



Jackson County, North Carolina, Department on Aging

JACKSONIAN

DECEMBER
2025

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

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

From Jamie Davis, Director

As a lot of you know, my little girl gets frequent ear infections, so much so she had to have a major surgery last winter. Recently, she had another ear infection, so I had to stay home with her. Normally on days that I stay home, I work quietly around the house, answer tons of emails and otherwise be productive. But this day, I put on a movie in the background while I was doing my work; some of you may be familiar with it, "Back to the Future". If not, it's about a guy that goes back in time to save his family and his friend. That's the brief version anyway. It really got me thinking about all of the different things that have happened in all of our lives that have brought us all together here at this one point, the Department on Aging.

It's amazing to me to think we have people from all over come here to our facility. We have people who've lived here their whole life. We have people who have been all over the world. But something happened at some point to bring us ALL TOGETHER. As we start the holiday season, think about the small things that we can do for each other that might have big effects later on in life. Check on your neighbors, join a caroling group, give to a benevolent agency, and/or surprise a loved one with a visit or a phone call. These are small things, but you don't ever know, it could be a positive turning point in someone's day or life. We're all capable of making the life of everyone we encounter better. Have a safe and happy Thanksgiving, Christmas, and New Year's. And let's do our best to make the future better for us all!



DON'T
FORGET!

CHRISTMAS CRAFT FAIR and BREAKFAST WITH SANTA

DECEMBER 6
8:30 AM TO 11:30 AM
in the HERITAGE ROOM

in the SENIOR CAFE

We were so happy to see all these wonderful veterans at the luncheon on November 11th. Simply saying 'thank you' never seems enough!



MONTH IN REVIEW



WE'RE HERE TO MAKE YOU SMILE
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Late October into November offered a lot of fun events for our seniors to enjoy at the Department on Aging!

Halloween was a spook-tacular event (above), with some really whimsical costumes bringing out the inner child and free spirit in all of us. Laura seamlessly incorporated the event into her fitness routines, along with classes honoring Breast Cancer Awareness Month (right).

The ladies found time to get together (left), creating some amazing hats, while students from WCU helped the guys learn how to tie flies (below).



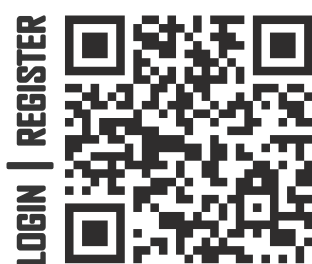
PROJECT C.A.R.E. / F.I.R.E.

During the month of October, the Project Care team facilitated building three wooden ramps and an awning for the annual Hands-on Jackson event. Project Fire had its first event of the winter season and successfully delivered over 30 loads of firewood.



SENIOR CENTER

DECEMBER ACTIVITY CALENDAR



OPERATION CHRISTMAS BOX



Thank you, Girl Scout Troop 12695 and EVERYONE who has donated so far to help provide much needed and deserved items to fill this year's Christmas boxes for county seniors.



Santa's helpers are busy sorting and filling boxes (above), while DOA's Ella Ensley starts to deck the halls with Xmas bags (below).



COMING IN JANUARY!

DATE	TIME	ROOM
01/12/25 - 02/12/25	1 PM	Kitchenette
^MED INSTEAD OF MEDS w/Shannon Royce		
Learn to incorporate the Mediterranean way of eating into you everyday life!		

BLOOD DRIVE

A big "thumbs-up" as donors gave an amazing 30 units of blood at our October 23, 2025 blood drive at the Department on Aging (hosted by Jackson County Government, in coordination with The Blood Connection).



DECEMBER 5TH – 11TH IS
**NATIONAL INFLUENZA
VACCINATION WEEK**

National Influenza Vaccination Week (NIVW) is a national observance that highlights the importance of continuing influenza vaccination through the holiday season and beyond.

The Centers for Disease Control and Prevention (CDC) recommends an annual influenza vaccine for everyone 6 months of age and older to reduce the risk of illness and hospitalization. Now is a great time to vaccinate – to protect your family, friends and yourself.

Medicare Part B covers one influenza vaccination and its administration each influenza season for Medicare beneficiaries. If medically necessary, Medicare may cover additional seasonal influenza vaccinations.

Ask a SHIP Counselor for more information.

**FOR MORE INFORMATION:
MEAGAN MINTZ
828-586-5494**

Registration for Class Lotteries is on MyActiveCenter.com or 586-5494 once the Jacksonian is published. Lottery winners are drawn on the second working business day of each month for the following month and contacted soon thereafter.

Monday	Tuesday	Wednesday	Thursday	Friday
1 ^10:30AM Seasonal Eats ^1PM BINGO Rm135	2	3 ^1PM Christmas Tree Decorating Senior Café	4 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	5 10AM Book Club Rm129 ^\$1PM – 4PM Painting with Andrew Rm125
8 ^1PM BINGO Rm135	9 ^8:30AM Men's Breakfast Senior Café 10AM Blood Pressure Checks in Lobby	10	11 NO Parkinson's Support Group ^10AM-12PM Card Swap Group Rm125	12 10AM Clip & Snip Paper Crafters Rm125 ^9am Christmas Diamond Art with Amanda & Laura Rm135
15 ^\$9AM Clayton GA Field Trip Return by 4PM	16 Last LIFT class +11AM – 1PM SCS Students Singing Senior Café	17 NO Beginner Step class NO Cardio & Tone ^1PM Brain Fitness: Drumming Rm134	18 ^\$10AM Greeting Cards w/Toni Rm125	19 +11:30AM Monthly Birthday & Christmas Celebration Senior Café NO Zumba Tabata Fusion NO Tempo Toning
22 NO Beginner Step class NO Cardio & Tone ^\$9:30-3:30PM Basket Class Rm125	23	24 CLOSED HOLIDAY	25 CLOSED HOLIDAY	26 CLOSED HOLIDAY
29 NO Beginner Step class NO Cardio & Tone	30	31 NO Beginner Step class NO Cardio & Tone	Department on Aging 100 County Services Park Sylva NC 28779 A Senior Center serving participants ages 50 or better	

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	<i>*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.</i>
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Legend +=register with congregate meals mgr. ^= 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: None This Month
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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

ONGOING ACTIVITIES

Last updated (10/8/25)

Monday:

9:00 Men's Coffee Rm135
9:00 Beginner Step Rm134
9:30 Cardio & Tone Rm134
11:00 Stretch & Strengthen
Rm134 and virtual
11:15 Parkinson's Voice
Heritage Rm
12:00 Hand & Foot Rm129

Tuesday:
^9:30 Virtual Tai Chi
10:00 Writing Group Rm129
10:30 Beginner Line
Dancing Rm134

12:30 Bridge Group Rm135
1:00 AFEP Rm134
^2:30 LIFT Rm134

Wednesday:
9:00 Carolina Quilters Rm125
9:00 Beginner Step Rm134
9:30 Cardio & Tone Rm134
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
^11:00 LIFT Rm134
1:00 AFEP Rm134
2:30 Healing Yoga Rm134

Friday:
9:30 Intermediate Line
Dancing Rm134
10:30 Improver Line
Dancing Rm134
12:00 Dominoes Rm129
12:00 Hand & Foot Rm129
12:30 Zumba Tabata Fusion
Rm134

1:30 Tempo Toning Rm134
😊

Trips leave at time listed on calendar!

DECEMBER ACTIVITY CALENDAR				
(Underlined activities require PRE-REGISTRATION, and those marked with a “\$\$” require a FEE.)				
Mon	Tue	Wed	Thu	Fri
1 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10:30a– 2p Christmas Decorating at the center	2 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10:30a– 2p Christmas Decorating at the center	3 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Exercise with Sherry Franks	4 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p December Crossword and Word Search Puzzles	5 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Holiday Movie Hour
8 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Bingo	9 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Vaya Health Care (Communication 101)	10 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 11a– 1p Medicare Insurance with Megan Mintz 12:30p– 1:30p Exercise with Sherry Franks	11 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Multimedia Art Class with Caryn Raming of the Bascom \$\$	12 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Holiday Music with Betty Morris
15 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p Card Making Class with Toni Murphy \$\$	16 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Drumming Class with Mary Ferrick \$\$	17 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10a– 2:30p Basket Class with Junetta Pell (making Christmas ornaments) \$\$	18 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10a– 2:30p Basket Class with Junetta Pell (making Christmas ornaments) \$\$	19 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p Painting Class with Andrew Beck \$\$
22 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Christmas Party	23 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p Christmas Trivia	24 Senior Center Closed Christmas Holiday	25 Senior Center Closed Christmas Holiday	26 Senior Center Closed Christmas Holiday
29 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p December Birthday Party	30 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Holiday Crafting	31 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p New Year’s Eve Celebration	<u>Drop In Activities</u> .Exercise .Arts and Crafts .Puzzles .Adult Coloring .Computer Lab .Self Check BP .Games .TV and Videos .Games	
TO REGISTER FOR A CLASS, VISIT: myactivecenter.com Or CALL: 828-745-6856				

Below: Rodney Myers and Robert Rice working on their fall placemats (1), Brenda Clickenger and Lorena Beasley working on fall crafts (2), Linda Freeman showing off her fall wreath (3), and Norma Lilly showing off her fall wreath (4).



Jeremy Gleason and Robert Rice showing off their Veteran's Day certificates.



Lorena Beasley showing everyone her pictures of family members who served in the military.



Above: Brenda proudly showing off her painted pumpkin.



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.

WAYS YOU CAN HELP:

Deliver meals to homebound seniors on one of the Meals on Wheels routes.	Sarah Forbis 828-631-8044
Build wheel chair ramps for elders who are not able move in and out of their homes.	Matt Broomell 828-631-8040
Help cut, load, stack, and deliver firewood to help seniors stay warm during the winter season	Matt Broomell 828-631-8040
Teach a class at the Senior Center.	Amanda Barnes 828-631-8032
Deliver Christmas Boxes to seniors in need.	Ella Ensley 828-631-8041

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.

SUDOKU

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.

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