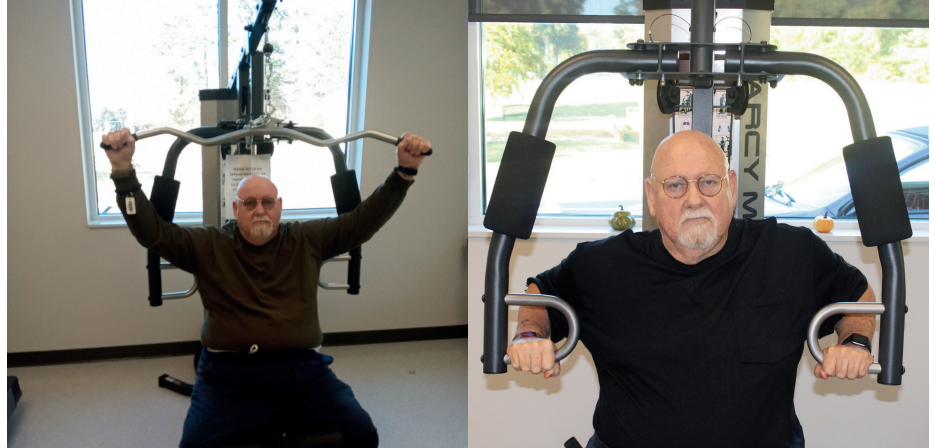


“This whole place saved my life.”

In This Issue

- 1 Our Centers In Action
- 2 Upcoming Events
- 4 Pittsboro Center Calendars
- 6 Siler City Center Calendars
- 8 Fitness Class Schedules
- 9-10 Groups and Activities
- 13 Expanding Meals on Wheels
- 14 Minor Home Repair
- 16 Upcoming Educational Programming



BEFORE

AFTER

Roughly 18 months ago, Donald Moore found himself in a precarious predicament.

At the age of 69, he had eclipsed the 300-pound mark. His doctor implored him to make immediate changes to reach 70. In October 2022, Donald started visiting the fitness room at the Pittsboro Center for Active Living. He has since lost 66 pounds and credits his thrice-weekly visits with saving his life.

To see our fitness class schedules, turn to page 8.

Follow us on Facebook under "Chatham County Aging Services!"



CONTACT US!

Pittsboro Center for Active Living
365 Highway 87 North
Pittsboro, NC 27312
919-542-4512

Siler City Center for Active Living
112 Village Lake Road
Siler City, NC 27344
919-742-3975

Upcoming Events



Ugly Christmas Sweater Party
Monday, December 11
10:30 a.m.

Siler City Center for Active Living
Prizes Awarded For “Ugliest Christmas
Sweater,” “Cutest Christmas Sweater,” and
“Tackiest Christmas Sweater!”

Chatham Winter Weather Survival Drive
Distribution Event
Monday, December 11
3-7:30 p.m.

Siler City Center for Active Living
Winter coats, jackets, etc. to be distributed

Gardening Club
With NC Cooperative Extension Master
Gardener Volunteers of Chatham County
Tuesday, December 12
2 p.m.

Siler City Center For Active Living
Space Limited – Pre-register by December 5

Gift Wrapping Service For Participants
Wednesday, December 13
Noon to 3 p.m.

Siler City Center for Active Living
Bring your presents & we will wrap them!
(Wrapping Paper & Ribbon Accepted)

Trip to Southern Supreme Fruitcake Factory
(Bear Creek)

Thursday, December 14
Pittsboro Center for Active Living
Depart at 9:30 a.m.

RSVP to Liz Lahti at 919-542-4512 or
liz.lahti@chathamcountync.gov



Winter Wonderland
Thursday, December 21
10 a.m.

Chatham County Agriculture
& Conference Center
Crafts, Treats, Carols & Holiday Meal
RSVP to 919-742-3975 or
liz.lahti@chathamcountync.gov
by Friday, December 8

New Years Ball
Thursday, January 4
10 a.m.

Pittsboro Center for Active Living

New Year RESOLVE
Wednesday, January 17
2 p.m.
Pittsboro Center for Active Living

NCIOM Task Force on Healthy Aging Releases Actionable Report

North Carolina's population is rapidly aging. By 2028, 1 in 5 residents will be over age 65, and by 2038 most North Carolina counties will have more residents aged 60+ than those under age 18. This signifies major changes in the health care needs of our state for which families, communities, medical providers, and policymakers must prepare.

A new report, *A Place to Thrive: Creating Opportunities to Age Well in North Carolina*, from the North Carolina Institute of Medicine's Task Force on Healthy Aging recommends 30 actionable strategies for improving social connections, falls prevention, food and nutrition security, and mobility to support healthy aging for all North Carolinians.

The Task Force on Healthy Aging was composed of more than 60 members from health care, local and state government, faith communities, aging, academia, and other sectors. The group convened between May 2022 and April 2023 to learn from experts and work together to identify solutions to support the increasing older adult population in our state. The task force identified four key areas of focus for its recommendations - improving social connections, falls prevention, food and nutrition security and mobility.

The new report includes data and analysis to provide context for the healthy aging challenges and opportunities facing our state, as well as detailed recommendations and strategies for decision-makers in sectors including health care, public health, academia, the legislature, housing development, and more.

Among other findings, the report and recommendations of the task force reflect a particular need, especially in light of the COVID-19 pandemic, to invest in the development of communities and homes that provide a safe environment for healthy aging. The task force also took a careful look at the impact of inequities in healthy aging, as North Carolina's demographics become more diverse as well as growing older.

The NCIOM Task Force on Healthy Aging was led by co-chairs Dr. Tamara Baker, professor in the Department of Psychiatry at UNC-Chapel Hill School of Medicine, and Dennis Streets, former director of the North Carolina Division of Aging and Adult Services and former executive director of the Chatham County Council on Aging. Funding for this work was provided by The Duke Endowment, the North Carolina Department of Health and Human Services Division of Aging and Adult Services and Division of Public Health, and AARP NC.

To learn more, visit the link at:

<https://nciom.org/a-place-to-thrive-creating-opportunities-to-age-well-in-north-carolina/>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key:

AG: Ag Center
B: Bus
BP: Blood Pressure
CCCL: Chatham County Community Library
CG: Chatham Grove Community Center
CR: Conference Room
CRGC: Chapel Ridge Golf Club
E: Fitness Room

Key Cont'd:

G: Gym
L: Library (ECSC)
MP1/2: Multipurpose Room 1 & 2
OA: Old Agricultural Building, 65 E. Chatham St, Pittsboro
P: Parlor
Z: ZOOM

RSVPs:

*: liz.lahti@chathamcountync.gov
Or 919-542-4512 ext. 228
***: Ed Martinez: 770-652-3258
****: william.riggsbee@chathamcountync.gov
Or 919-742-3975 ext. 223
Hikes:
alan.russo@chathamcountync.gov
Basket Weaving:
carolynminnich1@gmail.com

CALENDAR SUBJECT TO CHANGE.

See page 2 & website for updates.

Drop-In Activities:

Jigsaw puzzle, adult coloring, library, bocce, horseshoes, and fitness center.

8:15 AM Sr Exercise (F, MP2) 1
10 AM GeriFit (F, MP2)
11 AM Ornament Making w/ Thales Academy (MP1/2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! – Genre changes weekly
50s - 80s Dance Music (MP1/2)

8:15 AM Sr Exercise (F, MP2) 4
10 AM Geri-Fit (F, MP2)
10 AM Golf (CRGC)
2 PM Table Tennis (MP2)

8:15 AM Sr Exercise (F, MP2) 5
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10:30 AM Gym Orientation (G)
11 AM Chatham Striders (MP1/2)
1 PM Rummikub (P)

10 AM Chair Yoga w/Liz* (F/MP2/Z) 6
10 AM Basic Machine Quilting Class* – Full
11 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM Open Art Studio (MP1) Bring Your Own Project
1 PM Open Art Studio – Holiday Table Arrangements w/Emily (Bring your own container and clippers) RSVP to Liz by 12/4 (MP1/2)
1 PM Leaving Your Legacy w/Author, Jessica Bryan (L)
1 PM Hand & Foot Card Game (F)

8:15 AM Sr Exercise (F, MP2) 7
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Holiday Table Arrangements w/Emily (MP1)
12:30 PM Newcomers Tea* RSVP Liz (CR)
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
2:30 PM – 5 PM Center Closed for Staff Training
3 PM NO Gentle Yoga w/Liz** (F/MP2)

8:15 AM Sr Exercise (F, MP2) 8
10 AM Geri-Fit (F, MP2)
11 AM Morning Time w/Pastor Danny (CR)
1 PM Games/Euchre (P)

8:15 AM Sr Exercise (F, MP2) 11
10 AM, GeriFit (F, MP2)
10 AM Golf (CRGC)
11 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
2 PM Table Tennis (MP2)
3 PM Caregiver Support Group (CR)

8:15 AM Sr Exercise (F, MP2) 12
9 AM 3G's Men's Group*** (CR)
10 AM Crafting Your Own Grief Journey (L)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10:30 AM Gym Orientation (G)
11 AM Birthday Party (MP1/2)
1 PM Rummikub (P)

10 AM Chair Yoga w/Liz* (F/MP2/Z) 13
11 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
1 PM Open Art Studio Bring Your Own Project (MP1)
1 PM 1 PM Make a Carolina Snowflake Ornament w/Carolyn – RSVP carolynminnich1@gmail.com (MP1)
1 PM NO Hand & Foot Card Game (F)

8:15 AM Sr Exercise (F, MP2) 14
9:30 AM Trip to Southern Supreme Fruitcake Factory. RSVP to Liz by 12/8
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) 15
10 AM Geri-Fit (F, MP2)
11:15 AM Stories w/Neriah
1 PM Games/Euchre (P)
3 PM Jukebox Live! Variety Of classic rock, classic country and Christian country featuring the Grateful Hearts

8:15 AM Sr Exercise (F, MP2) 18
10 AM GeriFit (F, MP2)
10 AM Golf (CRGC)
10 AM Choir to Siler City w/Alan (B)
2 PM Table Tennis (MP2)
6 PM Caregiver Virtual Support Group (Z)**** RSVP0

8:15 AM Sr Exercise (F, MP2) 19
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F)
10:30 AM Gym Orientation (G)
11 AM Live Music w/Neighbors 3 (MP1/2)
1 PM Rummikub (P)

10 AM Chair Yoga w/Liz* (F/MP2/Z) 20
11 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM Open Art Studio – Bring Your Own Project (MP1)
1 PM Beaded Jewelry Making (CR) RSVP - pkenlan@gmail.com
1 PM Leaving Your Legacy w/Author, Jessica Bryan (L)
1 PM Hand & Foot Card Game (F)

8:15 AM NO Sr Exercise (F, MP2) 21
9:30 AM NO Blood Pressure Clinic (L)
10 AM NO Hooks & Needles (P)
10 AM NO Bingo (MP1/2)
10 AM Winter Wonderland (AG)
1 PM Rummikub/Pinochle (P)
1:30 PM Line Dancing
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) 22
10 AM GeriFit (F, MP2)
1 PM Games/Euchre (P)

25
CHATHAM COUNTY AGING SERVICES CLOSED FOR HOLIDAYS

26
CHATHAM COUNTY AGING SERVICES CLOSED FOR HOLIDAYS

27
CHATHAM COUNTY AGING SERVICES CLOSED FOR HOLIDAYS

8:15 AM Sr Exercise (F, MP2) 28
10 AM Bingo (MP1/2)
10 AM Hooks & Needles (P)
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
3 PM Gentle Yoga w/Liz* (F/MP2)

8:15 AM Sr Exercise (F, MP2) 29
10 AM GeriFit (F, MP2)
1 PM Games/Euchre (P)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key:

B: Bus
BP: Blood Pressure
CCCL: Chatham County Community Library
CG: Chatham Grove Community Center
CR: Conference Room
CRGC: Chapel Ridge Golf Club
E: Fitness Room

Key Cont'd:

G: Gym
L: Library (ECSC)
MP1/2: Multipurpose Room 1 & 2
OA: Old Agricultural Building, 65 E. Chatham St, Pittsboro
P: Parlor
Z: ZOOM

RSVPs:

*: liz.lahti@chathamcountync.gov
Or 919-542-4512 ext. 228
***: Ed Martinez: 770-652-3258
****: william.riggsbee@chathamcountync.gov
Hikes:
alan.russo@chathamcountync.gov
Basket Weaving:
carolynminnich1@gmail.com

CALENDAR SUBJECT TO CHANGE.

See page 2 & website for updates.

Drop-In Activities:

Jigsaw puzzle, adult coloring, library, bocce, horseshoes, and fitness center.

**Chatham County
Aging Services
Closed**



1
8:15 AM Sr Exercise (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10:30 AM Gym Orientation (G)
11 AM Birthday Party (MP1/2)
1 PM Rummikub (P)

3
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
10 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM Open Art Studio- Bring Your Own Project (MP1)
1 PM Leaving Your Legacy w/Author, Jessica Bryan (L)
1 PM Hand & Foot Card Game (F)

4
8:15 AM NO Sr Exercise (F, MP2)
9:30 AM NO Blood Pressure Clinic (L)
10 AM NO Hooks & Needles (P)
10 AM NO Bingo (MP1/2)
10 AM New Year's Ball (MP1/2)
1 PM Rummikub (L)
1-4 PM Bridge (P) 1st Thursday
1:30 PM Line Dancing
3 PM Gentle Yoga w/Liz* (F/MP2)

5
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or Geri-Fit (F, MP2)
1 PM Games/Euchre (P)
3 PM Jukebox Live! – Genre changes weekly
50s - 80s Dance Music (MP1/2)

8
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or GeriFit (F, MP2)
10 AM Golf (CRGC)
11 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
2 PM Table Tennis (MP2)

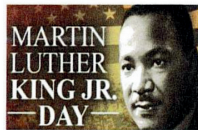
9
8:15 AM Sr Exercise (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
11 AM Chatham Striders (MP1/2)
10:30 AM Gym Orientation (G)
1 PM Rummikub (P)

10
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
1 PM Open Art Studio (MP1)
1 PM Make a Woven Snowman Container w/Carolyn – RSVP carolynminnich1@gmail.com (MP1)
1 PM Hand & Foot Card Game (F)

11
8:15 AM Sr Exercise (F, MP2)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
11 AM Diabetes Discussion Group
12:30 PM Newcomers Tea* RSVP Liz (CR)
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing
3 PM Gentle Yoga w/Liz** (F/MP2)

12
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or Geri-Fit (F, MP2)
11 AM Morning Time w/Pastor Danny (CR)
1 PM Games/Euchre (P)

**Chatham County
Aging Services
Closed**



15
8:15 AM Sr Exercise (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming (F)
10 AM Crafting Your Own Grief Journey (L) See 9/5.
10:30 AM Gym Orientation (G)
1 PM Rummikub (P)

16
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
10 AM Coffee & Games w/ Sheriff's Office (MP1)
1 PM NO Open Art Studio Bring Your Own Project (MP1)
1 PM NO Hand & Foot Card Game (F)
1 PM NO Leaving Your Legacy w/Author, Jessica Bryan (L)
2 PM New Year RESOLVE (MP1/2)

17
8:15 AM Sr Exercise (F, MP2)
9:30 AM Blood Pressure Clinic (L)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing
3 PM Gentle Yoga w/Liz* (F/MP2)

18
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or GeriFit (F, MP2)
11:15 AM Stories w/NeriaH
1 PM Games/Euchre (P)
3 PM Jukebox Live! Variety Of classic rock, classic country and Christian country featuring the Grateful Hearts

22
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or GeriFit (F, MP2)
10 AM Golf (CRGC)
10 AM Choir to Siler City w/Alan (B)
2 PM Table Tennis (MP2)
6 PM Caregiver Virtual Support Group (Z)**** RSVP0

23
8:15 AM Sr Exercise (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F)
10:30 AM Gym Orientation (G)
11 AM Live Music w/Grateful Hearts (MP1/2)
1 PM Rummikub (P)

24
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
10 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
1 PM Open Art Studio – Bring Your Own Project (P)
1 PM Make a Woven Snowman Container w/Carolyn – RSVP carolynminnich1@gmail.com (MP1)
1 PM Hand & Foot Card Game (F)

25
8:15 AM Sr Exercise (F, MP2)
10 AM Hooks & Needles (P)
10 AM Bingo (MP1/2)
1 PM Rummikub (P)
1 PM Pinochle (L)
1:30 PM Line Dancing
3 PM Gentle Yoga w/Liz* (F/MP2)

26
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or GeriFit (F, MP2)
1 PM Games/Euchre (P)

29
8:15 AM Sr Exercise (F, MP2)
10 AM Arthritis Exercise, Strong & Fit or Geri-Fit (F, MP2)
10 AM Golf (CRGC) See 10/2.
2 PM Table Tennis (MP2)

30
8:15 AM Sr Exercise (F, MP2)
9 AM 3G's Men's Group*** (CR)
10 AM Woodcarvers (P)
10 AM Cardio Drumming* (F)
10:30 AM Gym Orientation (G)
1 PM Rummikub (P)


31
10 AM Chair Yoga w/Liz* (F/MP2/Z)
10 AM Basic Machine Quilting Class* – Space Limited (CR) RSVP Liz!
1 PM Open Art Studio – Bring Your Own Project (P)
1 PM Hand & Foot Card Game (F)

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcouncilonaging.org

MONTH
DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9 am Zumba Gold (HB) 10 am Beginning Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance - Band: SideKix
4 9 am Strong & Fit (HB) 10 am Diabetes Self-Management Education (*MUST BE REGISTERED) (CR) 10 am Cornhole (HB) 10:30 am Bingo with Joe 2 pm Strength & Tone (HB)	5 9 am Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)	6 9 am Strong & Fit (HB) 10 am Bible Study (HB) 10:30 am Mindful Stretch 2 pm Crafting with Kathryn (DR)	7 9 am Men's Coffee & Conversations (CR) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am - 12 pm Music Jam Session (AR) 10:30 am Mental Health with Tammy Curry (HB) 1pm Book Club CENTER CLOSED AFTER 2PM FOR STAFF TRAINING	8 9 am Zumba Gold (HB) 10 am Beginning Quilting (CSR) 10:30 am Line Dancing Practice CENTER CLOSED AFTER 12PM FOR STAFF MEETING 7pm Dance - Band: Jimmy Shirley Jr.
11 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10 am Diabetes Self-Management Education (*MUST BE REGISTERED) (CR) 10:30 am Ugly Christmas Sweater Party & Christmas Caroling 12:15 - 2:15 pm Advisory Team Orientation 2 pm Strength & Tone (HB) 3pm Caregiver Support Meeting (CR)	12 9 am - Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 10:30 am Cooking Demo with Tara Gregory 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G) 2pm Introductory Gardening Club Meeting (Must Pre-register)	13 9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Diabetes Discussion 10:30 am Mindful Stretch 12 pm - 3 pm Gift Wrapping 2 pm Crafting with Kathryn (CSR)	14 9 am Men's Coffee & Conversations (CR) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am - 12 pm Music Jam Session (CR) 1 pm Strength & Tone (HB) 2 pm Thursday Social: Christmas Tea (DR)	15 9 am Zumba Gold (HB) 10 am Beginning Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance - Band: Diamond Edge Band
18 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:30 am Gospel Choir (HB) 2 pm Strength & Tone (HB)	19 9 am - Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)	20 9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Christmas Party & Games & December Birthday Party 2 pm Crafting with Kathryn (CSR)	21 MORNING ACTIVITIES CANCELLED FOR PROGRAM IN PITTSBORO 10:30 am Holiday Program at Chatham County Agriculture Conference Center 1pm Book Club 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)	22 9 am Zumba Gold (HB) (HB) 10 am Beginning Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance - Band: Delmonico
25 Christmas Holiday SENIOR CENTER CLOSED	26 Christmas Holiday SENIOR CENTER CLOSED	27 Christmas Holiday SENIOR CENTER CLOSED	28 9 am Men's Coffee & Conversations (CR) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am - 12 pm Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)	29 9 am Strong & Fit (HB) 10 am Beginning Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance - Band: SideKix

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

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcouncilonaging.org

MONTH
JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>New Year's Day Holiday</p> <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>9 am Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)</p>	<p>3</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (HB) 10:30 Mindful Stretch 1pm The Writer's Club 2 pm Crafting with Kathryn (DR)</p>	<p>4</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am - 11:30 am Music Jam Session (AR) 10:30 am Mental Health with Tammy Curry (HB) 1pm Book Club 2pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)</p>	<p>5</p> <p>9 am Strong & Fit 10 am Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance</p>
<p>8</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 2 pm Strength & Tone (HB)</p>	<p>9</p> <p>9 am Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G) 2 pm Low Vision Support Group</p>	<p>10</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (HB) 10:30 am Diabetes Discussion 10:30 am Mindful Stretch 2 pm Crafting with Kathryn (DR)</p>	<p>11</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am - 11:30 am Music Jam Session (AR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Escape Room (DR)</p>	<p>12</p> <p>9 am Strong & Fit (HB) 10 am Quilting CSR) 10:30 am Line Dancing Practice 7pm Dance</p>
<p>15</p> <p>Martin Luther King Jr. Holiday</p> <p>SENIOR CENTER CLOSED</p>	<p>16</p> <p>9 am - Cardio Drumming (HB) 10:15 am Arthritis Foundation Exercise Program (DR) 10 am Table Tennis (HB) 10:30 am Cooking Demo with Tara Gregory 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p>17</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 10:30 Mindful Stretch 1pm The Writer's Club 2 pm Crafting with Kathryn (CSR)</p>	<p>18</p> <p>9 am Men's Coffee & Conversations (CR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club 2 pm Strength & Tone (HB) 3pm Thursday Social: Mocktails & Trivia (DR)</p>	<p>19</p> <p>9 am Strong & Fit (HB) 10 am Quilting (CSR) 10 am Cooking for One - Navigating Grief 10:30 am Line Dancing Practice 7pm Dance</p>
<p>22</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:30 am Gospel Choir (HB) 2 pm Strength & Tone (HB)</p>	<p>23</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p>24</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Health Topics with Ashley Brewer (DR) 10:30 Mindful Stretch 2 pm Crafting with Kathryn (CSR)</p>	<p>25</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Chair Exercises (DR) (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Bingo (DR)</p>	<p>26</p> <p>9 am Strong & Fit (HB) 10 am Quilting (CSR) 10:30 am Line Dancing Practice 7pm Dance</p>
<p>30</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:30 am Bingo with Joe and December Birthday Party 2 pm Strength & Tone (HB)</p>	<p>31</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10 am Table Tennis (HB) 1 pm ROOK, Phase 10 & Rummikub (HB) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>			

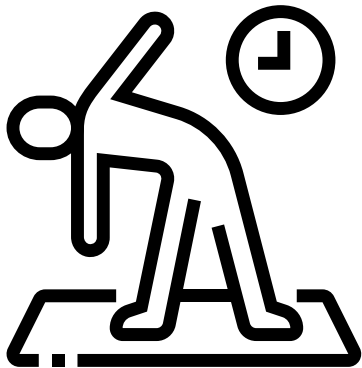
HB- Holly Brooks Room, AR - Aerobics Room, DR - Dining Room, CR - Conference Room,
CSR - Crafting Sewing Room, L - Library

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

Come be a part of our exercise schedule!

Pittsboro Center For Active Living

To register for these classes, contact Liz Lahti at
liz.lahti@chathamcountync.gov



Morning Exercise
8:15 a.m. Mondays, Tuesdays, Thursdays & Fridays
No class Thursday, Jan. 4
Registration required.

Geri-Fit
10 a.m. Mondays and Fridays beginning Friday,
December 1 through Friday, December 29
Registration required.

Cardio Drumming
10 a.m. Tuesdays
Registration required.

Chair Yoga with Liz
10 a.m. Wednesdays
Registration required.

Gentle Yoga with Liz
3-4 p.m. Thursdays
No class Thursday, December 7
Registration required.

Siler City Center for Active Living

To register for these classes, contact Olivia Hayden
at olivia.hayden@chathamcountync.gov

Strong & Fit with Olivia
9 a.m. Mondays and Wednesdays in December
Fridays resume December 29

Strength & Tone
2 p.m. Mondays and Thursdays
No class Thursday, Dec. 7 or Thursday, Jan. 18
1 p.m. session Thursday, Dec. 14

Zumba Gold
9 a.m. each Friday in December

Cardio Drumming
9 a.m. Tuesdays
Spaces on first-come, first-serve basis.

Mindful Stretch
10:30 a.m. Wednesdays

Arthritis Foundation Exercise Program
Tuesdays & Thursdays, 10:15 a.m.
No class Thursday, December 21
Ends Tuesday, January 16

Get The Scoop, Start Exercising!
Our fitness areas in Pittsboro and Siler City are
open during regular center hours. Use of the
equipment requires orientation before starting.
These sessions are held Tuesdays beginning at 10:30
a.m. in Pittsboro and 2 p.m. in Siler City. To
register for a session, contact your nearest center.

Pittsboro Groups and Activities

Golf

Mondays, 10 a.m.
Chapel Ridge Golf Club, Pittsboro
\$30 for 9-hole round

Table Tennis

Mondays, 1 p.m.
Multipurpose Room 2

3G's Men's Group

Tuesdays, 9 a.m.
Conference Room

Woodcarvers

Tuesdays, 10 a.m.
Parlor

Chatham Striders

Tuesday, December 5 &
Tuesday, January 9
Multipurpose Room 1/2

Rummikub & Pinochle

Tuesdays & Thursdays, 1 p.m.
Parlor

Basic Machine Quilting

Wednesdays, 10 a.m.
12/9 (full), 1/3, 1/10, 1/17,
1/24 & 1/31
Conference Room
Space Limited - RSVP to
liz.lahti@chathamcountync.gov

Coffee & Games with Law Enforcement

Wednesdays, 10 a.m.
(except 1/31)
Multipurpose Room 1

Open Art Studio

Wednesdays, 1 p.m. (except 1/17)
Parlor

Leaving Your Legacy with Jessica Bryan

1st and 3rd Wednesdays
Library
No class Wednesday, January 17

Hand and Foot Card Game

Wednesdays, 1 p.m.
No session 12/13 and 1/17
Library

Hooks & Needles

Thursdays, 10 a.m.
Parlor
No class 12/21 and 1/4

Bingo

Thursdays, 10 a.m.
Multipurpose Room 1/2
No session 12/21 and 1/4

Holiday Table Arrangements

Thursday, December 7, 11 a.m.
Multipurpose Room 1

Newcomers Tea

Friday, January 11, 12:30 p.m.
Conference Room (RSVP Liz)

Blood Pressure Clinic

1st and 3rd Thursdays, 9:30 a.m.
Library
No clinic Dec. 21 or Jan. 4

Line Dancing

Thursdays, 1:30 p.m.
Fitness Room/Multipurpose Room 2

Morning Time w/ Pastor Danny

Friday, December 8 &
Friday, January 12
11 a.m.
Conference Room

Games/Euchre

Fridays, 1 p.m.
Parlor

Crafting Your Own Grief Journey

Tuesday, December 12 &
Monday, January 16, 10 a.m.
Library

Monthly Birthday Celebrations

Tuesday, December 12 &
Tuesday, January 2
Multipurpose Room 1/2

Stories with Neriah

Friday, December 15 &
Friday, January 19, 11:15 a.m.

Jukebox Live!

1st and 3rd Fridays, 3 p.m.
Genre changes weekly
1st Friday: 50s-80s Dance Music
3rd Friday: Classic Rock, Classic
Country & Christian Country with
Grateful Hearts

Live Music

Tuesday, December 19 &
Tuesday, January 23, 11 a.m.
Multipurpose Room 1 & 2
December 19: Neighbors 3
January 23: Grateful Hearts

Siler City Groups and Activities

Cornhole

Mondays, 10 a.m.
Holly Brooks Room

Table Tennis

Tuesdays, 10 a.m.
Holly Brooks Room

Rook, Phase 10 & Rummikub

Tuesdays, 1 p.m.
Holly Brooks Room

Bring Your Own Project Gathering

Tuesdays, 1 p.m.
Crafting and Sewing Room

Bible Study

Wednesdays, 10 a.m.
Conference Room

Crafting with Kathryn

Wednesdays, 2 p.m.
Crafting & Sewing Room

Men's Coffee and Conversations

Thursdays, 9 a.m.
Conference Room
No meeting Thursday, Dec. 21

Music Jam Session

Thursdays, 10 a.m.
Conference Room
No session Thursday, Dec. 21



Book Club

1st and 3rd Thursdays, 1 p.m.
Library

Thursday Afternoon Social

Weekly, 3 p.m.
Movies, Bingo and Trivia
No social Thursday, Dec. 7

Beginning Quilting

Fridays, 10 a.m.
Crafting and Sewing Room

Line Dancing Practice

Fridays, 10:30 a.m.
Holly Brooks Room

Bingo with Joe

Monday, December 4 &
Monday, January 30
10:30 a.m.
Dining Room



Friday Night Dance

Weekly, 7 p.m.
Holly Brooks Room



Monthly Birthday Celebrations

Wednesday, December 20 &
Monday, January 30
10:30 a.m.
Dining Room

Christmas Party & Games

Wednesday, December 20
10:30 a.m.

Nominate a deserving individual for the '6 over 60' awards!

The North Carolina State Demographer's Office indicated that in 2023, Chatham County was home to the 8th-highest percentage of population over the age of 65 among 100 North Carolina counties.

With explosive growth on tap in Chatham, that number only stands to increase exponentially in the coming years. For the county to realize its full potential, the 29% of its residents which fall into that category will continue to play a pivotal role in shaping its future.

Given that age does not have to be a limiting factor in authoring a meaningful contribution to the cultural, civic and community discourse, Chatham County Aging Services, for the second year, strives to recognize the best of these efforts with the "6 over 60" award.

Nominated by the public and identified by a five-member selection committee, six award winners are selected annually. The February award ceremony, scheduled for Thursday, Feb. 29 at 10 a.m. at the Siler City Center for Active Living, will be the culmination of "We Love Seniors" month in Chatham County, a month-long celebration of older adults that is unique to Chatham.

For the 2024 class, nominees must be 60 years of age or older as of Jan. 1, 2024. They must have made, or continue to make, meritorious contributions to Chatham County. Award winners must live in Chatham County, or have spent the majority of their life and career in Chatham. Candidates who are not selected are automatically rolled over to the next year for consideration unless they request to be removed.

The selection committee will consider, in no particular order, the number of nominations an individual receives as well as the merit and quality of their work in the Chatham County community. Current employees of Chatham County Aging Services are not eligible for the award.

There are three ways to nominate a candidate:

- Through mail to Chatham County Aging Services at 365 Highway 87 North, Pittsboro, NC 27312 "ATTN: 6 over 60"
- Via email to Jimmy Lewis, Aging Services Grants and Communications Specialist, at jimmy.lewis@chathamcountync.gov
- Via the 6 over 60 online portal, [which can be located at the following link](#). (for online readers)

Nominators should include their name and a method of contact.

For more information regarding the 6 over 60 program, contact Jimmy Lewis, Aging Services Grants and Communications Specialist, at 919-542-4512 or email jimmy.lewis@chathamcountync.gov

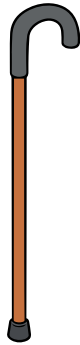
We have assistive equipment!

Did you know that in 2022, Chatham County Aging Services loaned over 300 pieces of medical equipment for older adults in need? We offer a simple program for those seeking to donate durable medical equipment or requiring its use.

As individuals donate equipment, others pick up and sign out needed items. When the item is no longer needed, it is returned to one of our centers.

Clean devices in good working order are preferred. These include:

- Wheelchairs
- Canes
- Bath Benches
- Shower Chairs
- Bedside Toilets
- Bed Rails
- Hospital Beds with Plastic Mattresses



Those interested in donating or picking up items should contact the Pittsboro Center for Active Living at 919-542-4512 to discuss. This ensures that staff can have the equipment ready for pickup upon arrival. For more information, contact Wynne Fields, Aging in Place Specialist, at 919-542-4512 ext. 236 or email wynne.fields@chathamcountync.gov



Be sure to keep our furry friends nourished!

At Chatham County Aging Services, we strive to maintain the independence of older adults and ensure that they can remain in their homes for as long as possible.

Pets also play an important role in this! For more information on how you can help keep our shelves stocked with nutritious food for dogs and cats alike, contact Rodney Dietrich, Aging Services Social Worker, at rodney.dietrich@chathamcountync.gov

Incontinence supplies

For older adults on a limited income, adult incontinence supplies can be a luxury item. Through our partnership with Diaper Bank of NC, we are able to provide Chatham County older adults with this often critical need. Contact one of our centers today and see how we can help you or a loved one!

Volunteer today and make a difference!

The staff of Chatham County Aging Services could not fulfill our mission without the daily contributions of our volunteers.

Whether it is with Meals on Wheels once a month, or daily involvement in center activities, our volunteers are critical to the success of every program and service we provide to the older adults of Chatham County.

Did you know that in the 2022-23 fiscal year, a total of 235 Aging Services volunteers contributed over 13,963 hours of service to the older adults of Chatham County?

This ranged from involvement as a driver in our Meals on Wheels program, a Minor Home Repair volunteer, staff support volunteers, a counselor in the Seniors' Health Insurance Information Program, Chatham County Senior Games and SilverArts, Volunteer Income Tax Assistance (VITA) preparer and much more!

If you are ready to see where you can make a real difference with Chatham County Aging Services, contact Linda Saum, Volunteer Coordinator, at 919-542-4512 ext. 226 or email linda.saum@chathamcountync.gov

Help us expand our Meals on Wheels footprint!

Our 12 Meals on Wheels routes currently serve 161 homebound older adults in Chatham County. We at Aging Services acknowledge that more is possible.

We are embarking on a campaign to welcome more volunteer drivers into our fold so that we may expand our number of routes and ensure that individuals on our waiting list are able to hear that comforting knock on their door. To learn how you can help join the cause, contact Linda Saum, Volunteer Coordinator, at 919-542-4512 ext. 226 or linda.saum@chathamcountync.gov

Free tax assistance

The Chatham County Aging Services Volunteer Income Tax Assistance program (VITA) will open its phone line for questions and appointments in early January. If interested, call and leave a message at 919-542-4512 ext. 225.

VITA provides free tax preparation to individuals who qualify, regardless of age. All preparers are IRS-certified volunteers.



Minor Home Repair volunteers work on a ramp at the Murray household in the New Hill community. Roughly 30 man hours were spent in construction, and once completed, Larry Murray's only regret was that he "didn't call Aging Services eight years ago."

Helping Homebound Heroes

For the fourth consecutive year, Aging Services has received grant funding from Meals on Wheels America and The Home Depot Foundation to make critical home repairs for Chatham County military veterans through the Helping Homebound Heroes program. The repair work is carried out by Rebuilding Together of the Triangle.

For more information on the program or to request an application, call 919-542-4512.

Can't Afford A Home Repair? Let Us Help!

The Chatham County Aging Services Minor Home Repair team is a collection of volunteers who work together to assist Chatham County seniors. This program is designed for those who have no one to help them, or are unable to hire someone to help them. Examples of Minor Home Repair work include grab bar installation, ramp and step repair, minor leak repair and mailbox repair.

For more information, contact Wynne Fields at 919-542-4512 ext. 236 or email wynne.fields@chathamcountync.gov

Veteran Benefits Assistance

The Siler City Center for Active Living holds weekly Veteran Benefits Assistance office hours with Michael Daniels, Chatham County Veteran Services Officer, each Wednesday from 8 a.m. until noon.

Appointments are required. To schedule, contact Michael at 919-545-8334.



Join Our Caregiver Support Groups!

Chatham County Aging Services holds two Caregiver Support Groups each month, one in-person and another virtually. The group meets in-person the second Monday of the month at the Siler City Center for Active Living and the third Monday of each month at the Pittsboro Center for Active Living beginning at 3 p.m.

On the fourth Monday of the month, the group meets via the Zoom platform beginning at 6 p.m. For more information, contact William Riggsbee, Family Caregiver Specialist, at 919-742-3975 ext. 223 or email william.riggsbee@chathamcountync.gov

Can we help your organization?

Would your church group, civic group or organization benefit from an Aging Services staff member spreading the word regarding our outreach to Chatham County's 55-and-over community?

If so, contact Jimmy Lewis, Grants and Communications Specialist, at 919-542-4512 or email jimmy.lewis@chathamcountync.gov for scheduling.



Grandparents Raising Grandchildren

According to AARP, over 2.5 million grandparents are taking on the responsibility of raising their grandchildren, and 7.8 million children live in homes that are owned by their grandparents.

Chatham County Aging Services holds a monthly "Grandparents Raising Grandchildren" support group designed for these individuals to come together to discuss successes and challenges.

Meetings are held monthly at the Siler City Center for Active Living, with the next two meetings scheduled for December 5 and January 23. Both sessions begin at 1 p.m. For more information, contact William Riggsbee, Family Caregiver Specialist, at 919-742-3975 ext. 223 or email william.riggsbee@chathamcountync.gov



**P.O. Box 715
Pittsboro, NC 27312**

Address Label

Chatham County Aging Services does not discriminate as to eligibility for services on the basis of race, ethnicity, religion, gender, national origin, sexual orientation or gender identity.



How can we assist on your journey today?

- Assistive Equipment Loan Program
- Chatham County Senior Games & SilverArts
- Congregate Meals
- Evidence-Based Health Promotion Classes
- Exercise Classes
- Family Caregiver Support
- Fitness Rooms
- Friendly Telephone Calls
- Heat-Relief Fan Distribution
- Hiking Club
- Housing Information
- Income Tax Assistance (VITA)
- Incontinence Supplies
- Information & Assistance
- In-Home Aide Services
- Meals on Wheels
- Minor Home Repair
- Notary Services
- Options Counseling
- Senior Center Activities
- Seniors' Health Insurance Information Program-SHIIP
- Volunteer Opportunities



Upcoming Educational Programs

Pittsboro Center for Active Living

Diabetes Discussion Group
January 11, 11 a.m.
Multipurpose Room

Crafting Your Own Grief Journey
Tuesday, December 12 & Tuesday, January 16, 10 a.m.
Library

Siler City Center for Active Living

Diabetes Self-Management
with Chatham County Public Health Department
Monday December 4 and Monday December 11, 10 a.m.
Conference Room (Registration Required)

Mental Health with Tammy Curry
Thursday, December 7 and Thursday, January 4, 10:30 a.m.
Holly Brooks Room

Cooking Demonstration with Tara Gregory
Thursday, December 12 and Tuesday, January 16, 10:30 a.m.

Diabetes Discussion Group
Wednesday, December 13 and Wednesday, January 10
10:30 a.m.
Dining Room

Nutrition Education with Ann Clark
Wednesday, January 17, 10:30 a.m.
Dining Room

Health Education with Ashley Brewer
Wednesday, January 24, 10:30 a.m.
Dining Room