



Jackson County, North Carolina, Department on Aging

JACKSONIAN

OCTOBER
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

My favorite time of year!

I love the fall, crisp mornings subject to frost. No more mowing! Then there's football, spending quality time outside, shorter days, Halloween, Thanksgiving, getting out the jackets. But my favorite—I mean my absolute favorite thing—is the leaves. Now I don't mean leaves on the ground. I have to chop those up and blow them away. I mean leaves on the trees, changing colors, greens giving way to oranges, yellows, reds, golds, and browns. I love them most on a day when the sky is dark, when their colors stand out vividly against a gray, bleak background, not having to compete with the brilliant blue of a Carolina sky. They are the attraction; they are the show!

But what does all this have to do with us? Remember, even when the sky is gray, and it's cold outside, we can always find a better way of looking at things. We can focus on the value of a single object, and appreciate it not always as part of the whole, but as radiant on its own. I want to encourage you all to do this, and I will try too. Look at your surroundings (or perhaps your spouse, child, friend, neighbor, or co-worker); find one thing that makes you happy, maybe something you've never noticed before, like the way a tree full of orange leaves looks against an ominous sky.

This image of fall comes to mind often when I feel the world piling up against me. When everything seems ugly or sad, it's there to remind me of the beauty in this world waiting to be found.

SENIOR CENTER ANNOUNCEMENT

Beginning on Wednesday, October 1st 2025, the front desk of the Department on Aging will be closed during lunch. Lunch hour for the front desk will be 11:30 to 12:30. If you need assistance from the front desk please stop by either before or after that time period. Thank you so much for your help and support with this new change! If you have any questions please see Amanda in the Senior Center.

ANNUAL SENIOR CELEBRATION FESTIVITIES



Fran and Zelda enjoying Senior Celebration on September 12th in Bryson City.



Betty White (above) and William McClure (below), as well as other participants enjoying BINGO.



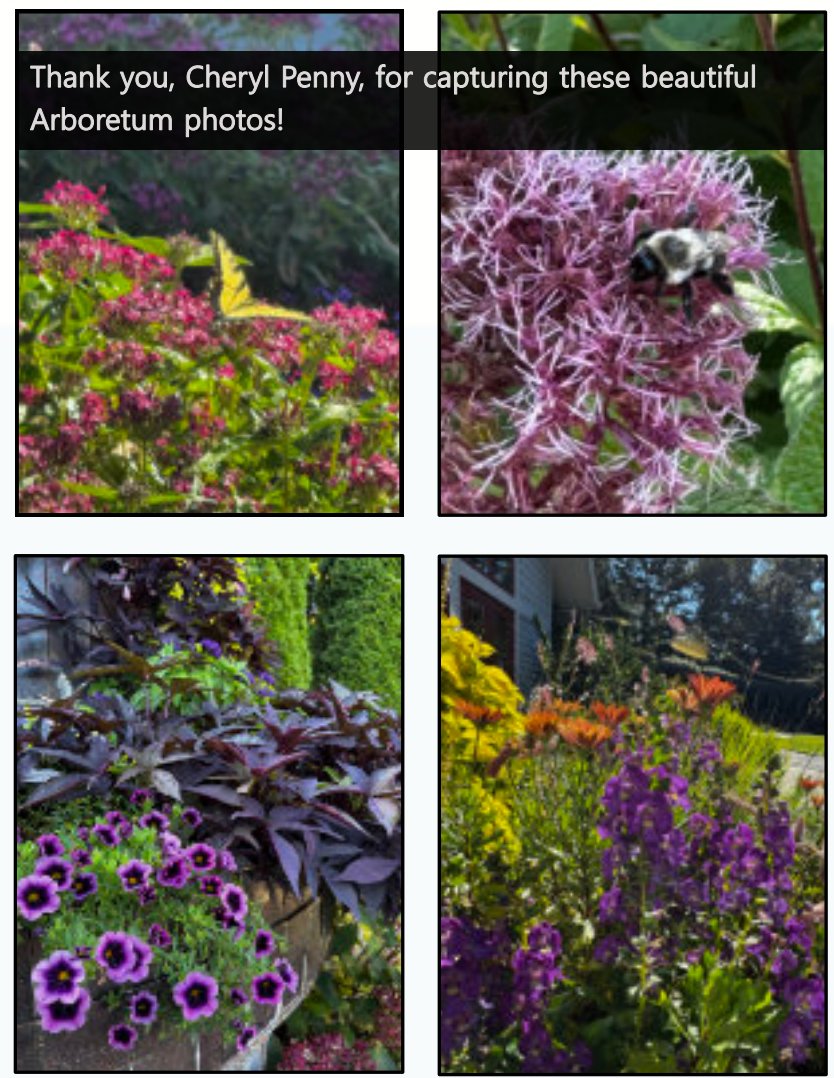
MONTH IN REVIEW



Senior Center Program Coordinator, Amanda Barnes, (front right) posing with participants while enjoying a day out at The Asheville Arboretum on August 29th!



Participant Renee Scofield captured Fran and Stuart Kranz hand-in-hand strolling the Arboretum grounds.



Thank you, Cheryl Penny, for capturing these beautiful Arboretum photos!

SEPTEMBER BIRTHDAYS



Left to right: Mildred Delforge, Shirley Nicholson, Ronnie Salters, Jackie Hummel, Belva Ham, and Jessie Farmer.

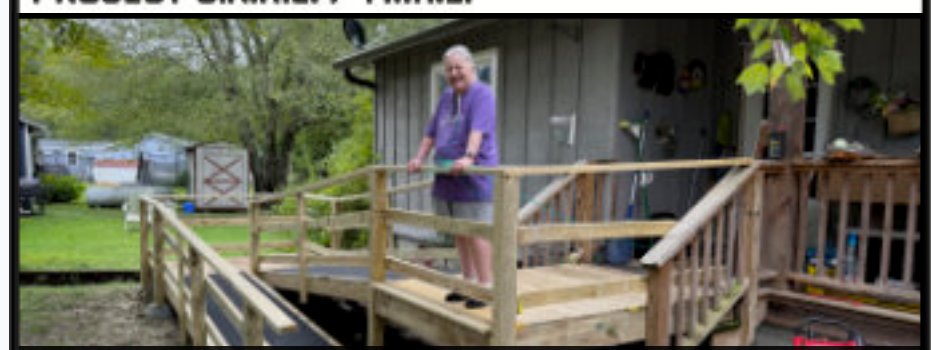


First Aid & CPR TRAINING

(Above) Health & Fitness Trainer, Laura Rodi, standing with Harris Regional Hospital EMS personnel, Toby Moore and Matthew Burrell, during a First Aid and CPR training class on September 9th. (Below) Stuart Kranz gets a one-on-one, life-saving training session from Toby Moore.



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



This past month the Project CARE team was able to build 5 wooden ramps for clients in Cashiers, Tuckasegee, Sylva, and Whittier. They received assistance with the builds from selfless members of the community including Steve Kuehl, John Gosche, Bob Cochran, and Ben Thompson. The waitlist for ramps is currently about 8 weeks.



Project FIRE will be kicking off on October 11th from the Cullowhee United Methodist Church at 416 Central Dr, Cullowhee. We invite any and all volunteers to assist in splitting, loading, or delivering firewood to our neighbors in need from 8:30 to 11:30am. Breakfast and lunch provided!



SENIOR CENTER

OCTOBER 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
Department on Aging 100 County Services Park, Sylva NC 28779 A Senior Center serving participants ages 50 or better!	\$ Fees: P / CP Basket \$20 / \$15 Card \$8 / \$5 Contribute \$5/mo BrdRm=Board Room Trips leave at time listed on calendar!	1	<u>2</u> 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	3 10AM Book Club Rm129
6 10AM-12PM Recipe Scrapping Rm125 ^10:30AM Seasonal Eats Rm135	7 ^11AM Breast Cancer Awareness Education Heritage Rm.	8 ^1-2:30PM BINGO Rm135	9 ^1PM Silver Watercolor Group Rm125 3PM Parkinson's Support Group Rm135	10 10AM Clip & Snip Paper Crafters Rm125
13 NO WWE NO Stretch & Strengthen NO Healing Yoga	14 10AM Blood Pressure Checks in Lobby ^1PM iPhone & iPad Class Board Room	15 NO Stretch & Strengthen or Virtual Zumba Gold ^1PM Barber Orchard Trip	16 ^\$10AM Greeting Cards w/Toni Rm125 NO LIFT NO WWE No Healing Yoga	17 + 11:30AM Monthly Birthday Senior Café
20	21 10AM-2PM FLU SHOTS First Aid Rm	22 ^1-4PM Canning Class Rm135 ^1PM Brain Fitness: Drumming Rm134	23 ^8:30AM Men's Breakfast Senior Café ^10AM Card Swap Group Rm125 ^1PM Silver Watercolor Group Rm125	24 10AM Clip & Snip Paper Crafters Rm125
27 ^\$9:30-3:30PM Basket Class Rm125	28 ^9:30AM Virtual Tai Chi NO LIFT	29 ^10:30AM VAYA HeritageRm (see topic below) ^1-2:30PM BINGO Rm135	30 ^9:30AM Virtual Tai Chi NO LIFT	31 + 11:30AM Halloween Party Senior Café
Please visit <u>MyActiveCenter.com</u> 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 <u>MyActiveCenter.com</u> for the most current calendar.</i>	
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: Emotional Recovery of a Natural Disaster	
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

Monday:
9:00 Men's Coffee Rm135
^9:00 Walk With Ease
Heritage Rm.
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:
10:00 Writing Group Rm129
10:30 Line Dancing Rm134
12:30 Bridge Group Rm135
1:00 AFEP Rm134
^1:00 Chromebook Class
Heritage Rm (5 Weeks)
^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:
^11:00 Walk With Ease
Heritage Rm.
^11:00 LIFT Rm134
1:00 AFEP Rm134
2:30 Healing Yoga Rm134

Friday:
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
☺

SPOTLIGHT SENIOR CENTER EVENTS

DATE	TIME	ROOM
10/07/2025	11AM	HERITAGE RM
^ BREAST CANCER AWARENESS w/CHANTA ASHE, RN		
Learn about diagnosis, treatment, and more. Pre-registration required.		
10/15/2025	1PM	FIELD TRIP
^ BARBER ORCHARD (Waynesville, NC)		
Limited to the first ten registrants. We will be leaving the Senior Center at 1pm to go to Barber Orchard in Waynesville. Participants will be responsible for their purchases. We will arrive back to the Senior Center no later than 4pm. Pre-registration required.		
10/21/2025	10AM - 2PM	FIRST-AID ROOM
FLU SHOTS (offered by Jackson County Health Department)		
Please bring your insurance card for your shot to be covered! If you do not have insurance and are self pay, vaccines are \$52 for the regular flu vaccine and \$92 for the high dose available for ages 65 and older. We will have forms available at the front desk if you would like to fill one out ahead of time and bring it with you.		
10/22/2025	1PM - 4PM	RM 135
^ CANNING CLASS (w/ Shannon Royce Cooperative Extension)		
Pre-registration required. Limited to the first 10 registrants.		
10/23/25	8:30AM	SENIOR CAFE
^ MEN’S BREAKFAST		
Breakfast prepared by the Senior Cafe staff. Pre-registration required.		
10/29/2025	10:30AM	HERITAGE ROOM
^ EMOTIONAL RECOVERY OF A NATURAL DISASTER (VAYA HEALTH)		
Light refreshments will be provided. Pre-registration required.		
10/31/2025	11:30AM	SENIOR CAFE
+ ANNUAL HALLOWEEN PARTY		
Come dressed in your best Halloween costume, ready to have fun! Pre-register with the Congregate Meals Manager.		

SPOTLIGHT FITNESS EVENTS

DATE	TIME	ROOM
STARTS 10/1/2025	9 AM	134
^ BEGINNING STEP CLASS		
Mondays and Wednesdays starting in October.		
10/07/2025 - 12/18/2025	1PM	134
^ LIFT w/SHANNON ROYCE		
LIFT is an in-person, group-based strength training program taught by Shannon Royce of N.C. Cooperative Extension Service. Participants meet 2x/week for one-hour sessions. The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community. 8 WEEKS. Space is limited. For more information: parcilab.org/liftparticipants WILL NOT MEET ON THE FOLLOWING DATES: 10/16, 10/28, 10/30, 11/11, 11/27.		
10/28/2025 - 04/30/2025	9:30 AM	ZOOM
^ VIRTUAL TAI CHI w/LAURA RODI		
Join Laura for Virtual Tai Chi, Tuesdays and Thursdays, beginning October 28 th .		



OCTOBER IS
NATIONAL BREAST CANCER AWARENESS MONTH
About 1 in 8 women born today in the United States will get breast cancer. Breast cancer is the second most common cancer among women in the United States, next to skin cancer.

Some women are at higher risk for breast cancer than others because of their personal or family medical history or because of certain changes in their genes. Getting regular mammograms may lower the risk of dying from breast cancer.

If you or someone you love is on Medicare, take advantage of Medicare-covered preventive services, including mammograms.

Medicare covers a number of preventive services to help keep people with Medicare healthy.

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

OCTOBER ACTIVITY CALENDAR

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

Mon	Tue	Wed	Thu	Fri
Drop In Activities .Exercise .Arts and Crafts .Puzzles .Adult Coloring .Computer Lab .Blood Pressure self check .Games .TV and Videos .Reading		1 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 1:30p</u> <u>Stretch and Strengthen</u> <u>with Sherry Franks</u>	2 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p October Word Search and Cross Word Puzzles	3 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p Movie Hour
6 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p Mind Teasers	7 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Bingo	8 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p <u>Stretch and Strengthen</u> <u>with Sherry Franks</u>	9 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p</u> <u>The Bascom</u> <u>Multimedia Art Class</u> \$\$	10 <u>Senior Trip</u> <u>Leaf Looking from</u> <u>Brevard to</u> <u>Waynesville across the</u> <u>Blue Ridge</u> <u>Parkway</u> <u>Eating lunch at Fat</u> <u>Buddies BBQ</u> <u>Restaurant</u> (Leave the center by 9a)
13 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p Current Events	14 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>11a– 1p</u> <u>Flu Shots</u> <u>with the JC Health Dept</u> <u>12:30p– 1:30p</u> <u>Drumming Activity</u> <u>with Mary Ferrick</u> \$\$	15 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>10a– 2:30p</u> <u>Basket Class</u> <u>with Junetta Pell</u> \$\$	16 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>10a– 2:30p</u> <u>Basket Class</u> <u>with Junetta Pell</u> \$\$	17 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p</u> <u>Painting Class</u> <u>with Andrew Beck</u> \$\$
20 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p</u> <u>Card Making Class</u> <u>with Toni Murphy</u> \$\$	21 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Music Hour with Betty	22 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Vaya Health Care (Anxiety: Managing Nervous Energy)	23 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Program with Minda Daughtry	24 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p Movie Hour
27 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p October Birthday Party	28 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Making Fall Placemats	29 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Fall Craft	30 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Painting Pumpkins	31 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Halloween Party

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



Senior Norma Lilly showing off her completed Bascom Pottery project. The only thing left is the firing and the glazing which the pottery instructor will do. Norma picked out her color for the project.



Vaya Health Care specialist, Megan Ellis, playing a game of Jenga with our Cashiers Seniors. The topic of the day was on Bi-polar Disorder.



Senior Jean Hedden getting her slab of clay ready for the Bascom Pottery project, outside address signs.



