







**Eastern Chatham Senior Center ECSC)**  
365 NC Hwy 87N, Pittsboro, NC  
(919)542-4512



**Chatham Council on Aging**  
**November 2020**

**Western Chatham Senior Center (WCSC)**  
112 Village Lake Rd, Siler City, NC  
(919)742-3975

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>2</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> Arthritis Foundation Exercise Program (AFEP) (ZY) [Meeting ID: 161 322 5685]</p> <p><b>11:15am</b> Bingo W/Joe (Z) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>3</b> [Meeting ID: 160 814 3441]</p> <p><b>11:15am</b> Craft &amp; Music: Reflecting on Our Veterans &amp; Others (ZY) [Meeting ID: 160 532 1331]</p> <p>Election Day – JUST VOTE! </p>	<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>4</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> Wood Turning W/Alan (ZY) [Meeting ID: 161 148 0873]</p> <p><b>12:30pm</b> Short Stories W/Chris (CL) 1-727-731-8717</p>	<p><b>10:00am</b> Arthritis Foundation Exercise Program (AFEP) (ZY) <b>5</b> [Meeting ID: 161 322 5685]</p> <p><b>10:00am</b> Needlework Call (GM-Liz)</p> <p><b>11:15am</b> Living Positively w/Alzheimer's Disease, by Cheryl from Therapeutic Alternatives (ZY) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>6</b> [Meeting ID: 160 814 3441]</p> <p><b>10:15am</b> Weekly Call W/Dennis Streets &amp; Salute to Veterans Program (CL): 1-727-731-8717</p>
<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>9</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> AFEP (ZY) [Meeting ID: 161 322 5685]</p> <p><b>11:15am</b> Bingo W/Joe (Z) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>10</b> [Meeting ID: 160 814 3441]</p> <p><b>11:15am</b> Chatham Striders Walk &amp; Learn about Diabetes Prevention &amp; Treatment [Meeting ID: 160 532 1331]</p>	<p><b>COA Closed In Honor Of Veterans' Day</b> Thank you to all who have served our country!</p>     	<p><b>10:00am</b> AFEP (ZY) <b>12</b> [Meeting ID: 161 322 5685]</p> <p><b>10:00am</b> Needlework Call (GM-Liz)</p> <p><b>11:15am</b> Spill The Beans W/Liz (ZY) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>13</b> [Meeting ID: 160 814 3441]</p> <p><b>10:15am</b> Weekly Call W/Dennis Streets, National Diabetes Awareness w/Laura from CCPHD &amp; Musical Guests Gene &amp; Marian (CL)1-727-731-8717</p>
<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>16</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> AFEP (ZY) [Meeting ID: 161 322 5685]</p> <p><b>11:15am</b> Bingo W/Joe (Z) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>17</b> [Meeting ID: 160 814 3441]</p> <p><b>11:15am</b> Jeopardy W/UNC Nursing Students (ZY) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>18</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> Healthy Living Strategies For Living At Home W/ Chelsea From Durham Tech (ZY) [Meeting ID: 161 148 0873]</p> <p><b>12:30pm</b> Short Stories W/Chris (CL) 1-727-731-8717</p>	<p><b>10:00am</b> AFEP (ZY) <b>19</b> [Meeting ID: 161 322 5685]</p> <p><b>10:00am</b> Needlework Call (GM-Liz)</p> <p><b>11:15am</b> Science W/Alan (ZY) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>20</b> [Meeting ID: 160 814 3441]</p> <p><b>10:15am</b> Weekly Call W/Dennis Streets &amp; Guest Storyteller Neriah (CL) 1-727-731-8717</p>
<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>23/30</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> AFEP (ZY) [Meeting ID: 161 322 5685]</p> <p><b>11:15am</b> Bingo W/Joe (Z) [Meeting ID: 160 532 1331]</p>	<p><b>9:00am</b> Body Conditioning W/Jackie (ZY) <b>24</b> [Meeting ID: 160 814 3441]</p> <p><b>10:00am</b> Thanksgiving Outreach to Participants by COA Staff</p> <p><b>11:15am</b> COA LIVE! Cancelled</p>	<p><b>9:00am</b> Tai Chi For Arthritis (ZY) <b>25</b> [Meeting ID: 160 927 1855]</p> <p><b>10:00am</b> Bluegrass Music W/Uncle Edd And Kralldaddy John (ZY) [Meeting ID: 161 148 0873]</p> <p><b>12:30pm</b> Short Stories W/Chris (CL) 1-727-731-8717</p>	<p><b>COA Closed for Thanksgiving</b> 11/26-11/27</p>	<p><b>10:15am</b> Weekly Call W/Dennis Streets (CL) 1-727-731-8717 <b>27</b></p>

**Key:**  
**(CL):** Conference Line – 1-727-731-8717; NEW #: no code needed!  
**(GML)\*:** Google Meets (or Hangouts) RSVP to Liz to join.  
**(Z):** Zoom Only (Zoom Meeting ID shown).  
**(ZY):** Zoom and YouTube (Zoom Meeting ID shown)  
**To join Zoom by Phone call: 1-833-568-8864, then enter the Meeting ID**