

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key:
 B: Bus
 CC-Ag Ctr: Chatham County Agriculture & Education Center
 CG: Chatham Grove Community Center
 CR: Conference Room
 CRGC: Chapel Ridge Golf Club
 F: Fitness Room G: Gym
 L: Library (ECSC)
 MP1/2: Multipurpose Room 1 & 2
 P: Parlor
 PSA: Pittsboro Swim Association
 WCSC: Western Chatham Senior Center
 Z: ZOOM

8 AM Body Conditioning w/Jackie* (F, MP2) 7
9 AM Chair Yoga w/Liz (CG, Z)
9:30 AM Aquatic Arthritis Exercise w/Jackie (PSA) FULL
10 AM Table Games (MP1)
10 AM Golf (CRGC) \$25 for 9 holes, cart included.
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8 AM Body Conditioning w/Jackie* (F, MP2) 14
9 AM Chair Yoga w/Liz (CG, Z)
9:30 AM Aquatic Arthritis Exercise w/Jackie (PSA) FULL
10 AM Golf (CRGC) See 8/7.
10 AM Table Games (MP1)
10 AM Welcome to Medicare RSVP Lawana (CC-AgCtr)
11 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
1:30 PM Medicare 101 - RSVP Lawana (CC-AgCtr)
2 PM Table Tennis (MP2)

8 AM NO Body Conditioning w/Jackie* 21
9 AM Chair Yoga w/Liz (CG, Z)**
10 AM NO Strong & Fit w/Jackie*
10 AM Golf (CRGC) See 8/7.
10 AM Table Games (MP1)
10 AM Choir to Siler City (B)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8 AM Body Conditioning w/Jackie* (F, MP2) 28
9 AM Chair Yoga w/Liz (CG, Z)**
10 AM Strong & Fit w/Jackie* (F, MP2)
10 AM Golf (CRGC) See 8/7.
10 AM Table Games (MP1)
2 PM Table Tennis (MP2)
6 PM Caregiver Virtual Support Group (Z)** RSVP w/William Riggsbee**

8 AM Body Conditioning w/Jackie* (F, MP2) 1
9 AM 3G's Men's Group* (CR)**
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F/MP2) RSVP w/Jackie
10 AM Games/Conversation for Grief Support
10:30 AM Gym Orientation (G)
10:45 AM August Birthday Party (MP1/2)
1 PM Rummikub (P) / Hand & Foot Card Game (L)

8 AM Body Conditioning w/Jackie* (F, MP1/2) 8
9 AM 3G's Men's Group* (CR)**
9:45 AM Sanford Farmers Market by RSVP Jackie by 7/27 (B)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F/MP2) RSVP w/Jackie
10 AM Games/Conversation for Grief Support (L)
10:30 AM Gym Orientation (G)
1 PM Rummikub (P) / Hand & Foot Card Game (L)

8 AM Body Conditioning w/Jackie* (F, MP1/2) 15
9 AM 3G's Men's Group* (CR)**
9:30 AM Raleigh Farmers Market Trip Moved to 8/17! (B)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F/MP2) RSVP w/Jackie
10 AM Games/Conversation for Grief Support
11 AM Chatham Striders Walk & Learn: Heat Safety Maintaining Foot Health by Womble Wound & Foot Care Solutions (MP1/2)
10:30 AM Gym Orientation (G)
1 PM Rummikub (P) / Hand & Foot Card Game (L)

8 AM Body Conditioning w/Jackie* (F, MP2) 22
9 AM 3G's Men's Group* (CR)**
9:45 AM Sanford Farmers Market/Lunch @ Los Charros by RSVP Jackie by 8/8 (B)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F/MP2) RSVP w/Jackie
10 AM Games/Conversation for Grief Support (L)
10:30 AM Gym Orientation (G)
11 AM Live Music w/Grateful Hearts (MP1/2)
1 PM Rummikub (P) / Hand & Foot Card Game (L)

8 AM Body Conditioning w/Jackie* (F, MP1/2) 29
9 AM 3G's Men's Group* (CR)**
9:30 AM Raleigh Farmers Market Day Trip RSVP Jackie by 8/15 (B)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F/MP2) RSVP w/Jackie
10:30 AM Gym Orientation (G)
1 PM Rummikub (P) / Hand & Foot Card Game (L)

10 AM Chair Yoga w/Liz (F/MP2/Z) 2**
10 AM Coffee & Games w/ Sheriff's Office (MP1)
11:15 AM Summer Fitness w/Jackie* (F)
1 PM Leaving Your Legacy w/Author, Jessica Bryan: Learn to share snippets from your life in an engaging way. RSVP w/Jackie (MP1)
1 PM Open Art Studio- Bring Your Own Project (P)

10 AM Chair Yoga w/Liz (F/MP2/Z) 9**
10 AM Dominoes (MP1)
11:15 AM Summer Fitness w/Jackie* (F)
1 PM Open Art Studio- Bring Your Own Project (P)
1 PM Open Art Studio- Learn to do Coptic Binding: (wooden-covered book with handsewn binding) w/Carolyn, RSVP required by 8/2 w/Jackie! (MP1) (\$ to cover material cost)

