



# THE CHATHAM SENIOR TIMES

The Official Newsletter of Chatham County Aging Services

[www.chathamcountync.gov/agingservices](http://www.chathamcountync.gov/agingservices)

June/July 2024

## Rolling out the red carpet for our VIP volunteers!

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Our dedicated Aging Services volunteers were honored for their tireless service to our department with the annual Volunteer Appreciation Event on April 26 at Chatham County Agriculture & Conference Center.

A celebrity VIP theme was the backdrop for the event, as Aging Services volunteers have contributed over 12,000 hours of service thus far in the 2023-24 fiscal year. For a breakdown of these hours and to see some of the faces that comprise volunteerism at Aging Services, turn to Page 3.



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

Elder Abuse Fair  
Wednesday, June 5  
10 a.m.

Siler City Center for Active Living

Lunch Bunch to Mrs. Lacy's Magnolia House  
Friday, June 7 (\$)   
11:30 a.m. (depart)  
Siler City Center for Active Living

Voter ID Seminars  
Monday June 10  
10:30 a.m.

Siler City Center for Active Living  
Tuesday, June 11  
11 a.m.

Pittsboro Center for Active Living

Summer Scam Jam  
Monday, June 10

Shred Event – 8 a.m. – noon, Pittsboro Center  
for Active Living

Speaker Series – 1:30 p.m.,  
Chatham Community Library

Hiking With Alan  
American Tobacco Trail  
Tuesday, June 11

Depart Pittsboro Center for Active Living  
at 12:45 p.m.

Garden Club Trip  
Cooperative Gardens, Siler City  
Wednesday, June 12

Depart Siler City Center for Active Living  
at 9 a.m.

Fathers Day Celebration  
Thursday, June 13  
11 a.m.

Pittsboro Center for Active Living

Juneteenth Celebration  
Tuesday, June 18  
11 a.m.

Pittsboro Center for Active Living

Fishing Trip to Northwest District Park  
Thursday, June 20  
Depart Siler City Center for Active Living  
at 9:30 a.m.

Trip to North Carolina Zoo Hiking Trail  
Tuesday, June 25  
Depart Pittsboro Center for Active Living  
at 12:30 p.m.

Lunch Bunch to Elizabeth's Pizza  
Friday, June 28 (\$)   
Depart Pittsboro Center for Active Living  
at 11:30 a.m.

4th of July Celebration  
Wednesday, July 3  
11 a.m.

Pittsboro Center for Active Living

Lunch Bunch to Aye! Toro Tacos & Tequila  
Friday, July 26 (\$)   
Depart Pittsboro Center for Active Living  
at 11:30 a.m.

(\$) - fee required for participation

# Thank you, volunteers!



In the 2023-24 fiscal year, these smiling faces have given more than 12,000 hours of service to date!

# PITTSBORO CENTER FOR ACTIVE LIVING

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

MONTH  
**JUNE 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) <b>11:00 AM Shuffleboard(F/MP2)</b> 11:00 AM Golf (SCCC) <b>2:00 PM Table Tennis (F/MP2)</b> <b>3:00 PM Caregiver Support Group ****(CR)</b></p>	<p><b>4</b></p> <p>8:15 AM Cardio &amp; Upper Body Exercise (F/MP2) <b>9:00 AM 3G's Men's Group*** (L)</b> 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F/MP2) <b>10:30 AM Gym Orientation(G) RSVP Space Limited</b> <b>10:30 AM Crafting Your Own Grief Journey (CR)</b> 11:00 AM June Birthday Party (MP1/2) 12:30 PM Trip to Food Lion (B) 1:00 PM Open Art Studio-BYO(MP1) <b>1:00 PM Rummikub (P)</b> <b>2:00 PM Zumba Gold(F/MP2)</b></p>	<p><b>5</b></p> <p><b>8:30 AM Small Group Training***** (F)RSVP Space Limited</b> 9:00 AM Open Quilting - Individual projects (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session (P) <b>10:00 AM Coffee &amp; Games w/Sheriff's Office (MP1)</b> <b>1:00 PM Hand &amp; Foot Card Game(P)</b> 1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP <b>2:00 PM Table Tennis (F/MP2)</b></p>	<p><b>6</b></p> <p>8:15 AM Cardio &amp; Lower Body Exercise (F/MP2) 9:30 AM Blood Pressure Clinic (F) <b>10:00 AM Bingo (MP1)</b> 10:00 AM Hooks &amp; Needles (P) <b>11:00 AM NC Division of the Blind Presentation (MP1)</b> <b>1:00 PM Rummikub(MP1)</b> <b>1:00 PM Pinochle (CR)</b> <b>1:00-4:00 PM Bridge (P)</b> <b>1:30 PM Line Dancing (F/MP2)</b> <b>3:00 PM Gentle Yoga with Liz* (F/MP2)</b></p>	<p><b>7</b></p> <p>8:30 AM Balance &amp; Stretch Exercise (MP1/2) 9:30 AM Chatham Striders(P) 10:00 AM Arthritis Foundation Exercise (F/MP2) <b>10:00 AM "Planes, Trains &amp; Automobiles" Movie &amp; Popcorn (MP1/2)</b> <b>11:30 AM Spanish Conversation Lunch (F/MP2)</b> <b>1:00 PM Euchre (P)</b></p>
<p><b>10</b></p> <p>8:15 Total Body Conditioning Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise(F/MP2) <b>11:00 AM Live Bluegrass Music w/ the Original Haw River Crawdaddies (MP1/MP2)</b> 11:00 AM Golf (SCCC) <b>2:00 PM Table Tennis (F/MP2)</b></p>	<p><b>11</b></p> <p>8:15 AM Cardio &amp; Upper Body Exercise (F/MP2) <b>9:00 AM 3G's Men's Group*** (L)</b> 9:30 AM Arthritis Aquatics (PS) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F/MP2) <b>10:30 AM Gym Orientation (G)RSVP Space Limited</b> <b>10:30 AM Crafting Your Own Grief Journey (CR)</b> 11:00 AM Elections Seminar (MP1) 12:45 PM Hiking with Alan- American Tobacco Trail**** 1:00 PM Open Art Studio: Weaving Vase \$ RSVP Carolyn. (MP1/2) FULL <b>1:00 PM Rummikub(P)</b> <b>2:00 PM Zumba Gold(F/MP2)</b></p>	<p><b>12</b></p> <p><b>8:30 AM Small Group Training***** (F)RSVP Space Limited</b> 9:00 AM Open Quilting - Individual projects (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session(P) <b>10:45 AM Crafting- Rock Painting(MP1)</b> <b>1:00 PM Hand &amp; Foot Card Game(P)</b> <b>2:30 PM Afternoon Tea (F/MP2)</b> <b>Table Tennis Cancelled</b></p>	<p><b>13</b></p> <p>8:15 AM Cardio &amp; Lower Body Exercise (F/MP2) 9:30 AM Arthritis Aquatics (PS) <b>10:00 AM Hooks &amp; Needle(P)</b> <b>10:30 AM Father's Day Celebration (MP1/2)</b> <b>1:00 PM Rummikub (P)</b> <b>1:00 PM Pinochle (CR)</b> <b>1:00-3:00 PM NCRGEA meeting (MP1/2)</b> Line Dancing &amp; Gentle Yoga Cancelled</p>	<p><b>14</b></p> <p>8:30 AM Balance &amp; Stretch Exercise (MP1/2) 9:30 AM Chatham Striders (P) 10:00 AM Arthritis Foundation Exercise (F/MP2) 11:00 AM Drop-In Activities (MP1) <b>11:00 AM The Chosen Series (CR)</b> <b>1:00 PM Euchre (P)</b></p>
