

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

Key Cont'd:
G: Gym
L: Library (ECSC)
MP1/2: Multipurpose Room 1 & 2
OA: Old Agricultural Building, 65 E. Chatham St, Pittsboro
P: Parlor
WCSC: Western Chatham Senior Center
Z: ZOOM

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:
carolynminnich1@gmail.com

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

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

8:15 AM **NO** Body Conditioning 1
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM **NO** Strong & Fit
10 AM Table Games (MP1)
11:15 AM Cornhole (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! – 50s thru 80s Dance Music (MP1/2)

Chatham County Aging Services Closed in Honor of Labor Day

8:15 AM Body Conditioning w/Jackie (F, MP2) 5
9 AM 3G's Men's Group*** (CR)
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 Bon Voyage for Jackie (MP)
12:30 PM Hike @ Harris Lake
RSVP ALAN
1 PM Rummikub (P) / Hand & Foot Card Game (L)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

10 AM Chair Yoga w/Liz* (F/MP2/Z) 6
10 AM Basic Machine Quilting Class—Space Limited (CR) Rescheduled for October!
10 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM Open Art Studio—Bring Your Own Project (P)
1 PM Leaving Your Legacy w/Author, Jessica Bryan (MP1)

8:15 AM Body Conditioning w/Jackie (F, MP2) 7
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM **NO** Bingo (MP1/2)
10:30 AM "90th and Better" & September Birthday Party
RSVP Liz**
1 PM Rummikub (L)
1-4 PM Bridge (P)
1:30 PM **NO** Line Dancing
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Body Conditioning w/Jackie (F, MP2) 8
10 AM Strong & Fit w/Jackie (F, MP2, Z)
10 AM Table Games or Dominoes (MP1)
11 AM Morning Time w/Pastor Danny (CR)
11:15 AM Cornhole (F/MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! – Featuring Live Americana Music w/Larry (MP1/2)

8:15 AM Sr Exercise (F, MP2) 11
9 AM Chair Yoga (CG, Z)
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) RSVP w/Liz
10 AM Golf (CRGC) \$25 for 9 holes, cart included.
10 AM Table Games (MP1)
11 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
2 PM Table Tennis (MP2)

8:15 AM Sr Exercise (F, MP2) 12
9 AM 3G's Men's Group*** (CR)
9:45 AM Sanford Farmers Market w/Rodney* RSVP Liz by 9/5 (B)
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)
1 PM Rummikub (P) / Hand & Foot Card Game (L)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

10 AM Chair Yoga w/Liz* (F/MP2/Z) 13
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
10 AM Basic Machine Quilting Class—Space Limited (CR) Rescheduled for October!
1 PM Open Art Studio (P)
1 PM Learn Weave a Pocket Basket w/Carolyn – RSVP carolynminnich1@gmail.com (MP1)

8:15 AM Sr Exercise (F, MP2) 14
~~9:30 AM Raleigh Farmers Market Day Trip~~ Cancelled
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Diabetes Discussion Group w/Ann Clark (Registered Dietitian) (MP1/2)
1 PM Rummikub/Pinochle (P)
1:30 PM **NO** Line Dancing
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz** (F/MP2)

8:15 AM Sr Exercise (F, MP2) 15
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) RSVP w/Liz
10 AM Table Games or Dominoes (MP1)
11:15 AM Stories w/Neriah (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) 18
9 AM Chair Yoga* (CG, Z)
10 AM **NO** Arthritis Exercise (AFEP)
10 AM Golf (CRGC) See 9/11.
10 AM – 2 PM Falls Prevention Week: UNC Mobile Health Clinic w/ Screenings for Falls Prevention (P, L)
11 AM Recommended Screenings for Preventing Falls by UNC School of Nursing (MP1/2)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8:15 AM Sr Exercise (F, MP2) 19
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.
10:30 AM Gym Orientation (G)
11 AM Falls Prevention Week Maintaining Foot Health by Womble Foot Care (MP1/2)
1 PM Rummikub (P)
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

10 AM **NO** Chair Yoga 20
10 AM Basic Machine Quilting Class—Rescheduled for October!
Falls Prevention Week
10 AM Exercise Class Demos (MP1/2)
11 AM Falls Risk Factors & Prevention by Chatham Hospital Physical Therapist (MP1/2)
12:30 PM Hike @ Mason Farm Biological Park RSVP ALAN
1 PM Open Art Studio Bring Your Own Project (P)
1 PM Hand & Foot Card Game (L)
2:30 PM Afternoon Tea*
RSVP Jackie by 9/6 (F)

8:15 AM Sr Exercise (F, MP2) 21
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM Falls Prevention Week Falls Prevention Bingo (MP1/2)
11 AM Falls Prevention Week Clearing the Path of Destruction by Tracy Lynn (MP1/2)
1 PM Rummikub/Pinochle (P)
1:30 PM **NO** Line Dancing
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) 22
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) RSVP w/Liz
10 AM Table Games or Dominoes (MP1)
11 AM Falls Prevention Week Making Homes Safer w/Doug Kline/AARP (MP1/2)
1 PM Games/Euchre (P)
3 PM Jukebox Live – 60s and 70s Pop/Rock/folk Music Featuring the Neighbors 3 (MP1/2)

8:15 AM Sr Exercise (F, MP2) 25
9 AM Chair Yoga* (CG, Z)
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) RSVP w/Liz
10 AM Golf (CRGC) See 9/11.
10 AM Table Games (MP1)
10 AM Choir to Siler City w/Alan (B)
1 PM Rummikub (P)
2 PM Table Tennis (MP2)
6 PM Caregiver Virtual Support Group (Z)*** RSVP w/William Riggsbee

8:15 AM Sr Exercise (F, MP2) 26
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.
10:30 AM Gym Orientation (G)
11 AM Live Music w/Grateful Hearts (MP1/2)
1-5 PM Staff Training – Center Closed
2 PM Learn to Square Dance (F/MP2) (\$)
2 PM Tai Chi for Arthritis* (OA)

9:30 AM Raleigh Farmers Market Day Trip w/Alan* RSVP by 9/13 Liz (B)
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class—Space Limited (CR) Rescheduled for October!
1 PM Open Art Studio – Bring Your Own Project (P)
1 PM Open Basket Weave (P)
1 PM Hand & Foot Card Game (L)
2 PM Creative Storytelling (MP1)

8:15 AM Sr Exercise (F, MP2) 28
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Jubilee Choir Concert (F, MP1/2)
12:30 PM Rummikub
1 PM Pinochle (P)
1:30 PM **NO** Line Dancing
2 PM Tai Chi for Arthritis* (OA)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) 29
10 AM Arthritis Foundation Exercise Program (AFEP) w/Liz* (F, MP2) RSVP w/Liz
10 AM Table Games or Dominoes (MP1)
1 PM Games/Euchre (P)
3 PM Jukebox Live – 50s thru 80s Dance Music w/DJ Rick (MP1/2)

Version 2: Added AARP Presentation on 9/22, Hand & Foot Card Game location change.

Version 3: Caregiver Support Group Cancelled 9/5. Bon Voyage for Jackie added 9/5. Arthritis Class to be taught by Liz. Sanford Farmers Market Trip 9/12 RSVP changed to 9/5. Raleigh Farmers Market Trip on 9/14 is cancelled. RSVP for Basket Weaving changed to instructor, Carolyn Minnich.

Tai Chi For Arthritis added: Tuesdays and Thursdays at 2 PM

Version 4: Leaving Your Legacy ends on 9/6. Cancelled on 9/20.

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 Szydlek Receptionist

Betty Wilson Receptionist

DSME Diabetes Self-Management Education Program

Let's start with this: if you have Type 2 diabetes, you're not alone. Millions of Americans have it. But you don't have to go through it on your own.

The Chatham County Public Health Department's Diabetes Self-Management Education program can help you take charge of your diabetes while you learn about:

- Eating Healthy
- Staying Active
- Managing Your Blood Sugar
- Preventing Complications
- Managing Stress

CLASS INFO:

October 9th	10:00 a.m. - 11:00 a.m.
October 16th	
October 23rd	Eastern Chatham Senior Center
October 30th	365 Hwy-87 N, Pittsboro
November 6th	

If you have questions, call 919-742-5641.

DiabetesSmartNC

Doctor's referral required. Find the referral form by scanning the QR code to the left.

www.chathamcountync.gov/publichealth
www.facebook.com/chathamhealth

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

SEPTEMBER 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: carolynminnich1@gmail.com or text 919-837-2312

1ST & 3RD WEDNESDAYS: LEAVING YOUR LEGACY

2ND & 4TH WEDNESDAYS: BEGINNING BASKETWEAVING - POCKET BASKET (SHOWN RIGHT) OR DO ANOTHER BEGINNING BASKET WEAVE (CONFIRM WITH CAROLYN)

ANY WEDNESDAY: BRING YOUR OWN ART PROJECT

LEAVING YOUR LEGACY WITH JESSICA BRYAN
POUR THE ALDRER OF HEROES, INCLUDING:
I AM NOT A VILLAGER
FINE THINGS AD LIFE
THERE'S A STRANGER IN MY ROOM
THE MIGHTY ART

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 4- 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



FARMERS MARKET TRIPS

SANFORD FARMERS MARKET

TUESDAYS: 9:45 AM - 11:45 AM
SEPTEMBER 12 & 26

RALEIGH FARMERS MARKET

9:30 AM - 2:30 PM
WEDNESDAY SEPTEMBER 27

Seats are limited!
Reserve your seat with Liz. Signup will be on Liz's door 3 weeks before trip. RSVP closes 2 weeks before trip!
You can only sign yourself up!
liz.lahti@chathamcountync.gov or 919-542-4512 ext. 228

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

Health & Wellness

Body Conditioning w/Jackie - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m. thru 9/8.

Senior Exercise Class - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m. starting 9/11.

Chair Yoga w/Liz: Every Monday 9 a.m. - 10 a.m., 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