



Jackson County, North Carolina, Department on Aging

JACKSONIAN

AUGUST
2025

A monthly newsletter dedicated to the enrichment and well-being of elders in our community.

From Jamie Davis, Director

In reflection of my first 10 months as director at the Department of Aging, I can only say that it has been amazing! Getting to know all of you has been a blessing. I've learned so much in my short time here, about what we as a department have to offer you, about the needs of not only the vulnerable in our county's elderly demographic, but also the needs of ALL seniors seeking a more fulfilling and enriching experience as they journey through their golden years.

As I continue to learn and also define my new role, be patient with me, as I have only good intentions when it comes to serving as director of the Department on Aging. Your generation is cherished here, as I'm positive it is throughout our local mountain communities.

As we head into a another fiscal year, we welcome you to the new Jacksonian, giving our monthly newsletter a fresh look and focused intention. If there is anything you find missing or if you have suggestions for improvements, please let Deidre know by calling 631-8038 or by leaving her a note at the front desk.

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Celebrating birthdays in July, from left to right: Back Row Ruth McConnell, Glen Moses, Ray Faircloth, Tom Bellomy, Nancy Mallin (Front Row: DOA staff, Meagan, Jessica, and Jennifer.)

MONTH IN REVIEW: JULY

This Senior Center's field trip to Foxfire was enjoyed by all attendees!



Fitness Instructor, Laura Rodi, is in her happy place!! Stretch & Strengthen is one of the many fitness classes she teaches. You're invited to join this class Mondays and Wednesdays at 11 am!



Adult Day Program participants made festive hats with volunteer, Lisa Potts.

PROJECT C.A.R.E. / F.I.R.E. July saw the completion of many much needed projects with the help of our volunteers!



The first couple firewood racks were sent out to clients who did not have a way store their wood. This new initiative will continue over the summer.

Cullowhee Methodist provided some volunteers for a 30' ramp build in Tuckasegee.



A high school group from a church in Atlanta assisted in building a 22' and 30' ramp for clients in Sylva.

SUMMER BASH, 2025! Senior Center staff and participants enjoyed some much needed fun in the sun!!!



DOA Director, Jamie Davis, taking hits for the home team!



SENIOR CENTER

JC Department of Aging
100 County Services Park
Sylva, NC 28779
828-586-5494.
Open M-F, 8am to 5pm

*LEGEND

R	Pre-Registration Required	H	Heritage Room
F	Prepaid Fee Required	V	Virtual
S	Series (may be full, see Ongoing Activities)	O	Outside
AFEP	Arthritis Foundation Exercise Program	CL	Computer Lab
VAYA	VAYA Caregiver Education Topic	SC	Senior Cafe
FCFS	First Come, First Served	L	Front Lobby
		BR	Boardroom

AUGUST CALENDAR

(PRE-REGISTRATION & FEE MAY BE REQUIRED)

*	DATE	TIME	DAY	CLASS/ACTIVITY	ROOM
	8/1/25	10:00 AM	F	BOOK CLUB	129
	8/4/25	12:30 PM	M	RECIPE SCRAPPING	125
R	8/6/25	1:00 PM	W	BINGO	135
	8/7/25		W	NO DRUM FIT	
	8/7/25	10:00 AM	TH	NUTRITION INFORMATION	SC
R-F	8/7/25	10:00 AM	TH	GREETING CARDS W/TONI	125
	8/8/25	10:00 AM	F	CLIP & SNIP PAPER CRAFTERS	125
	8/11/25		M	NO CARDIO & TONE	
	8/12/25	10:00 AM	M	BLOOD PRESSURE CHECKS	L
R	8/12/25	1:00 PM	M	IPHONE & IPAD CLASS	BR
	8/13/25		T	NO CARDIO & TONE	
R	8/13/25	9:00 AM	T	ADVISORY COUNCIL	BR
	8/14/25		W	NO DRUM FIT	
R	8/14/25	1:00 PM	W	SILVER WATERCOLOR GROUP	125
	8/14/25	3:00 PM	W	PARKINSON'S SUPPORT GROUP	135
R	8/15/25	11:30 AM	F	MONTHLY BIRTHDAY & ELVIS CELEBRATION	SC
	8/18/25		M	NO CARDIO & TONE	
VAYA	8/18/25	10:30 AM	M	BIPOLAR DISORDER: CREATING BALANCE	TBA
R	8/19/25	8:30 AM	T	MEN'S BREAKFAST	SC
R	8/19/25	10:00 AM	T	BASKET WEAVER FRIENDS	125
	8/20/25		W	NO CARDIO & TONE	
R	8/20/25	1:00 PM	W	BINGO	135
R-F	8/21/25	10:00 AM	TH	GREETING CARDS W/TONI	125
	8/22/25	10:00 AM	F	CLIP & SNIP PAPER CRAFTERS	125
R-F	8/25/25	9:30 AM	M	BASKET CLASS	125
R	8/27/25	1:00 PM	W	BRAIN FITNESS: DRUMMING	134
R	8/28/25	10:00 AM	T	CARD SWAP GROUP	125
R	8/28/25	1:00 PM	TH	DIGITAL NAVIGATION	CL
R	8/28/25	1:00 PM	TH	SILVER WATERCOLOR GROUP	125
R-F	8/29/25	8:30 AM	F	ARBORETUM & APOLLO FLAME	L

