

# June 2024 Jackson County Senior Center

## ONGOING ACTIVITIES

Updated: 3/20/2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 10AM-12PM Recipe scrapping Rm125  <b>NO Pilates</b>	4	5 ^10:30AM Pantry Power Program Rm135	6 10AM Nutrition Information Senior Café  ^\$10AM Greeting Cards w/Toni Rm125	7 10AM Book Club Rm129  <b>NO Basic or Line Dancing</b>
10	11 10AM Blood Pressure Checks in Lobby	12 ^10:30AM Pantry Power Program Rm135	13 3PM Parkinson's Support Group Rm135	14 ^8:30AM Father's Day Breakfast Senior Café  10AM Clip & Snip Paper Crafters Rm125  <b>No Zumba Gold or Tempo Toning</b>
17 ^10:30AM VAYA Caregiver Education ( <i>topic in legend below</i> ) Heritage Rm  5:15pm Elder Abuse Awareness Walk - outside at JCDOA entrance	18	19 ^10:30AM Pantry Power Program Rm135	20 ^\$10AM Greeting Cards w/Toni Rm125	21  ^1:30-3PM BINGO Rm 135
24 ^\$9:30-3:30PM Basket Class Rm125	25 ^\$9:00AM Field Trip to Asheville Outlets and Lunch	26 ^10:30AM Pantry Power Program Rm135	27 ^1:30-3PM BINGO Rm 135	28 10AM Clip & Snip Paper Crafters Rm125  ^11:30AM Monthly Birthday Senior Café

**Monday:**  
9:00 Men's Coffee Rm135  
10:00 Mahjong Rm129  
11:00 Stretch & Strengthen  
Rm134 and virtual  
12:00 Hand & Foot Rm129  
12:45 Pilates Rm134  
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

**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  
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

Please visit [MyActiveCenter.com](http://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](http://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  
**June VAYA Caregiver Education**  
**TOPIC:** Enriching Mental Health with  
Complementary Treatments Part 2  
(Meditation, Mindfulness, Spirituality, & Yoga)

### 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

