

# JUNE 2023

# Jackson County Senior Center

## ONGOING ACTIVITIES

5/11/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> 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 <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> for the most current calendar.</i>				
<b>DROP IN ACTIVITIES (FCFS)</b> Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking.				
5 ^10AM-12PM Recipe Scrapping Rm125  ^11:15AM-12:15PM Parkinson's Voice Training <a href="#">Heritage Rm</a>	6	7	8 3PM Parkinson's Support Group Rm135  ^\$10AM Greeting Cards w/ Toni Rm125  10AM Nutrition Information Senior Cafe	9 10AM Book Club Rm129  10AM Clip & Snip Paper Crafters Rm125  11:30 Birthday Lunch
12	13 10AM Blood Pressure Checks in Lobby	14 9AM Advisory Council Mtg <a href="#">Board Rm</a>  <b>No Virtual Zumba Gold</b>	15 ^\$10AM Greeting Cards w/ Toni Rm125  11AM Musical Dance Theatre Class RM134  5:30PM Elder Abuse Awareness Walk	16
19	20	21 <b>SCOPE SITE TEAM REVIEW</b> <a href="#">Board Rm</a>	22	23 10AM Clip & Snip Paper Crafters Rm125
26 ^12:30PM VAYA Caregiver Education (topic in legend below) <a href="#">Heritage Rm</a> and Virtual  ^\$9:30-3:30PM Basket Class Rm125	27 ^1PM JCDOA tour	28 ^9:30AM-2:30PM Shopping (Hamricks) and Lunch (J&S Cafeteria) Trip to Asheville	29	30

### 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  
**Mondays through June 12**  
 ^\*2:30PM Digital Navigator Program [Board Rm](#)

### 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 Tai Chi Rm134

### Wednesday:

9:00 Carolina Quilters Rm125  
 9:30 Spin Cycle Outside  
 10:00 Goldenaires Rm 122  
 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 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

[HRm Confirmed](#) [BrdRm Confirmed](#)

AFEP = Arthritis Foundation Exercise Program

^ = pre-registration required for attendance!!!

\$ = Prepaid fee required

\* = Series (may be full-see Ongoing Activities)

June Caregiver Education Topic: Enriching Mental Health with Complementary Treatments Part 2: Meditation, Mindfulness, Spirituality & Yoga.