



THE CHATHAM SENIOR TIMES

The Official Newsletter of Chatham County Aging Services

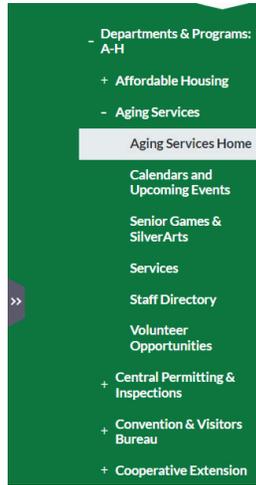
www.chathamcountync.gov/agingservices

February/March 2024

Update your bookmarks - we've moved!

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We've moved, but rest assured we haven't gone far.

As part of our transition from nonprofit status to a department within Chatham County, we officially transitioned to a new website beginning February 1.

It is accessible through the Chatham County government website at www.chathamcountync.gov, or directly at www.chathamcountync.gov/agingservices.

Stay tuned for updates and additions to this new space!

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



Black History Month Celebration
Thursday, February 1
11 a.m.

Pittsboro Center for Active Living
Panel Discussion - "The HBCU Experience"

Black History Month Celebration
Monday, February 5
10:30 a.m.

Siler City Center for Active Living
"Legacy of Prominent
Chatham County Residents"

Pajama Day
Wednesday, February 7
10 a.m.

Siler City Center for Active Living
Join us for a relaxed morning of music, games
and treats!

Valentine Party
Tuesday, February 13
11 a.m.
Pittsboro Center for Active Living

Valentine's Day Breakfast
Wednesday, February 14
10 a.m.
Siler City Center for Active Living

Learn to Play Cornhole
with Aging Services and Siler City Parks & Rec
Thursday, February 22
3 p.m.
Siler City Center for Active Living
All Skill Levels Welcomed

Jeopardy!
Thursday, February 29
11 a.m.
Pittsboro Center for Active Living



6 over 60 Awards
Thursday, February 29
10 a.m.
Siler City Center for Active Living



Cornhole Tournament
Friday, March 1
Siler City Center for Active Living
10 a.m.
Sign up by February 29!

Easter Celebration
Thursday, March 28
Pittsboro Center for Active Living
10:30 a.m.

Volunteer Income Tax Assistance Appointments Now Available Through Chatham County Aging Services

Chatham County Aging Services is now scheduling appointments for the Volunteer Income Tax Assistance (VITA) program, a free service of the IRS.

At each appointment, IRS-certified volunteers assist with basic income tax preparation duties at no cost. Eligibility is open to low-to-middle income individuals of all ages. Volunteers may assist with identifying eligible credits such as the Earned Income Tax Credit and Child Tax Credit, which can reduce tax bills. These credits can also result in a refund, even if an individual is not required to file. Last year, the VITA program in Chatham County processed 680 total returns.

To schedule an appointment, individuals should call the Aging Services VITA line at 919-542-4512 ext. 225. Appointments will be held in Pittsboro, Siler City, and Goldston. In addition, VITA will host a Facilitated Self-Assistance Program, where individuals provide their own equipment and prepare their own tax returns while VITA volunteers are available to answer questions.

The appointment schedule is listed below.

Pittsboro Center for Active Living – 365 Highway 87 North, Pittsboro, NC 27312

- Wednesdays, February 7-April 10, 1-4 p.m.
- Wednesday, February 14 and Wednesday, February 28, 5:30-7 p.m.
- Saturdays, February 3-April 13, 10 a.m.-3 p.m. (Except March 2 and April 6)

Siler City Center for Active Living – 112 Village Lake Road, Siler City, NC 27344

- Tuesdays, February 6-April 9, 11 a.m.-3 p.m. (Except March 12 and April 2)
- Saturdays, March 2 and April 6, 11 a.m.-4 p.m.

Goldston Town Hall – 40 Coral Avenue, Goldston, NC 27252

- Tuesdays, March 12 and April 2, 11 a.m.-3 p.m.

PITTSBORO CENTER FOR ACTIVE LIVING

365 Highway 87 North, Pittsboro, NC 27312 919-542-4512

MONTH
FEBRUARY 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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
 Basket Weaving: carolynnminnich1@gmail.com
 Golf: acsip13@yahoo.com
 Hikes: alan.russo@chathamcountync.gov



1
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needles (P)
 11:00 AM Black History Month Celebration (MP1/2)
 1:00 PM Rummikub (MP1)
 1:00 PM Pinochle (CR)
 1:00-4:00 PM Bridge (P)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Suffis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

2
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 10:00 AM "Remember the Titans" Movie & Popcorn (MP1/2)
 1:00 PM Euchre (P)

5
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Drop-in Activities (MP1/2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Support Group **** (CR)

6
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (L)
 10:30 AM Crafting Your Own Grief Journey (L)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F/MP2)
 11 AM Chatham Striders (MP1/2)
 10:30 AM Gym Orientation (G)
 1:00 PM Open Art Studio: Bring Your Own Project (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

7
 9:00 AM Basic Machine Quilting Class (CR) - Full
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 10:00 AM Coffee & Games w/Sheriff's Office (MP1)
 1:00 PM Hand & Foot Card Game (P)

8
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needle (P)
 10:00 AM Bingo (MP1/2)
 11:00 Mardi Gras Masks (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Suffis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

9
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Morning Time with Pastor Danny (CR)
 1:00 PM Euchre (P)

12
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Drop-in Activities (MP1/2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (F/MP2)

13
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (L)
 10:30 AM Crafting Your Own Grief Journey (L)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F)
 10:30 AM Gym Orientation (G)
 11:00 AM February Birthday & Valentine's Party
 1:00 PM Open Art Studio: Make a Danish Heart \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

14
 9:00 AM NO Basic Machine Quilting Class (CR) - Full
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 10:00 AM Coffee & Games w/Pittsboro Police (MP1)
 1:00 PM Hand & Foot Card Game (F)
 2:30 PM Valentine's Afternoon Tea (P) RSVP Liz

15
 8:15 AM Morning Exercise (F, MP2)
 9:30 AM Blood Pressure Clinic (F)
 10:00 AM Hooks & Needles (P)
 10:00 AM Bingo (MP1/2)
 11:00 AM Nutrition for Heart Health, Chatham County Health Dept. (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Suffis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

16
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:15 AM Stories with Neriah (MP1/2)
 1:00 PM Euchre (P)
 3:00 PM Jukebox Live! Variety of classic rock, classic country and Christian country featuring the Grateful Hearts (MP1/2)

19
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 10:30 AM Choir Practice (MP1/2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Support Group **** (CR)

20
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (L)
 10:30 AM Crafting Your Own Grief Journey (L)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F)
 10:30 AM Gym Orientation (G)
 11:00 AM Live Music with Grateful Hearts (MP1/2)
 1:00 PM Open Art Studio: Beginning Basket Weaving \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

21
 9:00 AM Basic Machine Quilting Class (CR) - Full
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 11:00 AM Coffee & Games w/Sheriff's Office (MP1)
 1:00 PM Hand & Foot Card Game (P)

22
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needles (P)
 10:00 AM Walmart Trip (B)
 10:00 AM Bingo (MP1/2)
 11:00 AM Science with Alan (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Suffis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

23
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 10:00 AM "Loving" Movie & Popcorn (MP1/2)
 1:00 PM Euchre (P)

26
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Golf (SCCC)
 11:00 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
 2:00 PM Table Tennis (F/MP2)
 6:00 PM Caregiver Virtual Support Group **** (Z)

27
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (L)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F)
 10:30 AM Gym Orientation (G)
 10:30 AM Crafting Your Own Grief Journey (L)
 11:00 AM UNC School of Nursing Presentation (MP1/2)
 1:00 PM Open Art Studio - Beginning Basket Weaving \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

28
 9:00 AM Basic Machine Quilting Class (CR) - Full
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 11:00 AM Coffee & Games (MP1)
 1:00 PM Hand & Foot Card Game (P)

29
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needles (P)
 10:00 AM Bingo (MP1/2)
 11:00 AM Jeopardy (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Suffis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

AG: AG. CENTER, B: BUS, BP: BLOOD PRESSURE, CCCL: CHATHAM COUNTY COMMUNITY LIBRARY, CR: CONFERENCE ROOM, F: FITNESS ROOM, G: GYM, L: LIBRARY (ECSC), MP1/2: MULTIPURPOSE ROOM 1 & 2, OA: OLD AGRICULTURAL BUILDING, 65 E. CHATHAM ST., PITTSBORO, P: PARLOR, SCCC: SILER CITY COUNTRY CLUB, WCSC: WESTERN CHATHAM SENIOR CENTER, Z: ZOOM

GREEN: HEALTH/WELLNESS RED: RECREATION/SOCIAL BLACK: EDUCATIONAL BLUE: ARTS & CRAFTS

PITTSBORO CENTER FOR ACTIVE LIVING

365 Highway 87 North, Pittsboro, NC 27312 919-542-4512

MONTH
MARCH 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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
 Basket Weaving: carolynminnich1@gmail.com
 Golf: acsip13@yahoo.com
 Hikes: alan.russo@chathamcountync.gov



1
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Movie with Popcorn (MP1/2)
 1:00 PM Euchre (P)

4
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Support Group ****(CR)

5
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (CR)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F/MP2)
 10:30 AM Crafting Your Own Grief Journey (CR)
 11 AM Bingo (MP1/2)
 10:30 AM Gym Orientation(G)
 1:00 PM Open Art Studio: Weave an Easter Basket \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

6
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 10:00 AM Coffee & Games w/the Sheriff's Office (MP1)
 1:00 PM Hand & Foot Card Game (P)

7
 8:15 AM Morning Exercise (F/MP2)
 9:30 AM Blood Pressure Clinic (F)
 10:00 AM Hooks & Needles(P)
 11 AM Chatham Striders (MP1/2)
 12:30 PM Newcomers Tea (CR)
 RSVP Liz
 1:00 PM Rummikub (MP1)
 1:00 PM Pinochle (CR)
 1:00 - 4:00 PM Bridge (P)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Sufis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

8
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Morning Time with Pastor Danny (CR)
 1:00 PM Euchre (P)

11
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Drop-in Activities (MP1/2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (MP2)

12
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (CR)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F/MP2)
 10:30 AM Crafting Your Own Grief Journey (CR)
 10:30 AM Gym Orientation (G)
 11:00 AM March Birthday Party (MP1/2)
 1:00 PM Open Art Studio: Weave an Easter Basket \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

13
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 10:00 AM Coffee & Games w/ Pittsboro Police Dept (MP1)
 1:00 PM Hand & Foot Card Game (F)

14
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needles (P)
 10:00 AM St. Patrick's Day Bingo (MP1/2)
 11:00 AM St. Patrick's Day Activity (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Sufis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga with Liz* (F/MP2)

15
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Movie with Popcorn (MP1/2)
 1:00 PM Euchre (P)
 3:00 PM Jukebox Live! Variety Of classic rock, classic country and Christian country featuring the Grateful Hearts (F/MP1/2)

18
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 10:00 AM Choir to Siler City with Alan (B)
 11:00 AM Golf (SCCC)
 11 AM Drop-in Activities (MP1/2)
 2:00 PM Table Tennis (MP2)
 3:00 PM Caregiver Support Group ****(CR)

19
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (CR)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F)
 10:30 AM Gym Orientation (G)
 11:00 AM Live Music with Grateful Hearts (MP1/2)
 1:00 PM Open Art Studio: Weave an Easter Basket \$ RSVP Carolyn (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

20
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 11:00 AM Coffee & Games (MP1)
 1:00 PM Hand & Foot Card Game (P)

21
 8:15 AM Morning Exercise (F/MP2)
 9:30 AM Blood Pressure Clinic (F)
 10:00 AM Hooks & Needles (P)
 10:00 AM Walmart (B)
 10 AM Bingo (MP1/2)
 11 AM Tara Gregory, Extension Agent Family & Consumer Sciences (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Sufis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga w/Liz* (F/MP2)

22
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:15 AM Stories with Neriah (MP1/2)
 1:00 PM Euchre (P)

25
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Strong & Fit (F/MP2)
 11:00 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2)
 11:00 AM Golf (SCCC)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Virtual Support Group **** (Z)

26
 8:15 AM Morning Exercise (F/MP2)
 9:00 AM 3G's Men's Group*** (CR)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F)
 10:30 AM Gym Orientation (G)
 11:00 AM Bingo (MP1/2)
 1:00 PM Open Art Studio: Bring Your Own Project (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

27
 10:00 AM Chair Yoga with Liz* (F/MP2/Z)
 11:00 AM Coffee & Games (MP1)
 1:00 PM Hand & Foot Card Game (P)

28
 8:15 AM Morning Exercise (F/MP2)
 10:00 AM Hooks & Needles (P)
 10:30 AM Easter Celebration (MP1/2)
 1:00 PM Rummikub (P)
 1:00 PM Pinochle (CR)
 1:30 PM Line Dancing (F/MP2)
 2:30 PM Sufis: People of the Path Lecture (CR)
 3:00 PM Gentle Yoga w/Liz* (F/MP2)

29

Chatham County Aging Services Closed

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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
FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VITA Volunteer Income Tax Assistance</p> <p>Volunteer Income Tax Assistance Tuesdays at the Siler City Center for Active Living 10:30 am - 3 pm Call 919-542-4512 ext. 225 for an appointment</p>	<p>Siler City Parks and Recreation & Chatham County Aging Services</p> <p>IT IS A BEAUTIFUL DAY TO LEARN... CORNHOLE!</p> <p>When: February 22nd at 3pm Where: Siler City Center for Active Living 112 Village Lake RD Who: Ages 55+</p> <p>Come on by and get a FREE ticket!</p> <p>All skill levels are welcomed!</p> <p>For more information, please contact Kathryn Walker at 919-742-3975 or kathryn.walker@chathamcounty.nc.gov</p>	<p>1</p> <p>9 am Men's Coffee & Conversations (CR) 10 am - 11:30 am Music Jam Session (AR) 10:30 am Mental Health with Tammy Curry (HB) 1pm Book Club (L) 2pm Strength & Tone (HB) 3pm Thursday Social: Bingo (DR)</p>	<p>2</p> <p>9 am Zumba Gold 10 am Quilting (CSR)</p> <p>7pm Dance: Jimmy Shirley, Jr. & The Footlights</p> <p>National Wear Red Day to bring awareness of heart disease & stroke. ❤️ Wear Red!!!</p>	
<p>5</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (HB) 10:30 am Black History Program (HB) 11 am Cornhole 2 pm Strength & Tone (HB) UNC-CH Public Health Students at Center</p>	<p>6</p> <p>9 am Cardio Drumming (HB) 10:15 Chair Exercises (DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)</p>	<p>7</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (HB) 1 pm Crafting with Kathryn: Bleeding Tissue Paper Bookmarks (CSR) 2 pm Beginner Pickleball Lessons</p> <p>Wear Your Pajamas Day!</p>	<p>8</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)</p>	<p>9</p> <p>9 am Zumba Gold 10 am Quilting (CSR) 10:30 am Stories with Neriah (DR) 7pm Dance: SideKix</p>
<p>12</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (HB) 11 am Cornhole 12:15 pm Advisory Team Meeting (CR) 2 pm Strength & Tone (HB) UNC-CH Public Health Students at Center</p>	<p>13</p> <p>9 am - Cardio Drumming (HB) 10:15 Chair Exercises (DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1 pm Gardening Club (DR) 2pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)</p>	<p>14</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Valentine Breakfast 1 pm Crafting with Kathryn: Painted Kindness Rocks (CSR) 2 pm Beginner Pickleball Lessons</p>	<p>15</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 1 pm Strength & Tone (HB) 2 pm Thursday Social: Valentine Tea (DR)</p>	<p>16</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Cooking for One - Navigating Grief (CR)</p> <p>7pm Dance: Diamond Edge</p>
<p>19</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (CR) 11 am Cornhole 10:30 am Gospel Choir (Pittsboro Center for Active Living) 2 pm Strength & Tone (HB) UNC-CH Public Health Students at Center</p>	<p>20</p> <p>9 am - Cardio Drumming (HB) 10:15 Chair Exercises (DR) 10:30 am - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p>21</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafting with Kathryn: Beaded Bracelets (CSR) 2 pm Beginner Pickleball Lessons</p>	<p>22</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Cornhole Lessons & Practice with Siler City Parks & Rec (HB)</p>	<p>23</p> <p>9 am Zumba (HB) 10 am Quilting (CSR)</p> <p>7pm Dance: Delmonico</p>
<p>26</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (CR) 10:30 am Bingo with Joe and February Birthday Party 11 am Cornhole 2 pm Strength & Tone (HB) UNC-CH Public Health Students at Center</p>	<p>27</p> <p>9 am - Cardio Drumming (HB) 10:15 Chair Exercises (DR) 10:30 am - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1 pm Gardening Club (DR) 2pm Fitness Room Orientation (G)</p>	<p>28</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Health Topics with Ashley Brewer (DR)</p> <p>Siler City Center for Active Living Closed 1 pm - 5 pm for Staff Training</p>	<p>29</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 Chair Exercises (DR) 10 am - 12 pm "6 Over 60" Awards Ceremony 10 am - 11:30 am Music Jam Session (CR)</p> <p>Siler City Center for Active Living Closed 1 pm - 5 pm for Staff Training</p>	<p>Cornhole Tournament March 1st 10 am</p>  <p>*Sign up by Thursday, Feb. 29th!</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