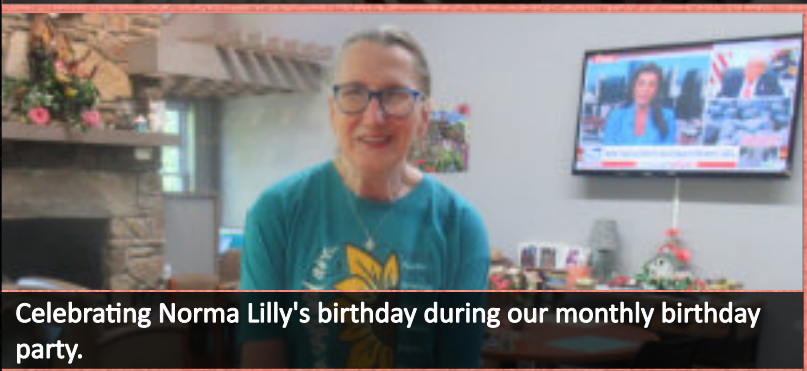
Senior Sherry White working on her basket project.



Senior Nancy Roth showing us her Multimedia Art project.



Senior Robert Rice playing a drum during the monthly drumming class with instructor Mary Ferrick.



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





JACKSON COUNTY DEPARTMENT ON AGING

100 COUNTY SERVICES PARK
SYLVA, NORTH CAROLINA 28779

Non Profit Org

US Postage Paid

Waynesville, NC 28786

Permit #18

@JACKSONCOUNTYDOA

ELECTRONIC SERVICE REQUESTED

JACKSON COUNTY DEPARTMENT ON AGING

100 COUNTY SERVICES PARK

SYLVA, NC 28779

THE MORE YOU KNOW . . .

The Department of Aging is dedicated to our mission and so very proud of our team's accomplishments, and the last fiscal year was no exception.

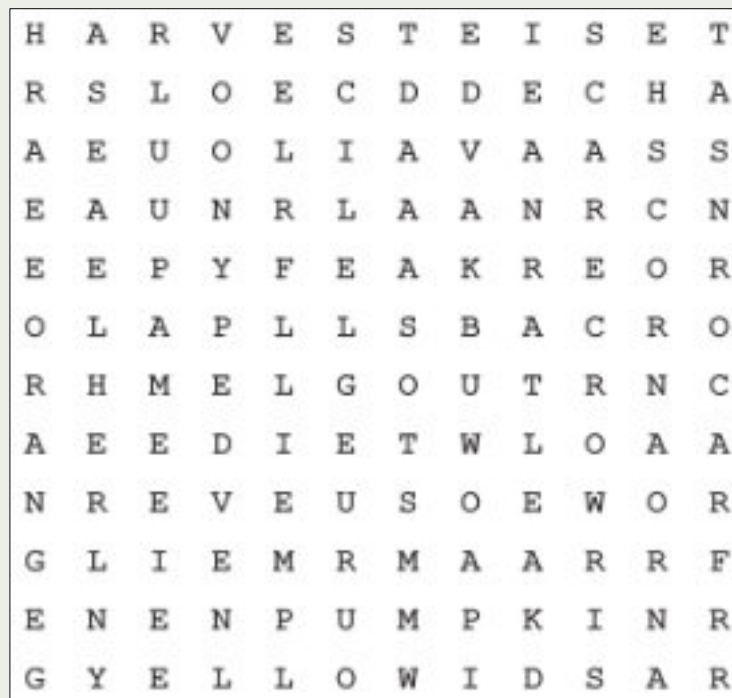
In looking at just Project C.A.R.E. and Project F.I.R.E, our Program Coordinator Matt Broomell and his assistant built 45 ramps, repaired 9 ramps/decks, built and installed 5 sets of stairs and 10 handrails, and installed 24 grab bars and 2 shower wands. They also cut, split, and delivered 270 loads of firewood!

Of course, they didn't do it alone! Over 454 volunteers from local community groups, churches, schools, and the like came out to support their efforts, logging over 1,419 volunteer hours.

With colder weather approaching, they're once again looking for great people to volunteer to help them split and deliver firewood. **If you're interested in volunteering, give Matt a call at 828-586-5494.**

And THANK YOU! We are so fortunate to live in this community, and with your help, to be able to serve our seniors in need.

OCTOBER WORD SEARCH



PUMPKIN

LEAVES

HARVEST

THANKSGIVING

YELLOW

SUNFLOWER

APPLES

FOOTBALL

SCARECROW

ACORNS

HAYRIDE

ORANGE

AUTUMN

CORN

RED