

December 2023 Jackson County Senior Center

ONGOING ACTIVITIES

9/29/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please visit MyActiveCenter.com or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled <i>*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.</i>				1 10AM Book Club Rm129
4	5	6	7 ^\$10AM Greeting Cards w/Toni Rm125 10AM Nutrition Information Senior Café	8 10AM Clip & Snip Paper Crafters Rm125
11	12 10AM Blood Pressure Checks in Lobby ^\$ Leave at 4PM Dinner & Winter Lights Trip to NC Arboretum	13	14 ^1-2:30PM BINGO Rm135 3PM Parkinson's Support Group Rm135	15 ^11:30AM Monthly Birthday Senior Café
18 ^\$9:30-3:30PM Basket Class Rm125 ^12:30PM VAYA Caregiver Education (<i>topic in legend below</i>) Heritage Rm & Virtual	19 ^\$1PM Holiday Crafting with Amanda Rm125	20 ^1PM Christmas Movie - ELF Heritage Rm Hot Cocoa & Cookies Served	21 NO Musical Theatre Dance ^\$10AM Greeting Cards w/Toni Rm125	22 10AM Clip & Snip Paper Crafters Rm125 ^11:30-1PM Christmas Celebration Senior Café
25 CLOSED	26 CLOSED	27 CLOSED	28 NO Musical Theatre Dance ^1-3PM BINGO Rm135	29

Monday:

9:00 Men's Coffee Rm135
10:00 Mahjong Rm129
11:00 Stretch & Strengthen Rm134 and virtual
11:15 ^Parkinson's Voice Training Heritage Rm
12:00 Hand & Foot Rm129
2:30 Healing Yoga Rm134

Tuesday:

9:30 Spin Cycle Outside
9:30 Virtual Tai Chi
10:00 Writing Group Rm129
10:30 Line Dancing Rm134
12:30 Bridge Group Rm135
1:00 AFEP Rm134
2:30 Tai Chi Rm134

Wednesday:

9:00 Carolina Quilters Rm125
9:30 Spin Cycle Outside
10:00 Goldenaires Rm122
11:00 Stretch & Strengthen Rm134 and virtual
12:00 Hand & Foot Rm129
1:00 Virtual Zumba Gold

Thursday:

9:30 Virtual Tai Chi
11:00 Musical Theatre Dance Rm134
1:00 AFEP Rm134
2:30 Tai Chi Rm134

Friday:

9:30 Spin Cycle Outside
9:30 Basic Line Dancing Rm134
10:30 Line Dancing Rm134
12:00 Dominoes Rm129
12:00 Hand & Foot Rm129
12:30 Zumba Gold Rm134
1:30 Tempo Toning Rm134



Department on Aging • 100 County Services Park, Sylva NC 28779

A Senior Center serving participants ages 50 or better!

Legend

^= pre-registration required for attendance!!!
\$=Prepaid fee required
AFEP=Arthritis Foundation Exercise Program
*=Series (may be full-see Ongoing Activities)

FCFS=First Come, First Served
December VAYA Caregiver Education
TOPIC: Enriching Mental Health with Complementary Treatments Part 4 (Animal Assisted Therapy, Art, & Laughter)

DROP IN ACTIVITIES (FCFS)

Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking