

For transportation questions contact,
Barbara Woody: 919-742-3975 ext. 223

For meal questions contact,
Faye Tillman: 919-742-3975

**Chatham Council on Aging
Western Chatham Senior Center
November 2021**

WCSC
112 Village Lake Rd. Siler City, NC
(919) 742-3975

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

9:00am Strong & Fit W/ Olivia 1
10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073
10:00am Strength & Conditioning
W/ Olivia (HB)
10:00am Games and Coffee (HB)
10:30am Nutrition Bingo
W/ Elizabeth Fridley from the
Health Department (HB)

10:00am Arthritis Foundation 2
Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733
3:00pm Powerful Tools for
Caregivers (HB)
RSVP Susan Hardy
(See KEY for Details)

9:00am Strong & Fit W/ Olivia 3
10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073
10:00am Strength & Conditioning
W/ Olivia (HB)
10:00am Games and Coffee (HB)
10:15am Bible Study (AR)
10:30am November Birthday
Celebration (HB)


10:30 Practicing Gratitude to 4
Benefit Your Mental Health, by
Cheryl Levinson RN-BC, CDP, CMDCP
from Therapeutic Alternatives (HB,Z)
Meeting ID: 161 632 9434
1:00 TOPS – Take Off Pounds
Sensibly RSVP Robin Leto
(See KEY for Details)

10:00am Salute to Veterans @ 5
Veteran's Memorial RSVP Liz Lahti OR
Faye Tillman
(See KEY for details)
7:00pm Dance at WCSC (\$10)

9:00am Strong & Fit W/ Olivia 8
10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073
10:00am Games and Coffee (HB)
10:30am COPD W/ Ashley Brewer,
RN From Hospice (HB)

10:00am Arthritis Foundation 9
Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733
3:00pm Powerful Tools for
Caregivers (HB)
RSVP Susan Hardy
(See KEY for Details)

10:00am Chair Yoga W/Liz (ZY) 10
Meeting ID: 937 7320 9073
10:00am Games and Coffee (HB)
10:15am Bible Study (AR)
10:30am Diabetes Discussion
W/ Doris Welborn (HB)

COA Closed in Honor of 11
Veterans Day

Riddle Question:
What key has legs but
can't open a door??

9:00am Strong & Fit W/ Olivia 12
10:00am Arthritis Foundation
Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733
10:00am Blood pressure and Glucose
Screening W/ Melissa Poillot (HB)
10:30am Hope 4 NC W/ Crisis
Counselor, Miriam Davila (HB)
7:00pm Dance at WCSC (\$10)

9:00am Strong & Fit W/ Olivia 15
10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073
10:00am Strength & Conditioning
W/ Olivia (HB)
10:00am Games and Coffee (HB)
10:15am Drawing for Riddle (HB)
10:30am Practicing Gratitude to
Benefit Your Mental Health by Cheryl
Levinson RN-BC, CDP, CMDCP from
Therapeutic Alternatives (HB)

10:00am Arthritis Foundation 16
Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733



9:00am Strong & Fit W/ Olivia 17
10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073
10:00am Strength & Conditioning
W/ Olivia (HB)
10:00am Games and Coffee (HB)
10:15am Bible Study (AR)
10:30am Nutrition Education,
Foods that Fight Inflammation by
Ann Clark, MMS, RD/LDN (HB)

10:30 Nutrition Education, 18
Foods that Fight Inflammation
by Ann Clark, MMS, RD/LDN
(HB, ZY) Meeting ID: 161 632 9434
1:00 TOPS – Take Off Pounds
Sensibly RSVP Robin Leto
(See KEY for Details)

9:00am Strong & Fit W/ Olivia 19
10:00am Arthritis Foundation
Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733
10:00am Bingo W/ Joe (HB)
7:00pm Dance at WCSC (\$10)



9:00am Strong & Fit W/ Olivia **22**

10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073

10:00am Strength & Conditioning
W/ Olivia (HB)

10:00am Games and Coffee (HB)

10:30am Science W/Alan (HB)

10:00am Thanksgiving **23**

Celebration for Congregate
RSVP ONLY (Ag-Ctr)

9:00am Strong & Fit W/ Olivia **24**

10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073

10:00am Strength & Conditioning
W/ Olivia (HB)

10:00am Games and Coffee (HB)

10:15am Bible Study (AR)

10:30am Humana; Shakedown on
Sugar W/ Ryan Mankin (HB)

COA CLOSED **25**

Happy
Thanksgiving



Stop, drop, and pass the rolls!

COA CLOSED **26**

7:00pm Dance at WCSC (\$10)



9:00am Strong & Fit W/ Olivia **29**

10:00am Chair Yoga W/Liz (ZY)
Meeting ID: 937 7320 9073

10:00am Strength & Conditioning
W/ Olivia (HB)

10:00am Games and Coffee (HB)

10:30am NC Registry for Brain
Health W/ Deborah Chestnut (HB)

10:00am Arthritis Foundation **30**

Exercise Program (FH@CM, ZY)
Meeting ID: 161 371 7733



KEY: Subject to change

WCSC: Western Chatham Senior Center
(HB): Holly Brooks @ WCSC
(AR): Aerobic Room @ WCSC
(Z): Zoom (ZY): Zoom & YouTube

To Join Zoom by Phone:
Call 1-833-586-6864 then enter
Meeting ID listed for the event
followed by #.

(Ag Ctr): Agricultural Center
1192 US-64 BUS, Pittsboro, NC 27312

Veterans Memorial: 100-1000 Alston
Bridge Rd, Siler City, NC

**Chatham Council on Aging
Western Chatham Senior Center Participants
November 2021**

**In Person Congregate
Programming options are
highlighted. These events
are restricted to registered
attendees ONLY**

TOPS- Take Off Pounds Sensibly
Every Thursday 1pm-2pm (Zoom)
For more information: Robin Leto
RD (birdie86509@gmail.com,
919-942-2298)

Powerful Tools for Caregivers
Tuesday 3:00pm-4:30pm.
For more information: Susan Hardy
Susan.hardy@chathamcoa.org
919-542-4152