



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

This is tough. I have been here a year, and this is tough. The phone rings. I get information that someone is in the hospital, one of you guys is having surgery, a slip, a fall, the list goes on and on. It really gets to me some days, as I watch people struggle more and more. But then I take a walk. And as I stroll around, I see folks playing cards, working out, eating, smiling, and making plans with friends. It has never failed to lift me, and it never will.

I want to challenge each and every person at the DOA to bring one friend this next month. Let's get some new blood in here!

Mainly, I just want you all to know that I love and care for each and every one of you. You each fill my heart; you make my soul full. You make the getting up in years look not so scary. I am so proud of all of our participants here. You're all like family to me. You're all full of grace and kindness, and I want us to add as many new family members to this wonderful place as we can.

And I don't just speak for me. I speak for every staff member here, who comes in daily to love and care for each of you. I am so proud of them! They also are just like my family. I want everyone to know yes, it is hard; yes, some days I get down, but the magic of the DOA and every one of you heal me past full.



## OPERATION CHRISTMAS BOX 2025

The Department on Aging needs your help to carry on the tradition of Operation Christmas Box, providing home-bound elderly residents a little Christmas cheer.

There are 3 ways to help:

1. Play "Santa" and deliver gifts
2. Give a monetary donation
3. Donate any item listed below ...

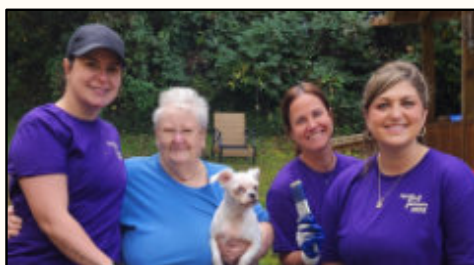
|                                                 |              |              |
|-------------------------------------------------|--------------|--------------|
| BATTERIES                                       | SCARVES      | DISH SOAP    |
| LOTIONS                                         | TOBOGGANS    | PASTA        |
| GLOVES                                          | TOOTHPASTE   | TOILET PAPER |
| SHAMPOO                                         | TOOTHBRUSHES | KLEENEX      |
| LIGHT BULBS                                     | LIP BALM     | SOCKS        |
| DEODORANT                                       | FLASHLIGHTS  | DRIED FRUIT  |
| RICE                                            | SOAP         | SNACKS       |
| CEREALS                                         | HAND SOAP    | PAPER TOWELS |
| LAP BLANKETS                                    |              |              |
| CANNED MEATS, FRUIT, VEGETABLES IN POP-TOP CANS |              |              |

Drop-off items at the Department on Aging by December 1, 2025. Call 586-5494 with questions.

## HANDS ON JACKSON

Organizer and former DOA director, Eddie Wells, reports that this year's Hands on Jackson event on Thursday, October 10 was a huge success. In total, there were 40 projects completed, including handicap ramps, deck repairs, pressure washing, gutter cleaning, yard maintenance, and more.

Jackson County residents stepped-up for the cause, with over 200 volunteers showing up for the event and sponsors contributing over \$15K to help people in need in our community!



## COMING IN DECEMBER!

On Saturday, December 6<sup>th</sup> 2025, from 8:30 to 10:30 am, we will be partnering with The Jackson County Recreation Department for Breakfast with Santa & a Christmas Craft Fair thru the Senior Center.

Breakfast is free for ages 10 and under and \$7 for all others. Reservations for breakfast can be made thru Amanda Barnes at 631-8032 no later than Monday, November 24<sup>th</sup>.

We will have 15 tables for crafters available. Please contact Amanda no later than November 21<sup>st</sup> to reserve your table! Tables are \$10 per crafter and you may sell your handmade pieces, any and all art and crafts are welcome! All proceeds from table sales are a fundraiser to support senior center programs and services, all sales made by the crafters during the sale are theirs to keep and each crafter will be provided breakfast.



## HEALTH & FITNESS: Important at all ages!

Stepping outside the box, Senior Center Line Dancers visited Cullowhee Kids at Cullowhee United Methodist Church to dance for preschoolers!



Staying active offers huge rewards as we age. Senior Center participants can enjoy an array of fitness activities! Shown here, Lauri Rodi teaches Tai Chi Arthritis and Fall Prevention (1 & 2), and Stretch and Strengthen class (3). Participants in the recent A Matter of Balance class earned certificates (4).



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



September saw 6 ramp builds, with clients in Tuckasegee, Sylva, and Whittier. We had assistance from the First United Methodist Church, the WCU Construction Management Department, and the Jackson County Sheriff's Office.

Project FIRE started strong as we began filling up the Cullowhee wood lot with donations from Frank Wilkey, the Tuckasegee Baptist Association, and Ron Arps. Harris Regional Hospital sent a group to assist in splitting wood and the Catamount School provided some students to stack.



# SENIOR CENTER

## NOVEMBER ACTIVITY CALENDAR

| Registration for Class Lotteries is on MyActiveCenter.com or 586-5494 once the Jacksonian is published. Lottery winners are drawn on the <u>second working business day</u> of each month for the following month and contacted soon thereafter. |                                                                                                                     |                                                                                                        |                                                                                                                              |                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
| Monday                                                                                                                                                                                                                                           | Tuesday                                                                                                             | Wednesday                                                                                              | Thursday                                                                                                                     | Friday                                                            |
| 3<br>10AM-12PM<br>Recipe Scrapping<br>Rm125<br>^10:30AM<br>Seasonal Eats<br>Rm 135<br><br>NO PILATES                                                                                                                                             | 4<br><br>^1PM<br>Chromebook<br>Class<br>Heritage Rm<br><br>^1-2PM<br>AAA Digital<br>Navigator Class<br>Computer Lab | 5<br><br>^5PM Fly Tying<br>with WCU<br>Students<br>Rm 125                                              | 6<br>10AM Nutrition<br>Information<br>Senior Café<br><br>^\$10AM Greeting<br>Cards w/Toni<br>Rm125                           | 7<br>10AM Book Club<br>Rm129<br><br>^10AM<br>Ladies Tea<br>Rm 135 |
| 10<br><br>^11:30 AM<br>Veteran's<br>Recognition                                                                                                                                                                                                  | 11<br><br>CLOSED<br>HOLIDAY                                                                                         | 12<br><br>^1-2:30PM<br>BINGO<br>Rm 135                                                                 | 13<br><br>^10AM<br>Card Swap Group<br>Rm 125<br><br>3PM Parkinson's<br>Support Group<br>Rm135                                | 14<br>10AM Clip & Snip<br>Paper Crafters<br>Rm125                 |
| 17<br><br>^10AM-4PM<br>Tupelo Honey &<br>Shopping Trip<br>Asheville                                                                                                                                                                              | 18<br><br>^1PM<br>Board of<br>Elections<br>Advocacy Event<br>Heritage Room                                          | 19<br><br>^Brain Fitness:<br>Drumming Rm134                                                            | 20<br><br>^\$10AM Greeting<br>Cards w/Toni<br>Rm125                                                                          | 21<br><br>+ 11:30AM<br>Monthly Birthday<br>Senior Café            |
| 24<br><br>^\$9:30-3:30PM<br>Basket Class<br>Rm125                                                                                                                                                                                                | 25                                                                                                                  | 26<br>NO BEGINNER STEP<br>NO CARDIO TONE<br><br>^11:30AM<br>Thanksgiving<br>Celebration<br>Senior Café | 27<br><br>CLOSED<br>HOLIDAY                                                                                                  | 28<br><br>CLOSED<br>HOLIDAY                                       |
| Please visit <a href="#">MyActiveCenter.com</a> or call the front desk at (828) 586-5494 to register.<br>If no one registers for activity, it will be canceled                                                                                   |                                                                                                                     |                                                                                                        | *Note: this calendar is subject to change.<br>Please visit <a href="#">MyActiveCenter.com</a> for the most current calendar. |                                                                   |
| Department on Aging ♦ 100 County Services Park, Sylva NC 28779<br>A Senior Center serving participants ages 50 or better!                                                                                                                        |                                                                                                                     |                                                                                                        |                                                                                                                              |                                                                   |
| Legend +=register with congregate meals mgr.<br>^= pre-registration required for attendance!!!<br>\$=Prepaid fee required                                                                                                                        |                                                                                                                     |                                                                                                        | *=Series (may be full-see Ongoing Activities)<br>AFEP=Arthritis Foundation Exercise Program<br>FCFS=First Come, First Served |                                                                   |
| 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  
12:45 Pilates Rm134  
2:30 Healing Yoga Rm134

#### 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:

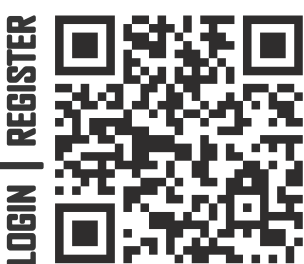
9:00 Carolina Quilters Rm125  
9:00 Beginner Step Rm134  
9:30 Cardio & Tone Rm134  
10:00 Goldenaires Rm122  
11:00 Stretch & Strengthen Rm134 and virtual  
12:00 Hand & Foot Rm129  
1:00 Virtual Zumba Gold

#### 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 ZumbaTabata Fusion Rm134  
1:30 Tempo Toning Rm134  
☺



LOGIN | REGISTER

## SPOTLIGHT SENIOR CENTER EVENTS

| DATE                                                                                                                                                                                                                                                                                                 | TIME       | ROOM        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|-------------|
| 11/10/25                                                                                                                                                                                                                                                                                             | 11:30AM    | SENIOR CAFE |
| ^VETERAN'S RECOGNITION                                                                                                                                                                                                                                                                               |            |             |
| Celebrate our veteran's with us. Pre-registration is required. Please also remember to register with the congregate meal manager.                                                                                                                                                                    |            |             |
| 11/17/25                                                                                                                                                                                                                                                                                             | 10AM – 4PM |             |
| ^TUPELO HONEY & ASHEVILLE SHOPPING TRIP                                                                                                                                                                                                                                                              |            |             |
| Join us as we visit Tupelo Honey and do some early Christmas shopping! Pre-registration required.                                                                                                                                                                                                    |            |             |
| 11/19/25                                                                                                                                                                                                                                                                                             | 1PM        | 134         |
| ^BRAIN FITNESS: DRUMMING w/ Mary Ferrick                                                                                                                                                                                                                                                             |            |             |
| Keep rhythm together to create a sense of connection with others and a higher power. Challenge and sharpen you brain by creating new neural pathways. Strengthen memory, reduce stress, boost immune system. No experience needed. Pre-registration required.                                        |            |             |
| 11/26/25                                                                                                                                                                                                                                                                                             | 11:30AM    | SENIOR CAFE |
| ^THANKSGIVING CELEBRATION                                                                                                                                                                                                                                                                            |            |             |
| Celebrate Thanksgiving at the Senior Cafe! Pre-registration is required. Please also remember to register with the congregate meal manager.                                                                                                                                                          |            |             |
| Throughout November                                                                                                                                                                                                                                                                                  |            |             |
| OPERATION CHRISTMAS BOX 2025!!!                                                                                                                                                                                                                                                                      |            |             |
| The Department on Aging needs your help to carry on the tradition of Operation Christmas Box, providing home-bound elderly residents a little Christmas cheer. (See article on front page for details.) Drop-off items at the Department on Aging by December 1, 2025. Call 586-5494 with questions. |            |             |



## NEW IN NOVEMBER!

Join the HEALTHY BRAIN CLUB, a fun, inviting program where people can spend a few hours working on their brain health and engaging in fun activities with WCU students. The program is intended for people with mild to moderate cognitive impairment, but all are welcome. The club meets on Fridays from 1:00 – 3:00. We request that a short application be completed so that activities can be tailored to participant interests. The program is free. Contact the Department on Aging at 828-586-5494 for details.

## BIRTHDAYS (October)



Celebrating birthdays last month: BJ Bryson, Shena Solomon, Faith Bell (background), Joe Blazak, Judy McCloud., And John Hunter.



## NOVEMBER IS AMERICAN DIABETES MONTH

Diabetes is one of the leading causes of disability and death in the United States.

It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing Type 2 diabetes.

Ask your SHIIP counselor about Medicare-covered Diabetes Screening services.

FOR MORE INFORMATION:  
MEAGAN MINTZ  
828-586-5494

# NOVEMBER ACTIVITY CALENDAR

(Underlined activities require PRE-REGISTRATION, and those marked with a “\$\$” require a FEE.)

| Mon                                                                                                                                                                 | Tue                                                                                                                                                                          | Wed                                                                                                                                                                                                                     | Thu                                                                                                                                                          | Fri                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                     | <u>Drop In Activities</u><br>.Exercise<br>.Arts and Crafts<br>.Puzzles<br>.Adult Coloring<br>.Computer Lab<br>.Self Check BP<br>Station .Games<br>.TV and Videos<br>.Reading |                                                                                                                                                                                                                         |                                                                                                                                                              |                                                                                                                                                                                                         |
| <b>3</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1p<br>Mind Teasers                                                               | <b>4</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><u>2p- 3:30p</u><br><u>Pottery Class</u><br><u>@ The Bascom</u><br>\$\$                           | <b>5</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1:30p<br>Exercise<br>with Sherry Franks                                                                                              | <b>6</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1p<br>November Word<br>Search and Cross<br>Word Puzzles                   | <b>7</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br>12:30p- 2:30p<br>Movie Hour                                                                                              |
| <b>10</b> Veteran's Day<br>Party                                                                                                                                    | <b>11</b> Veteran's<br>Day<br>Holiday<br><br>Cashiers Senior<br>Center Closed                                                                                                | <b>12</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><u>9a- 2:30p</u><br><u>Medicare Open</u><br><u>Enrollment</u><br><u>with Megan Mintz</u><br>12:30p- 1:30p<br>Exercise<br>with Sherry Franks | <b>13</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>12:30p- 2:30p</u><br><u>Multimedia Art</u><br><u>Class</u><br>\$\$        | <b>14</b> <u>Senior Trip</u><br><br><u>Shopping at the</u><br><u>RiverRidge Mall,</u><br><u>Hamricks and</u><br><u>eating at</u><br><u>J&amp;S Cafeteria</u><br><u>(leave the center by 9a)</u><br>\$\$ |
| <b>17</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>12:30p- 2:30p</u><br><u>Card Making Class</u><br><u>with Toni Murphy</u><br>\$\$ | <b>18</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>12:30p- 1:30p</u><br><u>Drumming Class</u><br><u>with Mary Ferrick</u><br>\$\$            | <b>19</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>10a- 2:30p</u><br><u>Basket Class</u><br><u>with Junetta Pell</u><br>\$\$                                                            | <b>20</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>10a- 2:30p</u><br><u>Basket Class</u><br><u>with Junetta Pell</u><br>\$\$ | <b>21</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br><br><u>12:30p- 2:30p</u><br><u>Painting Class</u><br><u>with Andrew Beck</u><br>\$\$                                        |
| <b>24</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1:30p<br>Music Hour<br>with Betty                                               | <b>25</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1:30p<br>Bingo                                                                           | <b>26</b> 9a- 3:30p<br>Meet and Greet<br>9a- 3:30p<br>Drop In Activities<br>12:30p- 1:30p<br>Birthday Party                                                                                                             | <b>27</b> Cashiers Senior<br>Center Closed<br><br>Thanksgiving<br>Holiday                                                                                    | <b>28</b> Cashiers Senior<br>Center Closed<br><br>Thanksgiving<br>Holiday                                                                                                                               |

TO REGISTER FOR A CLASS, VISIT: [myactivecenter.com](http://myactivecenter.com) Or CALL: 828-745-6856



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

LOGIN | REGISTER





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

# 2025-2026 FIREWOOD EVENT SCHEDULE

Volunteers needed to help elderly in Jackson County stay warm this winter.

|                   |                                   |
|-------------------|-----------------------------------|
| <b>NOVEMBER 8</b> | SAVANNAH CREEK CHURCH             |
| <b>DECEMBER 8</b> | CULLOWHEE UNITED METHODIST CHURCH |
| <b>JANUARY 10</b> | SAVANNAH CREEK CHURCH             |
| <b>FEBRUARY 7</b> | CULLOWHEE UNITED METHODIST CHURCH |
| <b>MARCH 21</b>   | CULLOWHEE UNITED METHODIST CHURCH |

**CULLOWHEE UNITED  
METHODIST CHURCH**  
416 CENTRAL DRIVE  
CULLOWHEE NC 28723

**SAVANNAH CREEK CHURCH**  
37 CALVARY CHURCH ROAD  
SYLVA NC 28779

- **START TIME: 8:30**
- **DRINKS, BREAKFAST SANDWICH, AND LUNCH PROVIDED**
- **Dress in working cloths**
- **Bring a pair of gloves if you have them**
- **Trucks greatly needed for delivery!**

CONTACT: MATT BROOMELL @ 828-631-8040



## VETERANS DAY *Word Search*



|             |           |           |          |
|-------------|-----------|-----------|----------|
| AIR FORCE   | GRATITUDE | NAVY      | SAILORS  |
| AMERICA     | HEROES    | NOVEMBER  | SALUTE   |
| ARMY        | HONOR     | OFFICERS  | SERVICE  |
| COAST GUARD | MARINES   | PARADE    | SOLDIERS |
| ENLISTED    | MEMORIAL  | PATRIOTIC | TRIBUTE  |
| FREEDOM     | MILITARY  | PROTECT   | TROOPS   |