

Eastern Chatham Senior Center (ECSC)

365 Hwy 87N, Pittsboro, NC 919-542-4512

November 2022

Chatham County Council on Aging

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Weekly Drop-In Activities:

Tuesdays @ 10 a.m. Woodcarvers

Tuesdays @ 1 p.m. Rummikub

Wednesdays @ 1 p.m. Open Art Studio

Thursdays @ 10 a.m. Crafts & Conversation

Thursdays @ 1 p.m. Table Games & Cards

Thursdays @ 1:30 p.m. Line Dancing

Fridays @ 1 p.m. Card Games & Euchre

Fridays @ 3 p.m. Jukebox Live!

Monday-Friday 8 a.m.-5 p.m.:

Puzzles, Library, Gym

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 1

9 a.m. 3G's Men's Group*** (CR)

9:30 a.m. Tai Chi for Arthritis** (CG) (Full)

10 a.m. Woodcarvers (P)

10:00a.m. Bingo w/Joe & Coffee (MP1/2)

11 a.m. Science w/Alan (MP1/2)

1 p.m. Rummikub (P)

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 2

10 a.m. Chair Yoga W/Liz** (F/MP2/Z)

Meeting ID: 937 7320 9073

10 a.m. Choir to Siler City * (CT)

10 a.m. Coffee & Ga.m.es w/ Chatham. County Sheriff's Dept (MP1)

1 p.m. Open Art Studio (MP1)

1 p.m. Board Games & Cards (P)

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 3

9:30 a.m. BP Screening (WC)

9:30 a.m. Tai Chi for Arthritis** (CG) (Full)

10 a.m. Crafts & Conversation (P)

10 a.m. Let's Move w/Jackie (F)

11 a.m. Nutrition Education: Digestive Health by Ann Clark, MMS, RD/LDN (MP1/MP2)

1 p.m. NO Board Games & Cards

1-4 p.m. Bridge (P)

1:30 p.m. Line Dancing (F/MP2)

3 p.m. Gentle Yoga w/Liz** (F/MP2)

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 4

10 a.m. Arthritis Exercise (AFEP) w/Jackie* (F/MP2) (Full)

10 a.m.-12 p.m.

Salute to Veterans Program

Veterans Memorial Park 100-1000 Alston Bridge Rd, Siler City

1 p.m. Card Games/Euchre (P)

3 p.m. NO Jukebox Live!

7 p.m. Dance at WCSC (\$)

Masks optional/welcome for all events

8:15 a.m. Body Conditioning w/ Jackie* (F, MP1/2) 7

9 a.m. Chair Yoga W/Liz (CG, Z) Meeting ID: 937 7320 9073

10 a.m. Arthritis Exercise (AFEP) w/Jackie* (F/MP2) (Full)

10:30 a.m. Matter of Balance** (CG)

11:15 a.m. Cornhole & Shuffleboard (F/MP2)

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 8

9 a.m. 3G's Men's Group*** (CR)

9:30 a.m. Tai Chi for Arthritis** (CG) (Full)

10 a.m. Woodcarvers (P)

10 a.m. Bingo w/Joe & Coffee (MP1/2)

11 a.m. November Birthday Party w/Liz** (MP1/MP2)

1 p.m. Rummikub (P)

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 9

10 a.m. Chair Yoga W/Liz** (F/MP2/Z)

Meeting ID: 937 7320 9073

1 p.m. Open Art Studio - Loom Weaving Demonstration (MP1)

Reminder Election Day: Tuesday, Nov. 8

8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 10

9:30 a.m. BP Screening (WC)

9:30 a.m. Tai Chi for Arthritis** (CG) (Full)

10 a.m. Crafts & Conversation (P)

10:30 a.m. Diabetes Discussion Group (MP2)

1 p.m. Board Games & Cards (P)

1:30 p.m. Line Dancing (F/MP2)

3 p.m. Gentle Yoga w/Liz** (F/MP2)

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Council on Aging

Closed in Observance of Veterans' Day

7 p.m. Dance at WCSC (\$)

*: RSVP to jackie.green@chathamcountync.gov **: RSVP to liz.lahti@chathamcountync.gov ***: RSVP to Ed Martinez: 770-652-3258

Or 919-542-4512 ext. 227

Or 919-542-4512 ext. 228

^Thanksgiving Program: Tuesday 11/22, 10 a.m.-12 p.m. BY RSVP only w/Jackie*. Pre-register by 11/10 if you plan to eat w/us. Suggested donation \$5.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:15 a.m. Body Conditioning w/ Jackie* (F, MP1/2) 14</p> <p>9 a.m. Chair Yoga W/Liz (CG, Z) Meeting ID: 937 7320 9073</p> <p>10 a.m. Geri-fit w/Jackie* (F/MP2)</p> <p>11 a.m. Bluegrass music w/ the Original Haw River Crowdaddies (MP1/2)</p> <p>2:00 p.m. Table Tennis (MP2)</p>	<p>8:15 a.m. Body Conditioning w/Jackie (F, MP1/2) 15</p> <p>9 a.m. 3G's Men's Group*** (CR)</p> <p>9:30 a.m. Tai Chi for Arthritis** (CG) (Full)</p> <p>9:30-3pm Shopping Trip to Southpoint Mall (CT, \$) **</p> <p>10 a.m. Woodcarvers (P)</p> <p>10 a.m. Bingo w/Joe & Coffee (MP1/2)</p> <p>11 a.m. Chatham Striders Walk & Learn w/Liz (F)</p> <p>1-3 p.m. Rummikub (P)</p>	<p>10 a.m. Chair Yoga W/Liz** (F/MP2/Z) 16 Meeting ID: 937 7320 9073</p> <p>10 a.m. Coffee & Games w/ Pittsboro Police Dept (MP1)</p> <p>10 a.m. Choir to Siler City * (CT)</p> <p>11 a.m. Mind Games w/Alan (MP1/MP2)</p> <p>1 p.m. Open Art Studio (MP1)</p>	<p>8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 17</p> <p>9:30 a.m. BP Screening (WC)</p> <p>9:30 a.m. Tai Chi for Arthritis** (CG) (Full)</p> <p>10 a.m. Crafts & Conversation (P)</p> <p>10 a.m. Crafts & Songs with Thales Academy Students (MP1)</p> <p>1 p.m. Board Games & Cards (P)</p> <p>1:30 p.m. Line Dancing (F/MP2)</p> <p>3 p.m. Gentle Yoga w/Liz** (F/MP2)</p>	<p>8:15 a.m. Body Conditioning w/ Jackie* (F, MP1/2) 18</p> <p>9 a.m.-3 p.m. Senior Education Conference (CCACC) By RSVP jimmy.lewis@chathamcountync.gov)</p> <p>10 a.m. Geri-fit w/Jackie* (F/MP2)</p> <p>11 a.m. Stories w/Neriah (MP1)</p> <p>1 p.m. Card Games/Euchre (P)</p> <p>3 p.m. Jukebox Live! Music of the 50s and 60s (MP1/MP2)</p> <p>7 p.m. Dance at WCSC (\$)</p>
<p>8:15 a.m. Body Conditioning w/ Jackie* (F, MP1/2) 21</p> <p>9 a.m. Chair Yoga W/Liz (CG, Z) Meeting ID: 937 7320 9073</p> <p>10 a.m. Geri-fit w/Jackie* (F/MP2)</p> <p>11:15 a.m. Cornhole & Shuffleboard (F/MP2)</p> <p>2:00 p.m. Table Tennis (MP2)</p> <p>6 pm Caregiver Support Group (CCL)</p>	<p>8:15 a.m. Body Conditioning w/Jackie (F, MP1/2) 22</p> <p>9 a.m. 3G's Men's Group*** (CR)</p> <p>9:30 a.m. Tai Chi for Arthritis** (CG) (Full)</p> <p>10 a.m. Woodcarvers (P)</p> <p>10 a.m. Thanksgiving Program^ (WCSC) See note on bottom of previous page.</p> <p>1-3 p.m. Rummikub (P)</p>	<p>8:15 a.m. Body Conditioning W/Jackie* (F, MP1/2) 23</p> <p>10 a.m. Chair Yoga W/Liz** (F/MP2/Z) Meeting ID: 937 7320 9073</p> <p>11 a.m. Drumming w/Rodney and Alan (MP1/MP2)</p> <p>1 p.m. Open Art Studio (MP2)</p>	<p>24 25</p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="font-size: 1.5em; color: #D9534F; text-align: center;">Happy Thanksgiving</p> </div> <p style="text-align: center; font-size: 1.2em; font-weight: bold;">Council on Aging Closed</p>	
<p>8:00 a.m. Body Conditioning W/Jackie (FH@CM) 28</p> <p>9:00 a.m. Chair Yoga W/Liz (CG, Z) Meeting ID: 937 7320 9073</p> <p>10 a.m. Geri-fit w/Jackie* (F/MP2)</p> <p>2:00 p.m. Table Tennis (MP2)</p> <p>6 pm Caregiver Virtual Support Group (Z) Must RSVP By Noon to Receive Link to Rodney Dietrich</p>	<p>8:15 a.m. Body Conditioning w/Jackie (F, MP1/2) 29</p> <p>9 a.m. 3G's Men's Group*** (CR)</p> <p>9:30 a.m. Tai Chi for Arthritis** (CG) (Full)</p> <p>10 a.m. Woodcarvers (P)</p> <p>10 a.m. Bingo w/Joe & Coffee (MP1/2)</p> <p>11 a.m. Music w/Front Porch Ministry (MP1/MP2)</p> <p>1-3 p.m. Rummikub (P)</p>	<p>10 a.m. Chair Yoga W/Liz** (F/MP2/Z) 30 Meeting ID: 937 7320 9073</p> <p>10:30 a.m. Program w/Alan (MP1/MP2)</p> <p>11 a.m.-2:30 p.m. Lunch Bunch at Olive Garden, 107 Grand Hill Pl, Holly Springs, NC 27516 (CT, \$)</p> <p>1 p.m. Open Art Studio (MP2)</p>	<div style="border: 2px solid #D9534F; padding: 10px;"> <p>Key:</p> <p><u>BP</u>: Blood Pressure</p> <p><u>CCACC</u>: Chatham County Agricultural and Conference Center</p> <p><u>CCL</u>: Chatham Community Library</p> <p><u>CG</u>: Chatham Grove Community Center</p> <p><u>CT</u>: Chatham Transit</p> <p><u>F</u>: Fitness Room</p> <p><u>MP1</u>: Multipurpose Room 1 (front)</p> <p><u>MP2</u>: Multipurpose Room 2 (back)</p> <p><u>MP1/2</u>: Multipurpose Rooms 1 & 2</p> <p><u>WC</u>: Wellness Center</p> <p><u>WCSC</u>: Western Chatham Senior Center</p> </div> <div style="border: 2px solid #D9534F; padding: 10px; margin-top: 10px;"> <p style="text-align: center;">Key (Cont'd)</p> <p><u>Z</u>: ZOOM</p> <p><u>\$</u>: Fee required for participation</p> <p style="color: green;">Green: Health & Wellness</p> <p style="color: black;">Black: Educational</p> <p style="color: red;">Red: Recreation/Social</p> <p style="color: blue;">Blue: Arts & Crafts</p> </div>	

