

NOVEMBER 2023 Jackson County Senior Center

ONGOING ACTIVITIES

9/29/2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Virtual Zumba Gold	2 ^\$10AM Greeting Cards w/Toni Rm125 10AM Nutrition Information Senior Café	3 10AM Book Club Rm129 ^10AM Stroke Awareness Presentation Heritage Room
6 10AM-12PM Recipe Scrapping Rm125	7	8 9AM Advisory Council Meeting Board Rm ^1-3PM BINGO Rm135	9 3PM Parkinson's Support Group Rm135	10 CLOSED FOR VETERANS DAY HOLIDAY
13 ^\$9:30AM Trip Apple Barn & Tanger Outlets	14 10AM Blood Pressure Checks in Lobby	15	16 ^\$10AM Greeting Cards w/Toni Rm125	17 ^11:30AM Monthly Birthday Senior Café
20 ^8-9AM Men's Breakfast Senior Café ^10-12PM Holiday Decorating in Lobby ^12:30PM VAYA Caregiver Education Heritage Room and Virtual	21	22 ^11:30AM-2PM Thanksgiving Celebration with Interactive "Tree of Thanks" Craft Senior Café	23 CLOSED FOR THANKSGIVING HOLIDAY	24 CLOSED FOR THANKSGIVING HOLIDAY
27 ^\$ 9:30AM-3:30PM Basket Class Rm125	28	29	30 ^1-3PM BINGO Rm135	

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

Tuesday:

9:30 Spin Cycle Outside
9:30 Virtual Tai Chi
10:00 Writing Group Rm129
10:30 Line Dancing Rm134
12:30 Bridge Group Rm135
1:00 AFEP Rm134
2:30 Tai Chi 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
11:00 Musical Theatre Dance Rm134
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



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.

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
^ = pre-registration required for attendance!!!
\$ = Prepaid fee required
* = Series (may be full-see Ongoing Activities)

November Caregiver Education Topic:

Neurocognitive Disorders and the Basics of Dementia: The four Main Types

DROP IN ACTIVITIES (FCFS)

Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking