

MAY 2023

Jackson County Senior Center

ONGOING ACTIVITIES

4/20/2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 ^9:15-11:15AM Recipe Scrapping Rm125 No Stretch & Strengthen ^11:15AM-12:15PM Parkinson's Voice Training Heritage Rm	2 No Tai Chi or Healing Yoga	3 No Stretch & Strengthen Or Virtual Zumba Gold ^\$12:30-4:30PM Aquarium Trip <i>NOT eating lunch out</i>	4 No Tai Chi or Healing Yoga ^\$10AM Greeting Cards w/ Toni Rm125 10AM Nutrition Information Senior Cafe SMSG Awards Ceremony 5:30pm Heritage Rm	5 10AM Book Club Rm129 ^11:30AM Cinco de Mayo party Senior Café
8	9 10AM Blood Pressure Checks in Lobby	10	11 3 PM Parkinson's Support Group Rm135	12 10AM Clip & Snip Paper Crafters Rm125 11:30AM Mother's Day lunch Senior Café
15 ^12:30PM VAYA Caregiver Education (topic in legend below) Heritage Rm and Virtual	16 No AFEP No Healing Yoga	17	18 ^\$10AM Greeting Cards w/ Toni Rm125 No AFEP	19 No Basic or Line Dancing 11:30am Birthday lunch Senior Café
22 ^\$9:30-3:30PM Basket Class Rm125	23	24	25 ^12PM Wellness Lunch & Learn Balance Heritage Rm.	26 10AM Clip & Snip Paper Crafters Rm125 ^90's Birthday Party 2PM Heritage Rm
29 CLOSED FOR MEMORIAL DAY	30 No Tai Chi or Healing Yoga ^1PM JCDOA tour with Debbie Douglas	31 No Stretch & Strengthen or Virtual Zumba Gold	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 *Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar	

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
Mondays May 1-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 Healing Yoga 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 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 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

AFEP = Arthritis Foundation Exercise Program

SMSG = Smoky Mountain Senior Games.

^ = pre-registration required for attendance!!!

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

\$ = Prepaid fee required

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

May Caregiver Education Topic:

PTSD: Healing the Emotional Wound

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.