10 AM Chair Yoga (F/MP2/Z) 16**
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
11:15 AM Summer Fitness w/Jackie* (F)
1 PM Leaving Your Legacy w/Author, Jessica Bryan*: See 8/2. RSVP w/Jackie (MP1)
1 PM Open Art Studio - Open Basket Weave or Bring Your Own Project (P)

10 AM Chair Yoga w/Liz (F/MP2/Z) 23**
11 AM Activity w/Alan (MP1)
12 PM Drying Fruits & Vegetables to preserve w/ Tara (Family & Consumer Sciences Extension Agent) (Z) RSVP to Jackie by 8/18 to get Zoom Link.
1 PM Open Art Studio - Bring Your Own Project (P)
1 PM Open Basket Weave or Learn to do Coptic Binding Carolyn - See 8/9, RSVP required by 8/17 w/Jackie! (\$ to cover material cost) (MP1)

10 AM Chair Yoga w/Liz (F/MP2/Z) 30**
1 PM Open Art Studio - Bring Your Own Project (P)

2pm Learn to Square Dance (F/MP2) (\$)
 Register online at ccparksandrec.recdesk.com

8 AM Body Conditioning w/Jackie* (F, MP2) 3
9:30 AM Blood Pressure Clinic (L)
10 AM Crafts & Chat (P)
10 AM Bingo (MP1/2)
1 PM Rummikub (L)
1-4 PM Bridge (P)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz (F/MP2)**

8 AM Body Conditioning w/Jackie* (F, MP2) 10
10 AM Crafts & Chat (P)
10 AM Bingo (MP1/2)
11 AM Diabetes Discussion Group - Diabetes Medication by Siler City Pharmacy (MP1/2)
1 PM Rummikub/Pinochle (P)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz (F/MP2)**

8 AM Body Conditioning w/Jackie* (F, MP2) 17
9:30 AM Blood Pressure Clinic (L)
9:30 AM Raleigh Farmers Market Trip Moved from 8/15! (B)
10 AM Crafts & Chat (P)
10 AM Bingo (MP1/2)
11 AM Mental Health Topic w/Tammy from Therapeutic Alternative (MP1/2)
12:30 PM Newcomers Afternoon Tea RSVP w/Liz (CR)
1 PM Rummikub/Pinochle (P)
1:30 PM NO Line Dancing
3 PM Gentle Yoga w/Liz (F)**

8 AM Body Conditioning w/Jackie* (F, MP2) 24
10 AM Crafts & Chat (P)
10 AM Bingo (MP1/2)
11 PM Summer Salad Cooking Demo w/Tara Gregory - Family & Consumer Sciences Extension Agent (MP1/2)
1 PM Rummikub/Pinochle (P)
1:30 PM NO Line Dancing
3 PM Gentle Yoga w/Liz (F/MP2)**

8 AM Body Conditioning w/Jackie* (F, MP2) 31
10 AM Crafts & Chat (P)
10 AM Bingo (MP1/2)
1 PM Rummikub/Pinochle (P)
1:30 PM NO Line Dancing
3 PM Gentle Yoga w/Liz (F/MP2)**

CALENDAR SUBJECT TO CHANGE.
 See page 2 & website for updates.

8 AM Body Conditioning w/Jackie* (F, MP2) 4
9:30 AM Aquatic Arthritis Exercise w/Jackie (PSA) FULL
10 AM Chair Yoga w/Liz (F)
10 AM Table Games or Dominoes (MP1)
11:15 AM Senior Games Practice (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! - 50s, 60s, 70s, and 80s Dance Music (MP1/2)

8 AM Body Conditioning w/Jackie* (F, MP2) 11
9:30 AM Aquatic Arthritis Exercise w/Jackie (PSA) FULL
10 AM Chair Yoga w/Liz (F)
10 AM Table Games (MP1)
11 AM Morning Time w/Pastor Danny (CR)
11:15 AM Senior Games Practice (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! - Featuring Live Americana Music w/Larry (MP1/2)

8 AM Body Conditioning w/Jackie* (F, MP2) 18
9:30 AM Aquatic Arthritis Exercise w/Jackie (PSA) FULL
10 AM Table Games or Dominoes (MP1)
11:15 AM Stories w/Neriah (MP1)
1 PM Games/Euchre (P)
3 PM Jukebox Live! Live variety of classic rock, classic country & Christian country featuring the Grateful Hearts (MP1/2)

8 AM Body Conditioning w/Jackie* (F, MP2) 25
10 AM Strong & Fit w/Jackie* (F, MP2)
10 AM Table Games or Dominoes (MP1)
11:15 AM Senior Games Practice (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live - Live 60's and 70s Pop/Rock/Folk Music featuring the Neighbors 3 (MP1/2)

RSVPs:
 *: jackie.green@chathamcountync.gov Or 919-542-4512 ext. 227
 **: liz.jahti@chathamcountync.gov Or 919-542-4512 ext. 228
 ***: Ed Martinez: 770-652-3258
 ****: william.riggsbee@chathamcountync.gov Or 919-742-3975 ext. 223
 Lawana: lawana.schulze@chathamcountync.gov or 919-742-3975

Version 2: Updated Farmers Market Flyer (sp), Games/Conversation for Grief Support date changes.

Version 3: Hand & Foot Card Game location change.

Version 4: Newcomers Afternoon Tea added on 8/17. Raleigh Farmers Market Trip moved from 8/15 to 8/17. Added Learn to Square Dance 8/29.

FARMERS MARKET TRIPS

SANFORD FARMERS MARKET

TUESDAYS: 9:45- 11:45 AM
AUGUST 8, SEPTEMBER 12, & SEPTEMBER 26

TUESDAY 9:45 AM-1:30 PM (INCLUDES STOPPING FOR LUNCH (\$)
AUGUST 22

RALEIGH FARMERS MARKET

9:30 AM - 2:30 PM
TUESDAYS: AUGUST 15 & 29TH
THURSDAY, SEPTEMBER 14
WEDNESDAY SEPTEMBER 27

Seats are limited!
Reserve your seat with Jackie. Signup will be on Jackie's door 3 weeks before trip. RSVP closes 2 weeks before trip! You can only sign yourself up!
jackie.green@chathamcountync.gov or 919-542-4512 ext. 227

Ask about Seniors Farmers Market Nutritional Program (SFMNP) Vouchers!

AUGUST 2023

OPEN ART STUDIO

BEGINNING BASKETWEAVING & COPTIC BOOK BINDING W/CAROLYN

BYO PROJECT OR LEARN SOMETHING NEW

Wednesdays @ 1 PM

Pittsboro Senior Center
Chatham County Aging Services

1ST & 3RD WEDNESDAYS:
LEAVING YOUR LEGACY

2ND & 4TH WEDNESDAYS:
BEGINNING COPTIC BOOK BINDING OR
OPEN BEGINNING BASKET WEAVE

ANY WEDNESDAY:
BRING YOUR OWN ART PROJECT

LEAVING YOUR LEGACY WITH JESSICA BRYAN
PROFIC AUTHOR OF 41 BOOKS, INCLUDING:
I AM NOT A VILLAGE
FINE-TUNING MY LIFE
THERE'S A STRANGER IN MY ROOM
THE MIGHTY ANT

MOBILE INFORMATION:
jackie.green@chathamcountync.gov
or 919-542-4512

Chatham County Aging Services Staff

Eastern Chatham Senior Center

Ashlyn Martin Director
Lacee Monte Assistant 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 SHIIP Coordinator
Sigi Markworth Integrated Services Specialist/Community Resources
Rodney Dietrich Integrated Services Specialist/Social Worker
William Riggsbee Family Caregiver Specialist
Wynne Fields Aging in Place Specialist
Rosemary Szydle Receptionist
Betty Wilson Receptionist

JUKEBOX LIVE

1st Friday: 50s, 60s, 70s, 80s Dance Music with DJ Rick

2nd Friday: Live Americana with Larry

3rd Friday: Live Classic Rock, Classic Country, Christian Country with Grateful Hearts

4th Friday: Live Pop, Rock, Folk with Neighbors 3

3 PM - 4 PM EVERY FRIDAY

Eastern Chatham Senior Center
365 Hwy 87 North, Pittsboro
919-542-4512
www.chathamcouncilonaging.org

Crafting Your Grief Journey Support Group



You are the CEO of your grief journey ...

You are invited to join us at the Eastern Chatham Senior Center and together we will work on crafting your grief journey in ways that are meaningful to you. We'll meet every Tuesday, beginning September 5 from 10-11:30 AM for 10 weeks.

- ♥ September 5, 12, 19, 26
- ♥ October 3, 10, 17, 24, 31
- ♥ November 7

After losing someone we love, going out the door by oneself or being social can be very difficult and even painful. As hard as it might be, we hope you will join us to intentionally craft your grief journey.

Here's the address of the Eastern Chatham Senior Center:

365 NC-87N
Pittsboro, NC 27312

For More Information Contact:
Robin Lemieux
Family Support Counselor
910-751-9017



Coming in the FALL beginning September 5:
Crafting Your Grief Journey – A 10-Week Grief Support Opportunity.

In this 10-week activity, we will blend the creative arts with Grief Support and Education, forge new relationships, and together imagine new possibilities.



Health & Wellness

Body Conditioning w/Jackie - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m. 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 requested w/Jackie.

Chair Yoga w/Liz: Every Monday 9 a.m. - 10 a.m., Wednesday, and Friday thru 8/11, 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.

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.

Aquatic Arthritis Exercise w/Jackie - Mondays and Fridays 9:30-10:30 a.m. at the Pittsboro Swim Association, June 12-August 11. Pre-Registration REQUIRED with Jackie! Class is full for 2023 and you can be added to the waiting list for 2024! 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.

Summer Fitness w/Jackie - Wednesdays 11:15 a.m.-12:15 p.m. Starts 6/14. Class focus is on improving strength and endurance with additional focus on flexibility, range of motion and balance. Can be done sitting or standing.

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liz.lahti@chathamcountync.gov OR 919-542-4512 ext. 228