

FEBRUARY 2023 ♥ **Jackson County Senior Center**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 ^\$10AM Greeting Cards w/ Toni Rm125	3 ^AARP tax prep begins 10AM Book Club Rm129
6 *^1:30PM Know It Control It Board Rm	7 11AM Smoky Mountain Senior Games (SMSG) Planning Committee Meeting Board Rm	8 9AM Advisory Council Meeting Board Rm	9 3PM Parkinson's Support Group Rm135	10 10AM Clip & Snip Paper Crafters Rm125 SMSG Registration OPEN until March 10 ^ SMSG Senior Games Registration Drive in Lobby
13 *^1:30PM Know It Control It Board Rm	14 10AM Blood Pressure Checks Lobby ^11:30AM Valentines Day Party	15	16 ^\$10AM Greeting Cards w/ Toni Rm125	17 No Zumba Gold or Tempo Toning ^1PM Let's Connect See details below** Host: Clara Henson
20 ^12:30PM VAYA Caregiver Education See details below*** Heritage Rm and Virtual *^1:30PM Know It Control It Board Rm	21 ^11:30AM Mardi Gras Party	22 ^10:30AM-3:30PM Lunch and the Bascom	23 No Virtual Tai Chi No Healing Yoga	24 10AM Clip & Snip Paper Crafters Rm125 ^1130AM Birthday Lunch
27 ^\$9:30-3:30PM Basket Class Rm125 *^1:30PM Know It Control It Board Rm	28 ^1PM JCDOA tour	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>		

Department on Aging • 100 County Services Park, Sylva NC 28779 • A Senior Center serving participants ages 50 or better!

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

DROP IN ACTIVITIES
 (First Come, First Served) Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking.

**Let's Connect: Call toll free: 1 (507) 473-4847. When prompted to enter meeting ID, enter 817 8690 5617. If prompted to enter participant ID, press #

***On Feb 20th: VAYA Caregiver Education Topic: Enriching Mental Health with Complementary Treatments

^AARP tax preparation: To make an appointment at JCDOA, go online: wnctaxaide.as.me or call: 586-5494

- Monday:**
 9:00 Men's Coffee Lobby
 9:00 Yoga for Aging Gracefully Rm134
 ^9:30AM-2:30PM AARP tax prep
 10:00 Mahjong Rm129
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 Parkinson's Voice Training Heritage Rm
 12:00 Hand & Foot Rm129
- Tuesday:**
 9:30 Spin Cycle Outside
 9:30 Virtual Tai Chi
 10:00 Writing Group Rm129
 10:30 Line Dancing Rm134
 1:00 Bridge Group Rm135
 1:00 Chess Rm129
 1:00 AFEP Rm134
 2:30 Healing Yoga 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
 1:00 AFEP Rm134
 2:30 Healing Yoga Rm134
- Friday:**
 ^9:30AM-2:30PM AARP tax prep
 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