FEE S	BASKET	P (PARTICIPANT)	\$20	CP (CONTRIBUTING PARTICIPANT)	\$15
	CARD	P (PARTICIPANT)	\$8	CP (CONTRIBUTING PARTICIPANT)	\$5
	To qualify as a "contributing participant", you must pay at least \$5 per month.				

how to register	lotteries	cancellations
First, wait for event to be published in the JACKSONIAN (usually by the 28 th of each month), then either register online or call the center. Events/ classes not filled will be canceled. VISIT: myactivecenter.com or CALL: 828-586-5494	Some event seats are drawn by LOTTERIES and require pre-registration. Lottery winners are drawn on the second working business day of each month for the following month. Lottery winners will be notified, or they can check their cart on myactivecenter.com.	Please call us in advance if you are unable to come to an event/class, including lottery-based classes, you have registered for that have a maximum limit of participants. The majority of these classes fill up quickly, so many individuals who would love to come are put on a wait-list. So please, let us know if you can't make it. 828-586-5495.

ONGOING ACTIVITIES

*	TIME	NAME	ROOM
MONDAY			
	9:00	Men's Coffee	135
	9:30	Cardio & Tone	134
	10:00	Mahjong	129
R	10:30	Pantry Power	135
	11:00	Stretch & Strengthen	134/V
	11:15	Parkinson's Voice	H
	12:00	Hand & Foot	129
	12:45	Pilates	134
	2:30	Healing Yoga	134
TUESDAY			
	9:30	Spin Cycle	O
R-S	9:30	Virtual Tai Chi	134
	10:00	Writing Group	129
	10:30	Line Dancing	134
	12:30	Bridge Group	135
AFEP	1:00	AFEP	134
WEDNESDAY			
	9:00	Carolina Quilters	125
	9:30	Cardio & Tone	134
	9:30	Spin Cycle	O
	10:00	Goldenaires	122
	11:00	Stretch & Strengthen	134/V
	12:00	Hand & Foot	129
	1:00	Virtual Zumba Gold	V
THURSDAY			
R-S	9:30	Virtual Tai Chi	134
	11:00	Drum Fit	134
AFEP	1:00	AFEP	134
	2:30	Healing Yoga	134
FRIDAY			
	9:30	Spin Cycle	O
	9:30	Basic Line Dancing	134
	10:30	Line Dancing	134
	12:00	Dominoes	129
	12:00	Hand & Foot	129
	12:30	Zumba Tabata	134
	1:30	Tempo Toning	134

DROP-IN ACTIVITIES

BILLIARDS	COMPUTER LAB
CHECKERS	FIT LAB
CHESS	GAMES
COFFEE	LIBRARY
MUSIC	SPIN CYCLE
CRAFTS	TABLE TENNIS
PUZZLES	WALKING
SELF-CHECK BLOOD PRESSURE	

SPOTLIGHT EVENTS

*	DATE	TIME	ROOM
	8/15/2025	11:30AM	SENIOR CAFE
R	MONTHLY BIRTHDAY PARTY & ELVIS CELEBRATION		
	Join us for our monthly birthday celebration and our annual ELVIS celebration all in one! PRE-REGISTER WITH HEATHER PHILLIPS 828-631-8045		
	8/18/2025	10:30AM-11:30AM	TBA
VAYA	BIPOLAR DISORDER: CREATING BALANCE		
	Extreme mood changes can have significant impact on a person's ability to function in life. This course looks at the causes, symptoms, and current treatment options for older adults.		
	8/27/2025	1 PM	134
R	BRAIN FITNESS DRUMMING W/Mary Ferrick		
	There are many reasons to Drum with Us! Keeping rhythm together helps create a sense of connection; Challenges and sharpens your brain; Strengthens memory; Reduces stress and Boosts you immune system!!! No experience necessary so every drummer is expected to participate.		
	8/29/2025	8:30AM - 4PM	FRONT
R-F	NC ARBORETUM IN ASHEVILLE		
	We will arrive at The Asheville Arboretum around 9:30am and stay until 12pm and then go to lunch at The Apollo Flame in Asheville NC. Returning to Center no later than 4pm. Lots of walking involved! Participants will be responsible for their lunch cost and \$5 fee for the trip.		



