



Jackson County, North Carolina, Department on Aging

JACKSONIAN

FEBRUARY
2026

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

January was a month of transition for our Department on Aging team with two positions in our Senior Center open. We thank you so much for your patience as other staff have stepped in to temporarily fill those roles. As you know, the front desk is not just a reception area, but it serves multiple vital functions, such as processing participant applications and payments in My Active Center, which many staff, including myself, up to this point have not had to do. As we learn, we're fortunate to have the wonderful Clara Henson helping at the front, and we've acquired a new WCU intern who will be with us through April. His name is Kaleb (picture below), and he has been a blessing! We are so happy to have him, and with his help, we hope to get things running smoothly again soon. Permanent staff will be starting in the coming weeks, but until then we hope you will continue to grace us with your patience and forgiveness as we progress through these unexpected changes.



SMOKY MOUNTAIN SENIOR GAMES



Athletic and Art Competitions for anyone over 50!

Register February 1st, 2026
through February 28th, 2026

SPORTING EVENTS

Archery
Basketball Shooting
Billiards
Bocce
Bowling
Cornhole
Disc Golf
Football Throw
Golf
Horseshoes
Mini Golf
Pickleball
Track & Field Events
Shuffleboard
Softball Throw
Table Tennis
Tennis
Swimming

HERITAGE ARTS

Basket Weaving
Jewelry
Needlework
Quilting
Stained Glass
Weaving
Woodturning
Crochet
Knitting
Pottery
Tole/Decorative Painting
Woodcarving
Woodworking

LITERARY ARTS

Poetry
Short Stories
Life Experiences
Essay

VISUAL ARTS

Painting
Drawing
Sculpture
Photography
Mixed Media

PERFORMING ARTS

Comedy/Drama
Dance
Instrumental
Vocal

GAMES RUN APRIL 2nd THROUGH MAY 14th!

MONTH IN REVIEW

As our newsletter has to be sent to printer by the 20th of each month, sometimes we miss inclusion of great events that happen toward the end of each month. Christmas 2025 is an example. So forgive us as we back things up a bit to include here in this edition a special event from late December when band and choir students from Scotts Creek School spread Christmas cheer at the Department on Aging. It is always a joy to see the youngest in our community interacting with our Department on Aging participants!



DOA staff, Amanda and Clara, showing off their Christmas couture.

JANUARY BIRTHDAYS



Celebrating January birthdays, left to right, Walter Johnson, Barbara Rohner, Charles Hurst, and Bill McClure.

YOU don't stop
laughing
when you grow old;
you **GROW OLD** when you
STOP LAUGHING

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

The Project CARE team built 3 wooden ramps in December and January for clients in Sylva, Balsam, and Whittier. Assistance came from Steve Kuehl, Bob Cochran, and members of the First United Methodist Church in Sylva. Our third wood delivery event was held at our WCU Campus lot and was a great success. We pushed out over 50 loads of wood in December!