<p><b>17</b></p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) 10:00 AM Choir Practice Pittsboro (P) <b>11:00 AM Cornhole (F/MP2)</b> 11:00 AM Golf (SCCC) <b>2:00 PM Table Tennis (F/MP2)</b> <b>3:00 PM Caregiver Support Group ****(CR)</b></p>	<p><b>18</b></p> <p>8:15 AM Cardio &amp; Upper Body Exercise (F/MP2) <b>9:00 AM 3G's Men's Group*** (L)</b> 9:30 AM Arthritis Aquatics (PS) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F) <b>10:30 AM Gym Orientation (G)RSVP Space Limited</b> <b>10:30 AM Crafting Your Own Grief Journey (CR)</b> <b>11:00 AM Juneteenth Celebration MP1</b> 1:00 PM Open Art Studio: Weaving Vase \$ RSVP Carolyn. (MP1/2) <b>1:00 PM Rummikub (P)</b> <b>2:00 PM Zumba Gold (F/MP2)</b></p>	<p><b>19</b></p> <p>CLOSED in Honor of <b>JUNETEENTH</b></p>	<p><b>20</b></p> <p>8:15 AM Cardio &amp; Lower Body Exercise (F/MP2) 9:30 AM Blood Pressure Clinic (F) 9:30 AM Arthritis Aquatics (PS) <b>10:00 AM Bingo (MP1)</b> 10:00 AM Hooks &amp; Needles (P) 10:00 AM Walmart Trip(B) <b>11:00 AM Summer Scam Jam (MP1/2)</b> 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) <b>1:30 PM Line Dancing(F/MP2)</b> 3:00 PM Gentle Yoga with Liz* (F/MP2)</p>	<p><b>21</b></p> <p>8:30 AM Balance &amp; Stretch Exercise (MP1/2) 9:30 AM Chatham Striders (P) 10:00 AM Arthritis Foundation Exercise (F/MP2) 11:00 AM Stories with Neriah (MP1/2) <b>11:30 AM Spanish Conversation Lunch (F/MP2)</b> <b>1:00 PM Euchre (P)</b> <b>3:00 PM Jukebox Live! Variety of classic rock, classic country and Christian country featuring the Grateful Hearts (MP1/2)</b></p>
<p><b>24</b></p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Arthritis Foundation Exercise (F/MP2) <b>11:00 AM Dominos (MP1)</b> 11:00 AM Golf (SCCC) <b>2:00 PM Table Tennis (F/MP2)</b></p>	<p><b>25</b></p> <p>8:15 AM Cardio &amp; Upper Body Exercise (F/MP2) <b>9:00 AM 3G's Men's Group*** (L)</b> 9:30 AM Arthritis Aquatics (PS) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F) <b>10:30 AM Gym Orientation (G)RSVP Space Limited</b> <b>11:00 AM Bingo w/ Joe (MP1)</b> <b>12:30 PM Hiking with Alan- NC Zoo****</b> 1:00 PM Open Art Studio: Weaving Vase \$ RSVP Carolyn. (MP1/2) <b>1:00 PM Rummikub (P)</b> <b>2:00 PM Zumba Gold (F/MP2)</b></p>	<p><b>26</b></p> <p><b>8:30 AM Small Group Training***** (F)RSVP Space Limited</b> 9:00 AM Open Quilting - Individual projects (CR) 10:00 AM Chair Yoga with Liz* (F/MP2/Z) 10:00 AM Music Jam Session (P) 11:00 AM Coffee &amp; Games w/Sheriff's Office(MP1) 1:00 PM Hand &amp; Foot Card Game (P) <b>2:00 PM Table Tennis (F/MP2)</b></p>	<p><b>27</b></p> <p>8:15 AM Cardio &amp; Lower Body Exercise (F/MP2) 9:30 AM Arthritis Aquatics (PS) <b>10:00 AM Bingo (MP1)</b> 10:00 AM Hooks &amp; Needles (P) <b>11:00 AM Chatham County Public Health (MP1/2)</b> <b>1:00 PM Rummikub (P)</b> <b>1:00 PM Pinochle (CR)</b> <b>3:00 PM Gentle Yoga with Liz* (F/MP2)</b></p>	<p><b>28</b></p> <p>8:30 AM Balance &amp; Stretch Exercise (MP1/2) 9:30 AM Chatham Striders (P) 10:00 AM Arthritis Foundation Exercise (F/MP2) 10:00 AM "Rocky" Movie &amp; Popcorn (MP1/2) <b>12:30 PM Lunch Bunch - "Elizabeth's" in Pittsboro(B)</b> <b>1:00 PM Euchre (P)</b></p>