Participants enjoying a relaxing ride during an outing to Foxfire in Rabun County, GA.

COMING IN SEPTEMBER

*	DATE	TIME	ROOM
	09/05/2025	9AM - 3PM	HERITAGE RM
R	BALANCE SCREENINGS (Falls Prevention Awareness) In partnership WCU PT Doctoral Students		
	September is Falls Prevention Awareness Month. You will sign-up for a 60 minute screening to will evaluate your balance and provide resources.		
	09/09/2025	11AM - 12PM	HERITAGE RM
	FIRST AID & CPR EDUCATION (not a certification class) Matthew Burrell		
	Learn how to handle minor emergencies at home and refresh your knowledge of CPR.		
	09/23/2025	11AM - 12PM	HERITAGE RM
R	PROSTATE CANCER AWARENESS		
	September is Prostate Cancer Awareness Month. Join us as we learn more about this important topic.		
	09/15/2025-10/30/2025	TBA	
R-S	WALK WITH EASE		
	Class will be taught by Laura and WCU PT doctorate students. (No class the week of October 13.)		
	9/26/2025	10AM - 2PM	HERITAGE RM
R-F	YARD SALE		
	Participant must pay booth fee of \$10 per table. Please contact Amanda Barnes to register for a booth and submit fee by August 31 st . All funds go the the Jackson County Senior Center. Participants are responsible for bringing items to set-up and for taking back items that do not sell.		

Note: Calendars are subject to change. Classes not filled will be canceled. Please visit **myactivecenter.com** for the most current calendar or call 828-586-5494.

Want to see MY ACTIVE CENTER on your phone?

Just scan the QR Code to the right.

myactivecenter.com

CASHIERS' CENTER

AUGUST CALENDAR

(PRE-REGISTRATION & FEE MAY BE REQUIRED)

JC Department of Aging
217 Frank Allen Rd
Cashiers, NC 28717
828-745-6856
Open M-F, 9:30am to 4pm

* DATE	START	DAY	ACTIVITY	INSTRUCTOR
8/4/25	12:30 PM	M	Crosswords & Word Search Puzzles	
8/5/25	12:30 PM	T	Mind Teasers	
8/6/25	12:30 PM	W	Stretch & Strengthen	Sherry Franks
8/7/25	12:30 PM	TH	Ice Cream Social	
8/8/25	12:30 PM	F	Movie Hour	
R 8/11/25	12:30 PM	M	Hand & Foot Bath Using Fresh Herbs	Minda Daughtry
8/12/25	12:30 PM	T	BINGO	
8/13/25	11:00 AM	W	SHIIP Medicare Information	Meagan Mintz
8/13/25	12:30 PM	W	Stretch & Strengthen	Sherry Franks
R-F 8/14/25	12:30 PM	TH	Multimedia Art with the Bascom	
R-F 8/15/25	9:00 AM	F	Senior Trip - Waynesville Plaza & Barber's Orchard	
			Lunch at Dodge City Steakhouse	
R-F 8/18/25	12:30 PM	M	Card Making Class	Toni Murphy
R-F 8/19/25	9:30 AM	T	Drumming Class	Mary Ferrick
R-F 8/20/25	10:00 AM	W	Basket Class	Junetta Pell
R-F 8/21/25	10:00 AM	TH	Basket Class	Junetta Pell
R-F 8/22/25	12:30 PM	F	Painting Class	Andrew Beck
R-F 8/25/25	12:30 PM	M	Gifts for the Home	Mary Collins
8/26/25	12:30 PM	T	August Birthday Party	
8/27/25	12:30 PM	W	VAYA Health Care: Bipolar Disorder	
R-F 8/28/25	12:30 PM	TH	Jewelry Class	Mary Collins
8/29/25	12:30 PM	F	Music Hour	Betty Morris

* R (Pre-Registration Required)
F (Fee Required)

TO REGISTER FOR A CLASS
VISIT: myactivecenter.com
Or CALL: 828-745-6856

ONGOING ACTIVITIES

9:30am – 3:30pm	Meet & Greet	
9:30am – 3:30pm	Drop-In Activities	Puzzles, Exercise Room, Adult Coloring, Blood Pressure Check, Arts and Crafts, Reading, Games, TV and Videos, Computer Usage.



Seniors, Sonna Sanders and Kathie Bruce with their completed baskets.



Seniors, Barbara Reich, Linda Freeman and Lynne Sachs with Card Making instructor Toni Murphy showing off their beautiful cards.



Robert Rice showing off his Fourth of July party glasses.



Sherry Franks' Stretch and Strengthen exercise class. There was a lot of fun with the seniors during this time.