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcouncilonaging.org

MONTH
MARCH 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

 <p>Register for Chatham County Senior Games & Silver Arts March 1st- March 17 (Early Bird Registration \$15) March 18 - March 29 (\$20) Pick up registration packets at center or register online at https://torch.ncseniorgames.org/</p>	 <p>Volunteer Income Tax Assistance Tuesdays at the Siler City Center for Active Living 10:30 am - 3 pm Call 919-542-4512 ext. 225 for an appointment</p>	 <p>Please complete an annual survey to help us serve you better!</p>	<p>1</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Cornhole Tournament 7pm Dance</p> 
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<p>4</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (HB) 11 am Cornhole 2 pm Geri-Fit (HB) Public Health Students at Center</p>	<p>5</p> <p>9 am Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)</p>	<p>6</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 11 am Chat with the Manager (It's your turn to share suggestions & comments!) 1 pm Crafting with Kathryn: Spring Door Hangers (CSR)</p>	<p>7</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Geri-Fit (HB) 3pm Thursday Social: Boccee (or Cornhole if weather is not good for outside activities) (HB)</p>	<p>8</p> <p>9 am Zumba Gold (HB) 10 am Quilting CSR 10:30 am Stories with Neriah (DR) 7pm Dance</p>
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<p>11</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (HB) 11 am Cornhole (HB) 2pm Geri-Fit (HB) Public Health Students at Center</p>	<p>12</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1pm Gardening Club (DR) 2pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)</p>	<p>13</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn: Watercolor Kittens (CSR)</p>	<p>14</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Geri-Fit (HB) 3pm Thursday Social: Mocktails & Trivia (DR)</p>	<p>15</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Cooking for One - Navigating Grief (CR) 7pm Dance</p>
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<p>18</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (CR) 10:30 am Gospel Choir (HB) 11 am Cornhole 2pm Geri-Fit (HB) Public Health Students at Center</p>	<p>19</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p>20</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafting with Kathryn: Watercolor Bookmarks (CSR)</p>	<p>21</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 1 pm Book Club 2 pm Geri-Fit (HB) 3pm Thursday Social: Bingo (DR)</p>	<p>22</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 7pm Dance</p>
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<p>25</p> <p>9 am Strong & Fit (HB) 10:15 am Mindful Stretch (CR) 11 am Cornhole (HB) 10:30 am Bingo with Joe and March Birthday Party (DR) 2 pm Geri-Fit (HB) Public Health Students at Center</p>	<p>26</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises DR) 10:30 - 3 pm VITA Tax Preparation (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1pm Gardening Club (DR) 2pm Fitness Room Orientation (G)</p>	<p>27</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Health Topics with Ashley Brewer (DR) 1 pm Crafting with Kathryn: Starry Night Painting (CSR)</p>	<p>28</p> <p>9 am Men's Coffee & Conversations (CR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Geri-Fit (HB) 3pm Thursday Social: Movie (DR)</p>	<p>29</p> <p>Good Friday Holiday CENTER FOR ACTIVE LIVING CLOSED</p>
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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
- Strong & Fit
10 a.m.
Mondays and Fridays
- Cardio Drumming
10 a.m.
Tuesdays
- Zumba Gold
2 p.m.
Tuesdays
- Chair Yoga with Liz
10 a.m.
Wednesdays
- Gentle Yoga with Liz
3 p.m.
Thursdays

Get The Scoop, Start Exercising!

Our fitness areas in Pittsboro and Siler City are open during regular center hours. Use of the equipment requires a one-time 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.

