

January 2021 Virtual & Phone Program Highlights

Exercise/Fitness

- Mondays - January 4th, 11th, and 25th
 - Tai Chi for Arthritis - 8:45 AM
 - Chair Yoga with Liz - 10:00 AM
- Thursdays - January 7th, 14th, 21st, and 28th
 - Tai Chi for Arthritis - 8:45 AM
 - Chair Yoga with Liz - 10:00 AM



Fun & Games

- Bingo with Joe - Mondays at 11:15 AM
- Short Stories with Chris (on the conference line: 727-731-8717) - Wednesdays at 12:30 PM
- Bluegrass with the Original Haw River Crowdaddies - January 13th at 11:15 AM
- Trivia with Faye - January 27th at 11:15 AM

Lifelong Learning & Wellness

- Tuesdays at 11:15 AM
 - After the Holidays, Eating for a Healthy Weight - January 5th
 - Chatham Striders: Goal Setting for 2021 - January 12th
 - Spill The Beans - January 19th
 - Laughter Yoga with Lisa from Dementia Alliance of NC - January 26th
- Wednesdays at 10:00 AM
 - Bible Study with Neriah - January 13th and 27th
- Wednesdays at 11:15 AM
 - Wood Turning w/Alan - January 6th
 - Diabetic Discussion Group - January 13th
 - Legal Aid of NC Outreach for Seniors with Melany Earnhardt - January 20th
 - Science with Alan - January 27th
- Thursdays at 11:15 AM
 - Checking Your Ageism at the Door by Cheryl from Therapeutic Alternatives - January 7th
 - Bluegrass Music with the Original Haw River Crowdaddies - January 14th
- Fridays at 10:15
 - Weekly Call with Director, Dennis W. Streets, and Guests (on the conference line: 727-731-8717)

For registration info and complete listing of our online and phone programs, visit our website at ChathamCOA.org