

June 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 following month and contacted soon thereafter.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 2 10AM-12PM Recipe Scrapping Rm125 | 3 ^12-2PM A Matter of Balance BrdRm | 4 Advocacy Video Day! | 5 10AM Nutrition Information Senior Café ^\$8/510AM Greeting Cards w/Toni Rm125 ^1-3PM A Matter of Balance BrdRm | 6 ^\$15 8AM Foxfire Field Trip 10AM Book Club Rm129 ^10AM Medicare 101 Heritage Rm |
| 9 NO Stretch & strengthen NO Healing Yoga ^1-2:30PM BINGO Rm135 | 10 10AM Blood Pressure Checks in Lobby ^1PM Digital Navigator Computer Class Computer Lab | 11 NO Stretch & strengthen NO Virtual Zumba Gold 1PM Brain Fitness: Drumming Rm134 | 12 NO Healing Yoga ^1PM Silver Watercolor Group Rm125 3PM Parkinson's Support Group Rm135 | 13 ^8:30AM Father's Day Breakfast Senior Café 10AM Clip & Snip Paper Crafters Rm125 |
| 16 6PM Elder Abuse Walk | 17 ^1pm Senior Games State Meeting Heritage Room | 18 ^10AM Coffee and Bagels with Senior Tarheel Gayle Woody Heritage Rm | 19 ^\$8/5 10AM Greeting Cards w/Toni Rm125 ^11AM FRESH Hygiene Presentation Heritage Rm | 20 +11:30AM Monthly Birthday Senior Café |
| 23 ^\$20/15 9:30-3:30PM Basket Class Rm125 | 24 ^9:30AM Tai Chi for Arthritis and Fall Prevention Rm134 | 25 ^1-2:30 PM BINGO Rm135 | 26 ^9:30 AM Tai Chi for Arthritis and Fall Prevention Rm134 ^10AM Card Swap Rm125 ^1PM Silver Watercolor Group Rm125 | 27 10AM Clip & Snip Paper Crafters Rm125 |
| 30 | BrdRm = Board Room | | | |

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 (registered when paid)
AFEP=Arthritis Foundation Exercise Program

*=Series (may be full-see Ongoing Activities)
FCFS=First Come, First Served
VAYA Caregiver Education TOPIC: Anxiety:
Managing Nervous Energy

ONGOING ACTIVITIES

Last updated (4/22/25)

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
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:

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



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

**Trips DEPART at the time
listed on the calendar.**