



THE CHATHAM SENIOR TIMES

The Official Newsletter of Chatham County Aging Services

www.chathamcountync.gov/agingservices

October/November 2024

Thank you for attending our Healthy Aging Expo!

In This Issue

- 1 A Successful Expo!
- 3 Expo Snapshots
- 4 Pittsboro Center Calendars
- 6 Siler City Center Calendars
- 8 Fitness Class Schedules
- 9-10 Groups and Activities
- 11 VITA Volunteer Positions
- 14 Minor Home Repair In Action
- 16 Upcoming Educational Programming



We asked for your presence, and you delivered!

Aging Services held its first Healthy Aging Expo on Tuesday, September 17 at Chatham County Agriculture & Conference Center with 175 individuals enjoying 16 sessions across four separate tracks.

For event photos, 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

Shred Event

Tuesday, October 1

Noon-4 p.m.

Siler City Center for Active Living

Flu/COVID-19 Vaccination Clinic

Tuesday, October 1

8 a.m.-1 p.m.

Pittsboro Center for Active Living

(RSVP encouraged to

christina.dougherty@chathamcountync.gov)

Voter Registration Event

with Chatham County Board of Elections

Wednesday, October 2

11 a.m.

Pittsboro Center for Active Living

Trip to Southern Supreme

Thursday, October 3

9 a.m.

Pittsboro Center for Active Living

Hiking with Alan

Ebenezer Church Recreation Area

Tuesday, October 8

12:45 p.m.

White Plains Preserve

Thursday, October 24

12:45 p.m.

Community Volunteer Fair

Tuesday, October 8

2 p.m.-5 p.m.

Siler City Center for Active Living

Afternoon Tea

Wednesday, October 9

2:30 p.m.

Pittsboro Center for Active Living

Photo Preservation Clinic

Thursday, October 10

10:30 a.m.

Pittsboro Center for Active Living

Kindermusik Intergenerational Program

Thursday, October 24 &

Each Thursday in November

10 a.m.

Chatham Community Library

Lunch Bunch (\$)

4th Fridays, Noon

October 25 - Greek Kouzina

November 22 - Mrs. Lacy's

RSVP to Christina Dougherty

(christina.dougherty@chathamcountync.gov)

2024 General Election

Tuesday, November 5

8 a.m. - 5 p.m.

Polling Place- Siler City Center for Active Living

Holly Brooks Room

Salute to Veterans

Thursday, November 7

9:30 a.m.

Siler City Center for Active Living

Greensboro Shopping Trip

Tuesday, November 12

9 a.m.

Depart Siler City Center for Active Living

Thanksgiving Program

Wednesday, November 27

10 a.m.

Siler City Center for Active Living

(\$)- fee required for participation

Did we see you at this year's Expo?





PITTSBORO CENTER FOR ACTIVE LIVING

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

MONTH

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p>8:00AM-1:00PM FLU/COVID Clinic (CR) RSVP encouraged + + + + +RSVP</p> <p>9:00 AM 3G's Men's Group (L)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Woodcarvers (P)</p> <p>10:00 AM Cardio Drumming (F/MP2)</p> <p>10:30 AM Gym Orientation(G) + + + +</p> <p>10:45 AM October Birthday Bingo(MP1)</p> <p>12:30 PM Trip to Food Lion (B)</p> <p>1:00 PM Rummikub (P)</p> <p>1:00 PM Open Art Studio: Weaving Sleigh FULL(MP1/2)</p> <p>2:00 PM Zumba Gold(F/MP2)</p> <p>3:00 PM Healthy Lifestyles (F)</p>	<p>2</p> <p>8:15 AM Cardio & Upper Body Strength (F/MP2)</p> <p>9:00 AM Quilting- Learn Applique pattern (CR) Group A FULL</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM Chair Yoga with Liz(F/MP2/Z)</p> <p>10:00 AM Music Jam Session (P)</p> <p>11:00 AM Voter Registration Event with BOE (MP1/2)</p> <p>1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP</p> <p>1:00 PM Hand & Foot Card Game (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p>	<p>3</p> <p>8:30 AM Balance & Stretch Mat Exercise(F/MP2)</p> <p>9:00 AM Trip to Southern Supreme (B) RSVP + + +</p> <p>10:00 AM Hooks & Needles (P)</p> <p>10:30 AM African American Studies Group (MP2/F)</p> <p>1:00 PM Rummikub(MP1)</p> <p>1:00 PM Pinochle (CR)</p> <p>1:00-4:00 PM Bridge (P)</p> <p>1:30 PM Line Dancing (F/MP2)</p> <p>3:00 PM Gentle Yoga with Liz+ (F/MP2)</p>	<p>4</p> <p>8:15 AM Cardio & Lower Body Strength (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>11:00 AM "Be Ready! Fire Safety" with the American Red Cross (F/MP1)</p> <p>11:30 AM Spanish Conversation Lunch (MP2)</p> <p>1:00 PM Euchre (P)</p>	
<p>7</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (P)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:45 AM AM Reading out Loud with Gaines(L)</p> <p>11:00 AM Ladderball (MP1)</p> <p>1:00 PM Mahjong (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p> <p>3:00 PM Caregiver Support Group + + + + (CR)</p>	<p>8</p> <p>8:30 AM Small Group Training (F) + + + + RSVP</p> <p>9:00 AM 3G's Men's Group (L)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Woodcarvers (P)</p> <p>10:00 AM Cardio Drumming (F)</p> <p>11:00 AM Med-South Lifestyle Presentation (MP1/2)</p> <p>10:30 AM Gym Orientation (G) + + + +</p> <p>10:30 AM Crafting Your Own Grief Journey (CR)</p> <p>12:45 PM Hiking with Alan + + + (Ebenezer Church Recreation Area)</p> <p>1:00 PM Weaving Sleigh FULL(MP1/2)</p> <p>1:00 PM Rummikub(P)</p> <p>2:00 PM Zumba Gold (F/MP2)</p>	<p>9</p> <p>8:15 AM Cardio & Upper Body Strength (F/MP2)</p> <p>9:00 AM Quilting- Learn Applique pattern (CR) Group B FULL</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM Chair Yoga with Liz(F/MP2/Z)</p> <p>10:00 AM Coffee & Games w/Sheriff's Office (MP1)</p> <p>10:00 AM Music Jam Session- CANCELLED (P)</p> <p>1:00 PM Hand & Foot Card Game (P)</p> <p>2:30PM Final Afternoon Tea of the Season- RSVP +(F/MP2)</p> <p>2:00 PM Table Tennis (F/MP2)</p> <p>CANCELLED</p>	<p>10</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2)</p> <p>9:30 AM Blood Pressure Clinic (F)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Walmart Trip (B) + + +</p> <p>10:00 AM Hooks & Needle(P)</p> <p>10:30 AM Save Your Photos! Photo Preservation Clinic (MP1/2)</p> <p>1:00 PM Rummikub (P)</p> <p>1:00 PM Pinochle (CR)</p> <p>1:30 PM Line Dancing (F/MP2)</p> <p>3:00 PM Gentle Yoga with Liz+ (F/MP2)</p>	<p>11</p> <p>8:15 AM Cardio & Lower Body Strength (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:00 AM Paper Making Class (P) RSVP required with marymicheleclark@gmail.com</p> <p>11:00 AM League of Women Voters Presentation (MP1)</p> <p>1:00 PM Euchre</p>
<p>14</p> <p>8:15 AM Total Body Exercise Conditioning (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (P)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:45 AM AM Reading out Loud with Gaines(L)</p> <p>11:00 AM Cornhole(MP1)</p> <p>1:00 PM Mahjong (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p>	<p>15</p> <p>8:30 AM Small Group Training (F) + + + + RSVP</p> <p>9:00 AM 3G's Men's Group(L)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Woodcarvers (P)</p> <p>10:00 AM Cardio Drumming (F) CANCELLED</p> <p>10:00 AM Community Alternatives Program for Disabled Adults Presentation (MP1/2)</p> <p>11:00 AM LIVE PERFORMANCE with the Grateful Hearts (MP1/2)</p> <p>10:30 AM Gym Orientation (G) + + + +</p> <p>10:30 AM Crafting Your Own Grief Journey (CR)</p> <p>1:00 PM Weaving Sleigh FULL(MP1/2)</p> <p>1:00 PM Rummikub (P)</p> <p>2:00 PM Zumba Gold (F/MP2)</p>	<p>16</p> <p>8:15 AM Cardio & Upper Body Strength (F/MP2)</p> <p>9:00 AM Quilting- Learn Applique pattern (CR) Group A FULL</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM Chair Yoga with Liz(F/MP2/Z)</p> <p>10:00 AM Coffee & Games w/Sheriff's Office (MP1)</p> <p>10:00 AM Music Jam Session(P)</p> <p>1:00 PM Beginning Beading Class (CR) \$ RSVP - pfkenlan@gmail.com</p> <p>1 PM Leaving Your Legacy w/Author, Jessica Bryan (L) RSVP</p> <p>1:00 PM Hand & Foot Card Game (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p>	<p>17</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2)</p> <p>10:00 AM Fall Festival at Huckleberry Trail Farm (B)</p> <p>Space Limited! + + +</p> <p>10:00 AM Hooks & Needles (P)</p> <p>1:00 PM Rummikub (P)</p> <p>1:00 PM Pinochle (CR)</p> <p>1:30 PM Line Dancing (F/MP2)</p> <p>3:00 PM Gentle Yoga with Liz+ (F/MP2)</p>	<p>18</p> <p>8:15 AM Cardio & Lower Body Strength (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:30 AM Pickleball Clinic (MSP)</p> <p>11:30 AM Spanish Conversation Lunch (MP2)</p> <p>1:00 PM Euchre (P)</p> <p>3:00 PM LIVE PERFORMANCE by the Grateful Hearts (MP1/2)</p>
<p>21</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (P)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:00 AM Choir Practice Pittsboro (P)</p> <p>10:45 AM AM Reading out Loud with Gaines(L)</p> <p>11:00 AM Dominos (MP1)</p> <p>2:00 PM Table Tennis (F/MP2)</p> <p>3:00 PM Caregiver Support Group + + + + (CR)</p>	<p>22</p> <p>8:30 AM Small Group Training (F) + + + + RSVP</p> <p>9:00 AM 3G's Men's Group (L)</p> <p>8:00 AM - 2:30 PM State Fair Trip (B) + + + Space Limited!</p> <p>10:00 AM Woodcarvers (P)</p> <p>10:00 AM Cardio Drumming (F)</p> <p>10:30 AM Gym Orientation (G) + + + +</p> <p>10:30 AM Crafting Your Own Grief Journey (CR)</p> <p>10:45 AM Bingo with Joe (MP1/2)</p> <p>1:00 PM Rummikub (P)</p> <p>2:00 PM Zumba Gold (F/MP2)</p> <p>3:00 PM Healthy Lifestyles (MP1)</p>	<p>23</p> <p>8:15 AM Cardio & Upper Body Strength (F/MP2)</p> <p>9:00 AM Quilting- Learn Applique pattern (CR) Group B- FULL</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM Chair Yoga with Liz(F/MP2/Z)</p> <p>10:00 AM Music Jam Session (P)</p> <p>11:00 AM Bracelet Making with Christina (MP1)</p> <p>1:00 PM Hand & Foot Card Game (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p>	<p>24</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2)</p> <p>9:30 AM Blood Pressure Clinic (F)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Hooks & Needles (P)</p> <p>10:00 AM Arts with Ashlyn (MP1)</p> <p>10:00 AM Kindermusik Intergenerational Music Program (CCCL)</p> <p>10:30 AM African American Studies Group (F)</p> <p>12:45 PM Hiking with Alan (White Pines Preserve) + + +</p> <p>1:00 PM Rummikub (P)</p> <p>1:00 PM Pinochle (CR)</p> <p>3:00 PM Gentle Yoga with Liz+ (F/MP2)</p>	<p>25</p> <p>8:15 AM Cardio & Lower Body Strength (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:30 AM Pickleball Clinic (MSP)</p> <p>10:00 AM Movie & Popcorn- Kindergarten Lunch (MP1/2)</p> <p>12:00 PM Lunch Bunch-Greek Kouzina + + + (B) \$ RSVP</p> <p>1:00 PM Euchre (P)</p>
<p>28</p> <p>8:15 AM Total Body Conditioning Exercise (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (P)</p> <p>10:00 AM GeriFit (F/MP2)</p> <p>10:45 AM AM Reading out Loud with Gaines(L)</p> <p>11:00 AM Live Bluegrass Music w/ the Original Haw River Crawdaddies (MP1/MP2)</p> <p>2:00 PM Table Tennis (F/MP2)</p> <p>6:00 PM Virtual Caregiver Support Group + + + + (Z)</p>	<p>29</p> <p>8:30 AM Small Group Training (F) + + + +</p> <p>9:00 AM 3G's Men's Group (L)</p> <p>9:00 AM Couch to 5K- WALKING Group (MP1)</p> <p>10:00 AM Woodcarvers (P)</p> <p>10:00 AM Cardio Drumming (F)</p> <p>10:30 AM Gym Orientation (G) + + + +</p> <p>10:30 AM Crafting Your Own Grief Journey (CR)</p> <p>11:00 AM "Nutrition and Lifestyle to Reduce Falls Risk" with Ann Clark (MP1/2)</p> <p>1:00 PM Rummikub (P)</p> <p>2:00 PM Zumba Gold (F/MP2)</p>	<p>30</p> <p>8:15 AM Cardio & Upper Body Strength (F/MP2)</p> <p>9:00 AM Couch to 5K Run/Walk Training (F)</p> <p>10:00 AM Chair Yoga with Liz (F/MP2/Z)</p> <p>10:00 AM Music Jam Session(P)</p> <p>11:00 AM Pumpkin Craft- + + + Supplies Limited (MP1)</p> <p>1:00 PM Hand & Foot Card Game (P)</p> <p>2:00 PM Table Tennis (F/MP2)</p>	<p>31</p> <p>8:30 AM Balance & Stretch Mat Exercise (F/MP2)</p> <p>10:00 AM Intergenerational Halloween Storytelling/Trick-Or-Treat (MP1)</p> <p>10:30 AM Halloween Party (MP1/2)</p> <p>10:00 AM Hooks & Needles (P)</p> <p>1:00 PM Rummikub (P)</p> <p>1:00 PM Pinochle (CR)</p> <p>3:00 PM Gentle Yoga with Liz (F/MP2)</p>	 <p>TRICK OR TREAT</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, BPL: BACK PARKING LOT, SCCL: SILER CITY CENTER FOR ACTIVE LIVING Z: ZOOM PICKLEBALL CLINIC LOCATED AT: (MSP) MCLENAHAN STREET PARK, 290 PITTSBORO ELEMENTARY SCHOOL RD, PITTSBORO, NC 27312

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

RSVPs:
 *: liz.lahti@chathamcountync.gov
 Or 919-542-4512 ext. 228
 **: william.riggsbee@chathamcountync.gov
 Or 919-742-3975 ext. 223
 ***: Christina.dougherty@chathamcountync.gov
 Or 919-542-4512 ext. 227
 ****: esther.zolman@chathamcountync.gov
 OR 919-542-4512, ext.223
 Basket Weaving: carolynminnicht@gmail.com
 Leaving Your Legacy: jjbryon01@gmail.com
 Beginner Beading Class: pfskenlan@gmail.com



1
 8:15 AM Cardio & Lower Body Strength (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:00 AM Movie & Popcorn (MP1/2)
 10:30 AM Pickleball Clinic (MSP)
 11:30 AM Spanish Conversation Lunch (MP2)
 1:00 PM Euchre (P)

4
 8:15 AM Total Body Conditioning Exercise (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:45 AM Reading out Loud with Gaines(L)
 11:00 AM Cornhole(F)
 1:00 PM Mahjong (P)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Support Group **** (CR)

5
 8:30 AM Small Group Training (F) **** RSVP
 9:00 AM 3G's Men's Group (L)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 10:00 AM Woodcarvers (P)
 10:00 AM Cardio Drumming (F/MP2) Cancelled
 10:00 AM Stress Management/Mindfulness Presentation (MP1/2)
 11:00 AM Birthday Celebration-Bingo with Joe (MP1/2)
 10:30 AM Gym Orientation(G)****
 12:30 PM Trip to Food Lion (B)
 1:00 PM Rummikub (P)
 1:00 PM Open Art Studio- BYO or Painting supplies provided (MP1)
 2:00 PM Zumba Gold (F/MP2)

6
 8:15 AM Cardio & Upper Body Strength (F/MP2)
 9:00 AM Quilting-Holiday Table Runner (CR) FULL
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM Chair Yoga with Liz(F/MP2/2)
 9:30-11:00 AM Music Jam Session (P)
 11:00 AM NC State Parks Presentation (MP1/2)
 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)

7
 8:30 AM Balance & Stretch Mat Exercise (F/MP/2)
 9:30-11:00 AM Salute to Veterans Event (SCCAL)
 10:00 AM Hooks & Needles (P)
 10:00 AM Kindermusik Intergenerational Music Program (CCCL)
 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)

8
 8:15 AM Cardio & Lower Body Strength (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:30 AM Pickleball Clinic (MSP)
 11:00 AM "Be Ready! Flood Recovery with the American Red Cross (MP1/2)
 1:00 PM Euchre

11
 Closed for
Veterans Day

12
 8:30 AM Small Group Training (F) **** RSVP
 9:00 AM 3G's Men's Group (L)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 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 PERFORMANCE with the Grateful Hearts (MP1/2)
 1:00 PM Rummikub(P)
 2:00 PM Zumba Gold (F/MP2)
 3:00 PM Healthy Lifestyles (MP1)

13
 8:15 AM Cardio & Upper Body Strength (F/MP2)
 9:00 AM Quilting-Holiday Project (CR) FULL
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM Chair Yoga with Liz(F/MP2/2)
 10:00 AM Coffee & Games w/Sheriff's Office (MP1)
 11:00 AM Chair Volleyball(F)
 10:00 AM Music Jam Session (P)
 1:00 PM Hand & Foot Card Game (P)
 2:00 PM Table Tennis (F/MP2)

14
 8:30 AM Balance & Stretch Mat Exercise (F/MP/2)
 9:30 AM Blood Pressure Clinic (F)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 10:00 AM Hooks & Needles(P)
 10:00 AM Walmart Trip (B) ***
 10:00 AM Kindermusik Intergenerational Music Program (CCCL)
 11:00 AM Science with Alan (MP1)
 11:30 AM Newcomers Lunch(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)

15
 8:15 AM Cardio & Lower Body Strength (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:30 AM Pickleball Clinic(MSP)
 11:00 AM Stories with Neriah (MP1/2)
 11:30 AM Spanish Conversation Lunch (MP2)
 1:00 PM Euchre (P)
 3:00 PM LIVE PERFORMANCE by the Grateful Hearts (MP1/2)

18
 8:15 AM Total Body Exercise Conditioning (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:00 AM Choir Practice Siler City (SCCAL)
 10:45 AM Reading out Loud with Gaines(L)
 11:00 AM Dominos(MP1)
 1:00 PM Mahjong (P)
 2:00 PM Table Tennis (F/MP2)
 3:00 PM Caregiver Support Group **** (CR)

19
 8:30 AM Small Group Training (F) **** RSVP
 9:00 AM 3G's Men's Group(L)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 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)
 10:45 AM Arts with Ashlyn(MP1/MP2)
 1:00 PM Open Art Studio- BYO or Painting supplies provided(MP1)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)

20
 8:15 AM Cardio & Upper Body Strength (F/MP2)
 9:00 AM Quilting-Holiday Table Runner (CR) FULL
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM Chair Yoga with Liz(F/MP2/2)
 10:00 AM Coffee & Games w/Sheriff's Office (MP1)
 11:00 AM Live Bluegrass Music w/ the Original Haw River Crawdaddies (MP1/MP2)
 10:00 AM Music Jam Session(P)
 1:00 PM Beginning Beading (CR) \$ RSVP pfskenlan@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)

21
 8:30 AM Balance & Stretch Mat Exercise (F/MP/2)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 10:00 AM Hooks & Needles (P)
 10:00 AM Kindermusik Intergenerational Music Program (CCCL)
 10:00 AM Chair Hockey (MP2/F)
 11:00 AM Spill the Beans (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)

22
 8:15 AM Cardio & Lower Body Strength (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:00 AM Ornament Making Craft w/ Michele(MP1)
 12:00 PM Lunch Bunch-Mrs.Lacy's *** (B) RSVP
 1:00 PM Euchre (P)

25
 8:15 AM Total Body Conditioning Exercise (F/MP2)
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM GeriFit (F/MP2)
 10:45 AM Reading out Loud with Gaines(L)
 11:00 AM Karaoke(MP1)
 1:00 PM Mahjong (P)
 2:00 PM Table Tennis (F/MP2)
 6:00 PM Virtual Caregiver Support Group ****(Z)

26
 8:30 AM Small Group Training (F) **** RSVP
 9:00 AM 3G's Men's Group(L)
 9:00 AM Couch to 5K-WALKING Group (MP1)
 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)
 10:30 AM Thanksgiving Celebration (MP1/2)
 1:00 PM Rummikub (P)
 2:00 PM Zumba Gold (F/MP2)
 3:00 PM Healthy Lifestyles (MP1)

27
 8:15 AM Cardio & Upper Body Strength (F/MP2)
 9:00 AM Quilting-Holiday Table Runner (CR) FULL
 9:00 AM Couch to 5K Run/Walk Training (F)
 10:00 AM Chair Yoga with Liz(F/MP2/2)
 10:00 AM Music Jam Session (P)
 11:00 AM Bowling (MP2)
 1:00 PM Hand & Foot Card Game (P)
 2:00 PM Table Tennis (F/MP2)

28
 Pittsboro Center
 Closed for
Thanksgiving

29
 Pittsboro Center
 Closed for
Thanksgiving

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, SCAL: SILER CITY CENTER FOR ACTIVE LIVING Z: ZOOM
 PICKLEBALL CLINIC LOCATED AT: (MSP) MCCLLENAHAN STREET PARK, 290 PITTSBORO ELEMENTARY SCHOOL RD, PITTSBORO, NC 27312

SILER CITY CENTER FOR ACTIVE LIVING

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

www.chathamcountync.gov/agingservices

MONTH
OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8 am Quilting (CSR) 9 am Cardio Drumming (HB) 9:45 am Sunshine Walkers 10:15 am Tuesdays with Talyse (DR) 12:30 pm Volleyball (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 2 pm Fitness Room Orientation - By Appointment Only (G) Shred Event 12pm - 4pm	2 9 am Strong & Fit (HB) 10 am Bible Study (CR) 1 pm Crafts (CSR) 2 pm Pickleball & Cornhole (HB)	3 8:30 am Southern Supreme Trip 9 am Men's Coffee & Conversations (CR) 9 am Open Gym Pickleball (HB) 9:45 am Sunshine Walkers 10 am Crochet Workshop (CSR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 2 pm Strength & Tone (HB) 3pm Thursday Social: Movie (DR)	4 8:30 am Southern Supreme Trip 9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers (CR) 7 pm Dance(\$): Side Kix
	7 9 am Strong & Fit (HB) 10:30 am Hearing Health Care Services with James & Caption Care 12:15 am Bladder Health & Incontinence Information with UNC - CH Healthcare (HB) 2 pm Strength & Tone (HB) 3 pm Pickleball & Cornhole (HB)	8 8 am Quilting (CSR) 9 am Cardio Drumming (HB) 9:45 am Sunshine Walkers 1 pm ROOK, Phase 10 & Rummikub (DR) 2 pm Fitness Room Orientation - By Appointment Only (G) 2 pm - 5 pm Community Volunteer Fair (HB)	9 9 am Strong & Fit 10 am Bible Study (CR) 10:30 am Bingo and October Birthday Party (DR) 1 pm Crafts (CSR) 2 pm Pickleball & Cornhole (HB)	10 9 am Men's Coffee & Conversations (CR) 9:45 am Sunshine Walkers 10 am Crochet Workshops (CSR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Line Dancing (HB)
14 9 am Strong & Fit (HB) 10 am Low Vision Support Group (CR) 10 am UNC - CH Wellness Screenings 10:30 am Science with Alan (DR) 2 pm Strength & Tone (HB)	15 8 am Quilting (CSR) 9:30 am Grandparents Raising Grandchildren (CR) 9:45 am Sunshine Walkers 10:15 am Tuesdays with Talyse (DR) 12:30 pm Volleyball (HB) 1 pm ROOK, Phase 10 & Rummikub (DR) 2 pm Fitness Room Orientation - By Appointment Only (G)	16 9 am Strong & Fit (HB) 10 am Bible Study (CR) 10:30 am Nutrition Education with Ann Clark (DR) 1 pm Crafts (CSR) 2 pm Pickleball & Cornhole (HB)	17 9 am Men's Coffee & Conversations (CR) 9 am Open Gym Pickleball (HB) 9:45 am Sunshine Walkers 10 am Crochet Workshop (CSR) 10 am - 11:30 am Music Jam Session (CR) 1pm Book Club (L) 1 pm Strength & Tone (HB) 2 pm Thursday Social: Afternoon Tea	18 9 am Zumba Gold (HB) 10 am Quilting (CSR) 10 am Grief Support: Cooking for One (CR) 12:30 pm - 2 pm Powerful Tools for Caregivers (CR) 7 pm Dance(\$): Jimmy Shirley Jr & the Footlights
21 9 am Strong & Fit (HB) 10:30 am Gospel Choir (Pittsboro) 12:15 pm Advisory Team Meeting (CSR) 2 pm Strength & Tone (HB)	22 7:30 am - 3 pm State Fair Trip (must RSVP) 8 am Quilting (CSR) 9 am Cardio Drumming (HB) 9:45 am Sunshine Walkers 10:15 am Tuesdays with Talyse (DR) 1 pm ROOK, Phase 10 & Rummikub (DR) 2pm Fitness Room Orientation - By Appointment Only (G)	23 9 am Strong & Fit 10 am Bible Study (CR) 10:30 am Health Topic with Ashley Brewer (HB) 1 pm Crafts (CSR) 2 pm Pickleball & Cornhole (HB)	24 9 am Men's Coffee & Conversations (CR) 9 am Open Gym Pickleball (HB) 9:45 am Sunshine Walkers 10 am Crochet Workshop (CSR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Bingo (DR)	25 9 am Zumba Gold (HB) 10 am Quilting (CSR) 12:30 pm - 2 pm Powerful Tools for Caregivers (CR) 7 pm Dance(\$): Diamond Edge
28 9 am Strong & Fit (HB) 10 am UNC - CH Wellness Screenings 10 am Cornhole (HB) 2pm Strength & Tone (HB)	29 8 am Quilting (CSR) 9 am Cardio Drumming (HB) 9:45 am Sunshine Walkers 10:15 am Tuesdays with Talyse (DR) 1 pm ROOK, Phase 10 & Rummikub (DR) 2 pm Fitness Orientation - By Appointment Only (G)	30 9 am Strong & Fit 10 am Bible Study (CR) 10:30 am Halloween Costume Party (DR) 1 pm Crafts (CSR) 2 pm Pickleball & Cornhole (HB)	31 9 am Men's Coffee & Conversations (CR) 9 am Open Gym Pickleball (HB) 9:45 am Sunshine Walkers 10 am Crochet Workshop (CSR) 10 am - 11:30 am Music Jam Session (CR) 2 pm Strength & Tone (HB) 3 pm Thursday Social: Movie	

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
NOVEMBER 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



1
 9 am Zumba Gold (HB)
 10 am Quilting (CSR)
 12:30 pm - 2 pm
 Powerful Tools for
 Caregivers (CR)
 7 pm Dance(\$): Side Kick

4
 9 am Strong & Fit (HB)
 10 am Low Vision Support
 Group (CR)
 10 am Diabetes Education
 with UNC-CH Healthcare
 (DR)
 2 pm Strength & Tone (HB)
 3 pm Pickleball & Cornhole
 (HB)

5
 8 am Quilting (CSR)
 9:45 am Sunshine Walkers
 10:30 am Mental Health
 with Tammy Curry (DR)
 1 pm ROOK, Phase 10 &
 Rummikub (DR)
 2 pm Fitness Room
 Orientation - By
 Appointment Only(G)
 8 am - 5 pm Board of
 Elections (HB)

6
 9 am Strong & Fit
 10 am Bible Study
 (CR)
 1 pm Crafts (CSR)
 2 pm Pickleball &
 Cornhole (HB)

7
 9 am Men's Coffee &
 Conversations (CR)
 9:30 am - 11:15 am Salute to
 Veterans
 9:45 am Sunshine Walkers
 10 am Crochet Workshops
 (CSR)
 10 am - 11:30 am Music Jam
 Session (CR)
 2 pm Strength & Tone (HB)
 3 pm Thursday Social: Trivia
 (DR)

8
 9 am Zumba Gold (HB)
 10 am Quilting (CSR)
 10:30 Short Stories with
 Neriah (DR)
 12:30 pm - 2 pm Powerful
 Tools for Caregiver (CR)
 7 pm Dance(\$): Carolina
 Dreamers

11
 Center Closed
 in Honor of
 Veterans Day


12
 8 am Quilting (CSR)
 9 am Greensboro Shopping Trip
 9 am Cardio Drumming (HB)
 9:45 am Sunshine Walkers
 10:15 am Tuesdays with
 Talyse (DR)
 1 pm ROOK, Phase 10 &
 Rummikub (DR)
 2 pm Fitness Room
 Orientation - By
 Appointment Only(G)

13
 9 am Strong & Fit (HB)
 10 am Bible Study (CR)
 10:30 am Bingo &
 November Birthday
 Party (HB)
 1 pm Crafts (CSR)
 2 pm Pickleball &
 Cornhole (HB)

14
 9 am Men's Coffee &
 Conversations (CR)
 9 am Open Gym Pickleball (HB)
 9:45 am Sunshine Walkers
 10 am Crochet Workshop (CSR)
 10 am - 11:30 am Music Jam
 Session (CR)
 1pm Book Club (L)
 1 pm Strength & Tone (HB)
 3 pm Thursday Social: Bingo
 (DR)

15
 9 am Zumba Gold (HB)
 10 am Quilting (CSR)
 10 am Art with Leigh from
 Chatham County Parks &
 Rec (DR)
 10 am Grief Support:
 Cooking for One (CR)
 7 pm Dance(\$): Jimmy
 Shirley Jr & the Footlights
 (DR)

18
 9 am Strong & Fit (HB)
 10 am Hypertension
 Education with UNC-
 CH Healthcare (DR)
 10:30 am Gospel Choir
 (HB)
 2 pm Strength & Tone
 (HB)

19
 8 am Quilting (CSR)
 9 am Cardio Drumming (HB)
 9:45 am Sunshine Walkers
 10:15 am Tuesdays with
 Talyse (DR)
 12:30 pm Volleyball (HB)
 1 pm ROOK, Phase 10 &
 Rummikub (DR)
 2pm Fitness Room
 Orientation - By
 Appointment Only (G)

20
 9 am Strong & Fit
 10 am Bible Study (CR)
 10:30 am Nutrition
 Education with Ann
 Clark (DR)
 1 pm Crafts (CSR)
 2 pm Pickleball &
 Cornhole (HB)

21
 9 am Men's Coffee &
 Conversations (CR)
 9 am Open Gym Pickleball
 (HB)
 9:45 am Sunshine Walkers
 10 am Crochet Workshop
 (CSR)
 10 am - 11:30 am Music Jam
 Session (CR)
 2 pm Strength & Tone (HB)
 3 pm Thursday Social: Movie
 (HB)

22
 9 am Zumba Gold (HB)
 10 am Quilting (CSR)
 7 pm Dance(\$): Randy
 Clay Band

25
 9 am Strong & Fit (HB)
 10 am Cornhole (HB)
 10 am Wellness Screenings
 UNC-CH Healthcare
 2pm Strength & Tone (HB)

26
 8 am Quilting (CSR)
 9 am Cardio Drumming
 (HB)
 9:45 am Sunshine Walkers
 10:15 am Tuesdays with
 Talyse (DR)
 1 pm ROOK, Phase 10 &
 Rummikub (DR)
 2 pm Fitness Orientation -
 By Appointment Only (G)

27
 10 am Thanksgiving
 Program (HB)
 1 pm Crafts (CSR)
 2 pm Pickleball &
 Cornhole (HB)

28
 Center
 Closed for
 Thanksgiving


29
 Center
 Closed for
 Thanksgiving


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 with Esther – 8:15 a.m.
Monday – Total Body Conditioning
Tuesday – Small Group Training (8:30 a.m.)
Wednesday – Cardio & Upper Body
Thursday – Balance & Stretch Mat (8:30 a.m.)
Friday – Cardio & Lower Body

Couch to 5K Run/Walk Training Group
Daily, 9 a.m.
No session October 17, 22 or 31
No session November 7

Geri-Fit with Esther
10 a.m.
Mondays and Fridays

Cardio Drumming
Tuesdays, 10 a.m.
No class October 15 or November 5

Zumba Gold
Tuesdays
2 p.m.

Chair Yoga With Liz
Wednesdays
10 a.m.

Line Dancing
Thursdays
1:30 p.m.
No session October 24 or 31

Gentle Yoga with Liz
Thursdays
3 p.m.

Siler City Center for Active Living

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

Strong & Fit
9 a.m.
Mondays and Wednesdays in September
No class November 27

Strength & Tone
Mondays and Thursdays
2 p.m.

Cardio Drumming
Tuesdays
9 a.m.
No class October 15 or November 5
Spaces on first-come, first-serve basis.

Sunshine Walkers
Tuesdays and Thursdays
9:45 a.m.

Zumba Gold
Fridays
9 a.m.



Pittsboro Groups and Activities

Table Tennis

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

Reading out Loud

Mondays, 10:45 a.m.
Library

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
Not held 10/22, 10/29, 11/12 & 11/26

Coffee & Games with Law Enforcement

October 9 & 16
November 13 & 20, 10 a.m.
Multipurpose Room 1

Hand and Foot Card Game

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 10/24 or 10/31

Euchre

Fridays, 1 p.m.
Parlor

Monday Meetup

Cornhole, Dominos, Ladderball
& Karaoke
Mondays, 11 a.m.
Multipurpose Room 1

Movie & Popcorn

Friday, October 29
Friday, November 5, 10 a.m.
Multipurpose Room 1

Trip to Walmart

Thursday, October 10 &
Thursday, November 14, 10 a.m.

Live Music

Original Haw River Crowdaddies
October 28 & November 20, 11 a.m.
Grateful Hearts
October 15 & November 12, 11 a.m.
October 18 & November 15, 3 p.m.

Monthly Birthday Celebrations

Tuesday, October 1
Tuesday, November 5, 11 a.m.
Multipurpose Room 1 & 2

Art with Ashlyn

Thursday, October 24, 10 a.m.
Tuesday, November 19, 10:45 a.m.
Multipurpose Room 1

Bingo

Tuesday, October 1 & 22
Thursday, November 5
10 a.m.
Multipurpose Room 1

Paper Making Class

Friday, October 11, 10 a.m.
Parlor
RSVP
marymicheleclark@gmail.com

Healthy Lifestyles

October 1 & 22
November 12 & 26, 3 p.m.
Multipurpose Room 1

Spanish Social Lunch

October 4 & 18
November 1 & 15, 11:30 a.m.
Multipurpose Room 2

Beginning Beading Class

Wednesday, October 16 &
Wednesday, November 20
1 p.m.
Conference Room
RSVP - pfkenlan@gmail.com

Bracelet Making with Christina

Wednesday, October 23
11 a.m.
Multipurpose Room 1

Stories with Neriah

Friday, November 15, 11 a.m.
Multipurpose Room 1 & 2

Siler City Groups and Activities

Tuesdays with Talyse

Tuesdays, 10:15 a.m.
Dining Room

Rook, Phase 10 & Rummikub

Tuesdays, 1 p.m.
Dining Room

Bible Study

Wednesdays, 10 a.m.
Conference Room
No session November 27

Crafts

Wednesdays, 1 p.m.
Crafting & Sewing Room

Men's Coffee and Conversations

Thursdays, 9 a.m.
Conference Room

Crochet Workshop

Thursdays, 10 a.m.
Crafting & Sewing Room

Bingo

Wednesday, October 9 &
Wednesday, November 13
10:30 a.m.
Holly Brooks Room

Pickleball & Cornhole

Wednesdays, 2 p.m.
1st Mondays, 3 p.m.
Holly Brooks Room

Music Jam Session

Thursdays, 10 a.m.
Conference Room

Pickleball Open Gym

Thursdays, 9 a.m.
10/3, 10/17, 10/24, 10/31,
11/14 & 11/21
Holly Brooks Room

Thursday Afternoon Social

Weekly, 3 p.m.
10/3 - Movie
10/10 - Line Dancing
10/17 - Afternoon Tea
10/24 - Bingo
10/31 - Movie
11/7 - Trivia
11/14 - Bingo
11/21 - Movie

Cornhole

Monday, October 28 &
Monday, November 25
10 a.m.
Holly Brooks Room

Quilting & Sewing Time

Tuesdays, 8 a.m.
Fridays, 10 a.m.
Crafting & Sewing Room

Book Club

Thursdays, October 3 & 17
November 14, 1 p.m.
Library

Monthly Birthday Celebrations

Wednesday, October 9 &
Wednesday, November 13
10:30 a.m.
Holly Brooks Room



Gospel Choir

Monday, October 21
(Pittsboro Center) &
Monday, November 18
(Siler City Center)
10:30 a.m.

Short Stories with Neriah

Friday, October 11 &
Friday, November 8, 10:30 a.m.
Dining Room

Volleyball

Tuesdays, October 1 & 15
November 19
12:30 p.m.
Holly Brooks Room

Halloween Costume Party

Wednesday, October 30
10:30 a.m.
Dining Room

Art with Leigh

Friday, November 15
10 a.m.
Dining Room

Friday Night Dance

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

VITA program seeking to fill volunteer positions

While Chatham County Aging Services provides programs and services for the 55-and-older population, there is one area where its outreach expands to individuals of all ages. Through the Volunteer Income Tax Assistance (VITA) program, Aging Services processed 788 tax returns in 2024 – a 15% increase from the previous year.



Accomplished from February through early April with the aid of 28 dedicated volunteers, VITA appointments were conducted at the Pittsboro Center for Active Living and Siler City Center for Active Living. Auxiliary sessions were held in Goldston and at Carrboro Refugee Center. Are you interested in numbers, taxes and have a desire to serve your community? Here's a high-level view of the intake process:

To schedule an appointment, individuals call 919-542-4512 ext. 225 to reach our dedicated VITA line. Callers are asked to leave their name and phone number via voicemail, and a VITA volunteer will quickly be in touch to conduct a brief screening call as well as schedule an appointment. Prior to the appointment, a VITA envelope and 4-page form will be available for pickup at either the Pittsboro Center for Active Living or the Siler City Center for Active Living.

On appointment day, individuals will bring all relevant tax information, including identification, W-2 forms, interest forms and social security statements. For joint returns, both parties must be present. An intake person will scan information to ensure completeness before a preparer on duty enters information electronically. Should the preparers have any questions, they will contact individuals in the waiting area. The final part of the process involves quality control personnel scanning the completed tax return for accuracy. They will go over the results with individuals and collect the needed signature(s) to complete the return. At this time, both federal and state returns are ready for submission to the IRS and North Carolina Department of Revenue (NCDOR). For more information about the VITA program, or to volunteer in a scheduling, preparer or quality control role, contact Linda Saum, VITA Administrator, at 919-542-4512 ext. 226 or linda.saum@chathamcountync.gov.

We have assistive equipment!

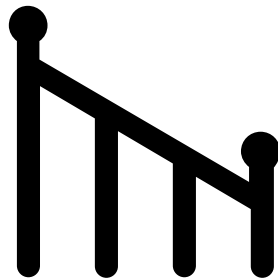
Did you know that in 2023, Chatham County Aging Services loaned over 300 pieces of medical equipment for older adults in need?

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 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)-545-8419 or email wynne.fields@chathamcountync.gov.

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

Join our cleaning and yard work lists!

Chatham County Aging Services is seeking to bolster and maintain a list of individuals offering cleaning and yard work services to older adults. If you are interested in completing an application, contact Sigi Markworth at 919-542-4512 ext. 222.

The successful completion of a background check is required. These individuals are not employees of Aging Services and are considered independent contractors.

Individuals are asked to be fair in their prices.

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 919-545-8415 or linda.saum@chathamcountync.gov

Notary services are available!

The Pittsboro Center for Active Living has a commissioned notary public on staff. This service is available from 8 a.m. until 2 p.m. Tuesday through Friday. Appointments are preferred, but not necessary.

For more information, contact Sigi Markworth at 919-545-8418.

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 919-545-8419 or email wynne.fields@chathamcountync.gov

Veteran Benefits Assistance

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

Appointments are required. To schedule, contact Stephanie 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 919-545-8422 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 919-545-8411 or email jimmy.lewis@chathamcountync.gov.

Have Medicare questions? Let SHIP answer.

As part of Aging Services, the Seniors' Health Insurance Information Program (SHIP) has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to older adults 65 years of age or older, or approaching 65 years of age.

Some of these issues include:

- Selecting a Medicare prescription drug (Part D) plan
- Comparing Medicare Advantage (Part C) plans
- Comparing Medicare Supplement Plans
- Preventing Medicare fraud and abuse
- Extra Help Qualification
- Review of Medicare preventative services

Would a class at your local church, civic group or organization be beneficial? We offer "Road to Medicare" for individuals approaching age 65 and "Medicare 101" for those 65 and older.

For more information, contact Lawana Schulze, SHIP Coordinator, at 919-545-8423.



**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**
- **Center Activities**
- **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**
- **Seniors' Health Insurance Information Program-SHIIP**
- **Volunteer Opportunities**

Upcoming Educational Programs

Pittsboro

- Healthy Lifestyles with Alan
October 1 & October 22
November 12 & November 26 – 3 p.m.
- African-American Studies Group
October 3 & October 24 – 10:30 a.m.
- “Be Ready! Fire Safety”
with American Red Cross
October 4 – 11 a.m.
- Crafting Your Own Grief Journey
Tuesdays, 10:30 a.m. (except 1st Tues.)
- Community Alternatives
Program for Disabled Adults Presentation
October 15 – 10 a.m.
- Nutrition and Lifestyle to Reduce Falls
October 29 – 11 a.m.
- Be Ready! Flood Recovery
with American Red Cross
November 8 – 11 a.m.
- Science with Alan
November 14 – 11 a.m.
- Spill the Beans
November 21 – 11 a.m.

Siler City

- Powerful Tools for Caregivers
Fridays beginning October 18, 12:30 p.m.
- Hearing Health Care Services
with James, Caption Care
October 7 – 10:30 a.m.
- Bladder Health & Incontinence
with UNC Health
October 7 – 12:15 p.m.
- Mental Health with Tammy Curry
October 8 & November 5 – 10:30 a.m.
- Low Vision Support Group
October 14 & November 4 – 10 a.m.
- Science with Alan
October 14 – 10:30 a.m.
- Grandparents Raising Grandchildren
October 15 – 9:30 a.m.
- Nutrition Education with Ann Clark
October 16 & November 20 – 10:30 a.m.
- Grief Support: Cooking For One
October 18 & November 15 – 10 a.m.
- Health Topic with Ashley Brewer
October 23 – 10:30 a.m.
- Diabetes Education
with UNC Health
November 4 – 10 a.m.
- Hypertension Education
with UNC Health
November 18 – 10 a.m.

Aging Services centers will be closed November 11 in honor of Veterans Day and November 28-29 for the Thanksgiving holiday.