




For transportation questions,
Barbara Woody: 919-742-3975 ext. 223
For meal questions contact,
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**Chatham Council on Aging
Western Chatham Senior Center
January 2022**

**WCSC
112 Village Lake Rd. Siler City
(919) 742-3975**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00am Strong & Fit W/ Olivia 3</p> <p>10:00am Chair Yoga W/Liz (CGCC,Z) Meeting ID: 937 7320 9073</p> <p>10:00am Games and Coffee (HB)</p> <p>10:30am Nutrition Bingo W/ Elizabeth Fridley RN, CCPHD (HB)</p>	<p>9:00am 3G's Men's Group-RSVP 4 Lynn.Parks@ChathamCOA.org</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p>	<p>9:00am Strong & Fit W/ Olivia 5</p> <p>10:00am Chair Yoga W/Liz (CGCC,Z) Meeting ID: 937 7320 9073</p> <p>10:00am Spill the Beans W/ Faye (HB)</p> <p>10:00am Games and Coffee (HB)</p> <p>10:15am Bible Study (AR)</p> <p>10:30am January Birthday Celebration (HB)</p>	<p>1:00pm TOPS – Take off Pounds Sensibly (Z) RSVP Robin Leto</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p> 	<p>9:00am Strong & Fit W/ Olivia 7</p> <p>10:30am Elvis Presley Day (DR)</p> <p>7:00pm Dance at WCSC (\$10)</p>
<p>9:00am Strong & Fit W/ Olivia 10</p> <p>10:00am Chair Yoga W/Liz (CGCC,Z) Meeting ID: 937 7320 9073</p> <p>10:00am Games and Coffee (HB)</p> <p>10:30am Wellness Program W/ Ashley Brewer (HB)</p>	<p>9:00am 3G's Men's Group-RSVP 11 Lynn.Parks@ChathamCOA.org</p> <p>10:15am Chatham Striders Walk & Learn – Setting Your 2022 Goals (HB)</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p>	<p>9:00am Strong & Fit W/ Olivia 12</p> <p>10:00am Games and Coffee (HB)</p> <p>10:15am Bible Study (AR)</p> <p>10:30am Diabetes Discussion Group (HB)</p>	<p>1:00pm TOPS – Take off Pounds 13 Sensibly (Z) RSVP Robin Leto</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p> 	<p>9:00am Strong & Fit W/ Olivia 14</p> <p>10:30am Hope 4 NC W/ Crisis Counselor Miriam Davilla (DR)</p> <p>7:00pm Dance at WCSC (\$10)</p>
<p>COA CLOSED 17</p> 	<p>9:00am 3G's Men's Group-RSVP 18 Lynn.Parks@ChathamCOA.org</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p>	<p>9:00am Strong & Fit W/ Olivia 19</p> <p>10:00am Chair Yoga W/Liz (CGCC,Z) Meeting ID: 937 7320 9073</p> <p>10:00am Games and Coffee (HB)</p> <p>10:15am Bible Study (AR)</p> <p>10:30am Nutrition Education By Ann Clark, MMS, RD/LDN (HB)</p>	<p>10:30am Nutrition Education: Food Safety by Ann Clark, MMS, RD/LDN (HB, ZY) Meeting ID: 161 632 9434</p> <p>1:00pm TOPS – Take off Pounds Sensibly (Z) RSVP Robin Leto</p> <p>2:00pm Geri-Fit W/ Olivia (AR)</p>	<p>9:00am Strong & Fit W/ Olivia 21</p> <p>10:00am Fun Friday (DR)</p> <p>7:00pm Dance at WCSC (\$10)</p>

9:00am Strong & Fit W/ Olivia **24**
10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073

10:00am Games and Coffee (HB)
10:30am Bingo W/ Ryan Mankin
from Humana (HB)

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

9:00am Strong & Fit W/ Olivia **31**
10:00am Chair Yoga W/Liz
(CGCC, Z)
Meeting ID: 937 7320 9073

10:00am Games and Coffee (HB)
10:30am Bingo W/ Kay Teague
from Woodmen Life (HB)

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

9:00am 3G's Men's Group-RSVP **25**
Lynn.Parks@ChathamCOA.org
2:00pm Geri-Fit W/ Olivia (AR)

9:00am Strong & Fit W/ Olivia **26**
10:00am Chair Yoga W/Liz
(CGCC,Z)
Meeting ID: 937 7320 9073

10:00am Games and Coffee (HB)
10:15am Bible Study (AR)

10:30am Farewell to Dennis (HB)

10:30am Farewell to Dennis (HB) **27**
1:00pm TOPS – Take off Pounds
Sensibly (Z) RSVP Robin Leto
2:00pm Geri-Fit W/ Olivia (AR)



9:00am Strong & Fit W/ Olivia **28**
10:00am Bingo W/ Joe (DR)
7:00pm Dance at WCSC (\$10)



In Person Congregate
Programming options are
Highlighted. These events
are restricted to registered
Attendees ONLY!

KEY: *Subject to change*
WCSC: Western Chatham Senior Center
(CGCC) – Chatham Grove Community
Center: 1301 Andrews Store Rd.
Pittsboro
(HB) Holly Brooks @ WCSC
(AR): Aerobics Room @WCSC
(DR) Dining Room @ WCSC
(Z): Zoom
To Join Zoom by Phone:
Call 1-833-586-6864 then enter
Meeting ID listed for the event
followed by #.

TOPS- Take Off Pounds Sensibly
Every Thursday 1pm-2pm (Zoom)
For more information: Robin Leto
RD (birdie86509@gmail.com,
919-942-2298)

Caregiver Support Group
RSVP
Lynn.Parks@ChathamCOA.Org
919-742-3975 x221

