





SILER CITY CENTER FOR ACTIVE LIVING

112 Village Lake Road, Siler City, NC 27344 919-742-3975
 www.chathamcountync.gov/agingservices



MONTH
APRIL 2026

ALL PROGRAMS HELD AT First Baptist Church, 314 N. Second Ave., Siler City, NC

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|--|
| | | 1 10 am Coffee with the Cops - Siler City Police Department | 2 1 pm Book Club | 3 <i>Good Friday</i> CENTER CLOSED |
| 6 | 7 8:30 am Trip to see the Trolls @ Dorthea Dix (FULL) 10:30 am Mental Health with Mary Anne Fritz 12 pm Drop-In Tech Help with Jesse | 8 10:30 am April Birthday Party & Bingo | 9 9:30 am Learn to play Rummikub 12:30 pm Find Your Voice Writing Group | 10 12:15 pm Spanish Speaking Social |
| 13 10 am Low Vision Support Group 12:15 pm Advisory Team Meeting  | 14 11 am Intergenerational Storytime (Wren Library) 12:30 pm Craft Class Jewelry Making | 15 11:15 am Mrs Lacy's & Big Bloomers Flower Farm (RSVP) 1 pm Aging, But Better Wellness Group - Importance of a Healthy Gut Biome | 16 1 pm Book Club | 17 10:30 am Short Stories with Neriah 3:15 pm Painting Social at Wren Library |
| 20 10:15 am Coffee Clutch at Chatham Rabbit  10:30 am Nutrition Education with Laura Hearn | 21 10 am Librarian Corner with Chatham County Libraries (Get a free library card and assistance!) 1 pm Volunteer Appreciation Event at Ag Center in Pittsboro | 22 10:30 am Science with Alan 11:15 am Lunch & Putt (RSVP) | 23 12:30 pm Find Your Voice Writing Group | 24 11:30 am  Fogleman Farms (RSVP) |
| 27 10:30 am Fraud and Scam Prevention | 28 12:30 pm Cricut Craft Workshop | 29 | 30 |  |

MONDAYS

9 am Strong & Fit
 2pm Strength & Tone

TUESDAYS

10 am Blood Pressure Checks
 10:30 am Chair Exercises
 10 am The Art of Aging Facebook Live
 1 pm ROOK, Phase 10 & Rummikub

WEDNESDAYS

8 am BEGINNER Quilting
 9 am Strong & Fit
 10 am Music Jam Session
 10:15 am Step Club (*cancelled 4/8*)

THURSDAYS

9 am Men's Coffee
 9:30 am Zumba Gold
 10:30 am Chair Exercises
 10 am Crochet Workshop
 10 am Music Jam Session
 2 pm Strength & Tone

FRIDAYS

8 am ADVANCED Quilting
 10:15 Strong & Fit (*cancelled 4/17)
 7pm Dance (Siler City Moose Lodge)

Green: Health & Wellness Red: Recreation/Social Black: Educational
 Blue: Arts & Crafts Purple: Special Trips

** Hybrid (Both In-Person at FBC & Facebook Live @ChathamCOA)
 All Programming at First Baptist Church, 314 N Second Ave, Siler City

Learn to play Rummikub

Beginners Welcome



Siler City Center for Active Living

**Where: First Baptist Church
314 N Second Avenue Siler City, NC
When: Thursday, April 9 at 9:30 am
Call 919-548-5123 for any questions**



April Health & Wellness Challenge



Did you know April is **Move More Month**? The [American Heart Association \(AHA\)](#) established this wellness campaign to raise awareness of the importance of physical activity. As nature is springing back to life this season, it's time to relight our motivation for more movement. Try various ways to sneak in more movement into your day like after dinner walks, moving during commercials, start a step challenge, start the day with a stretch or taking the stairs. Challenge yourself to find intentional ways to move each day in April to earn a badge.



FITNESS

STRONG & FIT

Moderate-to-advanced class that focuses on strength, balance & flexibility.

CHAIR EXERCISES

Beginner to Moderate level exercise class designed to be done while seated. A great class for those with limited mobility or those just getting started in an exercise routine.

STRENGTH & TONE

Moderate-to-advanced class that focuses on strength, balance & flexibility.

ZUMBA GOLD

Dance fitness tailored for active, older adults who want to focus on cardio, muscle conditioning, balance, flexibility, and memory, through lighter intensity, easy to follow, safe movements.

drop in activities



Jigsaw Puzzles
Games & Cards at Center
Coffee Hour & Word Searches



VETERANS BENEFITS ASSISTANCE

With Stephanie Briggs
Wednesdays 8 am - 12 pm
Appointment Required Call 919-545-8334

STAFF:

Kathryn Walters Siler City Center for Active Living Manager
Olivia Hayden Siler City Center for Active Living Activities Coordinator
Talyse Ming-Newby Siler City Center for Active Living Activities Specialist

SILER CITY CENTER FOR ACTIVE LIVING

Coffee Clutch

COME CHAT WITH US

3RD MONDAY
EVERY MONTH @ 10:15 AM

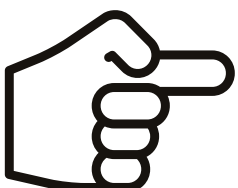
APRIL 20TH @ CHATHAM RABBIT
MAY 18TH @ MYSTIC MOCHA



The Siler City Center for Active Living offers recreational, social, health & wellness, and educational opportunities for older adults in Chatham County 55 years of age and better.

The center also serves as a hub for services that include weekday lunches, Meals on Wheels, Family Caregiver Support, Grandparents Raising Grandchildren Group, Aging in Place Services, incontinence supply assistance, and Medicare Counseling through the SHIP (Seniors' Health Insurance Information Program). The Siler City Center for Active Living also serves as a site for veterans services consultations.

For more information, call 919-742-3975



All Programming will be held at First Baptist Church of Siler City
314 N Second Ave, Siler City, NC

