

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RSVPs Only Required on Some Activities:

*: liz.lahti@chathamcountync.gov

Or 919-545-8417

**:william.riggsbee@chathamcountync.gov

Or 919-545-8422

***:Christina.dougherty@chathamcountync.gov

Or 919-545-8414

****:esther.zolman@chathamcountync.gov

Or 919-545-8412

Hike w/ Alan RSVP 919-545-8424

Beginner Beading Class: pfkenlan@gmail.com

1

8:30 AM Cardio & Core Strength (F/MP2). Space Limited.

10:00 AM Chair Yoga with Liz (F/MP2/Z)

11:00 AM Cornhole/Basketball Shoot Practice with Sheriff (F/PCAL outside)

11:00 AM "The Chosen" with discussion (CR)

11:30 AM Tai Chi for Arthritis (MP2/F)

11:00 AM German Conversation/ Learning Lunch (P)

1:00 PM Spades (CR)

2

8:30 AM QiGong (F/MP2)

10:00 AM Hooks & Needle (P)

10:00 AM Chair Zumba GOLD (F)

10:00 AM Therapeutic Support Group w/ M&M (CR)

CANCELLED

10:45 AM Easter Celebration (MP1/2/F)

11:00 AM Kindermusik (CCCL)

11:30 AM Women's Conversation Group (CR)

12:00 PM Pinochle (L)

12:30 PM Shuffleboard Practice (MP) RSVP ****

1:00 PM Bridge (P)

1:00 PM Rummikub (CR)

1:30 PM Line Dancing (F/MP2)

3:00 PM Chakra Balancing Gentle Yoga with Liz (F/MP2)

3

CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY

6

8:30 AM Total Body Conditioning (F/MP2) Space Limited.

9:00 AM Chair Yoga (CGCC)

9:30-11:00 AM Blood Pressure Clinic (P)

10:00 AM Strong & Fit (F/MP2)

11:00 AM UNC Students Health Talks (MP1)

11:15 AM Basketball Shoot & Horseshoes Practice (PCAL outside)

12:00 PM Reading out Loud with Gaines(L)

1:00 PM Mahjong (P)

1:00-4:00 PM Table Tennis (F/MP2)

3:00 PM Caregiver Support Group RSVP**(CR)

7

8:30 AM QiGong (F/MP2)

9:00 AM Men's Conversation Group (L)

10:00 AM Woodcarvers (P)

10:00 AM Cardio Drumming (F/MP2)

10:30 AM Gym Orientation (G) ****

10:45 AM Birthday Bingo w/ Mr.Ed (MP1/2)

11:15 AM Weight Machine Orientation (G) ****

1:00 PM Rummikub (CR)

12:30 PM Food as Medicine Series (MP2/F) RSVP ***

12:30 PM Hike w/ Alan (B) RSVP

2:00 PM Zumba Gold (F/MP2)

3:00 PM Table Tennis Make-Up (MP2/F)

8

8:30 AM Cardio & Core Strength (F/MP2). Space Limited.

10:00 AM Chair Yoga with Liz (F/MP2/Z)

10:00 PM Acrylic Painting Class (P) RSVP Required ***

11:00 AM "The Chosen" (CR)

11:00 AM UNC Adams School of Dentistry Presentation & Activity (MP1)

11:30 AM Tai Chi for Arthritis (MP2/F)

11:00 AM German Conversation/ Learning Lunch (L)

12:00 PM Acrylic Painting Class (P) RSVP Required ***

1:00 PM Spades (CR)

9

8:30 AM QiGong (F/MP2)

10:00 AM Hooks & Needle (P)

10:00 AM Chair Zumba GOLD (F)

10:00 AM Therapeutic Support Group w/ M&M (CR)

10:45 AM Spill the Beans (MP1)

11:30 AM Women's Conversation Group (CR)

12:00 PM Pinochle (L)

12:30 PM Shuffleboard Practice (MP) RSVP ****

1:00 PM Rummikub (CR)

1:30 PM Line Dancing (F/MP2)

3:00 PM Chakra Balancing Gentle Yoga with Liz (F/MP2)

10

8:30 AM HIIT **** (F/MP2). Space Limited.

9:30 AM Mindfulness w/ Micki (CR)

10:00 AM Strong & Fit (F/MP2)

11:00 AM Storytelling w/ Neriah (MP1)

11:30 AM French Conversation Lunch (CR)

1:00 PM Euchre Senior Games Tournament (MP1)

1:00-4:00 PM Table Tennis (F/MP2)

13

8:30 AM Total Body Conditioning (F/MP2). Space Limited.

9:30-11:00 AM Blood Pressure Clinic (P)

9:00 AM Chair Yoga (CGCC)

10:00 AM Strong & Fit (F/MP2)

11:00 AM UNC Students Health Talks (MP1)

11:15 AM Bocce & Horseshoes Practice (PCAL outside)

12:00 PM Reading out Loud with Gaines(L)

12:30 PM Senior Games Bowling Practice (B) RSVP *** \$

1:00 PM Mahjong (P)

1:00-4:00 PM Table Tennis (F/MP2)

14

8:30 AM QiGong (F/MP2)

9:00 AM Men's Conversation Group (L)

10:00 AM Woodcarvers (P)

10:00 AM Cardio Drumming (F/MP2)

10:30 AM Gym Orientation (G) ****

10:30AM Living with Loss (CR) **

10:45 AM Science w/ Alan (MP1/2)

11:15 AM Weight Machine Orientation (G) ****

1:00 PM Rummikub (CR)

2:00 PM Zumba Gold (F/MP2)

3:00 PM Dance w/ DJ Rick (MP2/F)

15

8:30 AM Cardio & Core Strength (F/MP2). Space Limited.

10:00 AM Chair Yoga with Liz (F/MP2/Z)

11:00 AM Cornhole/Basketball Shoot Practice with Sheriff (F/PCAL outside)

11:00 AM "The Chosen" with discussion (CR)

11:30 AM Tai Chi for Arthritis (MP2/F)

11:00 AM German Conversation/ Learning Lunch (P)

1:00 PM Beading Club (P)

pfkenlan@gmail.com \$

1:00 PM Spades (CR)

16

8:30 AM QiGong (F/MP2)

9:30 AM Blood Pressure Clinic (P)

10:00 AM Hooks & Needle (P)

10:00 AM Chair Zumba GOLD (F)

10:00 AM Walmart Trip (CT)

10:00 AM Therapeutic Support Group w/ M&M (CR)

10:45 AM Bingo w/ Mr Ed (MP1/2)

11:30 AM Women's Conversation Group (CR)

12:00 PM Pinochle (L)

12:30 PM Shuffleboard Practice (MP) RSVP ****

1:00 PM Rummikub (CR)

1:30 PM Line Dancing (F/MP2)

3:00 PM Chakra Balancing Gentle Yoga with Liz (F/MP2)

17

8:30 AM HIIT **** (F/MP2). Space Limited.

9:30 AM Mindfulness w/ Micki (CR)

10:00 AM Strong & Fit (F/MP2)

11:00 AM Grateful Hearts Performance (MP1/2)

10:45 AM Spanish Conversation Lunch (CR)

1:00 PM Euchre (CR)

1:00-4:00 PM Table Tennis (F/MP2)

20

8:30 AM Total Body Conditioning (F/MP2). Space Limited.

9:30-11:00 AM Blood Pressure Clinic (P)

9:00 AM Chair Yoga (CGCC)

10:00 AM Strong & Fit (F/MP2)

11:00 AM UNC Students Health Talks (MP1)

11:15 AM Bocce & Horseshoes Practice (PCAL outside)

12:00 PM Reading out Loud with Gaines(L)

1:00 PM Mahjong (P)

1:00-4:00 PM Table Tennis (F/MP2)

3:00 PM Caregiver Support Group RSVP**(CR)

21

8:30 AM QiGong (F/MP2)

9:00 AM Men's Conversation Group (L)

10:00 AM Woodcarvers (P)

10:00 AM Cardio Drumming (F)

10:30 AM Gym Orientation (G) ****

10:30 AM African American Studies Group A (CR)

11:00 AM Kindermusik (MP1)

11:15 AM Weight Machine Orientation (G) ****

12:30PM Craft with Wynne (P)

1:00 PM Rummikub (CR)

2:00 PM Zumba Gold (F/MP2)

22

8:30 AM Cardio & Core Strength (F/MP2). Space Limited.

