

July 2025 Jackson County Senior Center

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
Trips DEPART at the time listed on the calendar BrdRm = Board Room	1	2 ^1-2:30PM BINGO Rm135	3 10AM Nutrition Info. Senior Café ^\$10AM Greeting Cards w/Toni Rm125 ^12PM 4 th of July Ice Cream Senior Café	4 HOLIDAY
7 NO PILATES 10AM-12PM Recipe Scrapping Rm125	8 10AM Blood Pressure Checks in Lobby	9 ^10AM Ladies Tea Rm135	10 ^1PM Silver Watercolor Group Rm125 3PM Parkinson's Support Group Rm135	11 ^ALL DAY Med Assist Event Heritage Room 10AM Clip & Snip Paper Crafters Rm125
14 NO PILATES ^\$ 9AM Nature Center Field Trip	15 NO SPIN ^10AM Basket Weaver Friends Rm125 ^11AM Instructor/Leader Mtg BrdRm ^1PM iPhone/iPad BrdRm	16 NO SPIN ^1-2:30PM BINGO Rm135	17 ^\$10AM Greeting Cards w/Toni Rm125 NO DRUM FIT	18 NO SPIN +11:30AM Monthly Birthday & Summer Bash Senior Café
21	22 NO SPIN	23 NO SPIN ^1PM Brain Fitness: Drumming Rm134	24 ^10AM Card Swap Group Rm125 ^1PM Silver Watercolor Group Rm125	25 NO SPIN 10AM Clip & Snip Paper Crafters Rm125
28 ^\$9:30-3:30PM Basket Class Rm125	29	30 ^10:30AM VAYA Caregiver Education** Heritage Room ^1-2:30 PM BINGO Rm135	31 NO DRUM FIT	\$ Fees: P / CP Basket \$20 / \$15 Card \$8 / \$5 Contribute \$5/mo

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 + = 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: PTSD: Healing the Emotional Wound

ONGOING ACTIVITIES

Last updated (6/4/25)

Monday:

9:00 Men's Coffee Rm135
9:30 Cardio & Tone Rm134
10:00 Mahjong Rm129
10:30 Pantry Power Rm135
11:00 Stretch & Strengthen Rm134 and virtual
11:15 Parkinson's Voice
Check kiosk for room
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
12:30 Bridge Group Rm135
1:00 AFEP Rm134

Wednesday:

9:00 Carolina Quilters Rm125
9:30 Cardio & Tone Rm134
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*
11:00 Drum Fit 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 ZumbaTabata Fusion Rm134
1:30 Tempo Toning Rm134
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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