



# Western Chatham Senior Center

112 Village Lake Road, Siler City, NC 27344 - (919)-742-3975  
Open 8 am—5 pm Monday–Friday

<p>1</p> <p>9 am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2 pm Arthritis Foundation Exercise with Olivia (HB)</p> <p>2 pm Zoom with Western Center</p>	<p>2</p> <p>9:30 am Chair Exercises with Olivia—Beginner Exercise (HB)</p> <p>10:30 am Tech Savvy Seniors with Humana Rep Ryan Mankin (HB)</p> <p>1 pm ROOK (HB)</p> <p>2 pm Crafting With Kathryn—Fabric Birds</p>	<p>3</p> <p>8 am-12 pm Veteran Benefits Assistance (Classroom A)</p> <p>9am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>10am Bible Study (AR)</p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2—3:30 pm Cornhole</p>	<p>4</p> <p>1 pm "Bring Your Project" Craft Club (AR)</p> <p>2 pm Arthritis Foundation Exercise with Olivia (HB)</p> <p>3 pm National Chocolate Chip Cookie Day Snack Social (Dining Room)</p>	<p>5</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10:00 am Muffins with the Manager</p> <p>1:00 pm Memory Makers Club (AR)</p> <p>7pm Dance (HB)</p>
<p>8</p> <p>9 am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2 pm Arthritis Foundation Exercise with Olivia (HB)</p> <p>2 pm Zoom with Western Center</p>	<p>9</p> <p>9:30 am Chair Exercises with Olivia—Beginner Exercise (HB)</p> <p>10:30 am Group Game with Humana Rep Ryan Mankin (HB)</p> <p>1 pm ROOK (HB)</p> <p>2 pm Crafting With Kathryn—String Art</p>	<p>10</p> <p>8 am-Noon Veteran Benefits Assistance (Classroom A)</p> <p>9 am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>10 am Bible Study (AR)</p> <p>10:30 am Diabetes Discussion With Siler City Pharmacist (HB)</p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2—3:30 pm Cornhole</p>	<p>11</p> <p>9 am Trip to Raleigh Farmer's Market</p> <p>1 pm Book Club (Library)</p> <p>3 pm Movie &amp; Popcorn (Dining Room)</p>	<p>12</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10:30 am Stories With Neriah (DR) 10 am with Charlotte Walton (HB)</p> <p>1:00 pm Memory Makers Club (AR)</p> <p>7pm Dance (HB)</p>
<p>15</p> <p>9 am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2 pm Zoom with Western Center</p> <p>6 pm Caregiver Support Group (Chatham Community Library)</p>	<p>16</p> <p>9:30 am Chair Exercises with Olivia—Beginner Exercise (HB)</p> <p>10 am Choir Practice with Mr. Goldston</p> <p>1 pm ROOK (HB)</p> <p>2 pm Crafting With Kathryn—Beginner Cross-Stitch</p>	<p>17</p> <p>8 am-Noon Veteran Benefits Assistance (Classroom A)</p> <p>9am Arthritis Foundation Aquatic Exercise (BPP-SC) <b>Class Full</b></p> <p>10 am Bible Study (AR)</p> <p>10 am Cardmaking (Library)</p> <p>10:30 am Nutrition Education with Ann Clark, MMS,RD/LDN (HB)</p> <p>12:30 pm Strong &amp; Fit with Olivia (HB)</p> <p>2—3:30 pm Cornhole</p>	<p>18</p> <p>10 am Horseshoes</p> <p>1pm "Bring Your Project" Craft Club (AR)</p> <p>2 pm Afternoon Tea (Dining Room)</p> <p>3:30—4:15 p.m. Zoom Games with Kathryn</p>	<p>19</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Making Important Decisions with a Living Will with Charlotte Walton (HB)</p> <p>1:00 pm Memory Makers Club (AR)</p> <p>7 pm Dance (HB)</p>
<p>22</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>2 pm Geri-fit (HB)</p> <p>2 pm Zoom with Western Center</p> <p>6 pm Caregiver Support Group (virtual)</p>	<p>23</p> <p>9:30 am Chair Exercises with Olivia—Beginner Exercise (HB)</p> <p>10:30 am Dementia VS. Normal Age Related Changes with Tammy Curry from Therapeutic Alternatives (HB)</p> <p>1 pm ROOK (HB)</p> <p>2 pm Crafting With Kathryn—Collage Canvases—Day One</p>	<p>24</p> <p>8 am-Noon Veteran Benefits Assistance (Classroom A)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Bible Study (AR)</p> <p>2—3:30 pm Cornhole</p>	<p>25</p> <p>10 am Horseshoes</p> <p>2 pm Geri-fit (HB)</p> <p>2 pm Book Club (Library)</p> <p>3 pm Karaoke (Dining Room)</p>	<p>26</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Birthday Party for everyone with an August Birthday</p> <p>1 pm Memory Makers Club (AR)</p> <p>7 pm Dance (HB)</p>
<p>29</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10:30 am Bingo with Woodman Life (HB)</p> <p>2 pm Geri-fit (HB)</p> <p>2 pm Zoom with Western Center</p>	<p>30</p> <p>9:30 am Chair Exercises with Olivia—Beginner Exercise (HB)</p> <p>1 pm ROOK (HB)</p> <p>2 pm Crafting With Kathryn—Collage Canvases—Day Two</p>	<p>31</p> <p>8 am-Noon Veteran Benefits Assistance (Classroom A)</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>10 am Bible Study (AR)</p> <p>10:30 am Science with Alan (Dining Room)</p> <p>2—3:30 pm Cornhole</p>	<p>1</p> <p>10 am Horseshoes</p> <p>1 pm "Bring Your Project" Craft Club (AR)</p> <p>2pm Geri-fit (HB)</p> <p>3 pm Mocktails &amp; Trivia (Dining Room)</p>	<p>2</p> <p>9 am Strong &amp; Fit with Olivia (HB)</p> <p>1 pm Memory Makers Club (AR)</p> <p>7 pm Dance (HB)</p>