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
- Mindful Stretch
10:15 a.m.
Mondays
- Strength & Tone
Mondays & Thursdays
2 p.m.
(1 p.m. Thursday, Feb. 15)
Ends Monday, Feb. 26
- Geri-Fit
2 p.m.
Mondays & Thursdays
Begins Monday, March 4
- Cardio Drumming
9 a.m.
Tuesdays
Spaces on first-come, first-serve basis.
- Chair Exercises
10:15 a.m.
Tuesdays & Thursdays
- Zumba Gold
9 a.m.
Fridays

Pittsboro Groups and Activities

Golf

Mondays, 11 a.m.
Siler City Country Club
\$20 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

Open Art Studio

Tuesdays, 1 p.m.
Parlor

Rummikub & Pinochle

Tuesdays & Thursdays, 1 p.m.
Parlor

Basic Machine Quilting

Wednesdays, 9 a.m.
February only
Conference Room
No class Feb. 14
Class currently full.

Hand and Foot Card Game

Wednesdays, 1 p.m.
Parlor

Hooks & Needles

Thursdays, 10 a.m.
Parlor

Blood Pressure Clinic

Thursdays, 9:30 a.m.
2/15, 3/7 & 3/21
Library

Bingo

Thursdays, 10 a.m.
2/8, 2/15, 2/22, 2/29 & 3/21
Multipurpose Room

Line Dancing

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

Movie With Popcorn

Fridays
2/2, 2/23, 3/1, 3/15
Multipurpose Room 1/2

Games/Euchre

Fridays, 1 p.m.
Parlor

Bridge

1st Monday, 1 p.m.
Parlor

Chatham Striders

Tuesday, February 6 &
Thursday, March 7
Multipurpose Room 1/2

Trip to Walmart

Thursday, February 22 & Thursday,
March 21, 10 a.m.
Via Chatham Transit

Newcomers Tea

Friday, March 7, 12:30 p.m.
Conference Room (RSVP Liz)

Morning Time w/ Pastor Danny

Friday, February 9 &
Friday, March 8
11 a.m.
Conference Room

Monthly Birthday Celebrations

Tuesday, February 13 &
Tuesday, March 12
11 a.m.
Multipurpose Room 1/2

Stories with Neriah

Friday, February 16 &
Friday, March 22, 11:15 a.m.
Multipurpose Room 1/2



Jukebox Live!

Friday, February 16 & Friday,
March 15
Classic Rock, Classic Country &
Christian Country with
Grateful Hearts

Live Music

Tuesday, February 20, Monday
February 26, Tuesday, March 19 &
Monday, March 25, 11 a.m.
Multipurpose Room 1 & 2
Mondays: Original Haw
River Crawdaddies
Tuesdays: Grateful Hearts

Siler City Groups and Activities

Cornhole

Mondays, 11 a.m.
Holly Brooks Room



Monthly Birthday Celebrations

4th Monday, 10:30 a.m.
Dining Room

Gospel Choir

Monday, February 19 &
Monday, March 18, 10:30 a.m.
February – Pittsboro
March – Holly Brooks Room

Bingo with Joe

4th Monday, 10:30 a.m.
Dining Room

Rook, Phase 10 & Rummikub

Tuesdays, 1 p.m.
Dining Room

Bring Your Own Project

Tuesdays, 1 p.m.
Crafting & Sewing Room

Bible Study

Wednesdays, 10 a.m.
Conference Room



Chat With The Manager

Wednesday March 6, 11 a.m.
Dining Room

Crafting with Kathryn

Wednesdays, 1 p.m.
Crafting and Sewing Room



Beginner Pickleball Lessons

Wednesdays, 2 p.m.
2/7, 2/14 & 2/21

Men's Coffee and Conversations

Thursdays, 9 a.m.
Conference Room

Music Jam Session

Thursdays, 10 a.m.
Conference Room

Book Club

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

Thursday Afternoon Social

Weekly, 3 p.m.
Movies, Bingo and Trivia
2 p.m. Thursday, 2/15
No social Thursday, 2/29

Beginning Quilting

Fridays, 10 a.m.
Crafting and Sewing Room



Friday Night Dance

Weekly, 7 p.m.
Holly Brooks Room

Stories with Neriah

2nd Friday, 10:30 a.m.
Dining Room



Celebrate the
Senior Nutrition Program
2024 · CONNECTION IN EVERY BITE

Join Aging Services in March as we celebrate the Senior Nutrition Program!

Nutrition is a vital component of our health and well-being, especially as we age. But in communities throughout the U.S., older adults sometimes lack access to the high-quality, nutritious food they need to remain healthy and independent.

Funded by the Older Americans Act, the national Senior Nutrition Program has provided nutrition services to older Americans since 1972. The Administration for Community Living (ACL), part of the U.S. Department of Health and Human Services, provides grants to states to enable a network of local programs that deliver nutrition services to older adults. These programs promote healthy eating, foster meaningful social connections, and support overall health. They also act as a gateway to other home and community-based services like falls prevention programs, chronic disease management resources, and more.

This March, Chatham County Aging Services is proud to celebrate the anniversary of the national Senior Nutrition Program with others across the country. Throughout the month, we will highlight resources on our own nutrition program, including our congregate nutrition and Meals on Wheels programs. Both are open to qualifying individuals 60 years of age or older.

We invite you to join us in celebrating our local nutrition program by:

- Sharing our Facebook channel posts during the month of March at “Chatham County Aging Services”;
- Participating in our congregate nutrition programs in Pittsboro and Siler City;
- Educating others so they can understand and use nutrition services.

Learn more about our program and services by contacting the Pittsboro Center for Active Living at 919-542-4512, the Siler City Center for Active Living at 919-742-3975, or visit our website at www.chathamcountync.gov/agingservices

We have assistive equipment!

Did you know that in 2023, 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.

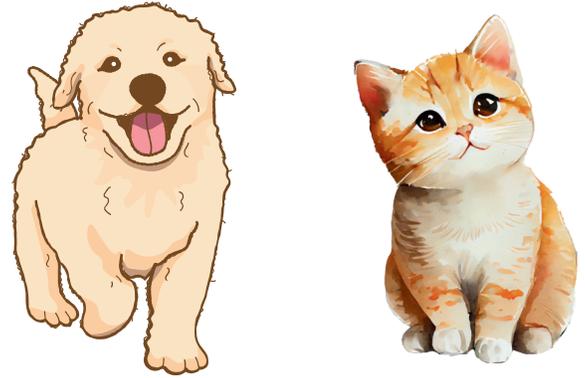
As individuals donate equipment, others pick up and sign out needed items. When the item is no longer needed, it is returned to one of our centers.

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



For more information, or to learn how you can donate or pick up items, please contact Wynne Fields, Aging In Place Specialist, at the Pittsboro Center for Active Living 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 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 129 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

Volunteer With Chatham Literacy!

Chatham Literacy is seeking volunteers 18 years of age and older to serve as instructors in a variety of disciplines. They include reading, writing and math, English for Speakers of Other Languages, citizenship preparation, financial literacy basics and Spanish literacy.

To teach Spanish literacy, having a bilingual background is required. Volunteers will teach in 2-hour sessions one-to-two times per week. No prior experience is necessary. For more information, contact Chatham Literacy at 919-742-0578.

Don't Miss Senior Games Registration!

Early Bird registration for the 2024 Chatham County Senior Games and SilverArts begins March 1 and will run through March 17. The registration cost is \$15. Once Early Bird registration concludes, the cost increases to \$20 through March 29.

To register online, visit <http://torch.ncseniorgames.org/>

Registration packets will also be available at the Pittsboro Center for Active Living and the Siler City Center for Active Living.

Helping Homebound Heroes

Aging Services receives 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 three Caregiver Support Groups each month, two 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 February 27 and March 26. 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**
- **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

Sufis: People of the Path Lecture
Thursdays, 2:30 p.m.
Conference Room

Mental Health with Tammy Curry
Thursday, February 1, 10:30 a.m.
Holly Brooks Room

Crafting Your Own Grief Journey
Tuesdays, February 13–March 12,
10:30 a.m.
Conference Room

Nutrition For Heart Health
Ann Clark & Laura Hearn, Chatham County
Health Department
Thursday, February 15, 11 a.m.
Multipurpose Room 1 & 2

Cooking Demonstration with
Tara Gregory
Thursday, March 21, 11:30 a.m.
Multipurpose Room

Siler City

Low Vision Support Group
Tuesday, February 13 and
Tuesday, March 12, 2 p.m.
Conference Room

Gardening Club
Tuesdays, February 13, February 27,
March 12 & March 26, 1 p.m.
Dining Room

Cooking For One – Navigating Grief
Friday, February 16 and
Friday, March 15, 10 a.m.
Conference Room

Nutrition Education with Ann Clark
Wednesday, February 21 and
Wednesday, March 20, 10:30 a.m.
Dining Room

Health Education with Ashley Brewer
Wednesday, February 28, 10:30 a.m.
Dining Room