

· MONDAY ·

· TUESDAY ·

· WEDNESDAY ·

· THURSDAY ·

· FRIDAY ·

Key:

BC: Bocce Courts/Horseshoe Pits at ECSC BP: Blood Pressure
 CCCC-P: Central Carolina Community College - Pittsboro Campus
 CG: Chatham Grove Community Center CR: Conference Room
 CT: Chatham Transit F: Fitness Room
 G: Gym MP1: Multipurpose Room 1 (front)
 MP2: Multipurpose Room 2 (back) MP1/2: Multipurpose Rooms 1 & 2
 P: Parlor WC: Wellness Center

Key Cont'd:

WCSC: Western Chatham Senior Center
 112 Village Lake Road, Siler City
 Z: ZOOM
 \$: Fee required for participation.

RSVPs:

*: jackie.green@chathamcountync.gov
 Or 919-542-4512 ext. 227
 **: liz.lahti@chathamcountync.gov
 Or 919-542-4512 ext. 228
 ***: Ed Martinez: 770-652-3258
 ****:
william.riggsbee@chathamcountync.gov
 Or 919-742-3975 ext. 223

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
11 AM Sr Games Practice w/Alan (Bocce, Cornhole, Horseshoes) (MP1/2)
11 AM Golf @ Siler City County Club: \$15 for 9 holes, cart included.
2 PM Table Tennis (MP2)
2 - 4 PM Croquet (CCCC-P)
3 PM Caregiver Support Group (CR)

3

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Bingo w/Joe (MP1/2)
10:30 AM Gym Orientation (G)
11 AM April Birthday & Spring Party w/Liz** (MP1/2)
1 PM Rummikub (P)
1 - 4 PM VITA (see back) by appointment Only! (MP1/2/F)
2-3:30 PM Sr Games Practice @ Northwest District Park: Archery, Basketball, Disc Golf, Football, and Softball Throw

4

Passover begins at sundown
10 AM Chair Yoga w/Liz** (F/MP2/Z)
10 AM Craft w/Wynne (MP1)
10 AM Coffee & Games w/ Chatham County Sheriff's Office (MP1)
12:30 PM Day trip to Priority Farm LLC, 1042 Buckhorn Rd, Sanford RSVP Jackie (no CT)
1 PM Open Art Studio - Bring Your Own Project (MP1)

5

Grandparents Raising Grandchildren Appreciation Lunch**** RSVP William Tuesday, April 4 at 12:30 PM

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:30 AM NO BP Screening
10 AM Crafts & Chat (P)
10 AM Chair Volleyball (F)
11 AM "A Versatile Pantry and Food Demo" w/Tara Gregory (MP1/2)
1 PM Games/Cards (WC)
1-4 PM Bridge (P)
1:30 PM Line Dancing (F)
3 PM Gentle Yoga w/Liz** (F/MP2)

6

COA Closed for Good Friday



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8:15 AM Body Conditioning w/ Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
10 AM Choir to Siler City (RSVP Rosemary) (CT)
11 AM Sr Games Practice w/Alan (Bocce, Cornhole, Horseshoes) (MP1/2)
11 AM Golf @ Siler City County Club: See 4/3.
2 PM Table Tennis (MP2)
2 - 4 PM Croquet (CCCC-P)

10

8:15 AM NO Body Conditioning w/Jackie* (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Bingo w/Joe (MP1/2)
10:30 AM Gym Orientation (G)
11 AM Senior Games Practice: Walk, Bocce, Corn Hole, and Horseshoes (MP1/2)
1 PM Rummikub (P)
1 - 4 PM VITA (see back) by appointment Only! (MP1/2/F)

11

8:15 AM Body Conditioning w/Jackie* (F, MP2)
10 AM NO Chair Yoga w/Liz**
10 AM-12 PM Falls Prevention Awareness Health Clinic (WCSC) (CT)
1 PM Open Art Studio- Bring Your Own Project (MP1)
2 PM Team Activities w/Alan (MP1/2)

12

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:30 AM NO BP Screening
10 AM Crafts & Chat (P)
10 AM Chair Volleyball (F)
10 AM Walmart Shopping Trip* (CT) RSVP Jackie
1 PM Games/Cards (P)
1:30 PM Line Dancing (F)
2 PM Bowling at Buffaloe Lanes RSVP Jackie Green (\$, CT)
3 PM Gentle Yoga w/Liz** (F/MP2)

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8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Horseshoes/Bocce (ECSC)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
11:15 AM Stories w/Neriah (MP1)
11:15 AM Cornhole & Shuffleboard (F/MP2)
1 PM Games/Euchre (P)
1:30 PM Zumba Gold® Intro* (F/MP1/2) RSVP w/Jackie
3 PM Jukebox Live! - Live w/Larry and Erich on Piano (MP1/MP2)

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8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
11 AM Sr Game Practice w/Alan (Bocce, Cornhole, Horseshoes) (MP1/2)
11 AM Golf @ Siler City County Club: See 4/3.
2 PM Table Tennis (MP2)
2 - 4 PM Croquet (CCCC-P)
3 PM Caregiver Support Group (CR)

17

8:15 AM Body Conditioning w/Jackie* (F, MP1/2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Bingo w/Joe (MP1/2)
10:30 AM Gym Orientation (G)
11 AM Chatham Striders Walk & Learn (MP1/2)
1 PM Rummikub (P)
1 - 4 PM VITA by call appointment Only! (MP1/2/F)

18

8:15 AM Body Conditioning w/Jackie* (F, MP2)
10 AM Chair Yoga w/Liz** (F/MP2/Z)
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
1 PM Open Art Studio - Learn to Basket Weave w/Carolyn, RSVP w/Jackie required! (MP1)
6:30 PM League of Women Voters presents How the Court System Works: Hear from the Judges (Z)* RSVP Jackie by 4/18

19

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:30 AM NO BP Screening
10 AM Crafts & Chat (P)
10 AM Chair Volleyball (F)
11 AM NC Legal Aid w/Allison on Wills, Healthcare Proxy, Power of Attorneys, Living Wills, etc. (MP1/2)
1 PM Games/Cards (P)
1:30 PM Line Dancing (F)
3 PM Gentle Yoga w/Liz** (F/MP2)

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8:15 AM Body Conditioning w/Jackie* (F, MP2)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
11:15 AM Cornhole & Shuffleboard (F/MP2)
1 PM Games/Euchre (P)
1:30 PM NO Zumba Gold®
3 PM NO Jukebox Live! (MP1/2)

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8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
11 AM Sr Game Practice w/Alan (Bocce, Cornhole, Horseshoes) (MP1/2)
11 AM Golf @ Siler City County Club: See 4/3.
2 PM Table Tennis (MP2)
2 - 4 PM Croquet (CCCC-P)
6 PM Caregiver Virtual Support Group (Z)**** RSVP w/William Riggsbee

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8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Bingo w/Joe (MP1/2)
10:30 AM Gym Orientation (G)
11 AM Music w/Grateful Hearts (MP1/2)
1 PM Rummikub (P)

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10 AM NO Chair Yoga w/Liz**
10:30 AM Senior Games Performing Arts (WCSC) (CT)
1 PM Open Art Studio - Open Basket Weave or Bring Your Own Project (MP1)
2 PM Book Club (WC)
2 PM Team Activities w/Alan (F/MP2)

26

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:30 AM NO BP Screening
10 AM Crafts & Chat (P)
11 AM Therapeutic Alternatives presents Healthy Boundaries (MP1/2)
1 PM Games/Cards (P)
1:30 PM Line Dancing (F)
2 PM Bowling @ Buffaloe Lanes RSVP Jackie Green (\$, CT)
3 PM Gentle Yoga w/Liz** (F/MP2)

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8:15 AM NO Body Conditioning w/Jackie*
10 AM NO Arthritis Exercise
10 AM Senior Games Opening Ceremony by RSVP w/Liz (F/MP1/2)
1 PM Games/Euchre (P)
1:30 PM NO Zumba Gold® Intro
3 PM Jukebox Live! Grateful Hearts (MP1/2)

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Grandparents Raising Grandchildren Appreciation Lunch

What?

The Chatham County Council on Aging is hosting a lunch to give thanks to all the dedicated Grandparents in our community who are raising their Grandchildren.

When and Where?

The lunch will take place Tuesday April 4th at 12:30. It will be hosted at the Western Senior Center at 112 Village Lake Road, Siler City NC

Contact Us

William Riggsbee Family Caregiver Specialist
919-742-3975
william.riggsbee@chathamcountync.gov



Chatham County
Council on Aging
OF NORTH CAROLINA

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Presents

How the Court System Works: Hear from Local Judges

Hear first-hand from local judges about how the courts work, the kinds of cases they hear, how cases may have changed over the years, and more. You are invited to attend 'How the Court System Works: Hear from Local Judges' sponsored by the League of Women Voters Orange, Durham and Chatham Counties.

We will hear from three distinguished guests:

- Judge Allen Baddour of the Chatham and Orange Counties' Superior Court,
- Judge Samantha Cabe of the Chatham and Orange Counties' District Court, and
- Judge Shamiela Rhinehart of the Durham Superior Court.

They will discuss the basics of the court system, how cases come to them, how changing laws affect cases, obstacles to obtaining justice and what happens once a ruling is handed down.

This online presentation will take place on Wednesday, April 19 at 6:30 PM. It is free and open to the public. [Registration](#) is required.



Open Art Studio

presents

Learn to Basketweave with Carolyn

Wednesday 4/19 at 1 PM

Multipurpose Room 1

RSVP w/Jackie to get supply list! Spaces limited!

Health & Wellness

Body Conditioning w/Jackie - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m. In-person. This is an exercise class that focuses on cardiovascular health, strength, balance, flexibility, some myofascial release, relaxation, and exercises for improved brain health. This is a moderate-to-advanced class for seniors. RSVP w/Jackie

Chair Yoga w/Liz: Every Monday 9 a.m. - 10 a.m. and Wednesday 10 a.m. - 11 a.m. Yoga is practiced either standing or sitting with the support of a chair. Improve your flexibility, strength, coordination, and balance along with relaxation.

Arthritis Exercise w/Jackie- Mondays and Fridays (no class on 4/28) 10-11 a.m. Class is with a certified Arthritis Foundation instructor. Class emphasis is on improving range of motion in joints, flexibility, strength, endurance, and balance. Each class includes education and ends with relaxation.

Gentle Yoga w/Liz - Combination of dynamic postures which help to develop balance, coordination, flexibility, and strength. Add some relaxation and go away feeling refreshed.

Zumba Gold® Intro w/Jackie - New program at the Chatham County Council on Aging! Takes the exciting Latin and international dance rhythms created in the original Zumba® program to the active older adults.

Creates a safe and effective total body workout in a party-like atmosphere. It's great for the mind, body, and soul! RSVP w/Jackie!

Staff

Ashlyn Martin Director, Council on Aging

Lacee Monte Deputy Director

Wanda Stone Admin Officer

Jimmy Lewis Grants and Communications Specialist

Liz Lahti Eastern Chatham Senior Center Manager

Alan Russo Nutrition Services Manager

Barbara Woody Integrated Services Manager

Jackie Green Eastern Chatham Activities Coordinator

Linda Saum Volunteer Coordinator

Lawana Schulze Volunteer Program Assistant

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Rodney Dietrich Integrated Services Specialist/Social Worker

William Riggsbee Family Caregiver Specialist

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Rosemary Szydle Receptionist

Betty Wilson Receptionist

