



THE CHATHAM SENIOR TIMES

The Official Newsletter of Chatham County Aging Services

www.chathamcountync.gov/agingservices

August/September 2024

Join us September 17 for our Healthy Aging Expo!

In This Issue

- 1 Join us in September!
- 3 More Expo Information
- 4 Pittsboro Center Calendars
- 6 Siler City Center Calendars
- 8 Fitness Class Schedules
- 9-10 Groups and Activities
- 11 6 Over 60 Nominations Open
- 15 Family Caregiver Support
- 16 Upcoming Educational Programming



Mark Tuesday, September 17 as a transformative day to be an older adult in Chatham County.

Aging Services is proud to present the debut of the Healthy Aging Expo, which will feature 16 separate sessions across four different topic tracks, including a lunch keynote speaker.

The Healthy Aging Expo merges two popular events under the former Council on Aging - the Healthy Heart and Body Expo and the Senior Education Conference. For more information including how to register, 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

Low Vision Support Group
Monday, August 12 &
Monday, September 9, 10 a.m.
Siler City Center for Active Living

Newcomers Tea
Thursday, August 15, 1 p.m.
Thursday, September 12, 12:30 p.m.
Pittsboro Center for Active Living

Spanish Conversation Meetup Lunch
Friday, August 16 & 23
Friday, September 6 & 20, 10 a.m.
Pittsboro Center for Active Living

Grief Support: Cooking For One
Friday, August 16 &
Friday, September 20, 10 a.m.
Siler City Center for Active Living

Garden Club - Siler City
Friday, August 9 - Work at Siler City
Collaborative Garden (117 East Second Street)
8:30 a.m.

Tuesday, August 20 - Pollinator & Census
Activity, 1 p.m.

Friday, August 23 - Pollinator Census at Siler
City Collaborative Garden, 8:30 a.m.

Tuesday, August 27 - Planning the Pollinator
Garden, 1 p.m.

Using SNAP at Farmers Markets
with Tara Gregory
Monday, September 9, 10:30 a.m.
Siler City Center for Active Living

(\$) - fee required for participation

Transportation Talk
with Jimmy Lewis
Tuesday, September 3, 10:30 a.m.
Pittsboro Center for Active Living
Wednesday, September 4, 10:30 a.m.
Siler City Center for Active Living

90th Birthday Celebration
Tuesday, September 10, 10:30 a.m.
Pittsboro Center for Active Living

Healthy Aging Expo
Tuesday, September 17
9 a.m. until 3 p.m.
Chatham County Agriculture
& Conference Center
(See Page 11 for more information)

Kindermusik
Thursday, September 19, 9:30 a.m.
Chatham County Community Library

SilverArts Follies & Exhibits Trip
Friday, September 20, 10 a.m.
Siler City Center for Active Living

Lunch Bunch (\$)
(Space on bus is limited, registration required)
Skipper's Seafood & Smokehouse
Friday, August 30, 12 p.m.
Depart Pittsboro Center for Active Living
at 12:30 p.m.

Yesterday's Grill, Snow Camp
Friday, September 27, 12:30 p.m.
Depart Pittsboro Center for Active Living
at 11:30 a.m.

Preventing Falls with Rodney Dietrich
Friday, September 27, 10:30 a.m.
Siler City Center for Active Living

Aging Services to hold Healthy Aging Expo on Tuesday, September 17

Chatham County Aging Services will hold its first “Healthy Aging Expo” on Tuesday, September 17 at Chatham County Agriculture & Conference Center. Designed to gather a wide range of aging subject matter experts in one building, this event is the merging of two popular offerings by the former Chatham County Council on Aging and Aging Services – the Healthy Heart and Body Expo and the Senior Education Conference.

The event will feature four separate themes, or tracks. They are Healthy Brain and Body, Healthy Finances, Healthy Spiritual and Emotional Health and Healthy Transitions. The event will begin at 9 a.m. with a Resource Fair in the main exhibit hall before the opening session of each track at 10:15 a.m. Each of the track sessions will last approximately 45 minutes and will remain in one room throughout the duration of the Expo. Individuals will be able to remain in one track throughout the day or attend additional tracks at their choosing. Lunch will be served from noon until 1 p.m. prior to the start of the afternoon sessions at 1:15 p.m. There is no cost to attend, but registration is required.

Individuals may register in one of two ways. Registration forms, which can be filled out and returned to the front desk, are available at both the Pittsboro Center for Active Living (365 Highway 87 North) and the Siler City Center for Active Living (112 Village Lake Drive). An online registration option is available at the Aging Services website, www.chathamcountync.gov/agingservices by clicking on the “Healthy Aging Expo” tab and completing the fillable form.

For the most up-to-date information on the Healthy Aging Expo, including finalized speakers as they develop, visit www.chathamcountync.gov/agingservices under the “Healthy Aging Expo” tab or the department’s Facebook page at “Chatham County Aging Services.” The complete event program will be available for download by Friday, August 16.

2024 Healthy Aging Expo Schedule

9 a.m. – Resource Fair

10:00 a.m. – 10:45 a.m. – Track Session 1 (Healthy Brain & Body, Healthy Finances, Healthy Transitions, Healthy Spiritual & Emotional Health)

11:00 a.m. – 11:45 a.m. – Track Session 2

Noon – 1 p.m. – Lunch with Keynote Speaker

1:15-2 p.m. – Track Session 3

2:15-3 p.m. Track Session 4

PITTSBORO CENTER FOR ACTIVE LIVING

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

MONTH
AUGUST 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| <p>RSVPs:</p> <p>*: liz.lahti@chathamcountync.gov Or 919-542-4512 ext. 228</p> <p>**:william.riggsbee@chathamcountync.gov Or 919-742-3975 ext. 223</p> <p>***:Christina.dougherty@chathamcountync.gov Or 919-542-4512 ext. 227</p> <p>Basket Weaving: carolynminnicht@gmail.com **** esther.zolman@chathamcountync.gov OR 919-542-4512, ext.223</p> <p>Leaving Your Legacy: jjbryono1@gmail.com</p> |  <p>DOG DAYS OF SUMMER</p> | <p>1</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:30 AM Arthritis Foundation Exercise (MP2) FULL 10:00 AM Hooks & Needles (P) 10:00AM Jeopardy! (MP1) 11:00 AM Therapeutic Alternative Presentation (MP1) 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>2</p> <p>8:30 AM Balance & Stretch Exercise (MP1/2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 10:00 AM Movie & Popcorn-Overboard (MP1/2) 1:00 PM Euchre (P)</p> | |
| <p>5</p> <p>8:15 AM Total Body Exercise Conditioning (F/MP2) 10:00 AM Strong & Fit (F/MP2) 11:00 AM Live Bluegrass Music w/ the Original Haw River Crawdaddies (MP1/MP2) 1:00 PM Table Tennis (F/MP2) 3:00 PM Caregiver Support Group ** RSVP(CR)</p> | <p>6</p> <p>8:30 AM Small Group Training (F) ***** 9:00 AM 3G's Men's Group (L) 9:30 AM Arthritis Foundation Exercise (MP2) FULL 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 August Birthdays! Bingo w/ Joe (MP1) 1:00 PM Open Art Studio: Weaving Tray \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub(P) 2:00 PM Zumba Gold (F/MP2) 3:00 PM Healthy Lifestyles (CR)</p> | <p>7</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 9:30 AM Raleigh Farmer's Market *** (B) RSVP 10:00 AM Chair Yoga with Liz (F/MP2/2) 10:00 AM Coffee & Games w/Sheriff (MP1) 10:00 AM Music Jam Session(P) 1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP 1:00 PM Hand & Foot Card Game (P) 1:00 PM Table Tennis (F/MP2)</p> | <p>8</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2) 9:30 AM Arthritis Foundation Exercise (MP2) FULL 9:30 AM Blood Pressure Clinic (F) 10:00 AM Art w/ Ashlyn (MP1) 10:00 AM Hooks & Needles (P) 11:00 AM Fire Safety and Smokey the Bear presentation w/ NC Forest Service (MP1) 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>9</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 11:00 AM Let's Talk! w/Michele(MP1) 11:00 AM The Chosen Series- Season 1 Ep. 3 (CR) 1:00 PM Euchre</p> |
| <p>12</p> <p>8:15 AM Total Body Exercise Conditioning (F/MP2) 10:00 AM Strong & Fit (F/MP2) 10:00 AM Choir Practice Pittsboro (P) 11:00 AM Cornhole (MP2) 1:00 PM Table Tennis (F/MP2)</p> | <p>13</p> <p>No Small Group Training Today 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 Science w/ Alan (MP1) 1:00 PM Open Art Studio: Weaving Tray \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2)</p> | <p>14</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 10:00 AM Chair Yoga with Liz(F/MP2/2) 10:00 AM Music Jam Session (P) 1:00 PM Hand & Foot Card Game (P) 1:00 PM Beading Class (CR) RSVP - pfkenian@gmail.com 1:00 PM Table Tennis (F/MP2) CANCELLED 2:30 PM Afternoon Tea (F/MP2) ***RSVP</p> | <p>15</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2) 10:00 AM Hooks & Needles(P) 10:00 AM Chair Volleyball (MP2) 11:00 AM Red Cross- Hands, Only CPR Class (MP1) 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>16</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 11:00 AM Stories with Neriah (MP1/2) 11:30 AM Spanish Conversation Lunch (MP2) RSVP vic2lor1@gmail.com 1:00 PM Euchre</p> |
| <p>19</p> <p>8:15 AM Total Body Exercise Conditioning (F/MP2) 10:00 AM Strong & Fit (F/MP2) 11:00 AM Ladderball(MP2) 11:00 AM Reading out Loud with Gaines(P) 1:00 PM Table Tennis (F/MP2) 3:00 PM Caregiver Support Group **RSVP(CR)</p> | <p>20</p> <p>8:30 AM Small Group Training (F) ***** 9:00 AM 3G's Men's Group (L) 10:00 AM 12:15 PM Raleigh Farmer's Market *** (B) RSVP 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 w/ Joe (MP1) 1:00 PM Open Art Studio: Weaving Tray \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2) 3:00 PM Healthy Lifestyles (CR)</p> | <p>21</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 10:00 AM Chair Yoga with Liz(F/MP2/2) 10:00 AM Music Jam Session (P) 10:00 AM Coffee & Games w/Sheriff (MP1) 1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP 1:00 PM Beginning Beading \$ Class (CR) RSVP - pfkenian@gmail.com 1:00 PM Hand & Foot Card Game (P) 1:00 PM Table Tennis (F/MP2)</p> | <p>22</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2) 10:00 AM Hooks & Needles (P) 10:00 AM Chair Volleyball (MP2) 10:00 AM Walmart Trip*** (B) RSVP 11:00 AM Tara Gregory: Healthy Meal Prep (MP1) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 3:00 PM Gentle Yoga with Liz (F/MP2)</p> | <p>23</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 1:00 PM Euchre (P) 11:00 AM Drop-In Activities (MP1) 3:00 PM LIVE MUSIC by the Grateful Hearts (MP1/2)</p> |
| <p>26</p> <p>8:15 AM Total Body Exercise Conditioning (F/MP2) 10:00 AM Strong & Fit (F/MP2) 11:00 AM Dominos(MP2) 11:00 AM Reading out Loud with Gaines(P) 1:00 PM Table Tennis (F/MP2)</p> | <p>27</p> <p>8:30 AM Small Group Training (F) ***** 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)- blood pressure, cholesterol, blood sugar 1:00 PM Rummikub (P) 1:00 PM Un-Wine Paint with Christina (MP1/2) 2:00 PM Zumba Gold (F/MP2)</p> | <p>28</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR)FULL 10:00 AM Chair Yoga with Liz (F/MP2/2) 10:00 AM Music Jam Session (P) 10:00 AM Coffee & Games (MP1) 1:00 PM Hand & Foot Card Game (P) 1:00 PM Table Tennis (F/MP2)</p> | <p>29</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2) 9:30 AM Kindermusic *** (CCCL) 10:00 AM Hooks & Needles (P) 10:00 AM Digital Inclusion Presentation (MP1) 11:00 AM Live Bluegrass Music w/the Original Haw River Crawdaddies (MP1/MP2) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 3:00 PM Gentle Yoga with Liz (F/MP2)</p> | <p>30</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 10:00 AM Movie & Popcorn-Bullitt! (MP1) 11:30 AM Spanish Conversation Lunch (MP2) RSVP vic2lor1@gmail.com 12:30 PM Lunch Bunch-Skipper's Seafood *** (B) RSVP 1:00 PM Euchre (P) 2:00 PM Storytelling Event (MP1/2)</p> |

