



Jackson County, North Carolina, Department on Aging

JACKSONIAN

SEPTEMBER
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

Our Appalachian mountains are old, 1.2 billion years old. What have they seen? Well, they would have started off tall. I mean real tall, at least as tall as Everest at 29,031 feet. But wait, Mount Mitchell is 6,684 feet tall, so what happened to those other 23,000 feet? It's simple. Change!

Now, I'm not talking about the jingling coins in your pockets either. I am talking about the rock-breaking, valley-making, driving-wind, rain, water-running, forming caves and huge rivers kind of change. It would have been terrifying to witness, large slabs of rock falling and being worn away over the eons. But what was carved out, what was left over, the product of all that erosion and turmoil is the paradise that we know today.

Now, I know some of you folks are asking, "What is this guy talking about?" Why are we having an amateur geography lesson? It's really simple. As things change around us, as the storms rage, rocks crash, and we feel like we are drowning in a river that has just started to rise, remember that sometimes it actually takes turmoil to that make things beautiful.

I know the current construction has affected all of you. Its moved classes, and its caused some people, who prefer consistency and structure, to have to break away from routines that provide much needed comfort. I ask this only: if we have to make a change – in classes, format of documents, etc. – that you remember we're trying to make this a better place for you guys, a safer, cleaner place, one in which we can offer more in the form of activities and services to our community.

At the end of the day, this senior center is for each of you! Myself and the staff want nothing more than for you to have the best. But also at the end of the day, the buck stops with me, and sometimes, I have to make calls that I feel are in the best interest of DOA as a whole, especially as it pertains to the safety of all who work here and all who come to enjoy this amazing facility.

No change is taken lightly. So to cap this off, thank you, each and every one of you. Just know we are working for you to grow a brighter place, with the very best programming around.

YARD SALE

Join us!

We're hosting a yard sale
to raise funds for
The Senior Center!

9/26/2025

10 AM — 2 PM

HERITAGE ROOM

All proceeds from table fees
will go towards programming
and activities at the center.

Contact Amanda Barnes
for more information:

828-631-8032

The blood drive hosted by the Department on Aging on Friday, August 8, was a huge success, amassing 39 units of blood with a goal of 27.

The community really stepped up to support the blood drive, including DOA's very own Heather Phillips (shown below).



MONTH IN REVIEW: AUGUST



2025 NATIONAL SENIOR GAMES!

Smoky Mountain Senior Games team is beyond proud to announce that we have a NATIONAL MEDAL WINNER!!!

Tim Grindstaff placed THIRD IN THE NATION FOR ARCHERY during the National Senior Games event in Des Moines, Iowa during the month of July!

CONGRATULATIONS TIM!

We are so incredibly proud of you!!!



ELVIS CELEBRATION!

Viva Las Vegas! We want to give a special shout out to our amazing Senior Center showgirls, aka line dancers, for entertaining us all at our annual Elvis celebration! Thank you so much ladies!!



AUGUST BIRTHDAYS



Above, from left to right back row: Emil Milkey, Bobby Nicholson, Debbie Morgan, Mike Clayton, Thelma Mathis. From left to right front row: Pat Campbell and Alice Dudgeon.



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

Last month saw the completion of many needed projects, including 1 new firewood rack and 7 new ramps. Matt and Daniel were grateful for the assistance of Hayden King, a WCU student, and members of First United Methodist Church on two projects. Communities served included Sylva, Pumpkintown, Whittier, and Cullowhee.



SENIOR CENTER

SEPTEMBER 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
1 HOLIDAY \$ Fees: P / CP Basket \$20 / \$15 Card \$8 / \$5 Contribute \$5/mo BrdRm=Board Room	2 ^1PM A Matter of Balance BrdRm	3	4 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125 ^1PM Kokedama Workshop Rm 135 ^1PM A Matter of Balance BrdRm	5 10AM Book Club Rm129 ^9AM Balance Screening Heritage Room No Zumba Gold or Tempo Toning
8 10AM-12PM Recipe Scrapping Rm125	9 10AM Blood Pressure Checks in Lobby ^11AM Wellness Seminar -seeTopic below- Heritage Rm ^1PM A Matter of Balance BrdRm	10 No Virtual Zumba Gold ^1PM Brain Fitness: Drumming Rm134	11 3PM Parkinson's Support Group Rm135 ^1PM A Matter of Balance BrdRm ^1PM Silver Watercolor Rm 125	12 ^Senior Celebration 10AM Clip & Snip Paper Crafters Rm125 No Zumba Gold or Tempo Toning
15 ^9AM Walk With Ease Heritage Rm	16 ^1PM A Matter of Balance BrdRm	17 ^10 AM Ladies Tea Rm 135	18 ^\$10AM Greeting Cards w/Toni Rm125 ^11AM Walk With Ease Heritage Rm ^1PM A Matter of Balance BrdRm	19 +11:30AM Monthly Birthday Senior Café
22 ^9AM Walk With Ease Heritage Rm ^\$9:30-3:30PM Basket Class Rm125	23 ^11AM Wellness Seminar -seeTopic below- Heritage Rm ^1PM A Matter of Balance BrdRm	24	25 ^10AM Card Swap Group Rm 125 ^11AM Walk With Ease Heritage Rm ^1PM A Matter of Balance BrdRm ^1PM Silver Watercolor Rm 125	26 NO Line Dancing 10AM Clip & Snip Paper Crafters Rm125
29 ^9AM Walk With Ease Heritage Rm	30	Wellness Seminars Sept 9: Emergency Preparedness - First Aid & CPR Education Sept 23: Prostate Cancer Awareness		
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			*Note: this calendar is subject to change. Please visit <u>MyActiveCenter.com</u> 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		*=Series (may be full-see Ongoing Activities) AFEP=Arthritis Foundation Exercise Program FCFS=First Come, First Served		



ONGOING ACTIVITIES

Monday:
9:00 Men's Coffee Rm135
9:30 Cardio & Tone Rm134
^10:30 Pantry Power Rm135
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 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
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 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

SPOTLIGHT EVENTS

DATE	TIME	ROOM
09/02/25—9/23/25	1PM - 3PM	BOARD RM
^ A MATTER OF BALANCE w/SHANNON ROYCE, (NC CO-OPERATIVE EXTENSION) This program is designed to help you manage fall risk and increase activity levels.		
09/05/2025	9AM - 3PM	HERITAGE RM
^ BALANCE SCREENINGS (Falls Prevention Awareness) In partnership WCU PT Doctoral Students September is Falls Prevention Awareness Month. You will sign-up for a 60 minute screening to will evaluate your balance and provide resources.		
09/09/2025	11AM - 12PM	HERITAGE RM
FIRST AID & CPR EDUCATION w/ MATTHEW BURRELL (not a certification class) Learn how to handle minor emergencies at home and refresh your knowledge of CPR.		
09/10/2025	1PM	134
BRAIN FITNESS: DRUMMING w/MARY FERRICK Join us as we learn to keep rhythm together, sharpen our brains, strengthen our memory, and form a sense of connection with others and a higher power.		
09/15/2025—10/30/2025	9AM	HERITAGE RM
^\$ WALK WITH EASE Class will be taught by Laura Rodi and WCU PT doctorate students, September 15 through October 30, on Mondays, 9AM, and Thursday, 11AM. (No class the week of October 13.)		
09/23/2025	11AM - 12PM	HERITAGE RM
PROSTATE CANCER AWARENESS September is Prostate Cancer Awareness Month. Join us as we learn more about this important topic.		
9/26/2025	10AM - 2PM	HERITAGE RM
^\$ YARD SALE This is a fundraiser for The Senior Center, and all proceeds from table fees will go towards programming and activities in the center. Please come out and support our center and your fellow participants that have chosen to sell their treasures! Participants are responsible for bringing items to set-up and for taking back items that do not sell.		

COMING IN NOVEMBER

DATE	TIME	ROOM
10/7/2025	11AM	HERITAGE RM
BREAST CANCER AWARENESS w/CHANTA ASHE, RN		
Learn about diagnosis, treatment, and more.		

ANNOUNCEMENT(s)

Beginning September 2025, THE BASKET WEAVER FRIENDS AND MAHJONG GROUPS will no longer be meeting in the Senior Center. If you have questions about this, please reach out to Amanda at 631-8032.

SPIN CYCLE SCHEDULE CHANGE: Spin Cycle class has been suspended. Until we offer class again, please utilize the Drop In Spin option.



SEPTEMBER IS HEALTHY AGING MONTH

Medicare covers a number of preventive services to help keep people with Medicare healthy, including cardiovascular screening and smoking and tobacco-use cessation counseling.

SEPTEMBER 29TH IS WORLD HEART DAY

Medicare also covers mammograms, cardiovascular screenings and a yearly wellness visit.

FOR MORE INFORMATION:
MEAGAN MINTZ
828-586-5494

SEPTEMBER ACTIVITY CALENDAR

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

Mon	Tue	Wed	Thu	Fri
1 The Senior Center Will Be Closed	2 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p September Crossword and Word Search Puzzles	3 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>2p– 3:30p Pottery Class @ the Bascom</u> \$\$	4 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p <u>Stretch and Strengthen with Sherry Franks</u>	5 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p Movie Hour
8 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p Mind Teasers	9 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Bingo	10 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 11a– 1p SHIP Medicare Info with Megan Mintz 12:30p– 1:30p <u>Stretch and Strengthen with Sherry Franks</u>	11 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p <u>The Bascom Multimedia Art Class @ Cashiers Senior Center</u> \$\$	12 Senior Celebration 10a– 2p <u>For Seniors 50 Years And Older at the Great Smoky Events Park in Bryson City</u> The Senior Center Will Be Closed
15 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p–2:30p Card Making Class with Toni Murphy</u> \$\$	16 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 1:30p Drumming Class with Mary Ferrick</u> \$\$	17 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>10a– 2:30p Basket Class with Junetta Pell</u> \$\$	18 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>10a– 2:30p Basket Class with Junetta Pell</u> \$\$	19 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p Painting Class with Andrew Beck</u> \$\$
22 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p Gifts for the Home and Family with Mary Collins</u> \$\$	23 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 2:30p Jewelry Class with Mary Collins</u> \$\$	24 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities <u>12:30p– 1:30p Vaya Health Care</u> (Enriching Mental Health with Complimentary Treatments: Part 3 Acupuncture, Aroma Therapy, Essential Oils and Massage)	25 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Program with Minda Daughtry	26 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Music Hour
29 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p Current Events	30 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p <u>September Birthday Party</u>	<u>Drop In Activities Include:</u> .Exercise .Do Your Own Arts/Crafts .Puzzles .Adult Coloring .Computer Lab .Blood Pressure Checks .Games .TV and Videos . Reading		

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



Eddie Lamb, Karen Lamb, Patsy Alexander, Lorena Beasley, Nancy Roth and John Roth at the Oconaluftee Indian Village getting ready to watch the various Cherokee dances.



Cat Barnhardt with her completed acrylic painting project.



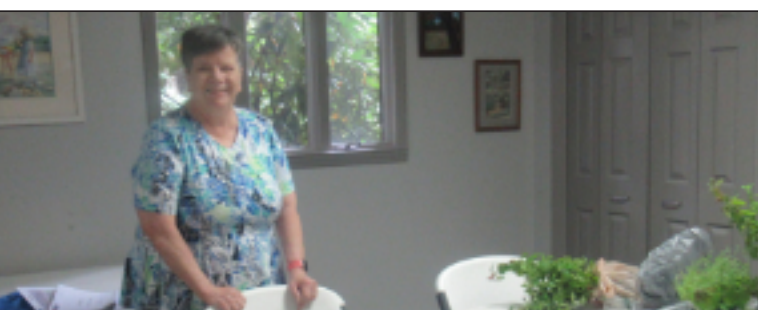
Dawn Kelly displays her work after a basket making class.



Robert Rice ready to get his hands dirty doing his Kokedama plant project.



Lorena Beasley working with instructor Minda Daughtry getting plants ready to make her Kokedama project.



Linda Freeman getting ready to participate in the Hand and Foot Bath using Fresh Herbs with instructor Minda Daughtry.



Lorena Beasley completes her balance activity during the Stretch and Strengthen Exercise program as Linda Freeman and instructor, Sherry White, keep watch.



Card Making Instructor with Linda Freeman, Nancy Rice and Jean Workman showing off the beautiful cards they made during class.



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 . . .

WHAT IS INFORMATION AND OPTIONS COUNSELING?

Information and Options Counseling is a service that considers peoples' needs and eligibility, and connects them with available resources. There are three levels to this service.

Information includes informing individuals about programs and services, identifying the types of assistance they need, and connecting them to appropriate service providers.

Options Counseling is a process where individuals receive decision support as they make informed choices about potential services and supports. Individuals then take the lead in carrying out their personalized Aging Plan.

Who qualifies for Information and Options Counseling?

Individuals who are 60 years of age or older, needing information about services and/or an aging plan.

Options Counseling may be helpful to individuals who:

- do not know how to access long-term services and supports.
- need information about moving from one living setting to another.
- lack awareness of existing community resources and supports.
- needing an aging plan based on services and eligibility.

FOR MORE INFORMATION, CONTACT
Phyllis Phillips 828-586-5494

SEPTEMBER WORD SEARCH

S	G	U	A	C	Y	A	D	T	O	I	R	T	A	P
T	E	R	Y	A	D	R	E	N	N	I	D	V	T	I
Y	A	H	A	D	E	Y	A	D	Y	L	I	M	A	F
A	K	I	D	T	Y	A	D	T	C	E	P	S	E	R
D	Y	N	S	W	I	D	C	H	A	I	D	A	Y	Y
R	A	O	R	B	A	T	M	A	N	D	A	Y	A	A
E	D	D	E	E	F	U	U	K	H	E	V	Y	D	D
P	U	A	M	T	F	N	S	D	G	A	F	A	L	E
A	K	Y	I	H	T	A	O	A	E	F	W	D	A	E
R	O	M	E	A	C	E	B	S	F	D	D	O	S	F
C	D	I	H	N	K	P	E	H	E	A	A	R	O	F
S	U	D	Z	S	M	A	R	P	R	Y	Y	Y	P	O
Y	S	A	L	A	M	I	D	A	Y	L	T	G	O	C
K	O	Y	A	D	E	C	A	E	P	N	E	E	R	G
S	C	A	R	F	D	A	Y	K	U	R	F	I	P	Y

PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY

PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY

VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY