

THIS CALENDAR IS SUBJECT TO CHANGE.

Our Google calendar is the most up to date,
find it at the bottom of our website's homepage:

www.aging.jacksonnc.org

March 2020

Jackson County Senior Center
(828) 586-5494
100 County Services Park
Sylva, NC 28779



EVERYDAY ACTIVITIES

Monday:

- 9:00 Men's Coffee Rm. 135
- 9:30 Spin Class Rm. 140
- 10:00 Mahjong Rm. 122
- 10:00 Writing Group Rm. 129
- 11:00 Stretch & Strengthen Rm. 134
- 12:00 Hand & Foot Rm. 129
- 12:30 ADP Music Program Rm. 122
- 1:00 AFEP Rm. 134
- 3:00 Healing Yoga Rm. 134

Tuesday:

- 9:30 Tai Chi Rm. 134
- 9:30 Canasta Rm. 129
- 10:30 Line Dancing Rm. 134
- 12:30 Duplicate Bridge Rm. 135
- 1:00 AFEP Rm. 134
- 1:00 Chess Rm. 129
- 2:15 Stretch & Strengthen Rm. 134
- 3:30 Gentle Chair Yoga Rm. 134

Wednesday:

- 9:00 Carolina Quilters Rm. 125
- 9:30 Spin Cycle Class Rm. 134
- 11:00 Stretch & Strengthen Rm. 134
- 12:15 Hand & Foot Rm. 129
- 1:00 Rhythm & Balance Rm. 134
- 2:30 Yoga for Seniors Rm. 134

Thursday:

- 9:30 Tai Chi Rm. 134
- 11:00 Dance Aerobics Rm.134
- 1:00 AFEP Rm. 134
- 1:00 Bingo Rm. 135
- 3:00 Healing Yoga Rm. 134

Friday:

- 9:30 Gentle Spin Cycle Rm. 140
- 9:30 Basic Line Dancing Rm.134
- 10:30 Line Dancing Rm.134
- 12:30 Zumba Gold Rm. 134
- 1:30 Pound Fitness Rm. 134
- 3:00 AFEP Rm. 134

DROP IN ACTIVITIES

Library, Computer Lab, Puzzles, Coffee, Fit Lab, Blood Pressure Station, Billiards, Open Craft Time if room is available.

| Mon | Tue | Wed | Thu | Fri |
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| <p>2 10-3 AARP Tax Prep <u>12-12:30 Census Q&A</u> 2-3:30 Census Information Seminar Heritage Rm.</p> <p>9 10-3 AARP Tax Prep</p> <p>16 10-3 AARP Tax Prep <u>10-12 Caregiver</u> Education- Supporting those w/ Obsessions Brd. Rm NO AFEP</p> <p>23 10-3 AARP Tax Prep 9-3 Basket Making <u>Class- Spring Basket \$</u> <u>Rm. 125</u> 1-3pm Lindsy's Baby Shower Rm. 135</p> <p>30 <u>9-10:30 Men's/Ladies</u> <u>Breakfast -Dining Hall</u> 10-3 AARP Tax Prep</p> | <p>3 2-3 Advisory Council Brd. Rm.</p> <p>10 10-11 Blood Pressure Checks - Lobby <u>10-12 Viva Arts - Painting</u> <u>Black Bears on the</u> <u>Appalacian Trail \$ Rm 125</u> <u>1-3 Greeting Cards w/</u> <u>Sherri \$ Rm 125</u></p> <p>17 <u>11:30-12:30 St. Patrick's</u> <u>Day Party Dining Hall</u></p> <p>24 <u>10-12 Viva Arts - Pottery</u> <u>Lovely Leaf bowls \$ Rm.</u> <u>125</u></p> <p>31 <u>2-3:30 DOA Active</u> <u>Threat Training</u> <u>Heritage Rm.</u></p> | <p>4 <u>11:30-12:30 Birthday</u> <u>Party Dining Hall</u> 11-1 Volunteer Coordinator- Lobby</p> <p>11 <u>2-3 Instructor Meeting</u> <u>Board Rm.</u></p> <p>18 <u>10-1 Medication Take</u> <u>Back Event Lobby</u> 1-2 Meditation Brd. Rm.</p> <p>25 10-12 Goldenaires- Practice 11-1 Volunteer Coordinator - Lobby</p> <p>Notes: Highlighted in RED changes have been made. Highlighted in Blue- New Programs. <u>Items underlined</u> you must pre-register for. Highlighted in Green- Trips. Highlighted in Purple- Special Events. Highlighted in PINK- Support Groups. Highlighted in Orange- All Ages Allowed. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better! AFEP= Arthritis Foundation Exercise Program. \$- indicates fee</p> | <p>5 <u>10-12 Greeting Cards w/</u> <u>Toni \$ Rm. 125</u> 10:30-12 Goldenaires- Skyland</p> <p>12 No Tai Chi 10:30-12 Goldenaires- Vero <u>11-12 Grief Support Group</u> <u>Rm. 129</u> <u>3-5 Parkinsons Support</u> <u>Group Heritage Rm.</u></p> <p>19 <u>Renal/Bladder Ultrasound</u> <u>1st Aid Rm.</u> <u>10-12 Greeting Cards w/</u> <u>Toni \$ Rm. 125</u> 10-12 Goldenaires- Hermitage</p> <p>26 10-12 Goldenaires- Morning Star</p> | <p>6 <u>9:30-10:30 Instructor</u> <u>Meeting Board Rm.</u> 10-3 AARP Tax Prep <u>11-12 DIABETES</u> <u>PREVENTION PROGRAM</u></p> <p>13 <u>10-12 Greeting Cards w/</u> <u>Debbie \$ Rm. 125</u> 10-3 AARP Tax Prep <u>11-12 DIABETES</u> <u>PREVENTION PROGRAM</u> <u>Brd. Rm.</u> NO AFEP</p> <p>20 10-3 AARP Tax Prep <u>10-12 Cards w/ Candy \$</u> <u>Rm. 125</u> <u>11-12 DIABETES</u> <u>PREVENTION PROGRAM</u> <u>Brd. Rm.</u></p> <p>27 10-3 AARP Tax Prep <u>11-12 DIABETES</u> <u>PREVENTION PROGRAM</u> <u>Brd. Rm.</u></p> |