

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**  
**August 2021**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:30am</b> Arthritis Foundation Aquatic Exercise w/Allison (PSA) <b>2</b></p> <p><b>10:00am</b> Chair Yoga W/Liz (CGCC,ZY) Meeting ID: 937 7320 9073</p> <p><b>3:00pm</b> Tai Chi For Arthritis (Z) Meeting ID: 160 861 5689</p>	<p><b>Watermelon Day 3</b></p>  <p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM)</p> <p><b>10:00am</b> Table Games And Coffee (HB)</p> <p><b>10:30am</b> Spill The Beans W/Liz (HB)</p>	<p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM) <b>4</b></p> <p><b>10:00am</b> Chair Yoga W/Liz (ZY) Meeting ID: 937 7320 9073</p> <p><b>2:00pm</b> Chronic Disease Self-Management Program (CDSMP) (Z)</p>	<p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM) <b>5</b></p> <p><b>10:00am</b> Table Games And Coffee (HB)</p> <p><b>10:30am</b> Bingo W/Joe (HB)</p> <p><b>1:00pm</b> TOPS - Take Off Pounds Sensibly (See Key for Details)</p> <p><b>3:00pm</b> Tai Chi For Arthritis (Z) Meeting ID: 160 861 5689</p>	<p><b>International Beer Day 🍺 6</b></p> <p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM)</p> <p><b>9:30am</b> Arthritis Foundation Aquatic Exercise w/Jackie (PSA)</p> <p><b>7:00pm</b> Dance At WCSC (HB,\$)</p>
<p><b>9:30am</b> Arthritis Foundation Aquatic Exercise w/Jackie (PSA) <b>9</b></p> <p><b>10:00am</b> Chair Yoga W/Liz (CGCC,ZY) Meeting ID: 937 7320 9073</p>	<p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM) <b>10</b></p> <p><b>10:00am</b> Table Games And Coffee (HB)</p> <p><b>10:15am</b> Chatham Striders Walk &amp; Learn About Immunizations w/Walgreen Pharmacist Kristina (HB)</p> 	<p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM) <b>11</b></p> <p><b>10:00am</b> Chair Yoga W/Liz (ZY) Meeting ID: 937 7320 9073</p> <p><b>2:00pm</b> Chronic Disease Self-Management Program (CDSMP) (Z)</p> 	<p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM) <b>12</b></p> <p><b>10:00am</b> Table Games And Coffee (HB)</p> <p><b>10:30am</b> Cool, Calm &amp; Connected –Coming Together in Mindful Celebration By Cheryl From Therapeutic Alternatives (HB)</p> <p><b>1:00pm</b> TOPS - Take Off Pounds Sensibly (See Key for Details)</p>	<p><b>International Left-handers Day 13</b></p> <p><b>8:00am</b> Body Conditioning W/Jackie (FH@CM)</p> <p><b>9:30am</b> Arthritis Foundation Aquatic Exercise w/Jackie (PSA)</p> <p><b>7:00pm</b> Dance At WCSC (HB,\$)</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.

Note: Events are subject to change.

Key:  
CGCC: Chatham Grove Community Center  
1301 Andrews Store Rd, Pittsboro  
FH@CM: Forest Hall @ Chatham Mills

PSA: Pittsboro Swim Association  
WCSC: Western Chatham Senior Center  
Z, ZY: ZOOM, ZOOM & YouTube

Chronic Disease Self-Management Program  
Every Wednesday, 2:00-4:30 pm  
For more information: Liz Lahti  
[Liz.Lahti@ChathamCouncilOnAging.Org](mailto:Liz.Lahti@ChathamCouncilOnAging.Org)  
OR 919-542-4512 x 228

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



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  
**August 2021**

Meal questions/cancellation:  
Alan Russo-919-542-4512 x 238


Transportation Questions/Changes:  
Barbara Woody: 929-742-3975 x223

**Tell a Joke Day 16**  
**9:30am** Arthritis Foundation  
Aquatic Exercise W/Allison (**PSA**)  
**10:00am** Chair Yoga W/Liz  
(**CGCC,ZY**)  
Meeting ID: 937 7320 9073  
Q: On the first day of school, what  
did the teacher say her three  
favorite words were?  
A: June, July & August.


**8:00am** Body Conditioning **17**  
W/Jackie (**FH@CM**)  
**10:00am** Table Games And Coffee  
(**HB**)  
**10:30am** August Birthday Party  
w/Jeopardy! (**HB**)  


**8:00am** Body Conditioning **18**  
W/Jackie (**FH@CM**)  
**10:00am** Chair Yoga W/Liz (**ZY**)  
Meeting ID: 937 7320 9073  
**2:00pm** Chronic Disease Self-  
Management Program (CDSMP)  
(**Z**)

**8:00am** Body Conditioning **19**  
W/Jackie (**FH@CM**)  
**10:00am** Table Games And Coffee  
(**HB**)  
**10:30am** Science W/Alan (**HB**)  
**1:00pm** TOPS - Take Off Pounds  
Sensibly (See Key for Details)


**8:00am** Body Conditioning **20**  
W/Jackie (**FH@CM**)  
  
**7:00pm** Dance At WCSC (**HB,\$**)

**10:00am** Chair Yoga W/Liz **23**  
(**CGCC,ZY**)  
Meeting ID: 937 7320 9073  


**8:00am** Body Conditioning **24**  
W/Jackie (**FH@CM**)  
**10:00am** Table Games And Coffee  
(**HB**)  
**10:30am** Bluegrass Music W/the  
Original Haw River Crowdaddies  
(**HB**)  


**8:00am** Body Conditioning **25**  
W/Jackie (**FH@CM**)  
**10:00am** Chair Yoga W/Liz (**ZY**)  
Meeting ID: 937 7320 9073  
**2:00pm** Chronic Disease Self-  
Management Program (CDSMP)  
(**Z**)

**8:00am** Body Conditioning **26**  
W/Jackie (**FH@CM**)  
**10:00am** Table Games And Coffee  
(**HB**)  
**10:30am** Bingo W/Joe (**HB**)  
**1:00pm** TOPS - Take Off Pounds  
Sensibly (See Key for Details)

**8:00am** Body Conditioning **27**  
W/Jackie (**FH@CM**)  
  
**7:00pm** Dance At WCSC (**HB,\$**)

**10:00am** Chair Yoga W/Liz **30**  
(**CGCC,ZY**)  
Meeting ID: 937 7320 9073

**8:00am** Body Conditioning **31**  
W/Jackie (**FH@CM**)  
**10:00am** Table Games And Coffee  
(**HB**)  
**10:30am** Stained Glass Butterfly  
Craft & Active Brain Games (**HB**)

**Key:** Events are subject to change!  
**CGCC:** Chatham Grove Community Center  
1301 Andrews Store Rd, Pittsboro  
**FH@CM:** Forest Hall @ Chatham Mills  
**PSA:** Pittsboro Swim Association  
**WCSC:** Western Chatham Senior Center  
**Z, ZY:** ZOOM, ZOOM & YouTube

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