

MARCH 2023 Jackson County Senior Center

ONGOING ACTIVITIES

updated 1/25/2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|
| <p><i>*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar. 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></p> | | | | | |
| 6 ^1:30PM Know It Control It Board Rm NO PARKINSON'S VOICE TRAINING | 7 | 8 No Spin Cycle | 9 3 PM Parkinson's Support Group Rm135 | 10 10AM Clip & Snip Paper Crafters Rm125 No Spin Cycle ^11:30AM Birthday Lunch SMSG: Last Day of Registration! | |
| 13 ^1:30PM Know It Control It Board Rm | 14 10AM Blood Pressure Checks Lobby 11AM SMSG Planning Committee Meeting Board RM | 15 ^9AM Walk with Ease Rm134 | 16 ^\$10AM Greeting Cards w/Toni Rm125 | 17 ^11:30 St. Patrick's Day party 10-2PM Health Fair | |
| 20 ^9AM Walk with Ease Heritage Rm ^12:30PM VAYA Caregiver Education See below for details*** | 21 11AM SMSG Planning Committee Meeting Board RM | 22 ^9AM Walk with Ease Rm134 ^\$10:30-3:30PM Lunch and the Bascom | 23 9-1PM Shredder Truck 1-3PM SCAM Jam | 24 10AM Clip & Snip Paper Crafters Rm125 ^1PM Let's Connect See details below** Host: Clara Henson | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 27 ^9AM Walk with Ease Heritage Rm ^\$9:30AM-3:30PM Basket Class Rm125 | 28 ^1PM JCDOA tour | 29 ^9AM Walk with Ease Rm134 | 30 | 31 11AM SMSG Planning Committee Meeting Board RM | April 1 ^\$8AM-1PM YARD SALE |

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

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| <p>LEGEND AFEP = Arthritis Foundation Exercise Program SMSG = Smoky Mountain Senior Games</p> | <p>^ = pre-registration required for attendance!!! \$ = Prepaid fee required * = Series (may be full-see Ongoing Activities)</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 #. This month:"In like a Lion, Out like a Lamb". Share your personal Folklore sayings!

***On March 20th: VAYA Caregiver Education: Topic :Facing the Emotional Challenges of Chronic Illness, Heritage Room and Virtual

^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 QuiltersRm125
 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