

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM NO Chair Yoga w/Liz
9 AM Sr Games Golf @ Siler City Country Club: \$15 for 9 holes, cart included.
9-11:30 AM Sr Games
Basketball Shoot at Paul Braxton Gym, Siler City (CT)
10 AM Sr Games Cornhole @ Paul Braxton Gym, Siler City (CT)
10 AM Arthritis Exercise w/ Jackie *RSVP Jackie (F, MP1/2)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

1

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM 3G's Men's Group* (CR)**
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F) RSVP w/Jackie
10:30 AM Gym Orientation (G)
10:30 AM SilverArts Open House Reception & Awards for SilverArts Participants (WCSC)
11 AM Better Speech and Hearing Month w/CapTel (MP1/2)
1 PM Rummikub (P)
2 PM Zumba Gold® Intro* (F/MP1/2) RSVP w/Jackie
2 PM Sr Games Swimming @ Duke Center for Living at Ferrington
4 PM Sr Games Tennis @ Carolina Preserve (See schedule)

2

10 AM Chair Yoga w/Liz** (F/MP2/Z)
10 AM Coffee & Games w/ Chatham County Sheriff's Dept (MP1)
12 PM – 4 PM COA Free Document Shredding Event (ECSC Parking Lot – Remain in your car)
1 PM NO Open Art Studio
2 PM Team Building (F)
4 PM Sr Games Tennis @ Carolina Preserve (see schedule)

3



8:15 AM NO Body Conditioning w/Jackie* (ECSC)
9 AM -Noon Sr Games (ECSC & CCCC-P)
9:00 AM Women's Bocce
10 AM Horseshoes
11 AM Softball & Football Throw
11 AM Fun Walk
10 AM NO Bingo w/Joe
1 PM Games/Cards (WC)
1-4 PM Bridge (P)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz** (F/MP2)
4 PM Sr Games Tennis @ Carolina Preserve (see schedule)

4

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Sr Games Disc Golf (CCCC-P)
10 AM Arthritis Exercise w/ Jackie (F, MP1/2)
11:15 AM Cornhole (F/MP2)
1 PM Games/Euchre (P)
2 PM Sr Games Bowling at Buffaloe Lanes (\$, CT) Bus leaves ECSC at 1 PM
3 PM Jukebox Live! – Dance Music (MP1/2)

5

8:15 AM NO Body Conditioning w/ Jackie*
9 AM Chair Yoga w/Liz (CG, Z)
9 AM Sr Games Croquet @ Carolina Meadows (See schedule)
10 AM NO Strong & Fit w/Jackie*
11 AM Mind Games w/Alan (MP1)
11 AM Golf @ Siler City Country Club: \$15 for 9 holes, cart included.
2 PM Table Tennis (MP2)

8

8:15 AM NO Body Conditioning
9 AM 3G's Men's Group* (CR)**
9 AM Sr Games Pickleball (See schedule)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F) RSVP w/Jackie
10:30 AM Gym Orientation (G)
10:30 AM Mothers' Day Tea & May Birthday Party for Congregate* RSVP Jackie (MP1/2)
1 PM Rummikub (P)
2 PM Zumba Gold® Intro* (F/MP1/2) RSVP w/Jackie
2 PM Sr Games Table Tennis @ Carolina Meadows

9

9 AM Sr Games Pickleball (See schedule)
10 AM NO Chair Yoga
10 AM Craft w/Wynne (MP1)
11 AM Activity w/Alan (MP1)
1 PM Open Art Studio- Learn to Basketweave w/Carolyn, RSVP required by 5/4 w/Jackie! (MP1) (\$)
2 PM Intro to Photoshop Class for Seniors RSVP to Alan.Russo@chathamcountync.gov (CR)

10

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:00 AM Sr Games Men's Bocce @ Carolina Meadows
10 AM Crafts & Chat (P)
10 AM Bingo w/Joe (MP1/2)
11 AM Diabetes Discussion Group – Diabetes Plate Method and CHO Sources w/Laura Hearn (MP1/2)
1 PM Games/Cards (P)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz** (F/MP2)

11

8:15 AM Body Conditioning w/Jackie* (F, MP2)
10 AM Strong & Fit w/Jackie (F, MP1/2)
11:15 AM Cornhole (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! – Featuring Live w/Larry (Vocal Solo Silver Medalists in the 2023 Chatham County SilverArts) (MP1/2)

12

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Strong & Fit w/Jackie (F, MP1/2)
11 AM Activity w/Alan (MP1)
11 AM Golf @ Siler City Country Club: See 5/8.
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

15

8:15 AM Body Conditioning w/Jackie* (F, MP1/2)
9 AM 3G's Men's Group* (CR)**
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F) RSVP w/Jackie
10 AM Shopping Walmart* (CT) RSVP Jackie
10:30 AM Gym Orientation (G)
11 AM Chatham Striders Walk & Learn (MP1/2)
1 PM Rummikub (P)
2 PM Zumba Gold® Intro* (F/MP1/2) RSVP w/Jackie

16

10 AM Chair Yoga w/Liz** (F/MP2/Z)
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
11 AM Activity w/Alan (MP1)
1 PM Open Art Studio Memoir Writing w/Jessica Bryan (P)
2 PM Intro to Photoshop Class for Seniors RSVP to Alan.Russo@chathamcountync.gov (CR)
2:30 PM May Afternoon Tea* RSVP Jackie by 5/3 (MP1/2)

17

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9:30 AM Blood Pressure Clinic (WC)
10 AM Crafts & Chat (P)
10 AM Bingo w/Joe (MP1/2)
11 AM Chatham Transit Update with Anna (MP1/2)
1 PM Games/Cards (P)
1:30 PM Line Dancing (F, MP2)
3 PM Gentle Yoga w/Liz** (F/MP2)