Trish Bucher working on her Multimedia Art project. The project was embossing metal called Repousse. The class was with the new instructor from the Bascom in Highlands.



Norma Lilly, Lorena Beasley, Brenda Clickenger and Linda Freeman all dressed up in their red, white and blue for our Fourth of July party at the center.



Seniors, Annita Eggleston, Jack Bornemann and Robert Rice getting ready to tour the NC Arboretum.



As every month, the Senior Center hosted Ladies Tea in July! These girls had a wonderful time!

RESOURCES

DEPARTMENT OF AGING PROGRAMS & SERVICES

PROGRAM/SERVICE	DESCRIPTION	FOR MORE INFORMATION
ADULT DAY PROGRAM	Available to adults 60 and older who are unable to live independently without the supportive care of their family and/or community.	Jessica Stiles [828-586-8030]
CASHIERS SENIOR CENTER	Offers nutritious lunches, Meals on Wheels, social activities, arts & crafts, health promotion, field trips, and more.	Linda Buchanan [828-745-6856]
COMMUNITY RESOURCE CONNECTIONS	Help finding services related to aging and disability.	Phyllis Phillips [828-631-8039]
CONGREGATE MEALS	Provides a hot, nutritious meal to qualified residents at the Sylva Senior Café and the Cashiers Senior Center.	Heather Phillips [828-631-8045]
HEALTH & FITNESS	A resource for self-based and instructor-led exercise classes and fitness information.	Laura Rodi 828-631-8033
IN-HOME LIST	JCDOA maintains a list of private pay in-home care providers who offer home management, personal care, and respite services.	Phyllis Phillips [828-631-8039]
LENDING CLOSET	A resource for qualified individuals in need of certain medical devices, e.g. wheelchairs, walkers, and the like.	Phyllis Phillips [828-631-8039]
MEALS ON WHEELS	Delivers nutritious meals to the homebound elderly throughout Jackson County to help them maintain their independence in their homes.	Sarah Forbis [828-631-8044] Ella Ensley [828-631-8041]
MEDICARE/SHIIP COUNSELING	Medicare and SHIIP counseling for all elderly county residents.	Meagan Mintz [828-631-8037]
OPTIONS COUNSELING	Help with making decisions related to aging and disability issue, including chronic health conditions, financial assistance, care giving, Medicare, home improvement, etc.	Phyllis Phillips [828-631-8039]
PROJECT C.A.R.E.	Provides home safety modifications for low-income, home-bound seniors. (Other individuals may qualify based on need.)	Matt Broomell [828-631-8040]
PROJECT F.I.R.E.	Provides fuel and/or firewood for low-income seniors.	Matt Broomell [828-631-8040]
PROJECT LIFESAVER	Provides electronic tracking for seniors with cognitive impairment at risk of wandering.	Phyllis Phillips [828-631-8039]
SENIOR CENTER (Sylva)	Offers daily activities and services for seniors over 50 in their pursuit of a lifestyle that nurtures healthy, active, and productive living.	Amanda Barnes [828-586-5494]



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.gov

AUGUST IS
NATIONAL
IMMUNIZATION
AWARENESS MONTH

FOR MORE INFORMATION CONTACT: MEAGAN MINTZ @ 828.586.5494



JACKSON COUNTY DEPARTMENT ON AGING

100 COUNTY SERVICES PARK
SYLVA, NORTH CAROLINA 28779

ELECTRONIC SERVICE REQUESTED

Non Profit Org

US Postage Paid

Waynesville, NC 28786

Permit #18

@JACKSONCOUNTYDOA

JACKSON COUNTY DEPARTMENT ON AGING

100 COUNTY SERVICES PARK

SYLVA, NC 28779

CALL TO ACTION

We're always looking for volunteers! You can give back to your community in so many wonderful ways by volunteering at the Department on Aging.

- Delivering meals to homebound seniors on one of the Meals on Wheels routes
- Building wheel chair ramps for elders who are not able move in and out of their homes
- Teaching a class at the Senior Center
- Delivering Christmas Boxes to seniors in need
- and more

The Jackson County Department on Aging is dependent on a large number of volunteers to provide many of the services to the elderly population. The impact that is made through volunteering with the Department on Aging is felt throughout Jackson County.

It is easy to volunteer. Call 828-586-5494 to learn about opportunities or fill out the application and bring it by our department. Volunteers are subject to a background screening.

Fill in the puzzle so that every row across, every column down, and every 3 by 3 box contains the numbers 1 to 9.

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

The aim of a Sudoku puzzle is to fill in the grid so that each row, each column and each box contains all the numbers from 1 to 9. Usually the grid is 9 by 9, using the numbers from 1 to 9, but the easier grids are smaller, using numbers from 1 to 4 or 1 to 6.