HB—Holly Brooks Room, AR—Aerobics Room, DR—Dining Room, BPP-SC—Bray Park Pool—Siler City  
Green: Health/Wellness Red: Recreation/Social Black: Educational Blue: Arts & Crafts

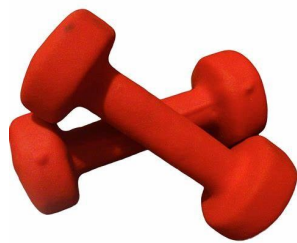
## Health & Wellness

**Arthritis Foundation Aquatic Program—CLASS IS FULL** Mondays & Wednesdays at 9 am until August 17— This is an exercise program designed to reduce fatigue, pain and stiffness while improving mobility, muscle strength and coordination.

**Strong & Fit with Olivia** - Mondays & Wednesdays 12:30 pm; Fridays 9 am until August 19; After August 19—Mondays, Wednesdays & Fridays 9 am. This is an exercise class that focuses on strength, balance and flexibility. This is a moderate-to-advanced class for seniors.

**Arthritis Foundation Exercise with Olivia** - Mondays & Thursdays 2 pm until August 8 - This exercise program reduces pain and stiffness from arthritis, builds strong muscles around the joints, gives you more energy, helps improve sleep and prevents health problems.

**Geri-fit** - Starts August 22, Mondays & Thursdays 2 pm. Geri-Fit® is a tier III (highest level) evidence-based health promotion program and chronic disease self-management support program. Designed exclusively for older adults, Geri-Fit helps rebuild strength that's been lost through the aging process to help ensure a higher level of function as older adults continue to age.



## Weekly Drop-In Activities

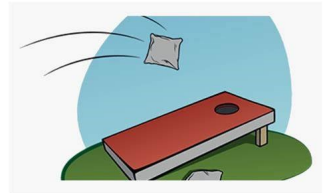
**Wednesdays at 2 pm—** Indoor Cornhole

**Tuesdays at 1pm—** Rook

**Thursdays Aug. 18, 25, & Sept. 1 at 10am—** Horseshoes

**Available 8am—5pm:**

Fitness Center  
Library  
Cards, Jigsaw Puzzles & Games in Library



## Crafts with Kathryn

Fabric Birds

Tuesday, August 2 @ 2pm



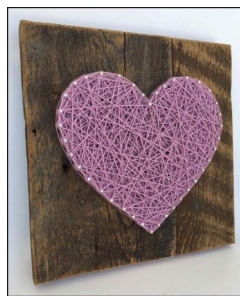
Magazine Strip Silhouette

Tuesday, August 9 @ 2pm



String Art

Tuesday, August 16 @ 2 pm



Simple Cross-stitch: Travel Camper

Tuesday, August 16 @  
2 pm



Two-Day Collage  
Canvases Class

Tuesday, August 23 & 30  
@ 2pm



## Thursday Get Togethers



August 4 @ 3 pm: **Chocolate  
Chip Cookie  
Snack Social**

August 11 @ 3 pm: **Movie &  
Popcorn**



August 18 @ 2 pm: **Tea Party**

August 25 @ 3 pm: **Karaoke**

September 1 @ 3 pm: **Mocktails & Trivia**

## STAFF

**Ashlyn Martin** Director, Council on Aging  
**Lacee Monte** Deputy Director, Council on Aging  
**Kathryn Walters** Western Chatham Senior  
Center Manager  
**Olivia Hayden** Western Chatham Activities  
Coordinator  
**Barbara Woody** Integrated Services  
Director  
**Lynn Parks** Aging in Place Manager  
**Susan Alston** Administrative Support Assistant  
**Doris Johnson** Administrative Support Assistant  
**Teresa Wood** Nutrition Assistant  
**Jane Bray** Nutrition Assistant  
**Alan Russo** Nutrition Services Manager

The Western Chatham Senior Center offers recreational, social, health and wellness as well as educational opportunities for seniors in Chatham County 60 years of age and older. We also serve as a hub for services including Congregate meals, Meals on Wheels, Family Caregiver Support, a Grandparents Raising Grandchildren program, Aging in Place services, incontinence supply assistance and Medicare Counseling through the Seniors' Health Insurance Information Program. The Western Chatham Senior Center also serves as a site for veterans services consultations. For more information about our services, contact us at (919) 742-3975.