

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



# Chatham Council on Aging

## October 2020

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key:**  
**(CL):** Conference Line - 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 Phone (Zoom Meeting ID shown)  
 To join Zoom by Phone call: (833)568-8864, then enter the Meeting ID shown.  
 If Zoom calls you, the number shown will be: (669)254-5252 (from California)

**10:00am** Needlework Call (GML) **1**  
**10:00am** Arthritis Foundation  
 Exercise Program (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Let's Laugh (ZY)  
 (Meeting ID:160 532 1331)

**9:00am** Body Conditioning **2**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**10:15am** Weekly Call W/Dennis  
 Streets & Hispanic Heritage Month  
 (CL: (727)731-8717)

**9:00am** Tai Chi - Cancelled **5**  
**10:00am** Enjoy a recorded exercise  
 class from ChathamCOA.org  
**11:15am** Bingo W/Joe (Z)  
 (Meeting ID:160 532 1331)

**9:00am** Enjoy a recorded exercise  
 class from ChathamCOA.org **6**  
**10:00am** Drive-Thru Immunization  
 Clinic (WCSC) Influenza, Shingles,  
 Pneumonia  
**11:15am** Cancelled due to Clinic

**10:00am** Bluegrass Music with  
 Uncle Edd & Kralldaddy John (ZY)  
 (Meeting ID:161 148 0873)  
**12:30pm** Short Stories W/Chris  
 (CL): (727)731-8717

**10:00am** Needlework Call (GML) **8**  
**10:00am** Enjoy a recorded exercise  
 class from ChathamCOA.org  
**11:15am** Spill The Beans W/Liz (Z)  
 (Meeting ID:160 532 1331)

**9:00am** Enjoy a recorded exercise **9**  
 class from ChathamCOA.org  
**10:15am** Weekly Call W/Dennis  
 Streets & Guest Storyteller Neriah  
 Edwards-Boone (CL): (727)731-8717

**9:00am** Tai Chi For Arthritis (ZY) **12**  
 (Meeting ID:160 927 1855)  
**10:00am** Arthritis Foundation  
 Exercise Program (AFEP) (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Bingo W/Joe (Z)  
 (Meeting ID:160 532 1331)

**9:00am** Body Conditioning **13**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**11:15am** Chatham Striders Walk &  
 Learn (ZY)  
 (Meeting ID:160 532 1331)

**9:00am** Tai Chi For Arthritis **14**  
 (Meeting ID:160 927 1855)  
**10:00am** Legal Aid Outreach For  
 Seniors W/Melany from Legal Aid of  
 NC (Meeting ID:161 148 0873)  
**12:30pm** Short Stories W/Chris  
 (CL): (727)731-8717

**10:00am** Needlework Call (GML) **15**  
**10:00am** Arthritis Foundation  
 Exercise Program (AFEP) (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Fire Prevention with Fire  
 Marshall Billy Judson (ZY)  
 (Meeting ID:160 532 1331)

**9:00am** Body Conditioning **16**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**10:15am** Weekly Call W/Dennis  
 Streets & Musical Guests Don &  
 Marian  
 (CL): (727)731-8717

**9:00am** Tai Chi For Arthritis (ZY) **19**  
 (Meeting ID:160 927 1855)  
**10:00am** AFEP (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Bingo W/Joe (Z)  
 (Meeting ID:160 532 1331)

**9:00am** Body Conditioning **20**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**11:15am** 50's Musical Bingo W/ UNC  
 Nursing Students (ZY)  
 (Meeting ID:160 532 1331)

**9:00am** Tai Chi For Arthritis (ZY) **21**  
 (Meeting ID:160 927 1855)  
**10:00am** Wood Turning W/Alan (ZY)  
 (Meeting ID:161 148 0873)  
**12:30pm** Short Stories W/Chris  
 (CL): (727)731-8717

**10:00am** Needlework Call (GML) **22**  
**10:00am** AFEP (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Virtual Alpaca Farm Trip  
 (ZY) (Meeting ID:160 532 1331)  
**3:00pm** CC Library Virtual Open Mic  
<https://tinyurl.com/CCL-OpenMic>

**9:00am** Body Conditioning **23**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**10:15am** Weekly Call W/Dennis  
 Streets & Musical Guests Gene &  
 Marian (CL): (727)731-8717

**9:00am** Tai Chi For Arthritis (ZY) **26**  
 (Meeting ID:160 927 1855)  
**10:00am** AFEP (ZY)  
 (Meeting ID:161 322 5685)  
**11:15am** Bingo W/Joe (Z)  
 (Meeting ID:160 532 1331)

**9:00am** Body Conditioning **27**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**11:15am** This Day in History -  
 Program with UNC Nursing Students  
 (ZY) (Meeting ID:160 532 1331)

**9:00am** Tai Chi For Arthritis (ZY) **28**  
**10:00am** Science W/Alan (ZY)  
 (Meeting ID:161 148 0873)  
**12:30pm** Short Stories W/Chris  
 (CL): (727)731-8717

**10:00am** YEE HAW Variety Show **29**  
 (ECSC Parking Lot) RSVP by  
 10/22 to Liz Lahti (919-542-4512)  
**10:00am** NO - Needlework Call  
**10:00am** NO - AFEP

**9:00am** Body Conditioning **30**  
 W/Jackie (ZY)  
 (Meeting ID:160 814 3441)  
**10:15am** Weekly Call W/Dennis  
 Streets  
 (CL): (727)731-8717

