

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key:**

BP: Blood Pressure  
 CCAgCtr: Chatham County Agriculture & Conference Center  
 CG: Chatham Grove Community Center  
 CR: Conference Room  
 CT: Chatham Transit  
 F: Fitness Room  
 G: Gym

**Key Cont'd:**

MP1: Multipurpose Room 1 (front)  
 MP2: Multipurpose Room 2 (back)  
 MP1/2: Multipurpose Rooms 1 & 2  
 P: Parlor  
 WC: Wellness Center  
 Z: ZOOM  
 \$: Fee required for participation.

**Color Key:**

Green: Health & Wellness  
 Black: Educational  
 Red: Recreation/Social  
 Blue: Arts & Crafts

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM Chair Yoga w/Liz (CG, Z)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 11 AM Bingocize®\* (MP1)  
 11 AM Golf @ Siler City County Club: \$15 for 9 holes, cart included.  
 2 PM Table Tennis (MP2)  
 3 pm Caregiver Support Group (CR)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM 3G's Men's Group\*\*\* (CR)  
 10 AM Woodcarvers (P)  
 10 AM Bingo w/Joe (MP1/2)  
 10:30 AM Gym Orientation (G)  
 11 AM Spill the Beans (MP1/2)  
 1 PM Rummikub (P)  
 1 - 4 PM VITA (see back) by appointment Only! (MP1/2/F)

10 AM Chair Yoga w/Liz\*\* 1 (F/MP2/Z)  
 10 AM Coffee & Games w/Chatham County Sheriff's Dept (MP1)  
 11 AM Bingocize®\* (MP1)  
 1 PM Games/Cards (P)  
 1 PM Open Art Studio (MP1)

8:15 AM Body Conditioning w/Jackie\* (F, MP2) (Full)  
 9:30 AM NO BP Screening  
 10 AM Crafts & Chat (P)  
 10 AM Chair Volleyball (F)  
 11 AM Nutrition Education by Ann Clark (MP1/2)  
 1 PM NO Games/Cards  
 1-4 PM Bridge (P)  
 1:30 PM NO Line Dancing (F)  
 3 PM Gentle Yoga w/Liz\*\* (F/MP2)

Senior Games Early Bird 3 Registrations Starts!  
 8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 11:15 AM Cornhole & Shuffleboard (F/MP2)  
 1 PM Games/Euchre (P)  
 1:30 PM Zumba Gold® Intro\* (F/MP1/2) RSVP w/Jackie  
 3 PM Jukebox Live! Dance Music (MP1/2)

8:15 AM Body Conditioning w/ Jackie\* (F, MP2)  
 9 AM Chair Yoga w/Liz (CG, Z)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 10 AM Choir to Siler City (RSVP Rosemary) (CT)  
 11 AM Bingocize®\* (MP1)  
 11 AM Golf @ Siler City County Club: See 3/6.  
 2 PM Table Tennis (MP2)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM 3G's Men's Group\*\*\* (CR)  
 10 AM Woodcarvers (P)  
 10 AM Bingo w/Joe (MP1/2)  
 10:30 AM Gym Orientation (G)  
 11 AM March Birthday & St. Patrick's Day Party w/Liz\*\* (MP1/2)  
 1 PM Rummikub (P)  
 1 - 4 PM VITA (see back) by appointment Only! (MP1/2/F)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 10 AM Chair Yoga w/Liz\*\* (F/MP2/Z)  
 10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)  
 10:30 AM Lunch Bunch Mrs. Lacy's Magnolia House, Sanford Bus Leaves - RSVP to Jackie (CT)  
 11 AM Bingocize®\* (MP1)  
 1 PM Open Art Studio- Bring Your Own Project (MP1)  
 3:00 PM Zumba Gold® Intro\* (F/MP1/2) RSVP w/Jackie