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, PS: PITTSBORO SWIMMING ASSOCIATION, SCCAL: SILER CITY CENTER FOR ACTIVE LIVING, SCCC: SILER CITY COUNTRY CLUB, Z: ZOOM

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

PITTSBORO CENTER FOR ACTIVE LIVING

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

MONTH
SEPTEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| <p>2</p> <p>CLOSED for Labor Day</p>  | <p>3</p> <p>8:30 AM Small Group Training (F) ****RSVP 9:00 AM 3G's Men's Group (L) 10:00 AM Woodcarvers (P) 10:00 AM Cardio Drumming (F/MP2) 10:30 AM Chatham Transit Feedback (MP1) 10:30 AM Gym Orientation(G)**** 11:00 AM Science w/ Alan (MP1) 12:30 PM Trip to Food Lion (B) 1:00 PM Rummikub (P) 1:00 PM Open Art Studio- BYO(P) 2:00 PM Zumba Gold(F/MP2)</p> | <p>4</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 10:00 AM Chair Yoga with Liz(F/MP2/Z) 10:00 AM Music Jam Session (P) 9:30 AM Raleigh Farmer's Market *** (B) 10:00 AM Coffee & Games w/Sheriff's Office (MP1) 1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP 1:00 PM Hand & Foot Card Game (P) 2:00 PM Table Tennis (F/MP2)</p> | <p>5</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP/2) 9:30 AM Blood Pressure Clinic (F) 10:00 AM Hooks & Needles (P) 10:00 AM Bingo (MP1) 11:00 AM Legal Aid (MP1/Z) 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>6</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM Strong & Fit (F/MP2) 10:00 AM Movie & Popcorn -Shawshank Redemption (MP1/2) 11:30 AM Spanish Conversation Lunch (MP2) 1:00 PM Euchre (P)</p> |
| <p>9</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM GeriFit (F/MP2) 10:45 AM AM Reading out Loud with Gaines(L) 11:00 AM Live Bluegrass Music w/ the Original Haw River Crawdaddies (MP1/MP2) 2:00 PM Table Tennis (F/MP2) 3:00 PM Caregiver Support Group **** (CR)</p> | <p>10</p> <p>8:30 AM Small Group Training (F) ****RSVP 9:00 AM 3G's Men's Group (L) 10:00 AM Woodcarvers (P) 10:00 AM 90th + September Birthday Celebration *(MP1) 10:30 AM Gym Orientation (G)**** 10:30 AM Crafting Your Own Grief Journey (CR) 1:00 PM Open Art Studio: Weaving Tray \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub(P) 2:00 PM Zumba Gold (F/MP2) 3:00 PM Healthy Lifestyles (MP1)</p> | <p>11</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 10:00 AM Chair Yoga with Liz(F/MP2/Z) 10:00 AM Coffee & Games (MP1) 10:00 AM Music Jam Session (P) 12:30PM Hiking with Alan*** 1:00 PM Hand & Foot Card Game (P) 2:00 PM Table Tennis (F/MP2)</p> | <p>12</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP/2) 10:00 AM Hooks & Needle(P) 10:00 AM Art w/ Ashlyn (MP1) 11:00 AM Senior Tar Heel Legislature meeting(MP1) 12:30 PM Newcomers Tea (MP2/F)*** 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 1:30 PM Line Dancing (F/MP2) 2:45 PM Trip to Pittsboro Farmer's Market (B) RSVP *** 3:00 PM Gentle Yoga with Liz* (F/MP2)</p> | <p>13</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM GeriFit (F/MP2) 11:00 AM Let's Talk! w/Michele(MP1) 11:00 AM The Chosen Series Season 1 ep.4 (CR) 1:00 PM Euchre</p> |
| <p>16</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM Choir Practice Siler City (SCCAL) 10:45 AM AM Reading out Loud with Gaines(L) 11:00 AM Grateful Hearts Performance (MP1) 2:00 PM Table Tennis (F/MP2)</p> | <p>17</p> <p>CENTER CLOSED TODAY FOR Chatham County Aging Services</p> <p>HEALTHY AGING CONFERENCE</p> <p>9 am - 3 pm</p> <p>Chatham County Agriculture & Conference Center 1192 U.S. Hwy 64, West Business, Pittsboro, NC 27312</p> | <p>18</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 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 Beginning Beading Class (CR) \$ RSVP - pfkenlan@gmail.com 1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP 1:00 PM Hand & Foot Card Game (P) 2:00 PM Table Tennis (F/MP2)</p> | <p>19</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP/2) 9:30 AM Blood Pressure Clinic (F) 9:30 AM Kindermusik*** (CCCL) RSVP 10:00 AM Chair Volleyball (MP2) 10:00 AM Hooks & Needles (P) 11:00 AM Be Ready! Red Cross Presentation (MP1) 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>20</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM GeriFit (F/MP2) 11:00 AM Stories with Neriah (MP1/2) 11:30 AM Spanish Conversation Lunch (MP2) 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>23</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM GeriFit (F/MP2) 10:45 AM AM Reading out Loud with Gaines(L) 11:00 AM Falls Prevention with Cheri Hill, PT (MP1) 2:00 PM Table Tennis (F/MP2) 3:00 PM Caregiver Support Group *** (CR)</p> | <p>24</p> <p>8:30 AM Small Group Training (F) **** RSVP 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 Falls Risk Assessment-UNC School of Nursing (MP1) 1:00 PM Open Art Studio: Weaving Tray \$ RSVP Carolyn. (MP1/2) 1:00 PM Rummikub (P) 2:00 PM Zumba Gold (F/MP2) 3:00 PM Healthy Lifestyles (MP1)</p> | <p>25</p> <p>8:15 AM Cardio & Upper Body Exercise (F/MP2) 9:00 AM Quilting- Learn new block/patterns each week (CR) FULL 10:00 AM Chair Yoga with Liz(F/MP2/Z) 10:00 AM Music Jam Session (P) 11:00 AM Bingocize Introduction (MP1) 12:30PM Hiking with Alan*** 1:00 PM Hand & Foot Card Game (P) 2:00 PM Table Tennis (F/MP2)</p> | <p>26</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP/2) 10:00 AM Hooks & Needles (P) 10:00 AM Chair Volleyball (MP2) 10:00 AM Walmart Trip(B) *** RSVP 11:00 AM Falls Prevention Exercises (MP1) 1:00 PM Rummikub (P) 1:00 PM Pinochle (CR) 3:00 PM Gentle Yoga with Liz* (F/MP2)</p> | <p>27</p> <p>8:15 AM Cardio & Lower Body Exercise (F/MP2) 9:40 AM Chatham Striders (P) 10:00 AM GeriFit (F/MP2) 11:00 AM "Saving Grace" Falls Prevention Documentary (MP1) 12:30 PM Lunch Bunch-Cracker Barrel+ ** (B) RSVP 1:00 PM Euchre (P)</p> |
| <p>30</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2) 10:00 AM GeriFit (F/MP2) 10:45 AM AM Reading out Loud with Gaines(L) 10:00 AM Drop-In Activities (MP1) 2:00 PM Table Tennis (F/MP2)</p> |  <p>SEPTEMBER IS HEALTHY AGING MONTH</p> | | | <p>RSVPs:</p> <p>*: liz.lahti@chathamcountync.gov Or 919-542-4512 ext. 228</p> <p>**:william.riggsbee@chathamcountync.gov Or 919-742-3975 ext. 223</p> <p>***:Christina.dougherty@chathamcountync.gov Or 919-542-4512 ext. 227</p> <p>**** esther.zolman@chathamcountync.gov OR 919-542-4512, ext.223</p> <p>Basket Weaving: carolynninnich1@gmail.com Leaving Your Legacy: jjbryono1@gmail.com Beginner Beading Class: pfkenlan@gmail.com</p> |

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, PS: PITTSBORO SWIMMING ASSOCIATION, SCCAL: SILER CITY CENTER FOR ACTIVE LIVING Z: ZOOM

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

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcountync.gov/agingservices

MONTH
AUGUST 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



| | | | | |
|--|--|--|---|---|
| | | | <p>1</p> <p>9 am Men's Coffee & Conversations (CR) 9am Strong & Fit (HB) 9:45 am Chair Exercises (DR) 10 am Crochet Workshop (CSR) 10 am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 3pm Thursday Social: Movie (DR)</p> | <p>2</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers 7 pm Dance: Side Kick</p> |
| <p>5</p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong & Fit (HB) 10 am Cornhole (HB) 10am Diabetes Self Management Education with Ann Clark (CR) 10:30 am Science with Alan (HB) 2 pm Strength & Tone (HB)</p> | <p>6</p> <p>1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation - By Appointment Only(G)</p> | <p>7</p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 10 am Bible Study (CR) 10:30 am Scam Awareness with Chatham County Sherriff (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>8</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Strong & Fit (HB) 9:45 am Chair Exercises (DR) 10 am Crochet Workshop (CSR) 10 am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Trip to Pittsboro Farmers Market</p> | <p>9</p> <p>8:30 am Garden Club - Work at Siler City Collaborative Garden 9 am Zumba Gold (HB) 10 am Quilting (CSR) 10:30 Short Stories with Neriah (DR) 7 pm Dance: Jimmy Shirley Jr & the Footlights</p> |
| <p>12</p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong & Fit (HB) 10 am Low Vision Support Group (CSR) 10 am Diabetes Self Management Education with Ann Clark (CR) 10:30 am Greensboro Farmers Market Trip 2 pm Strength & Tone (HB)</p> | <p>13</p> <p>9 am - Cardio Drumming (HB) 10:30 am Mental Health with Tammy Curry (DR) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Orientation - By Appointment Only (G)</p> | <p>14</p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 10 am Bible Study (CR) 10:30 am Bingo and August Birthday Party (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>15</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Strong & Fit (HB) 9:45 am Chair Exercises (DR) 10 am Crochet Workshop (CSR) 10am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Mocktails & Trivia (DR)</p> | <p>16</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Grief Support: Cooking for One (CR) 7 pm Dance: Diamond Edge</p> |
| <p>19</p> <p>9 am Arthritis Foundation Aquatics Program (Bray Park - Full) 9 am Strong & Fit (HB) 10 am Diabetes Self Management Education with Ann Clark (CR) 10:30 am Gospel Choir (Pittsboro) 2 pm Strength & Tone (HB)</p> | <p>20</p> <p>9:30 am Grandparents Raising Grandchildren (CR) 12: 15 pm Spanish Speaking Social (Adultos Mayores Conversacion en Espanol) (CR) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1:00 pm Garden Club: Learn about Pollinator & Censu Activity 2pm Fitness Room Orientation - By Appointment Only (G)</p> | <p>21</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 Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>22</p> <p>9 am Men's Coffee & Conversations (CR) 9am Strong & Fit (HB) 9:45 am Chair Exercises (DR) 10 am Crochet Workshop (CSR) 10 am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Bingo</p> | <p>23</p> <p>8:30 am Garden Club: Pollinator Census at Siler City Collaborative Garden 9 am Zumba Gold (HB) 10 am Quilting (CSR) 7 pm Dance: Crimson Rose</p> |
| <p>26</p> <p>9 am Strong & Fit (HB) 10 am Cornhole 2 pm Strength & Tone (HB)</p> | <p>27</p> <p>9 am - Cardio Drumming (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 1:00 pm Garden Club: Planning the Pollinator Garden 2pm Fitness Room Orientation - By Appointment Only (G)</p> | <p>28</p> <p>10 am Bible Study (CR) 10:30 am Health Topic with Ashley Brewer (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>29</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Strong & Fit (HB) 9:45 am Chair Exercises (DR) 10 am Crochet Workshop (CSR) 10 am Open Gym Pickleball (HB) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Movie</p> | <p>30</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 7pm Dance: Carolina Dreamers</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.chathamcountync.gov/agingservices

MONTH
SEPTEMBER 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>2</p> <p>Center Closed for Labor Day</p>  | <p>3</p> <p>10:30 am Mental Health with Tammy Curry (DR) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation - By Appointment Only(G)</p> | <p>4</p> <p>9 am Strong & Fit (HB) 10 am Raleigh Farmers Market Trip 10 am Bible Study (CR) 10:30 am Transportation Talk with with Jimmy Lewis (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>5</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 9:45 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)</p> | <p>6</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 7 pm Dance</p> |
| <p>9</p> <p>9 am Strong & Fit (HB) 10 am Low Vision Support Group (CR) 10:30 am Using SNAP at Farmers Markets with Tara Gregory (DR) 10 am Cornhole (HB) 2 pm Strength & Tone (HB)</p> | <p>10</p> <p>10:30 am 90th Birthday Party (Pittsboro) 1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2 pm Fitness Room Orientation - By Appointment Only(G)</p> | <p>11</p> <p>9 am Strong & Fit 10 am Bible Study (CR) 10:30 am Bingo and September Birthday Party (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>12</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 9:45 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm - 7 pm Thursday Social: Fall Formal (HB)</p> | <p>13</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10:30 Short Stories with Neriah (DR) 7 pm Dance</p> |
| <p>16</p> <p>9 am Strong & Fit (HB) 10:30 am Gospel Choir (HB) 2 pm Strength & Tone (HB)</p> | <p>17</p> <p>CENTER CLOSED TODAY FOR <i>Chatham County Aging Services</i> HEALTHY AGING CONFERENCE 9 am - 3 pm Chatham County Agriculture & Conference Center 1192 U.S. Hwy 64, West Business, Pittsboro, NC 27312</p> | <p>18</p> <p>9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>19</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 9:45am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Music with Robbie (DR)</p> | <p>20</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Grief Support: Cooking for One (CR) 10 am Silver Arts Follies and Exhibits Trip 7 pm Dance</p> |
| <p>23</p> <p>9 am Strong & Fit (HB) 10:30 am Science with Alan (DR) 2 pm Strength & Tone (HB)</p> | <p>24</p> <p>1 pm ROOK, Phase 10 & Rummikub (DR) 1 pm Bring Your Own Project (CSR) 2pm Fitness Room Orientation - By Appointment Only (G)</p> | <p>25</p> <p>9 am Strong & Fit 10 am Bible Study (CR) 10:30 am Health Topic with Ashley Brewer 1 pm Crafts with Kathryn (CSR) 2 pm - 3:30 pm Pickleball & Cornhole (HB)</p> | <p>26</p> <p>9 am Men's Coffee & Conversations (CR) 9 am Crochet Workshop (CSR) 9 am Open Gym Pickleball (HB) 9:45 am Chair Exercises (DR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Pittsboro Farmers Market</p> | <p>27</p> <p>9 am Zumba Gold (HB) 10 am Quilting (CSR) 10:30 am Preventing Falls with Rodney (DR) 7 pm Dance</p> |
| <p>30</p> <p>9 am Strong & Fit (HB) 10 am Cornhole</p> <p>Center Closed 1 pm - 5 pm for Staff Training</p> |  | | | |

HB- Holly Brooks Room, AR - Aerobics Room, DR - Dining Room, CR - Conference Room, CSR - Crafting Sewing Room, L - Library
Green: Health/Wellness Red: Recreation/Social Black: Educational Blue: Arts & Crafts

Come hit your fitness goals at our centers!

Pittsboro Center for Active Living

To register for these classes, contact
Christina Dougherty at
christina.dougherty@chathamcountync.gov

Morning Exercise – 8:15 a.m.

Monday – Total Body Conditioning

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

Wednesday – Cardio & Upper Body (except 8/1)

Thursday – Balance & Stretch Mat (except 8/2)

Friday – Cardio & Lower Body

No classes August 13

Arthritis Foundation Exercise Program

9:30 a.m.

Tuesdays and Thursdays through August 8

Strong & Fit

10 a.m.

Mondays and Fridays through September 6

Geri-Fit

10 a.m.

Mondays and Fridays starting September 9

Cardio Drumming

Tuesdays

10 a.m.

Zumba Gold

Tuesdays

2 p.m.

Chair Yoga With Liz

Wednesdays

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

Strong & Fit with Olivia

9 a.m.

