CM, Z)
Meeting ID: 161 371 7733

10:00am Music & Movement W/Liz (HB)

10:00am Games And Coffee (HB)

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

8  **8:00am NO** Body Conditioning

9:00am Pittsboro COA Drive-Thru Immunization Clinic: Influenza, Shingles, Pneumonia (ECSC Parking Lot) RSVP: Jackie 919-542-4512 ext. 227

10:00am NO Chair Yoga W/Liz

2:00pm Chronic Disease Self-Management Program (CDSMP) (Z)

9 **8:00am NO** Body Conditioning

9:00am Siler City COA Drive-Thru Immunization Clinic: Influenza, Shingles, Pneumonia (WCSC Parking Lot) RSVP: Faye 919-742-3975 ext. 232

9:00am Pittsboro Congregate Immunization Clinic at WCSC: Influenza, Shingles, Pneumonia (WCSC) RSVP: Jackie

10:00am Games & Coffee (HB)

10:30am Bingo W/Joe (HB)

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

10 **8:00am** Body Conditioning W/Jackie (FH@CM)

10:00am Getting Active & Fit W/Jackie (FH@CM, Z)
Meeting ID: 161 371 7733

7:00pm Dance with Music by "Carolina Dreamers" At WCSC (\$)

Commented [JG1]:

<p>10:00am Chair Yoga W/Liz 13 (CGCC, Z) Meeting ID: 937 7320 9073</p>	<p>8:00am NO Body Conditioning 14 10:00am NO Getting Active & Fit 10:00am Music & Movement w/Liz (HB) 10:00am Games And Coffee (HB) 10:15am Chatham Striders Walk & Learn about Cholesterol (HB)</p>	<p>8:00am NO Body Conditioning 15 10:00am Chair Yoga W/Liz (CGCC, Z) Meeting ID: 937 7320 9073 2:00pm Chronic Disease Self-Management Program (CDSMP) (Z)</p>	<p>8:00am NO Body Conditioning 16 10:00am Music & Movement W/Liz (HB) 10:00am Games And Coffee (HB) 10:30am Nutrition Education: "Boosting Your Immunity During Covid" by Ann Clark, RD, CCPHD (HB) 1:00pm TOPS - Take Off Pounds Sensibly RSVP Robin Leto</p>	<p>8:00am NO Body Conditioning 17 10:00am NO Getting Active & Fit W/Jackie 7:00pm Dance with Music by "Side Kick" At WCSC (\$)</p>
<p>10:00am Chair Yoga W/Liz 20 (CGCC, Z) Meeting ID: 937 7320 9073</p>	<p>8:00am Body Conditioning 21 W/Jackie (FH@CM) 10:00am Getting Active & Fit W/Jackie (FH@CM, Z) Meeting ID: 161 371 7733 10:00am Music & Movement w/Liz (HB) 10:00am Games And Coffee (HB) 10:30am 90th Birthdays & September Birthday Celebration (RSVP Liz 919-542-4512 ext. 228)</p>	<p>10:00am Chair Yoga W/Liz 22 (CGCC, Z) Meeting ID: 937 7320 9073</p>	<p>8:00am Body Conditioning 23 W/Jackie (FH@CM) 10:00am Let's Get Moving W/Jackie (HB) 10:00am Games And Coffee (HB) 10:30am Falls Prevention Clinic: Using Mobility Equipment Correctly by UNC Health PT(HB, ZY) Meeting ID: 160 546 5587 1:00pm TOPS - Take Off Pounds Sensibly RSVP Robin Leto</p>	<p>8:00am Body Conditioning 24 W/Jackie (FH@CM) 10:00am Getting Active & Fit W/Jackie (FH@CM, Z) Meeting ID: 161 371 7733 7:00pm Dance w/Music by "Delmonico" At WCSC (\$)</p>
<p>10:00am Chair Yoga W/Liz 27 (CGCC, Z) Meeting ID: 937 7320 9073</p>	<p>8:00am Body Conditioning 28 W/Jackie (FH@CM) 10:00am Arthritis Foundation Exercise Class W/Jackie – By RSVP ONLY (FH@CM, Z) 10:00am Music & Movement w/Liz (HB) 10:00am Games And Coffee (HB) 10:30am Science W/Alan (HB)</p>	<p>10:00am Chair Yoga W/Liz 29 (CGCC, Z) Meeting ID: 937 7320 9073</p>	<p>8:00am Body Conditioning 30 W/Jackie (FH@CM) 10:00am Let's Get Moving W/Jackie (HB) 10:00am Games And Coffee (HB) 10:30am Bingo W/Joe (HB, Z) Meeting ID: 160 546 5587 1:00pm TOPS - Take Off Pounds Sensibly RSVP Robin Leto</p>	<p>In Person Congregate Programming options are highlighted. All of our events are restricted to registered attendees ONLY! Please contact Jackie Green or Liz Lahti.</p>