

# WESTERN CHATHAM SENIOR CENTER

112 Village Lake Road, Siler City, NC 27344 919-742-3975

www.chathamcouncilonaging.org

MONTH  
SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9 am Strong & Fit (HB) 10 am Grief Support Group (CR) 10 am Beginning Quilting (CSR) 7pm Dance - Band: Glass Heart
<b>4</b> Labor Day Holiday SENIOR CENTER CLOSED	<b>5</b> 9 am Cardio Drumming 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Table Tennis (HB) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (HB)</b> 1 pm Bring Your Own Project (DR) 2 pm Fitness Room Orientation	<b>6</b> 9 am Strong & Fit (HB) 10 am Bible Study (HB) 2 pm Crafting with Kathryn (DR)	<b>7</b> 9 am Men's Coffee & Conversations (CR) 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Bocce & Horseshoes 10 am - 12 pm Music Jam Session (AR) 10:30 am Mental Health with Tammy Curry 10:30 am 90th Birthday Party at ECSC 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie	<b>8</b> 9 am Strong & Fit (HB) 10 am Grief Support Group (CR) 10 am Beginning Quilting (CSR) 10:30 am Stories with Neriah (DR) 7pm Dance - Band: SideKix
<b>11</b> 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:30 am Science with Alan (DR) 2 pm Strength & Tone (HB)	<b>12</b> 9 am - Cardio Drumming 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Table Tennis (HB) 10:30 am <b>Cooking Demonstration with Tara Gregory</b> 1 pm <b>ROOK, Phase 10 &amp; Rummikub (HB)</b> 1 pm Bring Your Own Project (DR) 2 pm Fitness Room Orientation	<b>13</b> 9 am Strong & Fit (HB) 9 am Aqua Aerobics at Siler City Pool 10 am Bible Study (HB) 10:30 am Diabetes Discussion w/ Ann Clark (DR) 12:30 - 5 pm <b>Red Cross Blood Drive at Community Baptist Church</b> 2 pm Crafting with Kathryn (DR)	<b>14</b> 9 am Men's Coffee & Conversations (CR) 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Bocce & Horseshoes 10 am - 12 pm Music Jam Session (AR) 1 pm Book Club (L) 2 pm Strength & Tone (HB) 3pm Thursday Social: ESCAPE ROOM	<b>15</b> 9 am Strong & Fit (HB) 10 am Grief Support Group (CR) Grief Support Group (CR) 10 am Beginning Quilting (CSR) 7pm Dance - Band: Diamond Edge Band
<b>18</b> 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:30 am Gospel Choir 2 pm Strength & Tone (HB) 3 pm Caregiver Support Group (CR)	<b>19</b> 9 am Cardio Drumming 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Table Tennis (HB) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (HB)</b> 1 pm Bring Your Own Project (DR) 2 pm Fitness Room Orientation	<b>20</b> 9 am Strong & Fit (HB) 10 am Bible Study (HB) 10:30 am Nutrition Education w/ Ann Clark (DR) 2 pm Crafting with Kathryn (DR)	<b>21</b> 9 am Men's Coffee & Conversations (CR) 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Bocce & Horseshoes 10 am - 12 pm Music Jam Session (AR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Mocktails and Trivia	<b>22</b> 9 am Strong & Fit (HB) 10 am Grief Support Group 10 am Beginning Quilting (CSR) 9 am - 4:30 pm Field Trip to NC Silver Arts 7pm Dance - Band: Jimmy Shirley, Jr. & The Footlights
<b>25</b> 9 am Strong & Fit (HB) 9 am Aqua Aerobics at Siler City Pool 10 am Cornhole (HB) 10 am Birthday Party for September Birthdays 2 pm Strength & Tone (HB)	<b>26</b> 9 am Cardio Drumming 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Table Tennis (HB) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (HB)</b> 1 pm Bring Your Own Project (DR) 2 pm Fitness Room Orientation	<b>27</b> 9 am Strong & Fit (HB) 10 am Bible Study (HB) 10:30 am Health Education with Ashley Brewer (DR) 2 pm Crafting with Kathryn (DR)	<b>28</b> 9 am Men's Coffee & Conversations (CR) 9:30 am Arthritis Foundation Exercise Program (HB & Virtual) 10 am Bocce & Horseshoes 10 am - 12 pm Music Jam Session (AR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Bingo	<b>29</b> 9 am Strong & Fit (HB) 10 am Grief Support Group 10 am Beginning Quilting (CSR) 7pm Dance - Band: Delmonico

HB- Holly Brooks Room, AR - Aerobics Room, DR - Dining Room, CR - Conference Room, CSR - Crafting Sewing Room, L - Library

Green: Health/Wellness Red: Recreation/Social Black: Educational Blue: Arts & Crafts



# FITNESS

## STRONG & FIT

Moderate-to-advanced class that focuses on strength, balance & flexibility.

## ARTHRITIS FOUNDATION EXERCISE PROGRAM

A low-impact recreational exercise program that incorporates a brief educational component.

## STRENGTH & TONE

Moderate-to-advanced class that focuses on strength, balance & flexibility.

## CARDIO DRUMMING

Drums Alive® combines the benefits of a traditional physical fitness program with the benefits of music and rhythm on the brain's function. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially.

# THURSDAY

## Socials

September 7: Movie

September 14: Tea

September 21: Mocktails & Trivia

September 28: Bingo

## Crafts with Kathryn

WEDNESDAYS AT 2 PM

September 6:

September 13

September 20:

September 27:

## drop in activities

Monday - Friday 8 am to 5 pm

Fitness Center  
Library  
Jigsaw Puzzles  
Games & Cards  
Piano

## Book Club

FIRST & THIRD THURSDAYS 1 PM

Let's discuss the latest books we have read!

Bring your instrument & join others for a time of bluegrass & country music jamming & singing.

## MUSIC JAM

THURSDAYS 10 AM



## Bring Your Own Project

TUESDAYS 1 PM

Bring a craft or art project you are working on, sit & chat with other crafters as you work.

## VETERANS BENEFITS ASSISTANCE



With Michael Daniels  
Wednesdays 8 am - 12 pm  
Appointment Required  
Call 919-545-8334

### STAFF:

**Kathryn Walters** Western Chatham Senior Center Manager  
**Olivia Hayden** Western Chatham Senior Center Activities Coordinator  
**Susan Alston** Administrative Support Assistant  
**Doris Johnson** Administrative Support Assistant  
**Teresa Wood** Nutrition Assistant  
**Jane Bray** Nutrition Assistant  
**William Riggsbee** Family Caregiver Support  
**Lawana Schulze** Volunteer Program Assistant  
**Ashlyn Martin** Chatham County Aging Services Director  
**Lacee Monte** Chatham County Aging Services Deputy Director  
**Barbara Woody** Integrated Services Director

The Western Chatham Senior Center offers recreational, social, health & wellness, and educational opportunities for seniors in Chatham County 60 years of age and better. The center also serves as a hub for services that include weekday lunches, Meals on Wheels, Family Caregiver Support, a Grandparents Raising Grandchildren program, Aging in Place Services, incontinence supply assistance and Medicare Counseling through the SHIP (Seniors' Health Insurance Information Program). The Western Chatham Senior Center also serves as a site for veterans services consultations.

For more information, call 919-742-3975