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 \*\*\*\*\* [esther.zolman@chathamcountync.gov](mailto:esther.zolman@chathamcountync.gov)  
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# PITTSBORO CENTER FOR ACTIVE LIVING

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

MONTH

JULY 2024

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<p><b>29</b></p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Strong &amp; Fit (F/MP2) 11:00 AM Shuffleboard (MP1) 11:00 AM Golf (SCCC) 2:00 PM Table Tennis (F/MP2)</p>	<p><b>30</b></p> <p>8:15 AM Cardio &amp; Upper Body Exercise (F/MP2) 9:00 AM 3G's Men's Group*** (L) 9:30 AM Arthritis Aquatics (PS) 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 Science w/ Alan (MP1) 1:00 PM Rummikub (P) 1:00 PM Open Art Studio- BYO (MP1/2) 2:00 PM Zumba Gold (F/MP2)</p>	<p><b>31</b></p> <p>8:30 AM Small Group Training (F) **** 10:00 AM Chair Yoga with Liz*(F/MP2/Z) 10:00 AM Music Jam Session (P) 10:00 AM Coffee &amp; Games w/Sheriff's Office(MP1) 1:00 PM Hand &amp; Foot Card Game (P) 2:00 PM Table Tennis (F/MP2)</p>	<p><b>RSVPs:</b></p> <p>*: <a href="mailto:liz.lahti@chathamcountync.gov">liz.lahti@chathamcountync.gov</a> Or 919-542-4512 ext. 228</p> <p>**:<a href="mailto:william.riggsbee@chathamcountync.gov">william.riggsbee@chathamcountync.gov</a> Or 919-742-3975 ext. 223</p> <p>Basket Weaving: <a href="mailto:carolynminnich1@gmail.com">carolynminnich1@gmail.com</a> ***Golf: <a href="mailto:acsp13@yahoo.com">acsp13@yahoo.com</a> **** <a href="mailto:esther.zolman@chathamcountync.gov">esther.zolman@chathamcountync.gov</a> OR 919-542-4512, ext.223</p> <p>Leaving Your Legacy: <a href="mailto:jjbryon01@gmail.com">jjbryon01@gmail.com</a></p>	

