

ONGOING ACTIVITIES

Updated: 9/16/2024

October 2024 ♦ Jackson County Senior Center

Registration for Class lotteries 9am-5pm: Oct 1-4 (Nov classes); Oct 30,31 (Dec classes)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jackson County Department on Aging 100 County Services Park, Sylva NC, 28779</p>	<p>1 DROP IN ONLY 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</p>	<p>2 *Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.</p>	<p>3 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125 ^*11AM Walk With Ease Rm134</p>	<p>4 10AM Book Club Rm129 ^2PM-4PM Eddie's Farewell Tailgate Heritage Rm</p>
<p>7 ^*9AM Walk With Ease Rm134 10AM-12PM RecipeScrapping Rm125</p>	<p>8 10AM Blood Pressure Checks in Lobby</p>	<p>9 ^1PM Brain Fitness: Drumming Rm134</p>	<p>10 ^*11AM Walk With Ease Rm134 3PM Parkinson's Support Group Rm135</p>	<p>11 10AM Clip & Snip Paper Crafters Rm125 10AM Medicare 101 Heritage Rm</p>
<p>14 NO Walk With Ease, Stretch & Strengthen, or Healing Yoga</p>	<p>15 NO Tai Chi ^10AM-12PM Seasonal Eats Rm135 11AM-1PM Operation Medicine Drop & Flu Vaccines</p>	<p>16 NO Stretch & Strengthen or Virtual Zumba Gold</p>	<p>17 ^\$10AM Greeting Cards w/Toni Rm125 No Tai Chi, Walk With Ease, or Healing Yoga</p>	<p>18 +11:30AM Monthly Birthday Senior Café</p>
<p>21 ^* 9AM Walk With Ease Rm134 ^10:30AM VAYA Caregiver Education (topic in legend below) Heritage Rm ^1-2:30PM Digital Navigator Class-Board Rm</p>	<p>22 NO AFEP ^10AM-12PM Grieving the Loss of a Loved One with John Ritchie Heritage Rm</p>	<p>23 ^1PM-2:30PM BINGO Rm135</p>	<p>24 ^*11AM Walk With Ease Rm134 ^\$11:30AM-3:30PM Darnell Farms Trip ^1pm Fitness Testing Heritage Rm</p>	<p>25 10AM Clip & Snip Paper Crafters Rm125</p>
<p>28 ^*9AM Walk With Ease Rm134 ^\$9:30-3:30PM Basket Class Rm125 ^1-2:30PM Digital Navigator Class-Board Rm</p>	<p>29 ^8:30AM Men's Breakfast Senior Café</p>	<p>30</p>	<p>31 ^*11AM Walk With Ease Rm134 ^11:30AM Halloween Party Senior Café</p>	<p>A Senior Center serving participants ages 50 or better!</p>

Legend
 ^ = Pre-registration required for attendance!!!
 \$ = Prepaid fee required
 AFEP = Arthritis Foundation Exercise Program
 * = Series (may be full-see Ongoing Activities)
 + = Register w/Congregate meals by 3pm day prior

FCFS=First Come, First Served
VAYA Caregiver Education TOPIC:
 Enriching Mental Health with Complementary Treatments Part 3 (Acupuncture, Aroma Therapy, Essential Oils, & Massage)

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
 12:00 Canasta Rm129
 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

DROP IN ACTIVITIES (FCFS)
 Billiards, Checkers, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Crafts, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking

