



THE CHATHAM SENIOR TIMES

The Official Newsletter of Chatham County Aging Services

www.chathamcountync.gov/agingservices

April/May 2024

Congratulations to our second "6 over 60" class!

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Aging Services held its second annual "6 over 60" awards February 29 at the Siler City Center for Active Living.

Designed to recognize individuals 60 years of age and over who have made and continue to make contributions of merit to Chatham County, this year's class consisted of Christine DeGraffenreidt, Dennis Streets, Don Lein, Paul Bauer, Elaine Chiosso and Johnny Shaw.

Nominations are accepted throughout the year. For more information, contact Jimmy Lewis at 919-542-4512.



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

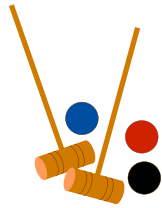


CONTACT US!

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



Croquet Clinic
Thursday, April 11
3 p.m.

Siler City Center for Active Living



Senior Games Expo
Friday, April 12
10 a.m.

Chatham County Agriculture &
Conference Center

Falls Prevention & Screening
Wednesday, April 17
10 a.m.

Siler City Center for Active Living
RSVP by Wednesday, April 10
Participants must have pre-registration
complete prior to attendance

Hellai Jazz Project
Thursday, April 18
10 a.m.

Pittsboro Center for Active Living

Sporting Clay Shooting
at Deep River Sporting Clays, Sanford
Friday, April 19
1 p.m.

Contact Johnny Shaw at 919-542-7802
or email johnnyshaw@earthlink.net

Celebrate Siblings Day
Thursday, May 2
10 a.m.

Pittsboro Center for Active Living

Mothers Day Celebration
Thursday, May 16
10 a.m.

Pittsboro Center for Active Living



Newcomers Tea
Thursday, May 16
1 p.m.

Pittsboro Center for Active Living

Jubilee Choir
Thursday, May 23
10 a.m.

Pittsboro Center for Active Living

Thursday, May 30
10:30 a.m.

Siler City Center for Active Living

Aging Services receives “Helping Homebound Heroes” Grant

Chatham County Aging Services has received a \$100,000 grant from Meals on Wheels America and The Home Depot Foundation through their joint initiative, Helping Homebound Heroes – a program that provides home repairs and modifications for aging veterans. The funding will support efforts of Chatham County Aging Services to ensure that veteran clients have safe and accessible homes. Now entering its fifth year of availability in Chatham County, a total of 64 veterans have been served to date. The repair work is performed by Rebuilding Together of the Triangle.

“I can think of no greater honor than to be in this position to serve those who have selflessly given of themselves to serve our country,” said Chatham County Aging Services director Ashlyn Martin. “We are appreciative and grateful to Meals on Wheels America, The Home Depot Foundation, and our repair partners at Rebuilding Together of the Triangle for their continued support of this important effort.”

Since the partnership with Meals on Wheels America began in 2015, The Home Depot Foundation has contributed nearly \$19 million and countless volunteer hours from Team Depot – The Home Depot’s associate volunteer force – to work alongside community-based Meals on Wheels programs.

The home improvement projects range from converting showers and adding grab bars for bathroom accessibility, to repairing railings and constructing wheelchair ramps. 91% of clients responding to follow up surveys reported that the home modification and repair services provided made them feel safer in their homes and 99% reported that the services help them to continue living independently in their home.

Chatham County veterans interested in repair assistance can request a Helping Homebound Heroes application in several ways:

Contact Michael Daniels, Chatham County Veteran Services Officer, at 919-545-8334 or michael.daniels@chathamcountync.gov

Contact Jimmy Lewis, Chatham County Aging Services Grants and Communications Specialist, at 919-542-4512 or jimmy.lewis@chathamcountync.gov

Contact Wynne Fields, Chatham County Aging Services Aging In Place Specialist, at 919-542-4512 or wynne.fields@chathamcountync.gov

Contact Brittney Quezada, Community Engagement Manager at Rebuilding Together of the Triangle, at 919-341-5980 or bquezada@rttriangle.org

Information and a printable application can also be found on the Chatham County Aging Services website at www.chathamcountync.gov/agingservices under the “Helping Homebound Heroes” tab.

