

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

8:15 AM Sr Exercise (F, MP2) **2**
9:30 UNC School of Nursing (P, L)
9:30 AM Golf (CRGC) \$30 for 9 holes, cart included.
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games (MP1)
10 AM Diabetes Self-Management Education (DSME) Program w/Chatham County Public Health Dept (CR)
1 PM Rummikub (P)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8:15 AM Sr Exercise (F, MP2) **3**
9 AM 3G's Men's Group***
9:00 AM – 12:00 PM Immunization Clinic with Walgreens (MP1)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10 AM Crafting Your Own Grief Journey/ Liberty Hospice (L)
10:30 AM Gym Orientation (G)
11 AM October Birthday Party
12:30-5 PM Staff Training – Center Closed
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

7:30 AM Horseshoes (HSP) **4**
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM Open Art Studio (P)
1 PM Cardmaking w/Lynne (MP1)
1 PM Hand & Foot Card Game (L)

8:15 AM Sr Exercise (F, MP2) **5**
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Activity with Ashlyn and Alan
12:30 PM Rummikub (MP1)
1 PM Pinochle (L)
1-4 PM Bridge (P)
1:30 PM Line Dancing (F)
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) **6**
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games or Dominoes (MP1)
11:15 AM Cornhole (F/MP2)
1 PM Games/Euchre (P)

8:15 AM Sr Exercise (F, MP2) **9**
9:30 UNC School of Nursing (P, L)
9:30 AM Golf (CRGC) See 10/2
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games (MP1)
10 AM Diabetes Self-Management Education (DSME) Program w/Chatham County Public Health Dept (CR)
2 PM Table Tennis (MP2)

8:15 AM Sr Exercise (F, MP2) **10**
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10 AM Crafting Your Own Grief Journey (L) See 9/5.
11 AM Chatham Striders (MP1/2)
10:30 AM Gym Orientation (G)
12:30 PM Hike w/Alan to San-Lee Park Sanford (B)
12:30 PM Rummikub (P)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

7:30 AM Horseshoes (HSP) **11**
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz
1 PM Open Art Studio (P)
1 PM Learn Weave a Pocket Basket w/Carolyn – RSVP carolynmminich1@gmail.com (MP1)
1 PM Hand & Foot Card Game (L)

8:15 AM Sr Exercise (F, MP2) **12**
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Diabetes Discussion Group w/Tara Gregory (MP1/2)
12:30 PM Newcomers Tea* RSVP Liz (CR)
12:30 PM Rummikub (P)
1 PM Pinochle (P)
1:30 PM Line Dancing (F)
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz** (F/MP2)

8:15 AM Sr Exercise (F, MP2) **13**
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games or Dominoes (MP1)
11 AM Morning Time w/Pastor Danny (CR)
1 PM Games/Euchre (P)

8:15 AM Sr Exercise (F, MP2) **16**
9:30 UNC School of Nursing Orientation (P, L)
9:30 AM Golf (CRGC) See 10/2
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Diabetes Self-Management Education (DSME) Program w/Chatham County Public Health Dept (CR)
10 AM Choir to Siler City w/Alan (B)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8:15 AM Sr Exercise (F, MP2) **17**
9 AM 3G's Men's Group*** (CR)
9:45 AM NC State Fair Trip* RSVP Liz by 10/3 (CT)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10 AM Crafting Your Own Grief Journey (L) See 9/5.
10:30 AM Gym Orientation (G)
11 AM Music by Neighbors 3
12:30 PM Rummikub (P)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

7:30 AM Horseshoes (HSP) **18**
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
1 PM Open Art Studio
1 PM Open Art Studio Beaded Jewelry Making w/Patty – RSVP pkenlan@gmail.com (MP1)
1 PM Hand & Foot Card Game (L)

8:15 AM **NO** Sr Exercise **19**
9:30 AM **NO** Blood Pressure Clinic
10 AM – Noon Heritage Day Celebration* RSVP Liz
10 AM Hooks & Needles (P)
10 AM **NO** Bingo
12:30 PM Rummikub (P)
1 PM Pinochle (P)
1:30 PM Line Dancing (F)
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) **20**
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games or Dominoes (MP1)
1 PM Games/Euchre (P)
3 PM Jukebox Live! Variety of classic rock, classic country and Christian country Featuring the Grateful Hearts (MP1/2)

8:15 AM Sr Exercise (F, MP2) **23**
9:30 AM Golf (CRGC) See 10/2
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM UNC School of Nursing (P, L)
10 AM Table Games (MP1)
10 AM Diabetes Self-Management Education (DSME) Program w/Chatham County Public Health Dept (CR)
2-4 PM Staff Training – Center Closed
6 PM Caregiver Virtual Support Group (Z)*** RSVP w/William Riggsbee

8:15 AM Sr Exercise (F, MP2) **24**
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F)
10 AM Crafting Your Own Grief Journey (L)
10:30 AM Gym Orientation (G)
11 AM Live Music w/Grateful Hearts (MP1/2)
12:30 PM Rummikub (P)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

7:30 AM Horseshoes (HSP) **25**
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz
1 PM Open Art Studio – Bring Your Own Project (P)
1 PM Open Basket Weave (MP1)
1 PM Hand & Foot Card Game (L)

8:15 AM Sr Exercise (F, MP2) **26**
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
12:15 PM Hike w/Alan to Bluejay Point County Park (B)
12:30 PM Rummikub (P)
1 PM Pinochle (P)
1:30 PM Line Dancing (F)
2 PM No Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) **27**
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games or Dominoes (MP1)
1 PM Games/Euchre (P)

8:15 AM Sr Exercise (F, MP2) **30**
9 AM Chair Yoga* (CG, Z)
10 AM UNC School of Nursing (P, L)
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) (FULL)
10 AM Table Games (MP1)
10 AM Golf (CRGC) See 10/2.
10 AM Diabetes Self-Management Education (DSME) Program w/Chatham County Public Health Dept (CR)
2 PM Table Tennis (MP2)

8:15 AM Sr Exercise (F, MP2) **31**
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F)
10 AM Crafting Your Own Grief Journey (L)
10:30 AM Gym Orientation (G)
11:00 AM Halloween Party
12:30 PM Rummikub (P)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

RSVPs:
*: 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
Hikes: alan.russo@chathamcountync.gov
Basket Weaving: carolynmminich1@gmail.com
Beaded jewelry making: pkenlan@gmail.com

Key:
B: Bus
BP: Blood Pressure
CCCL: Chatham County Community Library
CG: Chatham Grove Community Center
CR: Conference Room
CRGC: Chapel Ridge Golf Club
F: Fitness Room
G: Gym
HSP – Horseshoe Pit
L: Library
MP1/2: Multipurpose Room 1 & 2
OA: Old Agricultural Building, 65 E. Chatham St, Pittsboro
P: Parlor

Drop-In Activities:
Jigsaw puzzle, adult coloring, library, bocce, horseshoes, and fitness center.

CALENDAR SUBJECT TO CHANGE.
See website for updates.

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

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

Learn to Square Dance



Registration Dates

Session #1: 8/14-8/29

Session #2: 8/30-10/3

Session #3: 10/4-11/7

Program Dates

Session #1: Tuesdays, 8/29-9/26

Session #2: Tuesdays, 10/3-10/31

Session #3: Tuesdays, 11/7-12/5



2:00 p.m.—4:30 p.m.

Eastern Chatham Senior Center

365 Hwy 87 North, Pittsboro

\$50 per session

Register online at: ccparksandrec_recdesk.com

Program offered through a partnership between
Chatham County Parks and Recreation and Chatham County Aging Services
Registration Questions: 919-545-8555 Program Questions: 919-542-4512



IMMUNIZATION CLINIC

to help prevent COVID, Flu, Pneumonia,
RSV and Shingles

9 am - 12 pm
Tuesday 10/3/23

at the Eastern Chatham Senior Center
365 HWY 87N, Pittsboro

RSVP Suggested by 9/26/23
(919)542-4512 or
liz.lahti@chathamcountync.gov



OCTOBER 2023
OPEN ART STUDIO
BYO PROJECT OR LEARN SOMETHING NEW

📅 Wednesdays @ 1 PM
📍 Pittsboro Senior Center
Chatham County Aging Services

BEGINNING BASKETWEAVING w/CAROLYN
RSVP: carolynmnnich1@gmail.com
or text 919-548-6339

1ST WEDNESDAY: CARDMAKING
1ST & 3RD WEDNESDAYS: LEAVING YOUR LEGACY
2ND & 4TH WEDNESDAYS: BEGINNING BASKETWEAVING
3RD WEDNESDAY: BEADED JEWELRY MAKING
ANY WEDNESDAY: BRING YOUR OWN ART PROJECT

LEAVING YOUR LEGACY WITH JESSICA BRYAN
PIONEER AUTHOR OF HER BOOK, INCLUDING
"I AM NOT AS OLD AS YOU THINK I AM"
THERE'S A SECRET IN MY ROOM
THE MIGHTY ART

CHATHAM COUNTY NORTH CAROLINA AGING SERVICES
MORE INFORMATION:
liz.lahti@chathamcountync.gov
or 919-542-4512

Basic Machine Quilting Class

Wednesdays 10 a.m. - 11:30 a.m.
6 Week Sessions

Session 1: October 11- November 8, 2023
Session 2: November 15-December 20, 2023

Preregistration required, limited space available.

No experience necessary.

Basic equipment will be available in classroom.
Participants will ideally have machine access at home.

Register: liz.lahti@chathamcountync.gov
919-542-4512, ext. 228



HERITAGE Day



Smithfield's
CHICKEN 'N' BAR-B-Q

Join us for a fun-filled day at the
Eastern Chatham Senior Center!

📅 Thursday, October 19, 2023

🕒 10:00 AM - 12:00 PM

📍 365 Hwy 87 N, Pittsboro

- Vittles
- Heritage Crafts
- Pioneer Games
- Historical Reenactment

RSVP by October 5, 2023
919-542-4512 or
liz.lahti@chathamcountync.gov

Health & Wellness

Senior Exercise Class - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m.

Chair Yoga w/Liz: 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/Liz - Mondays and Fridays 10 a.m., September 11-November 13. No class 9/18. Preregistration REQUIRED with Liz! 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.

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