

May 2024 Jackson County Senior Center

ONGOING ACTIVITIES

Updated: 3/20/2024

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Spin Cycle	2 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125 No Healing Yoga	3 10AM Book Club Rm129 9AM-2PM Mobile Free Pharmacy
6 10AM-12PM Recipe Scrapping Rm125 NO virtual or in person Stretch & Strengthen or Healing Yoga	7 No Virtual Tai Chi	8 No Virtual or In Person Stretch & Strengthen or Virtual Zumba Gold	9 No Virtual Tai Chi or Healing Yoga 3PM Parkinson's Support Group Rm135	10 10AM Clip & Snip Paper Crafters Rm125
13 ^10AM Mother's Day Tea Heritage Rm	14 10AM Blood Pressure Checks in Lobby	15 ^10AM Instructor/Leader Mtg Board Rm.	16 ^\$10AM Greeting Cards w/Toni Rm125 NO AFEP	17 ^11:30AM Monthly Birthday Senior Café
20 ^\$9:30-3:30PM Basket Class Rm125 ^10:30AM VAYA Caregiver Education (<i>topic in legend below</i>) Heritage Rm	21 ^2PM Instructor/Leader Mtg. Board Rm. NO AFEP	22 9AM Advisory Council Board Rm	23 ^11AM Aging Advocacy with our Senior Tarheel Legislature Heritage Room NO AFEP	24 10AM Clip & Snip Paper Crafters Rm125
27 CLOSED FOR HOLIDAY	28	29 ^1-2:30PM BINGO Rm 135	30	31 ^2PM 90's Birthday Party

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
May VAYA Caregiver Education
TOPIC: PTSD: Healing the Emotional Wound

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

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
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