Mondays and Thursdays in August

Mondays and Wednesdays in September

Arthritis Foundation Aquatics Program

9 a.m.

Mondays and Wednesdays through August 21

Bray Park Pool, Siler City

Class currently full.



Strength & Tone

2 p.m.

Mondays & Thursdays



Cardio Drumming

Tuesdays, 9 a.m.

Spaces on first-come, first-serve basis.

Chair Exercises

9:45 a.m.

Thursdays

Zumba Gold

9 a.m.

Fridays

Pittsboro Groups and Activities

Table Tennis

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

Reading out Loud

3rd and 4th Mondays, 11 a.m.
Parlor

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 Art Studio

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

Coffee & Games with Law Enforcement

1st & 3rd Wednesdays, 10 a.m.
Multipurpose Room 1
Not held 4th Wednesdays

Hand and Foot Cards

Wednesdays, 1 p.m.
Parlor

Leaving Your Legacy

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

Music Jam Session

Wednesdays, 10 a.m.
Parlor

Hooks & Needles

Thursdays, 10 a.m.
Parlor

Bridge

1st Thursdays
1 p.m.
Parlor

Line Dancing

Thursdays, 1:30 p.m.
Multipurpose Room 2
No class 4th Thursdays of month

Euchre

Fridays, 1 p.m.
Parlor

Let's Talk with Michele

2nd Fridays, 11 a.m.
Multipurpose Room 1

Movie & Popcorn

Friday, August 2 & 30
Friday, September 6, 10 a.m.
Multipurpose Room 1

Trip to Walmart

Thursday, August 22, 10 a.m.

Live Music

Original Haw River Crawdaddies
August 5 & September 9, 11 a.m.
Grateful Hearts
Monday, September 16, 11 a.m.
Friday, September 20, 3 p.m.

Monthly Birthday Celebrations

Tuesday, August 6 &
Tuesday, September 10
11 a.m.

Art with Ashlyn

Thursday, August 8 &
Thursday, September 12, 10 a.m.
Multipurpose Room 1

Bingo

Thursday, August 6 & 20
Thursday, September 5
10 a.m.
Multipurpose Room 1

Ladies Afternoon Tea

Tuesday, August 14, 2:30 p.m.
Multipurpose Room 2

Stories with Neriah

Friday, August 16, 11 a.m.
Multipurpose Room 1 & 2

Exploring Healthy Concepts with Alan

August 6 & 20
September 10 & 24, 3 p.m.
Conference Room

Spanish Social Lunch

August 16 & 30, 3 p.m.
September 6 & 20, 11:30 a.m.
Conference Room

Un-Wine Paint with Christina

Tuesday, August 27, 1 p.m.
Multipurpose Room 1 & 2

Newcomers Tea

Thursday, September 12
12:30 p.m.
Multipurpose Room 2

Siler City Groups and Activities

Cornhole

Mondays
August 5 & August 26
September 9 & September 30
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, August 14 &
Wednesday, September 11
10:30 a.m.
Dining Room

Crafting with Kathryn

Wednesdays, 1 p.m.
Crafting & Sewing Room

Spanish Speaking Social

Tuesday, September 20, 12:15 p.m.
Conference Room

Pickleball & Cornhole

Wednesdays, 2 p.m.
Holly Brooks Room

Men's Coffee and Conversations

Thursdays, 9 a.m.
Conference Room

Crochet Workshop

Thursdays, 10 a.m. (August)
9 a.m. (September)
Crafting & Sewing Room

Pickleball Open Gym

Thursdays, 10 a.m. (August)
9 a.m. (September)
Holly Brooks Room

Music Jam Session

Thursdays, 10 a.m.
Conference Room

Thursday Afternoon Social

Weekly, 3 p.m.
8/1 - Movie
8/8 - Pittsboro Farmers Market
8/15 - Mocktails & Trivia
8/22 - Bingo
8/29 - Movie
9/5 - Movie
9/12 - Fall Formal
9/19 - Music with Robbie
9/26 - Pittsboro Farmers Market

Quilting & Sewing Time

Fridays, 10 a.m.
Crafting & Sewing Room

Book Club

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

Gospel Choir

Monday, August 19 &
Monday, September 16
Held at Pittsboro 8/14;
Holly Brooks Room 9/16

Monthly Birthday Celebrations

Wednesday, August 14 &
Wednesday, September 11
10:30 a.m.
Dining Room

Short Stories with Neriah

Friday, August 9, 10:30 a.m.
Dining Room

Farmers Market Trips

Greensboro
Monday, August 12, 10:30 a.m.
Raleigh
Wednesday, September 4, 10 a.m.

Friday Night Dance

Fridays, 7 p.m.
Holly Brooks Room
Different performer weekly,
see calendar on Pages 6-7

Nominations Open for 3rd annual “6 over 60” Awards

Nominations are now being accepted by Aging Services for the 3rd annual “6 over 60” Awards, which will be held Thursday, February 27, 2025, at the Pittsboro Center for Active Living. Since 2023, the “6 over 60” Awards have sought to recognize the remarkable contributions that older adults have made and continue to make in Chatham County. While the concept is based on similar award programs, 6 over 60 was launched by Aging Services to showcase that age is not and does not have to be an impediment to serve one’s community.

This is particularly important as Chatham County continues to grow at an unprecedented rate. In 2023, the North Carolina State Demographer’s Office reported that Chatham County is home to a population where nearly 3 in 10 individuals are 65 years of age or older. That places Chatham as 8th among North Carolina’s 100 counties.

Nominations for the “6 over 60” Awards are submitted by members of the public and voted on by a selection committee. Official nomination forms are available at the Pittsboro Center for Active Living (365 Highway 87 North, Pittsboro) and the Siler City Center for Active Living (112 Village Lake Road, Siler City). In addition, individuals may submit nominations online by visiting www.chathamcountync.gov/agingservices and clicking on the “6 over 60” tab, where a fillable nomination form is available.

For the 2025 class, nominees must be 60 years of age or older as of January 1, 2025. They must have made, or continue to make, meritorious contributions in Chatham County. Award winners must live in Chatham County or have spent the majority of their life or career in Chatham. Nominees who are not selected are kept for consideration in succeeding years unless they request to be removed. Individuals may not be selected posthumously.

The selection committee will consider the merit and quality of each nominee’s work in the Chatham County community. Current employees of Chatham County Aging Services are not eligible for the award, nor may they submit nominees. Nominations are accepted on a rolling basis throughout the year, but the deadline for nominee consideration for the 2025 class is Friday, January 24, 2025.

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 for others to use.

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 (919)-542-4512 ext. 236 or email wynne.fields@chathamcountync.gov.

This is encouraged so that we may have your requested item upon arrival.



Pets can mean the world to older adults

At Chatham County Aging Services, we strive to maintain the independence of older adults. 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.

Do you have items you no longer need, such as bed pads? Aging Services accepts these items as well.

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, 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 in the 2023-24 fiscal year, a total of 252 Aging Services volunteers contributed over 15,000 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 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



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.

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, by appointment. Contact your nearest center to register!

Help us expand our Meals on Wheels reach!

Our Meals on Wheels routes currently serve 138 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

Let's chat about transportation!

If you use Chatham Transit to come to our centers, we want to hear from you. Jimmy Lewis, Grants and Communications Specialist at Aging Services, will be holding two "Transportation Talks" during the month of September. They are scheduled for Tuesday, September 3 in Pittsboro and Wednesday, September 4 in Siler City. Both sessions begin at 10:30 a.m.

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

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 four Caregiver Support Groups each month, three in-person and another virtually. The group meets in-person the first and third Mondays of the month at the Pittsboro Center for Active Living beginning at 3 p.m. and at the Siler City Center for Active Living the second Monday of the month, also 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?

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.



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 meetings scheduled for Tuesday, August 20 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

Crafting Your Own Grief Journey
Mondays, 10:30 a.m.
No session September 3
Conference Room

Therapeutic Alternatives
Thursday, August 1 &
Friday, September 12, 11 a.m.
Multipurpose Room 1

Healthy Lifestyles with Alan
Tuesday, August 6 & 20, 3 p.m.
Conference Room

Fire Safety/Smokey the Bear
with NC Forest Service
Thursday, August 8, 11 a.m.
Multipurpose Room 1

Science with Alan
Tuesday, August 13, 11 a.m.
Multipurpose Room 1

Red Cross - Hands Only CPR Class
Thursday, August 15, 11 a.m.
Multipurpose Room 1

Healthy Meal Prep
with Tara Gregory
Thursday, August 22 &
Tuesday, September 24
Multipurpose Room 1

Legal Aid
Thursday, September 5
Multipurpose Room 1 & Zoom

Chatham County Public Health
Tuesday, August 27, 11 a.m.
Multipurpose Room 1 & Zoom

Be Ready! Red Cross Presentation
Thursday, September 19, 11 a.m.
Multipurpose Room 1

Siler City

Diabetes Self-Management Education
with Ann Clark
Monday, August 5, 12 & 19, 10 a.m.
Dining Room

Science with Alan
Monday, August 5, 10:30 a.m.
Holly Brooks Room

Scam Awareness with
Chatham County Sheriff's Office
Wednesday, August 7, 10:30 a.m.
Dining Room

Mental Health with Tammy Curry
Tuesday, August 13 &
Tuesday, September 3, 10:30 a.m.
Dining Room

Nutrition Education with Ann Clark
Wednesday, August 21 &
Wednesday, September 18, 10:30 a.m.
Dining Room

Health Topic with Ashley Brewer
Wednesday, August 25 &
Wednesday, September 28, 10:30 a.m.
Dining Room