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

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

# SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcountync.gov/agingservices

MONTH  
JUNE 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



<p><b>3</b></p> <p>9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 2 pm Strength &amp; Tone (HB)</p>	<p><b>4</b></p> <p>9 am Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROOK, Phase 10 &amp; Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)</p>	<p><b>5</b></p> <p>9 am Strong &amp; Fit (HB) 10 am - 12pm Elder Abuse Fair (HB) 10 am Bible Study (CR) 10:30 am Bingo with Denese (DR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>6</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 10:00 am Chair Exercise (DR) 10:30 am Mental Health with Tammy Curry (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength &amp; Tone (HB) 3pm Thursday Social: Mocktails &amp; Trivia (DR)</p>	<p><b>7</b></p> <p>9am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers 7pm Dance: Sidekix</p>
<p><b>10</b></p> <p>9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 10:30 am Voter ID Seminar (HB) 2 pm Strength &amp; Tone (HB)</p>	<p><b>11</b></p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROOK, Phase 10 &amp; Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)</p>	<p><b>12</b></p> <p>9 am Strong &amp; Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>13</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 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: Cornhole</p>	<p><b>14</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers 7 pm Dance: Jimmy Shirley Jr &amp; the Footlights</p>
<p><b>17</b></p> <p>9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 10:30 am Gospel Choir (Pittsboro) 2pm Strength &amp; Tone (HB)</p>	<p><b>18</b></p> <p>9 am - Cardio Drumming (HB) 9:30 am Grandparents Raising Grandchildren 11 am Juneteenth Celebration (Pittsboro) 1 pm ROOK, Phase 10 &amp; Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p><b>19</b></p> <p>Center Closed for Juneteenth Holiday</p> 	<p><b>20</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9am Open Gym Pickleball (HB) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength &amp; Tone (HB) 3pm Thursday Social: Movie</p>	<p><b>21</b></p> <p>9 am Zumba Gold (HB) 9:30 am Cooking for One Grief Support (CR) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers 7 pm Dance: Carolina Dreamers</p>
<p><b>24</b></p> <p>9 am Strong &amp; Fit (HB) 9 am Aquatics Foundations (Bray Park-Full) 10 am Cornhole (HB) 10:30 am Bingo and June Birthday Party (DR)</p> <p>Center Closed 1pm-5pm for Staff Training</p>	<p><b>25</b></p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm ROOK, Phase 10 &amp; Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p><b>26</b></p> <p>9 am Strong &amp; Fit (HB) 9 am Aquatics Foundation (Bray Park - Full) 10 am Bible Study (CR) 10:30 am Health Education with Ashley Brewer (DR) 1 pm Crafting with Kathryn (CSR) 2pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>27</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength &amp; Tone (HB) 3pm Thursday Social: Music with Robbie (DR)</p>	<p><b>28</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers 7pm Dance: Diamond Edge</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

# SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcountync.gov/agingservices

MONTH  
JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 2 pm Strength &amp; Tone (HB)</p>	<p><b>2</b></p> <p>9 am Cardio Drumming (HB) 10:15 am Chair Exercises (DR) <b>12:30pm - 5:30pm Blood Drive (HB)</b> 1 pm <b>ROOK, Phase 10 &amp; Rummikub (DR)</b> 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G)</p>	<p><b>3</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>4</b></p> <p>Center Closed for 4th of July</p> 	<p><b>5</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 7pm Dance: Side Kix</p>
<p><b>8</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 2 pm Strength &amp; Tone (HB)</p>	<p><b>9</b></p> <p>9 am Cardio Drumming (HB) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (DR)</b> 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation (G) 2 pm Low Vision Support Group (CR)</p>	<p><b>10</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>11</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 10:15am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2pm Strength &amp; Tone (HB) 3pm Thursday Social: Mocktails &amp; Trivia</p>	<p><b>12</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10:30 Short Stories with Neriah (DR) 12:30pm - 2pm Powerful Tools for Caregivers 7pm Dance</p>
<p><b>15</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 10:30 Gospel Choir (HB) 12:15 pm Advisory Team Meeting (CR) 2 pm Strength &amp; Tone (HB)</p>	<p><b>16</b></p> <p>9 am - Cardio Drumming (HB) 9:30 am Grandparents Raising Grandchildren 1 pm <b>ROOK, Phase 10 &amp; Rummikub (DR)</b> 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p><b>17</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>18</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Strength &amp; Tone (HB) 3pm Thursday Social: Movie</p>	<p><b>19</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 9:30am Cooking for One Grief Support Group (CR) 12:30pm - 2pm Powerful Tools for Caregivers 7 pm Dance: Jimmy Shiry Jr &amp; the Footlights</p>
<p><b>22</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 2pm Strength &amp; Tone (HB)</p>	<p><b>23</b></p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (DR)</b> 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p><b>24</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Bible Study (CR) 10:30 Health Topic with Ashley Brewer (DR) 1 pm Crafting with Kathryn (CSR) 2 pm - 3:30 pm Pickleball &amp; Cornhole</p>	<p><b>25</b></p> <p>9 am Men's Coffee &amp; Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 10:15 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength &amp; Tone (HB) 3pm Thursday Social: Bingo</p>	<p><b>26</b></p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30pm - 2pm Powerful Tools for Caregivers 7 pm Dance: Carolina Dreamers</p>
<p><b>29</b></p> <p>9 am Arthritis Foundations Aquatics Program (Bray Park-Full) 9 am Strong &amp; Fit (HB) 10 am Cornhole (HB) 10:30 am Bingo and July Birthday Party (DR) 2 pm Strength &amp; Tone (HB)</p>	<p><b>30</b></p> <p>9 am - Cardio Drumming (HB) 10:15 am Chair Exercises (DR) 1 pm <b>ROOK, Phase 10 &amp; Rummikub (DR)</b> 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation (G)</p>	<p><b>31</b></p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong &amp; Fit (HB) 10 am Bible Study (CR) 1 pm Crafting with Kathryn (CSR) 2pm - 3:30 pm Pickleball &amp; Cornhole</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

# Our exercise rooms are waiting for you!

## Pittsboro Center for Active Living

To register for these classes, contact  
Christina Dougherty at  
[christina.dougherty@chathamcountync.gov](mailto:christina.dougherty@chathamcountync.gov)

Morning Exercise – 8:15 a.m.

Monday – Total Body Conditioning

Tuesday – Cardio & Upper Body

Wednesday – Small Group Training (8:30 a.m.)

Thursday – Cardio & Lower Body

Friday – Balance & Stretch Exercise

Arthritis Foundation Exercise Program

10 a.m.

Mondays and Fridays in June

Strong & Fit

10 a.m.

Mondays and Fridays beginning July 1

Arthritis Aquatics

9:30 a.m.

Pittsboro Swimming Association

Tuesdays and Thursdays from June 11–August 8

Cardio Drumming

Tuesdays

10 a.m.

Zumba Gold

Tuesdays

2 p.m.

Chair Yoga With Liz

Wednesdays

8:30 a.m. & 10 a.m.

Gentle Yoga with Liz

Thursdays

3 p.m.

No class Thursday, June 13

## Siler City Center for Active Living

To register for these classes, contact Olivia Hayden  
at [olivia.hayden@chathamcountync.gov](mailto:olivia.hayden@chathamcountync.gov)



Strong & Fit with Olivia

9 a.m.

Mondays and Wednesdays

Arthritis Foundation Aquatics Program

9 a.m.

Mondays beginning June 24

Bray Park Pool, Siler City

Class currently full.

Strength & Tone

2 p.m.

Mondays & Thursdays

No class June 13, June 24, or July 4

Cardio Drumming

9 a.m.

Tuesdays

Spaces on first-come, first-serve basis.



Chair Exercises

10:15 a.m.

Tuesdays & Thursdays

No class July 9, July 16 or July 18

Zumba Gold

9 a.m.

Fridays



# Pittsboro Groups and Activities

## Shuffleboard

Mondays, Jun 3, July 1 & July 24  
11 a.m.  
Multipurpose Room 1

## Golf

Mondays, 11 a.m.  
Siler City Country Club  
\$20 for 9-hole round

## Table Tennis

Mondays & Wednesdays, 2 p.m.  
Multipurpose Room 2

## 3G's Men's Group

Tuesdays, 9 a.m.  
Conference Room

## Woodcarvers

Tuesdays, 10 a.m.  
Parlor

## Rummikub & Pinochle

Tuesdays & Thursdays, 1 p.m.  
Parlor

## Open Quilting

Wednesdays, 9 a.m.  
June only  
Conference Room

## Coffee & Games with Law Enforcement

June 5 & 26; July 10, 17 & 31  
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, June 4 &  
Tuesday, July 2  
11 a.m.  
Multipurpose Room 1 & 2

## Bingo

Thursday, June 6, 20 & 27  
Thursday, July 18 & 25  
10 a.m.  
Multipurpose Room 1

## Leaving Your Legacy w/Jessica Bryan

Wednesday, June 5 &  
Wednesday, July 3 & 17  
1 p.m.  
Library

## Music Jam Session

Wednesdays, 10 a.m.  
Parlor

## Bingo with Joe

Tuesday, June 25 &  
Tuesday, July 23  
11 a.m.  
Multipurpose Room 1

## Bridge

Thursday, June 6,  
1 p.m.  
Parlor

## Euchre

Fridays, 1 p.m.  
Parlor

## Line Dancing

Thursdays, 1:30 p.m.  
Multipurpose Room 2  
No class June 13, June 27 or July 25

## Gospel Choir

Monday, June 17 - Pittsboro  
Monday, July 15 - Siler City  
10:30 a.m.

## Trip to Walmart

Thursday, July 25  
10 a.m.

## Spanish Conversation Meetup Lunch

1st & 3rd Fridays  
11:30 a.m.  
Multipurpose Room 2

## Ladies Afternoon Tea

Wednesday, June 12  
2:30 p.m.  
Multipurpose Room 2

## Newcomers Tea

Thursday, July 18  
1 p.m.  
Conference Room

## Open Art Studio

Tuesdays, 1 p.m.  
Multipurpose Room 1 & 2

## Movie & Popcorn

Friday, June 7 & Friday, June 28  
Friday, July 5 and Friday, July 26  
10 a.m.  
Multipurpose Room 1

# Siler City Groups and Activities



## Cornhole

Mondays, 10 a.m.  
Holly Brooks 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

## Bingo

Wednesday, June 5, Wednesday,  
June 24 & Monday, July 29  
10:30 a.m.  
Dining Room

## Crafting with Kathryn

Wednesdays, June 12 & each  
Wednesday in July  
1 p.m.  
Crafting & Sewing Room

## Pickleball & Cornhole

Wednesdays, 2 p.m.  
Holly Brooks Room

## Men's Coffee and Conversations

Thursdays, 9 a.m.  
Conference Room

## Crochet Workshop

Thursdays, 9 a.m.  
Crafting & Sewing Room

## Pickleball Open Gym

Thursdays, 9 a.m.  
Holly Brooks Room



## Music Jam Session

Thursdays, 10 a.m.  
Conference Room

## Thursday Afternoon Social

Weekly, 3 p.m.  
6/6 - Mocktails & Trivia  
6/13 - Cornhole  
6/20 - Movie  
6/27 - Music with Robbie  
7/4 - Closed (Independence Day)  
7/11 - Mocktails & Trivia  
7/18 - Movie  
7/25 - Bingo

## Quilting & Sewing Time

Fridays, 10 a.m.  
Crafting & Sewing Room

## Book Club

Friday, June 13 &  
Friday, July 18, 1 p.m.  
Library

## Gospel Choir

Monday, June 17 &  
Monday, July 15, 10:30 a.m.  
Held at Pittsboro 6/17;  
Holly Brooks Room 7/15

## Monthly Birthday Celebrations

Monday, June 24 &  
Monday, July 29  
10:30 a.m.  
Dining Room

## Short Stories with Neriah

Friday, July 12, 10:30 a.m.  
Dining Room



## Friday Night Dance

Fridays, 7 p.m.  
Holly Brooks Room  
Different performer weekly,  
see calendar

## Our volunteers, by the numbers

Earlier, we shared how Aging Services volunteers have selflessly contributed over 12,000 hours of service thus far in the 2023-24 fiscal year. Here's a breakdown of where their daily impact is felt:

- 4,885 hours as a Meals on Wheels delivery driver
- 3,058 hours in our Volunteer Income Tax Assistance (VITA) program
- 1,300 hours in Activities and Wellness
- 1,270 hours assisting in daily lunch preparation
- 341 hours as a counselor in the Seniors' Health Insurance Information Program (SHIIP)
- 271 hours in staff support capacities
- 262 hours as an instructor in Aging Services class offerings
- 255 hours in our Pittsboro and Siler City libraries
- 194 hours by our Minor Home Repair team
- 150 hours for Aging Services special events
- 144 hours on Aging Services Advisory Committees
- 19 hours in gardening capacities
- 19 hours plus in support of Chatham County Senior Games & SilverArts
- 18 hours devoted to our Friendly Caller program
- 15 hours as Aging Services Ambassadors
- 6.5 hours in Caregiver Support



## Seats still available for Biltmore!

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](mailto:wynne.fields@chathamcountync.gov)

12- June/July 2024

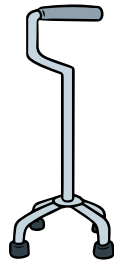
## We have assistive equipment!

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](mailto:wynne.fields@chathamcountync.gov)

Chatham County  
Aging Services



## Don't forget about our furry friends!

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](mailto: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!



## Helping Homebound Heroes

## Congratulations, Juliana!

In recognition of her many efforts, Aging Services volunteer Juliana Walton was honored with the Governor's Volunteer Service Award on May 6 in Durham at an event hosted by the Triangle Nonprofit and Volunteer Leadership Center. She is pictured with Aging Services director Ashlyn Martin, Kyle Shipp, Mayor of Pittsboro and Rep. Robert Reives of Chatham County.

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.

## Get the scoop on our fitness room!

Our fitness areas in Pittsboro and Siler City are open during regular center hours. Use of the Pittsboro 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. Contact your nearest center to register!





## Stepping up to address safety

Members of the Aging Services Minor Home Repair team were recently called into action to repair a deck that had fallen into deterioration. The rotting boards had become so dangerous that the client nearly fell through while walking.

Thanks to team leader Jim S., Ed, Dave, Scott, Michael, Jim R. and Jeff for their diligence in ensuring a safe home for the older adults of Chatham County!

## 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 older adults. 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](mailto: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](mailto: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](mailto:jimmy.lewis@chathamcountync.gov).



## 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 June 25 and July 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](mailto: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

- Crafting Your Own Grief Journey  
June 4, 11, 18  
July 9, 16, 23, 30  
10:30 a.m.  
Conference Room
- NC Division of Services for the Blind Presentation  
Thursday, June 6  
11 a.m.  
Multipurpose Room 1
- Chatham County Public Health  
Thursday, June 27  
11 a.m.  
Multipurpose Room 1 & 2
- Dementia Presentation with Rodney Dietrich  
Tuesday, July 9  
11 a.m.  
Multipurpose Room 1
- Medicaid Expansion  
Thursday, July 18  
11 a.m.  
Multipurpose Room 1
- Therapeutic Alternatives  
Thursday, July 25  
11 a.m.  
Multipurpose Room 1 & 2
- Science with Alan  
Tuesday, July 30  
11 a.m.  
Multipurpose Room 1

Exploring Concepts in Natural Health, Healing & Lifestyles  
Tuesdays in July & August  
3 p.m.

### Siler City

- Mental Health Topics with Tammy Curry  
Thursday, June 6  
10:30 a.m.  
Dining Room
- Powerful Tools for Caregivers  
June 7, 14, 21 & 28  
July 12 & 19  
12:30 p.m.
- Low Vision Support Group  
Tuesday, June 11 and  
Tuesday, July 9, 2 p.m.  
Conference Room
- Navigating Grief: Cooking For One  
Friday, June 21 and Friday, July 19,  
10 a.m.  
Conference Room
- Nutrition Education with Ann Clark  
Wednesday, July 17  
10:30 a.m.  
Dining Room
- Health Topics with Ashley Brewer  
Wednesday, June 26 and  
Wednesday, July 24, 10:30 a.m.  
Dining Room