18

8:15 AM Body Conditioning w/Jackie* (F, MP2)
10 AM Strong & Fit w/Jackie (F, MP1/2)
11:15 AM Stories w/Neriah (MP1)
1 PM Games/Euchre (P)
3 PM Jukebox Live! Featuring the Grateful Hearts (MP1/2)

19

8:15 AM Body Conditioning w/Jackie* (F, MP2)
9 AM Chair Yoga w/Liz (CG, Z)
10 AM Strong & Fit w/Jackie (F, MP1/2)
11 AM Activity w/Alan (MP1)
11 AM Golf @ Siler City Country Club: See 5/8.
2 PM Table Tennis (MP2)
6 PM Caregiver Virtual Support Group (Z)** RSVP w/William Riggsbee**

22

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

23

10 AM Chair Yoga w/Liz** (F/MP2/Z)
11 AM Activity w/Alan (MP1)
1 PM Open Art Studio – Open Weave or Bring Your Own Project (MP1)
2 PM Book Club (WC)
2 PM Intro to Photoshop Class for Seniors RSVP to Alan.Russo@chathamcountync.gov (CR)

24

8:15 AM NO Body Conditioning w/Jackie*
9:30 AM NO Blood Pressure Clinic
10 AM Crafts & Chat (P)
10 AM Bingo w/Joe (MP1/2)
11 AM Science w/Alan (MP1)
1 PM Games/Cards (P)
1:30 PM NO Line Dancing
3 PM Gentle Yoga w/Liz** (F/MP2)

25

8:15 AM NO Body Conditioning w/Jackie
10 AM NO Strong & Fit w/Jackie
11 AM Activity w/Alan (MP1)
1 PM Games/Euchre (P)
3 PM Jukebox Live – Featuring the Neighbors 3 (Small Group Silver Medalists in the 2023 Chatham County SilverArts) (MP1/2)

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COA Closed for Memorial Day 29

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 3G's Men's Group* (CR)**
10 AM Woodcarvers (P)
10 AM Choir to Siler City (CT)
10 AM Cardio Drumming* (F)
10:30 AM Gym Orientation (G)
11 AM Activity w/Alan (MP1)
1 PM Rummikub (P)
2 PM Zumba Gold® Intro* (F/MP1/2) RSVP w/Jackie

30

10 AM Chair Yoga w/Liz** (F/MP2/Z)
10:30 AM NCSTHL 30th Anniversary Celebration (WCSC)
1 PM Open Art Studio – Bring Your Own Project (MP1)
2 PM Intro to Photoshop Class for Seniors RSVP to Alan.Russo@chathamcountync.gov (CR)

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Key:

BC: Bocce Courts/Horseshoe Pits at ECSC
CCCC-P: Central Carolina Community College - Pittsboro Campus
CR: Conference Room
F: Fitness Room
MP1: Multipurpose Room 1
P: Parlor
WCSC: Western Chatham Senior Center
\$: Fee required for participation.

BP: Blood Pressure
CG: Chatham Grove Community Center
CT: Chatham Transit
G: Gym
MP2: Multipurpose Room 2
WC: Wellness Center
Z: ZOOM

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



CARDIO DRUMMING FITNESS CLASS

Instructor: **Randi Lee** with Magnolia Melodies Music Therapy, LLC

Tuesdays 9 am at Western Chatham Senior Center

Call Olivia Hayden for more information 919-742-3975

Tuesdays 10 am Eastern Chatham Senior Center

Call Jackie Green for more information 919-542-4512

Starts
May 2nd

Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially!



Hearing Loss, Captioning and Telecommunications

How to use captions for communication access at home, work, school or recreation

Learn about using captioning for people with hearing loss. CapTel NC will provide an overview on various telecommunication services provided through the state of North Carolina at no cost for people with hearing loss including:

- Relay Conference Captioning
- CapTel (Captioned Telephone)
- IP Relay
- Other state programs

An understanding of hearing loss is included in the presentation.

Come join us for an informative session on learning about accessibility for people with hearing loss!



Kim Calabretta, CapTel NC Accessibility Relationship Manager, will conduct a presentation session on:

May 2, 2023

Chatham County Aging Services

365 Hwy 87N, Pittsboro NC

11 am to 12 pm



For more information, contact

kim.m.calabretta@t-mobile.com



An Introduction to Photoshop Class for Seniors

What is the target audience?

Photographers over 55 years of age who want to learn how to manipulate their photos.

When

Wednesdays from 2-3 pm beginning May 10

If interested, please contact Alan Russo at 919-542-4512 or

alan.russo@chathamcountync.gov

Bring Your Own Project or Learn Something New!



Open Art Studio

Wednesdays at 1 PM

presents

5/3 – NO Open Art Studio

5/10 - Learn to Basketweave with Carolyn

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

5/17 – Memoir Writing w/Jessica Bryant

RSVP w/Jackie

5/24 – Open Weave

Come Join us!

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

Sigi Markworth Integrated Services Specialist

Rodney Dietrich Integrated Services Specialist/Social Worker

William Riggsbee Family Caregiver Specialist

Wynne Fields Aging in Place Specialist

Rosemary Szydle Receptionist

Betty Wilson Receptionist

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. 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.

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.

Arthritis Exercise w/Jackie - Mondays and Fridays 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. Concludes on 5/5.

Strong & Fit w/Jackie - Mondays and Fridays 10-11 a.m. Starting on 5/12. Class focus is on improving strength and endurance with additional focus on flexibility, range of motion and balance. Can be done sitting or standing.

Zumba Gold® Intro w/Jackie - Takes the exciting Latin and international dance rhythms created in the original Zumba® program to 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!

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