PITTSBORO CENTER FOR ACTIVE LIVING

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

<http://www.chathamcountync.gov/agingservices>

MONTH
APRIL 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1
8:15 AM Cardio & Upper Body 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)

2
8:15 AM Cardio & Lower Body Exercise (F/MP2)
9:00 AM 3G's Men's Group* (L)**
10:00 AM Woodcarvers (P)
10:00 AM Cardio Drumming (F/MP2)
10:30 AM Gym Orientation (G)
10:30 AM Crafting Your Own Grief Journey (CR)
11 AM April Birthday Party (MP1/2)
12:30 PM Trip to Food Lion (B)
1:00 PM Rummikub (P)
2:00 PM Zumba Gold (F/MP2)

3
8:15 AM Balance & Stretch Exercise (F/MP)
9:00 AM Basic Machine Quilting Class (CR)
10:00 AM Chair Yoga with Liz* (F/MP2/Z)
10:00 AM Coffee & Games w/the Sheriff's Office (MP1)
10 AM Music Jam Session (P)
1:00 PM Hand & Foot Card Game (P)
1 PM Leaving Your Legacy w/Author, Jessica Bryan (L)

4
8:15 AM Total Body Conditioning Exercise (F/MP2)
9:30 AM Blood Pressure Clinic (F)
9:30 AM Bocce and Horseshoes (Outside)
10:00 AM Hooks & Needle (P)
11:00 AM Spill the Beans (MP1/2)
1:00 PM Rummikub (MP1)
1:00 PM Pinochle (L)
1:00 - 4:00 PM Bridge (P)
1:30 PM Line Dancing (F/MP2)
3:00 PM Gentle Yoga with Liz* (F/MP2)

5
8:15 AM Interval Training Exercise (F/MP2)
10:00 AM Strong & Fit (F/MP2)
10:00 AM "The Jackie Robinson Story" Movie with Popcorn (MP1/2)
1:00 PM Euchre (P)

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

9
8:15 AM Cardio & Lower Body Exercise (F/MP2)
9:00 AM 3G's Men's Group* (L)**
10:00 AM Woodcarvers (P)
10:00 AM Cardio Drumming (F/MP2)
10:30 AM Gym Orientation (G)
10:30 AM Crafting Your Own Grief Journey (CR)
11:00 AM Chatham Striders (MP1/2)
1:00 PM Rummikub (P)
2:00 PM Zumba Gold (F/MP2)

10
8:15 AM Balance & Stretch Exercise (F/MP)
9:00 AM Basic Machine Quilting Class (CR)
10:00 AM Chair Yoga with Liz* (F/MP2/Z)
10:00 AM Coffee & Games w/Pittsboro Police Dept (MP1)
10 AM Music Jam Session (P)
1:00 PM Hand & Foot Card Game (P)

11
8:15 AM Total Body Conditioning Exercise (F/MP2)
9:30 AM Bocce and Horseshoes (Outside)
10:00 AM Hooks & Needles (P)
10:00 AM Walmart (B)
10:00 AM Bingo (MP1/2)
11:00 AM Therapeutic Alternative (MP1/2)
1:00 PM Rummikub (P)
1:00 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
3:00 PM Gentle Yoga with Liz* (F/MP2)

12
8:15 AM Interval Training Exercise (F/MP2) **Cancelled**
10:00 AM Strong & Fit (F/MP2) **Cancelled**
10 AM Senior Games Expo (AG)
11:30 AM Spanish Conversation Lunch (MP2)
1:00 PM Euchre (P)
1:00 PM Pickleball Skills Clinic

15
8:15 AM Cardio & Upper Body Exercise (F/MP2)
10:00 AM Strong & Fit (F/MP2)
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)

16
8:15 AM Cardio & Lower Body 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 (CR)
11:00 AM Bingo with Joe (MP1/2)
1:00 PM Rummikub (P)
2:00 PM Zumba Gold (F/MP2)

17
8:15 AM Balance & Stretch Exercise (F/MP)
9:00 AM Basic Machine Quilting Class (CR)
10:00 AM Chair Yoga with Liz* (F/MP2/Z)
10:00 AM Coffee & Games w/Sheriff's Office (MP1)
10 AM Music Jam Session (P)
1 PM Beginning Beading Class (CR) RSVP - pfkenlan@gmail.com
1:00 PM Hand & Foot Card Game (P)
2:30 PM Ladies Afternoon Tea (F/MP2)

18
8:15 AM Total Body Conditioning Exercise (F/MP2)
9:30 AM Bocce and Horseshoes (Outside)
9:30 AM Blood Pressure Clinic (F)
10:00 AM Hooks & Needles (P)
10:00 AM Hellal Jazz Project (MP1/2)
1:00 PM Rummikub (P)
1:00 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
3:00 PM Gentle Yoga w/Liz* (F/MP2)

19
8:15 AM Interval Training Exercise (F/MP2)
10:00 AM Strong & Fit (F/MP2)
11:15 AM Stories with Neriah (MP1/2)
1:00 PM Euchre (P)
1:00 PM Pickleball Skills Clinic
3:00 PM Jukebox Live! Variety Of classic rock, classic country and Christian country featuring the Grateful Hearts (F/MP1/2)

22
8:15 AM Cardio & Upper Body Exercise (F/MP2)
10:00 AM Strong & Fit (F/MP2)
10:00 AM Choir (P)
11 AM Drop-in Activities (MP1/2)
2:00 PM Table Tennis (F/MP2)
6:00 PM Caregiver Virtual Support Group **** (Z)

23
8:15 AM Cardio & Lower Body 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 (CR)
11:00 AM Live Music with Grateful Hearts (MP1/2)
1:00 PM Rummikub (P)
2:00 PM Zumba Gold (F/MP2)

24
8:15 AM Balance & Stretch Exercise (F/MP)
9:00 AM Basic Machine Quilting Class (CR)
10:00 AM Chair Yoga with Liz* **cancelled***
11:00 AM Coffee & Games (MP1)
10 AM Music Jam Session (P)
1:00 PM Hand & Foot Card Game (P)
1 PM Leaving Your Legacy w/Author, Jessica Bryan (L)

25
8:15 AM Total Body Conditioning Exercise (F/MP2)
9:00 AM Football/Softball Throw (CCCC)
9:30 AM Bocce and Horseshoes (Outside)
10:00 AM Hooks & Needles (P)
11:00 AM Fun Walk (CCCC)
1:00 PM Rummikub (P)
1:00 PM Pinochle (L)
1:30 PM Line Dancing (F/MP2)
3:00 PM Gentle Yoga w/Liz* (F/MP2)

26
8:15 AM Interval Training Exercise (F/MP2)
10:00 AM Strong & Fit (F/MP2)
10:00 AM "You've Got Mail" Movie with Popcorn (MP1/2)
11:30 AM Spanish Conversation Lunch (MP2)
1:00 PM Euchre (P) **Cancelled**
1:00 PM Pickleball Skills Clinic **Cancelled**
Center Closed 12:30 - 5:00 PM

29
8:15 AM Cardio & Upper Body 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)

30
8:15 AM Cardio & Lower Body 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 (CR)
11:00 AM Chatham County Public Health (MP1/2)
2:00 PM Zumba Gold (F/MP2)

RSVPs:
*: liz.lahti@chathamcountync.gov
Or 919-542-4512 ext. 228
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****: william.riggsbee@chathamcountync.gov
Or 919-742-3975 ext. 223
Basket Weaving: carolynminnich1@gmail.com
Beading: pfkenlan@gmail.com
Golf: acsip13@yahoo.com
Hikes: alan.russo@chathamcountync.gov



AG: AG. CENTER, B: BUS, BP: BLOOD PRESSURE, CR: CONFERENCE ROOM, F: FITNESS ROOM, G: GYM, L: LIBRARY (ECS), MP1/2: MULTIPURPOSE ROOM 1 & 2, P: PARLOR, SCCC: SILER CITY COUNTRY CLUB, 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

MAY 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>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</p>	<p>1 8:15 AM Balance & Stretch Exercise (MP1/2) 9:00 AM Basic Machine Quilting Class (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session (P) 10:00 AM Coffee & Games w/Sheriff's Office (MP1) 1:00 PM Hand & Foot Card Game (P)</p>	<p>2 8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Hooks & Needles (P) 10:00 AM Celebrate Siblings Day (MP1/2) 11:00 AM Therapeutic Alternative (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) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p>3 8:15 AM Interval Training Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) 10:00 AM "Tootsie" Movie & Popcorn (MP1/2) 1:00 PM Euchre (P)</p>	
<p>6 8:15 AM Cardio & Upper Body Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (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)</p>	<p>7 8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:00 AM 3G's Men's Group*** (L) 10:30 AM Crafting Your Own Grief Journey (CR) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F/MP2) 11:00 AM May Birthday Party (MP1/2) 10:30 AM Gym Orientation (G) 1:00 PM Open Art Studio: Weave a small basket with a vintage kitchen utensil as the handle" \$ RSVP Carolyn (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2)</p>	<p>8 8:15 AM Balance & Stretch Exercise (MP1/2) 9:00 AM Basic Machine Quilting Class (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Coffee & Games w/Sheriff's Office (MP1) 10:00 AM Music Jam Session (P) 1:00 PM Hand & Foot Card Game (P)</p>	<p>9 8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Hooks & Needle (P) 10:00 AM Women's Bocce & Horseshoes (SCCAL) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 1:30 PM Line Dancing (F/MP2) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p>10 8:15 AM Interval Training Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) 11:00 AM The Chosen Series (CR) 1:00 PM Euchre 1:00 PM Pickleball Skills Clinic</p>
<p>13 8:15 AM Cardio & Upper Body Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) 11:00 AM Drop-in Activities (MP1/2) 11:00 AM Golf (SCCC) 2:00 PM Table Tennis (F/MP2)</p>	<p>14 8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:00 AM 3G's Men's Group*** (L) 10:30 AM Crafting Your Own Grief Journey (CR) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F) 10:30 AM Gym Orientation (G) 11:00 AM Tara Gregory, Extension Agent, Family & Consumer Sciences (MP1/2) 1:00 PM Open Art Studio: Weave a small basket with a vintage kitchen utensil as the handle" \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2)</p>	<p>15 8:15 AM Balance & Stretch Exercise (MP1/2) 9:00 AM Basic Machine Quilting Class (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Coffee & Games w/ Pittsboro Police (MP1) 10:00 AM Music Jam Session (P) 1 PM Beginning Beading Class (CR) RSVP - pfkenlan@gmail.com 1:00 PM Hand & Foot Card Game (F)</p>	<p>16 8:15 AM Total Body Conditioning Exercise (F, MP2) 9:30 AM Blood Pressure Clinic (F) 10:00 AM Hooks & Needles (P) 10:30 AM Mother's Day Celebration (MP1/2) 1:00 PM Newcomers Tea (CR) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 1:30 PM Line Dancing (F/MP2) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p>17 8:15 AM Interval Training Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (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)</p>
<p>20 8:15 AM Cardio & Upper Body Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (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)</p>	<p>21 8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:00 AM 3G's Men's Group*** (L) 10:30 AM Crafting Your Own Grief Journey (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 (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2)</p>	<p>22 8:15 AM Balance & Stretch Exercise (MP1/2) 9:00 AM Basic Machine Quilting Class (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session (P) 11:00 AM Coffee & Games w/Sheriff's Office (MP1) 1:00 PM Hand & Foot Card Game (P)</p>	<p>23 8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Hooks & Needles (P) 10:00 AM Jubilee Choir (MP1/2) 11:00 AM Therapeutic Alternatives (MP1/2) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 1:30 PM Line Dancing (F/MP2) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p>24 8:15 AM Interval Training Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) 10:00 AM "9 to 5" Movie & Popcorn (MP1/2) 1:00 PM Euchre (P) 1:00 PM Pickleball Skills Clinic</p>
<p>27 CLOSED in Honor of </p>	<p>28 8:15 AM Cardio & Lower Body 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 Bingo with Joe (MP1/2) 1:00 PM Open Art Studio (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2)</p>	<p>29 8:15 AM Balance & Stretch Exercise (MP1/2) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session (P) 11:00 AM Coffee & Games (MP1) 1:00 PM Hand & Foot Card Game (P)</p>	<p>30 8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Hooks & Needles (P) 10:00 AM Walmart Trip (B) 11:00 AM Chatham County Public Health (MP1/2) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 1:30 PM Line Dancing (F/MP2) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p>Happy Mother's Day </p>

AG: AG. CENTER, B: BUS, BP: BLOOD PRESSURE, CCCL: CHATHAM COUNTY COMMUNITY LIBRARY, CR: CONFERENCE ROOM, F: FITNESS ROOM, G: GYM, L: LIBRARY (PCAL), MP1/2: MULTIPURPOSE ROOM 1 & 2, P: PARLOR, SCCAL: SILER CITY CENTER FOR ACTIVE LIVING, SCCC: SILER CITY COUNTRY CLUB, Z: ZOOM

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.chathamcountync.gov/agingservices

