

Eastern Chatham Senior Center (ECSC)
365 Hwy 87 N, Pittsboro, 919.542.4512
Western Chatham Senior Center (WCSC)
112 Village Lake Rd, Siler City, 919.742.3975



January 2022
Chatham Council on Aging (ECSC)



Meal Questions/Cancellations:
Alan Russo – 919.542.4512, ext. 238
Transportation Questions/Changes:
Barbara Woody – 919.742.3975, ext. 223

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:00am Chair Yoga W/Liz **3**
(CGCC, Z)
Meeting ID: 937 7320 9073

2:00pm Small Group Call
W/Rosemary (By RSVP - Jackie)
(T)



8:00am Body Conditioning **4**
W/Jackie (FH@CM)

9:00am 3G's Men's Group - RSVP
Lynn.Parks@ChathamCOA.org

10:00am Strong & Fit W/Jackie
(FH@CM, ZY)
Meeting ID: 161 371 7733

10:00am Movement W/Liz, BP,
Table Games &/Or Coffee (HB)

10:30am Nutrition Bingo W/
Elizabeth Fridley RN, CCPHD (HB)

8:00am Body Conditioning **5**
W/Jackie (FH@CM)

10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073



8:00am Body Conditioning **6**
W/Jackie (FH@CM)

10:00am Let's Get Moving
W/Jackie, Table Games &/Or
Coffee (HB)

10:30am Winter Craft And Healthy
Brain Games (HB)

1:00pm TOPS - Take Off Pounds
Sensibly (Z) RSVP Robin Leto

8:00am Body Conditioning **7**
W/Jackie (FH@CM)

10:00am Strong & Fit W/Jackie
(FH@CM, ZY)
Meeting ID: 161 371 7733

10:30am Elvis Presley Day
(DR-WC)

7:00pm Dance at WCSC (\$)

10:00am Chair Yoga W/Liz **10**
(CGCC, Z)
Meeting ID: 937 7320 9073

2:00pm Small Group Call
W/Rosemary (By RSVP - Jackie)
(T)

In Person Congregate Programming
options are highlighted.

All events are restricted to registered
attendees ONLY! Please contact Jackie
Green or Liz Lahti.

8:00am Body Conditioning **11**
W/Jackie (FH@CM)

9:00am 3G's Men's Group - RSVP
Lynn.Parks@ChathamCOA.org

10:00am Strong & Fit W/Jackie
(FH@CM, ZY)
Meeting ID: 161 371 7733

10:00am Movement W/Liz, BP,
Table Games &/Or Coffee (HB)

10:15am Chatham Striders Walk &
Learn – Setting Your 2022 Goals
(HB)

8:00am Body Conditioning **12**
W/Jackie (FH@CM)

10:00am **No** Chair Yoga W/Liz

8:00am Body Conditioning **13**
W/Jackie (FH@CM)

10:00am Let's Get Moving
W/Jackie, Table Games &/Or
Coffee (HB)

10:30am Bingo W/Joe (HB)

1:00pm TOPS - Take Off Pounds
Sensibly (Z) RSVP Robin Leto

8:00am Body Conditioning **14**
W/Jackie (FH@CM)

10:00am Strong & Fit W/Jackie
(FH@CM, ZY)
Meeting ID: 161 371 7733

10:30am Hope 4NC w/Crisis
Counselor Miriam Davila (DR-WC)

7:00pm Dance at WCSC (\$)

Key:

CCHD: Chatham County Health Dept.

CGCC: Chatham Grove Community Center 1301 Andrews Store Rd, Pittsboro

DR-WC: Dining Room at the WCSC

ECSC: Eastern Chatham Senior Center

FH@CM: Forest Hall @ Chatham Mills, Suite 530

HB: Holly Brooks Room (at WCSC)

P: Phone

TOPS: Take Off Pounds Sensibly, Offered on Zoom, RSVP Robin Leto (Birdie86509@gmail.com) OR 919.942.2298

WCSC: Western Chatham Senior Center

RSVPs:

Jackie.Green@ChathamCOA.Org 919-542-4512 x227

Liz.Lahti@ChathamCOA.Org 919-542-4512 x228

Lynn.Parks@ChathamCOA.Org 919-742-3975 x221



COA Closed 17



8:00am Body Conditioning W/Jackie (FH@CM) **18**

9:00am 3G's Men's Group - RSVP
Lynn.Parks@ChathamCOA.org

10:00am Strong & Fit W/Jackie (FH@CM, ZY)
Meeting ID: 161 371 7733

10:00am Movement W/Liz, BP, Table Games &/Or Coffee (HB)

10:30am January Birthday Celebration (HB)

8:00am Body Conditioning W/Jackie (FH@CM) **19**

10:00am Chair Yoga W/Liz (CGCC, Z)
Meeting ID: 937 7320 9073



8:00am Body Conditioning W/Jackie (FH@CM) **20**

10:00am Let's Get Moving W/Jackie, Table Games &/Or Coffee (HB)

10:30am Nutrition Education: Food Safety by Ann Clark, MMS, RD/LDN (HB, ZY)
Meeting ID: 161 632 9434

1:00pm TOPS - Take Off Pounds Sensibly (Z) RSVP Robin Leto

8:00am Body Conditioning W/Jackie (FH@CM) **21**

10:00am Strong & Fit W/Jackie (FH@CM, ZY)
Meeting ID: 161 371 7733

10:30am Fun Friday (DR-WC)

7:00pm Dance at WCSC (\$)

10:00am Chair Yoga W/Liz (CGCC, Z) **24**
Meeting ID: 937 7320 9073

2:00pm Small Group Call W/Rosemary (RSVP - Jackie) (T)

6:00pm Caregiver Virtual Support Group (Z) Must RSVP By Noon To Receive Link (Lynn Parks)

8:00am Body Conditioning W/Jackie (FH@CM) **25**

9:00am 3G's Men's Group - RSVP
Lynn.Parks@ChathamCOA.org

10:00am Strong & Fit W/Jackie (FH@CM, ZY)
Meeting ID: 161 371 7733

10:00am Movement W/Liz, BP, Table Games &/Or Coffee (HB)

10:30am Science W/Alan (HB)

8:00am Body Conditioning W/Jackie (FH@CM) **26**

10:00am Chair Yoga W/Liz (CGCC, Z)
Meeting ID: 937 7320 9073

8:00am Body Conditioning W/Jackie (FH@CM) **27**

10:00am Let's Get Moving W/Jackie, Table Games &/Or Coffee (HB)

10:30am Farewell To Dennis (HB)

1:00pm TOPS - Take Off Pounds Sensibly (Z) RSVP Robin Leto

8:00am Body Conditioning W/Jackie (FH@CM) **28**

10:00am Strong & Fit W/Jackie (FH@CM, ZY)
Meeting ID: 161 371 7733

10:30am Bingo W/Joe (DR-WC)

7:00pm Dance at WCSC (\$)

10:00am Chair Yoga W/Liz (CGCC, Z) **31**
Meeting ID: 937 7320 9073

2:00pm Small Group Call W/Rosemary (By RSVP - Jackie) (T)

6:00pm Caregiver Support Group (Chatham Community Library RSVP Lynn Parks)



Interesting facts about the Martin Luther King, Jr. Memorial

Opened 48 years after Dr. King's "I Have a Dream" speech on the steps of the Lincoln Memorial, the MLK Memorial stands 30 feet high. Dr. King's likeness is carved into the Stone of Hope, emerging from two boulders, which started as one and represent the Mountain of Despair. Together, they are meant to represent the stirring words of Dr. King's speech.

"Let us not wallow in the valley of despair, I say to you today, my friends.

And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal." justice." Excerpt from "I Have A Dream" Speech, by Martin Luther King, Jr.