

JANUARY 2023 Jackson County Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR NEW YEAR'S HOLIDAY	3	4	5 ^\$10AM Greeting Cards w/Toni Rm125	6 10AM Book Club Rm129 3PM 12 th Day of Christmas! Holiday PutAway - LOBBY
9	10 10AM Blood Pressure Checks in Lobby	11	12 3PM Parkinson's Support Group Rm135	13 10AM Clip & Snip Paper Crafters Craft Rm125
16 CLOSED FOR MARTIN LUTHER KING JR HOLIDAY	17	18 9AM Senior Games Planning Committee Mtg. Board Rm	19 ^\$10AM Greeting Cards w/Toni Rm125	20 ^1130AM Birthday Lunch ^1PM Let's Connect* Call toll free: 1 (507) 473-4847 Mtg ID: 817 8690 5617 Host: Clara Henson
23 ^\$9:30AM-3:30PM Basket Class Rm125 ^12:30PM VAYA Caregiver Education Communication 101 Heritage Rm and Virtual *^1:30PM Know It Control It Board Rm	24 ^1:30-2:30PM Lesley Reifert-Hughes presents readings from <i>Little Old Ladies Laughing Out Loud</i> Heritage Room	25	26 ^11AM Senior Games Sampler: BOWLING Meet in JCDOA LOBBY	27
30 *^1:30PM Know It Control It Board Rm	31 ^1PM JCDOA Tour Debbie Crews	*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar		

ONGOING ACTIVITIES updated 12/19/22

- Monday:**
 9:00 Men's Coffee Rm135
 9:00 Yoga for Aging Gracefully Rm134
 10:00 Mahjong Rm122
 11:00 Stretch & Strengthen Rm134 and virtual
 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:**
 9:30 Spin Cycle Outside
 9:30 Basic Line Dancing Rm134
 10:30 Line Dancing Rm134
 12:00 Dominoes Rm129
 12:00 Hand & Foot Rm122
 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!

<p>Legend ^= pre-registration required for attendance!!! 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</p>	<p>\$=Prepaid fee required AFEP=Arthritis Foundation Exercise Program *=Series (may be full-see Ongoing Activities) FCFS=First Come, First Served</p>
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DROP IN ACTIVITIES (FCFS) 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 #