10:00 AM Chair Yoga with Esther (F/MP2/Z)

10:00 PM Acrylic Painting Class (P) RSVP Required ***

11:00 AM "The Chosen" (CR)

11:00 AM Jesus Singer Tom Wilson (MP1)

11:30 AM Tai Chi for Arthritis (MP2/F)

11:00 AM German Conversation/ Learning Lunch (L)

12:00 PM Acrylic Painting Class (P) RSVP Required ***

12:30 PM Hike w/ Alan (B)

1:00 PM Spades (CR)

23

8:30 AM QiGong (F/MP2)

9:30 AM Blood Pressure Clinic (P)

10:00 AM Hooks & Needle (P)

10:00 AM Horseshoes Senior Games Tournament (PCAL)

10:00 AM Chair Zumba GOLD (F)

10:00 AM Therapeutic Support Group w/ M&M (CR)

11:30 AM Women's Conversation Group (CR)

12:00 PM Pinochle (L)

1:00 PM Rummikub Senior Games Tournament (MP1)

1:30 PM Line Dancing CANCELLED (F/MP2)

3:00 PM Gentle Yoga with Liz (F/MP2) CANCELLED

24

8:30 AM HIIT **** (F/MP2). Space Limited.

9:30 AM Mindfulness w/ Micki (CR)

10:00 AM Strong & Fit (F/MP2)

11:00 AM Haw River Crawdaddies Performance (MP1/2)

11:30 AM French Conversation Lunch (CR)

1:00 PM Euchre (CR)

1:00-4:00 PM Table Tennis (F/MP2)

27

8:30 AM Total Body Conditioning (F/MP2). Space Limited.

9:30-11:00 AM Blood Pressure Clinic (P)

9:00 AM Chair Yoga (CGCC)

10:00 AM Strong & Fit (F/MP2)

11:00 AM UNC Students Health Talks (MP1)

12:00 PM Reading out Loud with Gaines(L)

1:00 PM Mahjong (P)

1:00-4:00 PM Table Tennis (F/MP2)

6:00 PM Virtual Caregiver Support Group RSVP**(Z)

28

8:30 AM QiGong (F/MP2)

9:00 AM Men's Conversation Group (L)

10:00 AM Woodcarvers (P)

10:00 AM Cardio Drumming (F)

10:30 AM Gym Orientation (G) ****

10:30 AM African American Studies Group B (CR)

11:00 AM DJ's Performance (MP1/2)

11:15 AM Weight Machine Orientation (G) ****

1:00 PM Rummikub (CR)

2:00 PM Zumba Gold (F/MP2)

29

8:30 AM Cardio & Core Strength (F/MP2). Space Limited.

10:00 AM Chair Yoga with Liz (F/MP2/Z)

11:00 AM Cornhole Practice (MP1/2)

11:00 AM "The Chosen" with discussion (CR)

11:30 AM Tai Chi for Arthritis (MP2/F)

11:00 AM German Conversation/ Learning Lunch (L)

1:00 PM Spades (CR)

30

8:30 AM QiGong (F/MP2)

9:00 AM Football/Softball Senior Games Event (CCC)

10:00 AM Hooks & Needle (P)

10:00 AM Chair Zumba GOLD CANCELLED

10:00 AM Therapeutic Support Group w/ M&M (CR)

11:00 AM Senior Games Fun Walk (CCCC)

11:30 AM Women's Conversation Group (CR)

12:00 PM Pinochle (L)

1:00 PM Rummikub (CR)

1:30 PM Line Dancing (F/MP2)

3:00 PM Gentle Yoga with Liz (F/MP2)

24

UPDATED: 3/26/26

B: BUS
BP: BLOOD PRESSURE
L: LIBRARY (PCAL)
CCCL: CHATHAM COUNTY COMMUNITY LIBRARY
CGCC: CHATHAM GROVE COMMUNITY CENTER
MP1/2: MULTIPURPOSE ROOM 1 & 2
SCCAL: SILER CITY CENTER FOR ACTIVE LIVING
CT: CHATHAM TRANSIT
CR: CONFERENCE ROOM
P: PARLOR
Z: ZOOM
F: FITNESS ROOM
G: GYM
K: KITCHEN
MP: MCCLENAHAN PARK

PINK: SENIOR GAMES GREEN: HEALTH/ WELLNESS RED: RECREATION/SOCIAL BLACK: EDUCATIONAL BLUE: THE ARTS PURPLE: TRIPS ORANGE: INTERGENERATIONAL

:EXERCISE CLASSES

Try something new!

PLEASE SEE CALENDAR TO FIND DATES AND TIMES FOR SPECIFIC ACTIVITIES. THEY ARE NOT ALWAYS EVERY WEEK.

TOTAL BODY CONDITIONING (ALL FITNESS LEVELS)

Mondays, 8:30-9:15 a.m. Join us for 20 minutes of light aerobic style cardiovascular movements followed by toning exercises for all major muscle groups always ending with a comfortable stretch for increased flexibility. A variety of equipment is used. Mostly Standing. Chairs are welcome for assistance as needed. Space Limited.

STRONG & FIT (ALL FITNESS LEVELS)

Mondays and Fridays 10:00 -10:45 a.m. We warm-up & pre-stretch & then 45-minutes of strength training for our back & shoulders, legs and balance, chest and arms, ending with a cool down stretch. Hand weight and bands are used. Exercises are performed seated & standing.

QIGONG

Tuesdays & Thursdays, 8:30-9:30 a.m. Join us for this ancient Chinese practice that combines mindful movement, controlled breathing, and meditation to cultivate and balance the body's vital energy, or "qi." It is believed to promote physical, mental, and spiritual well-being. All are welcome!

CARDIO DRUMMING (ALL FITNESS LEVELS)

Tuesdays, 10:00-10:30 a.m. - CANCELLED 3/17 - Join us for this dynamic cardiovascular workout that combines drumming, rhythm, and music. Class can be done seated or standing!

ZUMBA GOLD & ZUMBA GOLD CHAIR

Zumba Gold: **Tuesdays, 2:00 p.m.**

Zumba Gold CHAIR: **Thursdays, 10:00 a.m.**

Like to dance? Try Zumba Gold for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. It focuses on balance, range of motion and coordination.

CARDIO & CORE STRENGTH (ALL FITNESS LEVELS)

Wednesdays, 8:30-9:15 a.m. Let's focus on your core! We will warm-up with fluid movements and then practice posture corrective exercises to stabilize and strengthen you at your core. We will use balls, straps, resistance circles & bands, ankle weights and more. Mostly Standing and Mat (on floor) Exercises. Space Limited.

CHAIR YOGA WITH LIZ (IN-PERSON & ON ZOOM)

Mondays, 9 a.m. - 10 a.m. at Chatham Grove Community Center

Wednesdays, 10 a.m.- 11 a.m. at PCAL. We practice yoga either standing or sitting with the support of a chair. Improve your flexibility, strength, coordination, and balance along with relaxation.

TAI CHI FOR ARTHRITIS

Wednesdays, 11:30 a.m.-12:30 p.m. Improve balance both mentally and physically which significantly reduces the risk and rate of falls. Additional benefits include improving relaxation, vitality, posture, and immunity.

CHAKRA BALANCING GENTLE YOGA WITH LIZ

Thursdays, 3:00-4:00 p.m. Come practice a combination of dynamic postures which help to develop balance, coordination, flexibility, and strength. Add some relaxation and go away feeling refreshed.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

INTERMEDIATE/ADVANCED RSVP TO ESTHER ****

Fridays, 8:30-9:15 a.m. Come try our routines that alternate between short bursts of higher energy, with varied intensities and rest periods. This class is designed to build your strength and endurance. Let's Tabata! It's fun!! We use a variety of strength apparatuses. Mostly Standing. Space Limited.

MEDITATIONS WITH CHRISTINA POSTED BI-WEEKLY ON YOUTUBE:

VISIT OUR YOUTUBE CHANNEL BY SEARCHING FOR "CHATHAM COUNTY AGING SERVICES"

RSVP: (ONLY REQUIRED IF * PRESENT)

*Liz Lahti: liz.lahti@chathamcountync.gov OR 919-545-8417

***Christina Dougherty: christina.dougherty@chathamcountync.gov or 919-545-8414

****Esther Zolman: esther.zolman@chathamcountync.gov OR 919-545-8412

: RECREATION/SOCIAL

MONDAYS:

BOCCE/HORSESHOES/BASKETBALL SHOOT PRACTICE
MAHJONG

READING OUT LOUD WITH GAINES
TABLE TENNIS

TUESDAYS:

BINGO W/ MR ED- 4/7

MEN'S CONVERSATION GROUP

DANCE WITH DJ RICK- 4/14

RUMMIKUB

WEDNESDAYS:

COFFEE & GAMES W/ SHERIFF - 1ST & 3RD

CORNHOLE/BASKETBALL SHOOT-1ST, 3RD, 5TH

WOMEN'S CONVERSATION GROUP

SPADES

THURSDAYS:

BRIDGE - 1ST

LINE DANCING (NOT ON 4TH)

PINOCHLE

RUMMIKUB

EASTER CELEBRATION- 4/2

BINGO W/ MR ED- 4/16

FRIDAYS:

EUCHRE

STORYTELLING WITH NERIAH- 2ND

TABLE TENNIS

: EDUCATIONAL

MONDAYS:

CAREGIVER SUPPORT GROUP - RSVP ** - 1ST & 3RD

TUESDAYS:

GYM ORIENTATION - RSVP (919) 542-4512

LIVING WITH LOSS- 2ND RSVP *

SCIENCE WITH ALAN- 4/14

AFRICAN AMERICAN STUDIES GROUP A- 4/21,

GROUP B- 4/28

WEIGHT MACHINE ORIENTATION - RSVP (919) 542-4512

WEDNESDAYS:

"THE CHOSEN" (TV SERIES)

UNC ADAMS SCHOOL OF DENTISTRY PRESENTATION &

ACTIVITY- 4/8 - 11:00 AM

GERMAN CONVERSATION/LEARNING LUNCH

THURSDAYS:

THERAPEUTIC SUPPORT GROUP W/ M&M FROM GREENWOOD
PSYCHOTHERAPY & CONSULTING

BLOOD PRESSURE CLINIC- 4/9 & 4/23

FRIDAYS:

SPANISH CONVERSATION/LEARNING LUNCH - 1ST & 3RD

FRENCH CONVERSATION/LEARNING LUNCH - 2ND & 4TH

MINDFULNESS W/ MICKI FROM GREENWOOD PSYCHOTHERAPY
& CONSULTING

: ARTS/MUSIC

TUESDAYS:

WOODCARVERS

CRAFT WITH WYNNE- 4/21

DJ'S MUSIC PERFORMANCE- 4TH

WEDNESDAYS:

ACRYLIC PAINTING- RSVP REQUIRED *** - 2ND & 4TH

JESUS SINGER- 4/22

BEADING CLUB- 3RD

THURSDAYS:

HOOKS & NEEDLES

FRIDAYS:

GRATEFUL HEARTS PERFORMANCE (1ST & 3RD)

HAWRIVER CRAWDADDIES PERFORMANCE(4TH)

: TRIPS- RSVP

FOOD LION - 4/7 DEPARTS 12:30 PM SHARP

SHUFFLEBOARD PRACTICE- 4/2, 4/9, 4/16 RSVP ****

SENIOR GAMES BOWLING PRACTICE - 4/13 ***

WALMART- 4/16 DEPARTS AT 10AM SHARP

HIKING WITH ALAN- 4/7 & 4/22

: INTER-GENERATIONAL

TUESDAYS:

KINDERMUSIK (3RD) AT PCAL

THURSDAYS:

KINDERMUSIK (1ST) AT CCCL

CALENDAR IS SUBJECT TO CHANGE.

ORIENTATION TUESDAYS - SPACE IS LIMITED
10:30 A.M. FOR THE GYM
11:15 A.M. FOR THE WEIGHT MACHINE
PLEASE STOP BY OUR RECEPTION DESK OR
CALL AT (919) 542-4512
TO RESERVE YOUR SPOT!