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9:30 AM NO BP Screening  
 10 AM Crafts & Chat (P)  
 10 AM Chair Volleyball (F)  
 10 AM Shopping Walmart\* (CT) RSVP Jackie  
 11 AM Diabetes Discussion Group - Breakfast for One Cooking Demo w/Tara Gregory (MP1/2)  
 1 PM Games/Cards (P)  
 1:30 PM Line Dancing (F)  
 3 PM Gentle Yoga w/Liz\*\* (F/MP2)

Senior Games Early Bird 17 Registration Ends!  
 8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 10 AM Arthritis Exercise w/Liz \*RSVP Jackie (F, MP1/2)  
 11:15 AM Stories w/Neriah (MP1)  
 11:15 AM Cornhole & Shuffleboard (F/MP2)  
 1 PM Games/Euchre (P)  
 1:30 PM NO Zumba Gold® see 3/15 at 3 PM  
 3 PM Jukebox Live! - Grateful Hearts (MP1/MP2)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM Chair Yoga w/Liz (CG, Z)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 11 AM Bingocize®\* (MP1)  
 11 AM Golf @ Siler City County Club: See 3/6.  
 2 PM Table Tennis (MP2)  
 3 pm Caregiver Support Group (CR)

8:15 AM Body Conditioning w/Jackie\* (F, MP1/2)  
 9 AM 3G's Men's Group\*\*\* (CR)  
 10 AM Woodcarvers (P)  
 10 AM Bingo w/Joe (MP1/2)  
 10:30 AM Gym Orientation (G)  
 11 AM Chatham Striders Walk & Learn (MP1/2)  
 1 PM Rummikub (P)  
 1 - 4 PM VITA by call appointment Only! (MP1/2/F)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 10 AM Chair Yoga w/Liz\*\* (F/MP2/Z)  
 11 AM Bingocize®\* (MP1)  
 1 PM Open Art Studio - Button Art w/Ashlyn (MP1)  
 Bring extra buttons you may have!  
 2 PM Team Activities w/Alan (F/MP2)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9:30 AM BP Screening (WC)  
 10 AM Crafts & Chat (P)  
 10 AM Chair Volleyball (F)  
 11 AM Activity w/Alan (MP1/2)  
 1 PM Games/Cards (P)  
 1:30 PM Line Dancing (F)  
 2 PM Bowling @ Buffaloe Lanes RSVP Jimmy Lewis (\$)  
 3 PM Gentle Yoga w/Liz\*\* (F/MP2)

8:15 AM NO Body Conditioning w/Jackie\*  
 10 AM Arthritis Exercise w/Liz\* RSVP Jackie (F, MP1/2)  
 11:15 AM Cornhole & Shuffleboard (F/MP2)  
 1 PM Games/Euchre (P)  
 1:30 PM NO Zumba Gold® Intro\*  
 2-3:30 PM Sr Games Practice: See events on 3/10.  
 3 PM Jukebox Live!  
 90s Country (MP1/2)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM Chair Yoga w/Liz (CG, Z)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 11 AM Bingocize®\* (MP1)  
 11 AM Golf @ Siler City County Club: See 3/6.  
 2 PM Table Tennis (MP2)  
 6 pm Caregiver Virtual Support Group (Z)\*\*\* RSVP w/William Riggsbee

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9 AM 3G's Men's Group\*\*\* (CR)  
 10 AM Woodcarvers (P)  
 10 AM Bingo w/Joe (MP1/2)  
 10:30 AM Gym Orientation (G)  
 11 AM Music w/Grateful Hearts (MP1/2)  
 1 PM Rummikub (P)  
 1 - 4 PM VITA (see back) by appointment Only! (MP1/2/F)

10 AM Chair Yoga w/Liz\*\* 29 (F/MP2/Z)  
 11 AM Bingocize®\* (MP1)  
 1 PM Open Art Studio - Bring Your Own Project (MP1)  
 12:30 PM Day trip to Priority Farm LLC, 1042 Buckhorn Rd, Sanford RSVP Jackie (CT)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 9:30 AM BP Screening (WC)  
 10 AM Crafts & Chat (P)  
 10 AM Bingo Auction!! (MP1/2)  
 11 AM Activity w/Alan (MP1/2)  
 1 PM Games/Cards (P)  
 1:30 PM Line Dancing (F)  
 3 PM Gentle Yoga w/Liz\*\* (F/MP2)

8:15 AM Body Conditioning w/Jackie\* (F, MP2)  
 10 AM Arthritis Exercise w/Jackie \*RSVP Jackie (F, MP1/2)  
 11:15 AM Cornhole & Shuffleboard (F/MP2)  
 1 PM Games/Euchre (P)  
 1:30 PM Zumba Gold® Intro\* (F/MP2) RSVP w/Jackie  
 3 PM Jukebox Live! Dancing Music (MP1/2)

RSVPs:  
 \*: [jackie.green@chathamcountync.gov](mailto:jackie.green@chathamcountync.gov)  
 Or 919-542-4512 ext. 227  
 \*\*: [liz.lahti@chathamcountync.gov](mailto:liz.lahti@chathamcountync.gov)  
 Or 919-542-4512 ext. 228  
 \*\*\*: Ed Martinez: 770-652-3258

\*\*\*\*: [william.riggsbee@chathamcountync.gov](mailto:william.riggsbee@chathamcountync.gov)  
 Or 919-742-3975 ext. 223

# 2023



**SAVE the DATE**  
**April 28 — May 11, 2023**

**Early Bird Registration March 3 -17, 2023**

**Registration Deadline: March 31, 2023**

Register Online: <http://torch.ncseniorgames.org>

**For More Information:**

Liz Lahti, 919-542-4512 ext. 228  
liz.lahti@chathamcountync.gov



## Events Offered

- April**
- 18 Archery
  - 24 SilverArts Intake
  - 28 T-Shirt and Packet pickup
  - 29 Track & Field
- May**
- 1 Golf
  - 1 Basketball Shoot
  - 1 Cornhole
  - 2 SilverArts Open House & Reception
  - 2 Swimming
  - 2 Tennis—Women's Singles/Men's Doubles
  - 3 Cycling
  - 3 Tennis—Men's Singles/Women's Doubles
  - 4 Women's Bocce
  - 4 Horseshoes
  - 4 Fun Walk
  - 4 Tennis—Mixed Doubles
  - 5 Disc Golf
  - 5 Football/Softball Throw
  - 5 Bowling
  - 8 Croquet
  - 9 Pickleball—M/W Singles, M/W Doubles
  - 9 Table Tennis
  - 10 Pickleball—Mixed Doubles
  - 11 Men's Bocce



## 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

**Sigi Markworth** Integrated Services Specialist

**Rodney Dietrich** Integrated Services Specialist/Social Worker

**William Riggsbee** Family Caregiver Specialist

**Wynne Fields** Aging in Place Specialist

**George Lee** Receptionist

**Betty Wilson** Receptionist

**Lawana Schulze** Volunteer Program Assistant



## Health & Wellness

**Body Conditioning w/Jackie** - Mondays, Tuesdays, Thursdays, and Fridays, 8:15 a.m. In-person. 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. This class is full currently. Let Jackie know if you would like to be on the waitlist.

**Chair Yoga w/Liz:** Every Monday 9 a.m. - 10 a.m. at Chatham Grove Community Center and Wednesday 10 a.m. -11 a.m. at Eastern Chatham Senior Center. Yoga is practiced either standing or sitting with the support of a chair. Improve your flexibility, strength, coordination, and balance along with relaxation.

**Arthritis Exercise Class w/Jackie-** Mondays & Fridays, (March 3-May 8, no class 4/7,4/28) 10-11 am - 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.

**Gentle Yoga w/Liz** - Combination of dynamic postures which help to develop balance, coordination, flexibility, and strength. Add some relaxation in and go away feeling refreshed.

**Zumba Gold® Intro w/Jackie** - New program at Chatham Council on Aging! 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!