MONTH
APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (HB) 2 pm Geri-Fit (HB)</p> <p>Public Health Students at Center</p>	<p>2</p> <p>9 am Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROOK, Phase 10 & Rummikub (DR) 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 (CR) 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole 2 pm Bocce Lessons with Siler City Parks and Rec</p>	<p>4</p> <p>9 am Men's Coffee & Conversations (CR) 9am Crochet Workshop (CSR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 10:30 am Mental Health Topics with Tammy Curry (DR) 1pm Book Club (L) 12:15 pm Spanish Speaking Senior Social (Adultos Mayores Conversacion en Español) 2 pm Geri-Fit (HB) 3pm Thursday Social: Movie</p>	<p>5</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 7pm Dance SideKix</p>
<p>8</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (HB) 2 pm Geri-Fit (HB)</p> <p>Public Health Students at Center</p>	<p>9</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) 1 pm Gardening Club: Getting Outside 2 pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)</p>	<p>10</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole</p>	<p>11</p> <p>9 am Men's Coffee & Conversations (CR) 9am Crochet Workshop (CSR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Geri-Fit (HB) 3pm Thursday Social: Croquet</p>	<p>12</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am - 12 pm Senior Games Opening Expo & T-shirt Pickup 7pm Dance: Jimmy Shirley, Jr. & The Footlights</p>
<p>15</p> <p>9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (HB) 10:30 Gospel Choir (Pittsboro) 2pm Geri-Fit (HB) Senior Games T-shirt Pickup at Pittsboro Center (Mon. - Fri.)</p> <p>Public Health Students at Center</p>	<p>16</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10:30 Table Tennis 10:45 am LUNCH BUNCH to Asheboro (RSVP) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G) 2pm Senior Games: Swimming at Duke Center for Living at Fearington</p>	<p>17</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10 am - 12 pm Falls Prevention Clinic+Space Limited- Register by 4/10 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole</p>	<p>18</p> <p>9 am Men's Coffee & Conversations (CR) 9am Crochet Workshop (CSR) 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: Bocce</p>	<p>19</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Cooking for One Grief Support Group 1pm Sporting Clays at Deep River Sporting Clays, Sanford Contact: johnnyshaw@earthlink.net 7pm Dance: Diamond Edge</p>
<p>22</p> <p>9 am Senior Games Golf at Siler City Country Club 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (CR) 2pm Geri-Fit (HB)</p> <p>Public Health Students at Center</p>	<p>23</p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 10:30 Table Tennis 10:30 am Science with Alan 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Senior Games Archery at Cates Creek Park, Hillsborough 2pm Fitness Room Orientation (G)</p>	<p>24</p> <p>9 am Strong & Fit (HB) 9:30 am Senior Games Cycling at Union Grove Church, Hillsborough 10 am Bible Study (CR) 10:30 am Health Topics with Ashley Brewer 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole</p>	<p>25</p> <p>9 am Men's Coffee & Conversations (CR) 9am Crochet Workshop (CSR) 9am Senior Games Football & Softball Throw at CCCC, Pittsboro 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 11 am Senior Games Fun Walk at Pittsboro Center 2 pm Geri-Fit (HB) 3pm Thursday Social: Bingo</p>	<p>26</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 1 - 3 pm Volunteer Appreciation Event at Chatham Co. Agriculture & Event Center 7pm Dance: Delmonico</p> <p>CENTER WILL CLOSE 12 PM - 5 PM</p>
<p>29</p> <p>9 am Strong & Fit (HB) 9 am Sr. Games Basketball Shoot at Paul Braxton Gym, Siler City 10 am Cornhole at Paul Braxton Gym, Siler City 10 am Cornhole (HB) 10:15 am Mindful Stretch (CR) 10:30 am Bingo with Joe and April Birthday Party (DR) 2 pm Geri-Fit (HB) 2pm Sr. Games Table Tennis at Pittsboro Center</p> <p>Public Health Students at Center</p>	<p>30</p> <p>9 am - Cardio Drumming (HB) 9 am Sr. Games Croquet Wicket, Fearington Croquet Club 10:15 am Chair Exercises (DR) 10:30 Table Tennis 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G) 4 pm Sr. Games Women's Singles/Men's Doubles at Carolina Preserves</p>			<p>Saturday, April 27th: 9 am Senior Games Track and Field, Seaforth High School</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 Purple: Senior Games/SilverArts Events

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcountync.gov/agingservices

MONTH
MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MEMORIAL DAY		1 9 am Sr. Games Croquet Golf at Fearington Croquet Club 9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole 4 pm Sr. Games Tennis Men's Singles/Women's Doubles at Carolina Preserve	2 9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Sr. Games Men's Bocce at Carolina Meadows 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 10:30 am Mental Health with Tammy Curry 1pm Book Club (L) 2 pm Geri-Fit (HB) 3pm Thursday Social: Movie 4 pm Sr. Games Tennis Mixed Doubles at Carolina Preserve	3 9 am Zumba Gold (HB) 9 am Sr. Games Disc Golf at CCCC, Pittsboro 10 am Quilting (CSR) 2pm Sr. Games Bowling at Buffaloe Lanes, Cary 7pm Dance
		6 9 am Sr. Games Pickleball Men's/Women's Singles, Men's/Women's Doubles at Paddles Swim & Pickleball Club 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (HB) 2 pm Geri-Fit (HB)	7 9 am Sr. Games Pickleball Mixed Doubles at Paddles Swim & Pickleball Club 9 am Cardio Drumming (HB) 10 am - 12 pm SilverArt Intake at the Siler City and Pittsboro Centers 10:15 am Chair Exercises (DR) 1 pm ROK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)	8 9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn 2 pm - 3:30 pm Pickleball & Cornhole
13 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (HB) 12:15 pm Advisory Team Meeting (CR) 2 pm Geri-Fit (HB)	14 9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)	15 9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafting with Kathryn: 2 pm - 3:30 pm Pickleball & Cornhole	16 9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 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: Bingo	17 9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Cooking for One Grief Support Group (CR)
20 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10:15 am Mindful Stretch (CR) 10:30 am Gospel Choir (HB) 2pm Strength & Tone (HB)	21 9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)	22 9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Health Topics with Ashley Brewer (DR) 1 pm Crafting with Kathryn 2pm - 3:30 pm Pickleball & Cornhole	23 9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie	24 9 am Zumba Gold (HB) 10 am Quilting (CSR) 10:30 am Bingo & May Birthday Party 7pm Dance
27 Memorial Day Holiday SILER CITY CENTER FOR ACTIVE LIVING IS CLOSED	28 9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROK, Phase 10 & Rummikub (DR) 1 pm Grandparents Raising Grandchildren (CR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)	29 9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn 2pm - 3:30 pm Pickleball & Cornhole	30 9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 10 am Chair Exercises (DR) 10:30 am Special Music: Jubilee Choir (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3pm Thursday Social: Mocktails & Trivia	31 9 am Zumba Gold (HB) 10 am Quilting (CSR) 7pm Dance

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 Purple: Senior Games

Break a sweat at one of our centers!

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 Friday, April 12

Strong & Fit
10 a.m.

Mondays and Fridays throughout April
No class Friday, April 12

Cardio Drumming
10 a.m.
Tuesdays

Zumba Gold
2 p.m.
Tuesdays

Chair Yoga with Liz
10 a.m.
Wednesdays
No class April 24

Gentle Yoga with Liz
3 p.m.
Thursdays

Arthritis Foundation Exercise Program
10 a.m.
Mondays and Fridays throughout May

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

Geri-Fit
Mondays and Thursdays, 2 p.m. through
Thursday, March 16
No class on Thursday, May 9

Chair Exercises
10:15 a.m.
Tuesdays & Thursdays
No class Thursday, May 9

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

Zumba Gold
9 a.m.
Fridays
No class Friday, May 10

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
Returns Tuesday, May 7

Rummikub & Pinochle

Tuesdays & Thursdays, 1 p.m.
Parlor

Basic Machine Quilting

Wednesdays, 9 a.m.
February only
Conference Room
No class May 29

Coffee & Games with Law Enforcement

Wednesdays, 10 a.m.
Multipurpose Room 1

Hand and Foot Card Game

Wednesdays, 1 p.m.
Parlor

Hooks & Needles

Thursdays, 10 a.m.
Parlor

Monthly Birthday Celebrations

Tuesday, April 2 &
Tuesday, May 7
11 a.m.
Multipurpose Room 1 & 2

Food Lion Trip

Thursday, April 2
12:30 p.m.

Leaving Your Legacy w/Jessica Bryan

Wednesday, April 3 &
Wednesday, April 24
1 p.m.
Library

Music Jam Session

Wednesdays, 10 a.m.
Parlor

Line Dancing

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

Spill the Beans

Thursday, April 4
11 a.m.
Multipurpose Room 1/2

Bridge

1st Thursday, 1 p.m.
Parlor

Euchre

Fridays, 1 p.m.
Parlor
No session April 26

Trip to Walmart

Thursday, April 11 &
Thursday, May 30
10 a.m.

Bocce & Horseshoes

Thursdays, April 4-25
9:30 a.m.
Outdoor pits, weather permitting

Spanish Conversation Meetup Lunch

Friday, April 12 &
Friday, April 26
11:30 a.m.
Multipurpose Room 2

Pickleball Skills Clinic

Fridays, April 12, May 10 & May 24
1 p.m.
Multipurpose Room 2

Bingo

Thursday, April 11, 10 a.m.
Tuesday, April 16 &
Tuesday, May 28, 11 a.m.
Multipurpose Room 1 & 2

Ladies Afternoon Tea

Wednesday, April 17
2:30 p.m.
Multipurpose Room 2

Beginning Beading Class

Wednesday, April 17 &
Wednesday, May 15
10 a.m.
Conference Room

Siler City Groups and Activities

Monthly Birthday Celebrations

Monday, April 29 and
May 24, 10:30 a.m.
Dining Room

Gospel Choir

Monday, April 15 &
Monday, May 20, 10:30 a.m.
April - Pittsboro
May - Holly Brooks Room

Bingo with Joe

Monday, April 29 & Friday,
May 24, 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

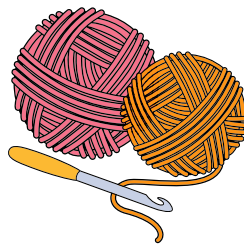
Crafting with Kathryn

Wednesdays, 1 p.m.
Crafting and Sewing Room



Men's Coffee and Conversations

Thursdays, 9 a.m.
Conference Room



Crochet Workshop

Thursdays, 9 a.m.
Crafting & Sewing Room

Music Jam Session

Thursdays, 10 a.m.
Conference Room

Book Club

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

Thursday Afternoon Social

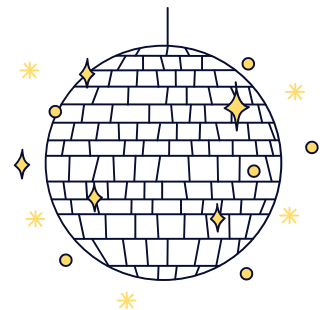
Weekly, 3 p.m.
4/4 - Movie
4/11 - Croquet
4/18 - Bocce
4/25 - Bingo
5/2 - Movie
5/9 - Mother's Day Tea
(2 p.m.)
5/16 - Bingo
5/23 - Movie
5/30 - Mocktails & Trivia

Quilting And Sewing Time

Fridays, 10 a.m.
Crafting and Sewing Room

Pickleball & Cornhole

Wednesdays, 2 p.m.
Holly Brooks Room



Friday Night Dance

Weekly, 7 p.m.
Holly Brooks Room

Senior Games & SilverArts schedule

April 12 – Opening Expo, 10 a.m.
Chatham County Agriculture &
Conference Center

April 16-19 – Swimming, Duke Center for Living at
Farrington, 2 p.m.

April 22– Golf, Siler City Country Club,
9 a.m.

April 23 – Archery, Cates Creek Park, Hillsborough, 2
p.m.

April 24– Cycling, Union Grove Church, Hillsborough,
1–mile, 9:30 a.m.; 5K, 10 a.m.; 10K, 11:30 a.m.

April 25 – Football/Softball Throw, Central Carolina
Community College, 9 a.m.

Fun Walk, Pittsboro Center For Active Living,
11 a.m.

April 27 – Track & Field, Seaforth
High School, 9 a.m.

April 29 – Basketball Shoot, Paul Braxton Gym, 9 a.m.;
Cornhole, Paul Braxton Gym, 10 a.m.; Table Tennis,
Pittsboro Center for Active Living, 2 p.m.

April 30 – Croquet 9 Wicket, Carolina Meadows,
9 a.m.

Tennis, Carolina Preserve, 4 p.m.

May 1 – Croquet Golf, Farrington Croquet Club, 9
a.m.

Tennis, Carolina Preserve, 4 p.m.

May 2 – Men’s Bocce, Carolina Meadows, 9 a.m.

Tennis, Carolina Preserve, 4 p.m.

May 3 – Disc Golf, Central Carolina Community
College, 9 a.m.

Bowling, Buffalo Lanes, Cary, 2 p.m.

May 6-7 – Pickleball, Paddles Swim & Pickleball Club,
9 a.m.

May 7 – SilverArts intake, Pittsboro & Siler City
centers, 10 a.m. – noon

May 8 – Rain date, outdoor events

May 9 – Women’s bocce, Siler City Center for Active
Living, 9 a.m.

Horseshoes – Siler City Center for Active Living, 10
a.m.

SilverArts Gallery Open To Public, 10 a.m. to 6:30 p.m.,
Siler City Center for Active Living

May 10 – SilverArts Performances & Awards
Ceremony, Siler City Center for Active Living,
10:30 a.m.



Join us at Biltmore this holiday season!

Following our trip to Charleston, South Carolina last December, the Aging Services Travelers Club is gearing up to take the road again!

Aging Services will conduct a trip to the Biltmore Estate in Asheville from December 4-6. This three-day, two-night trip will include two nights of hotel accommodations, two hotel breakfasts, a holiday dinner at the Biltmore Estate, a self-guided “candlelight” tour of the Biltmore House, plus much more.

The price is \$529 per person, with double occupancy. For more information or to reserve your spot, contact Wynne Fields at 919-542-4512 or email

wynne.fields@chathamcountync.gov

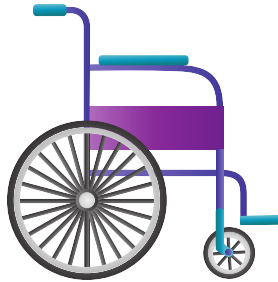
We have assistive equipment!

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 use durable medical equipment on an indefinite basis.

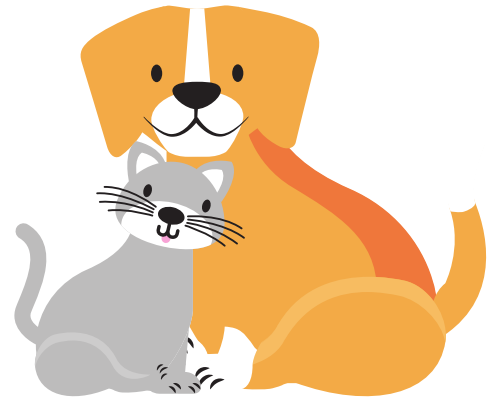
As individuals donate equipment, others pick up and sign out needed items. When the item is no longer needed, it is returned to one of our centers.

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

- Wheelchairs
- Canes
- Bath Benches
- Shower Chairs
- 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



Pets of older adults need our help, too!

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 as a substitute or regular weekly driver, 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

It takes a seed.....



Meals on Wheels recipient Margaret Hearne grew the pictured orange tree sapling with seeds from delivered fruit. Planting is planned for this summer.



All spruced up!

Aging Services wishes to thank the dedicated Chatham County Facilities staff for restoring the bocce courts in Pittsboro and Siler City to playable conditions!

Come try your hand at this exciting game!

Get the scoop on our fitness room!

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.

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 April 30 and May 28. 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**



Catch Live Music in Pittsboro!

Jukebox Live!
With Grateful Hearts
Friday, April 19 &
Friday, May 17
3 p.m.

Grateful Hearts
Tuesday April 23 &
Tuesday, May 21, 11 a.m.
Original Haw
River Crawdaddies
Monday, April 29, 11 a.m.

Upcoming Educational Programs

Pittsboro

- Chatham County Public Health
Tuesday, April 30, 11 a.m.
Multipurpose Room 1 & 2
- Therapeutic Alternatives
Thursdays
April 11, May 2 & May 23
Multipurpose Room 1 & 2
- Crafting Your Own Grief Journey
Tuesdays, 10:30 a.m.
No session April 2 or April 9
Conference Room
- The Chosen Series
Friday, April 10
11 a.m.
Conference Room
- Cooking Demonstration with
Tara Gregory
Tuesday, May 14
11 a.m.
Multipurpose Room 1 & 2

Siler City

- Navigating Grief: Cooking For One
Friday, April 19 and Friday, May 17,
10 a.m.
Conference Room
- Low Vision Support Group
Tuesday, April 9 and
Tuesday, May 14, 2 p.m.
Conference Room
- Health Education with Ashley Brewer
Wednesday, April 24 and
Wednesday, May 22, 10:30 a.m.
Dining Room
- Gardening Club
Tuesday, April 9, 1 p.m.
Dining Room
- Nutrition Education with Ann Clark
Wednesday, May 15, 10:30 a.m.
Dining Room
- Mental Health Topics with Tammy
Curry
Thursday, April 4 & Thursday, May 2
10:30 a.m.
Dining Room