

August 2024 Jackson County Senior Center

ONGOING ACTIVITIES

Updated: 6/14/2024

Monday:
 9:00 Men's Coffee Rm135
 10:00 Mahjong Rm129
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 Parkinson's Voice Heritage Rm
 12:00 Hand & Foot Rm129
 12:45 Pilates Rm134
 2:30 Healing Yoga Rm134

Tuesday:
 9:30 Spin Cycle outside
 9:30 ^*Tai Chi Rm134
 10:00 Writing Group Rm129
 10:30 Line Dancing Rm134
 12:30 Bridge Group Rm135
 1:00 AFEP 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 ^*Tai Chi Rm134
 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



Registration for Class Lotteries 9am-5pm: Aug 1 (Sept. classes) & Aug 29, 30 (October classes)

Monday	Tuesday	Wednesday	Thursday	Friday
CANDY SALE FUNDRIASER in the front lobby beginning August 2 nd while supplies last!			<u>1</u> 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	<u>2</u> 10AM Book Club Rm129
<u>5</u> 10AM-12PM Recipe Scrapping Rm125	<u>6</u> ^8:30AM Men's Breakfast Senior Café	<u>7</u> ^1-2:30PM BINGO Rm135	<u>8</u> 3PM Parkinson's Support Group Rm135	<u>9</u> 10AM Clip & Snip Paper Crafters Rm125
<u>12</u> ^10AM Planting Workshop Rm125	<u>13</u> 10AM Blood Pressure Checks in Lobby	<u>14</u> ^10AM Active Threat Training Heritage Room	<u>15</u> ^\$10AM Greeting Cards w/Toni Rm125	<u>16</u> ^11:30AM Elvis Celebration Monthly Birthday Senior Café
<u>19</u> ^10:30AM VAYA Caregiver Education (topic in legend below) Board Rm	<u>20</u> No Spin Cycle ^10AM Planting Workshop Rm125	<u>21</u> No Spin Cycle ^9AM Advisory Council Board Rm	<u>22</u> ^\$10AM – 3PM Deep Creek Picnic Field Trip	<u>23</u> No Spin Cycle 10AM Clip & Snip Paper Crafters Rm125
<u>26</u> ^\$9:30-3:30PM Basket Class Rm125	<u>27</u> No Spin Cycle	<u>28</u> No Spin Cycle	<u>29</u> ^1-2:30PM BINGO Rm135	<u>30</u> No Spin Cycle

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

^= pre-registration required for attendance!!!
 \$=Prepaid fee required
 AFEP=Arthritis Foundation Exercise Program

*=Series (may be full-see Ongoing Activities)
 FCFS=First Come, First Served
VAYA Caregiver Education TOPIC: Hoarding
 Disorder: Hidden Secrets

**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