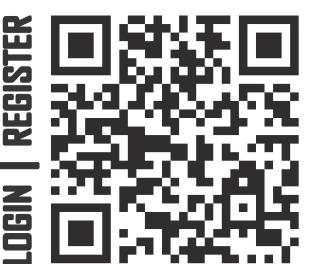


SENIOR CENTER

FEBRUARY ACTIVITY CALENDAR

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
2 ^\$1PM Greeting Cards w/Tammy Rm125	3 ^10:30AM VAYA Heritage Rm ^1PM Brain Fitness: Drumming Rm.134	4 No Stretch & Strengthen or Virtual Zumba Gold ^10:30AM VAYA Heritage Rm ^1PM Brain Fitness: Drumming Rm.134	5 No Tai Chi or Healing Yoga 10AM Nutrition Information Senior Café ^1PM Med Instead of Meds Rm. 135	6 10AM Book Club Rm129 ^\$1PM Painting with Andrew Rm 125
9 10AM Blood Pressure Checks in Lobby ^1PM Computer Class with Tori Computer Lab	11 ^1-2PM BINGO Rm 135	12 ^1PM Med Instead of Meds Rm. 135 3PM Parkinson's Support Group RM 135	13 +11:30AM Valentine's Day Party Senior Café	
16 ^\$10AM Greeting Cards w/Tammy Rm125	17 ^11:30AM Mardi Gras King Cake Senior Café 3:30pm Grief Gatherings Board Rm.	18	19 +11:30AM Monthly Birthday Party Senior Café	20 +11:30AM Monthly Birthday Party Senior Café
23 ^\$9:30-3:30PM Basket Class Rm125	24 ^8:30AM Men's Breakfast Senior Café	25	26 ^10AM-12PM Card Swap Group Rm 125	27 10AM Clip & Snip Paper Crafters Rm125
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: Ageism in Focus		
DROP IN ACTIVITIES (FCFS) Billiards, Chess, Coffee, Computer Lab, Crafts, Fit Lab, Games, Lending Library, Music, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking				



ONGOING ACTIVITIES

Last updated (10/8/25)

Monday:

9:00 Men's Coffee Rm 135
 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

Wednesday:

10:30 Beginner Line Dancing Rm134
 12:30 Bridge Group Rm135
 1:00 AFEP Rm134

Thursday:

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

Friday:

^9:30 Virtual Tai Chi
 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 Zumba Tabata Fusion Rm134

1:30 Tempo Toning Rm134 ☺

Trips leave at time listed on calendar!

2026 SMOKY MTN SENIOR GAMES

Registration opens FEBRUARY 1, 2026 for Athletic and Art Competitions for anyone over 50 years of age or better! Sporting Events, Visual Arts, Performing Arts, & Heritage Arts will take place during April and May.

FOR MORE INFORMATION: Contact Jamie Davis at 828-586-8036 or email jamesdavis@jacksonnc.org.

FEBRUARY HIGHLIGHTS

DATE	TIME	ROOM
2/4/26	1 PM	134
BRAIN FITNESS: DRUMMING w/Mary Ferrick		
Pre-registration required.		
2/6/26	12:30-2:30 PM	125
PAINTING WORKSHOP w/Andrew Beck		
Pre-registration required. \$5 for Participant. \$8 for Non-participant.		
2/11/26	1- 2 PM	135
BINGO		
Pre-registration required. Maximum 20 registrants.		
2/10/26	1-3 pm	COMPUTER LAB
DIGITAL LITERACY PROJECT FOR OLDER ADULTS w/ Tori		
Learn new digital skills to connect with loved ones, manage finances, shop online, access streaming services, online games, and more. Pre-registration required. Limited to 8 participants.		
2/13/26	11:30-12:30 PM	CAFE
VALENTINES DAY PARTY		
Valentines theme lunch and sweet treat! Call Maria String to register for lunch. Pre-registration required.		
2/17/26	11:30-12:30 PM	CAFE
MARDI GRAS KING CAKE		
Serving King Cake in the Cafe! Call Maria String to register for lunch. Pre-registration required.		
2/26/26	10 AM	125
CARD SWAP		
Bring 10 pre-made greeting cards to share and learn. Pre-registration required. Limited to first 10 registrants.		

COMING IN MARCH

DATE	TIME	ROOM
03/16/26 – 4/22/26	9:30 AM	HERITAGE RM
WALK WITH EASE W/Laura Rodi and WCU PT Doctorate Students		
A 6-week series, starting March 16 on Mondays and Wednesdays. Pre-registration required.		
3/17/26 – 5/21/26		
10 – 11 AM		
135		
BINGOCIZE		
Play. Move. Prevent Falls. A 10-week series, starting March 17 on Tuesdays and Thursdays. Pre-registration required.		



SHIIP
SENIORS' HEALTH INSURANCE INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
 855-408-1212 (toll free) • www.ncdoi.gov

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

Heart disease can often be prevented when people make healthy choices and manage their health conditions.

Cardiovascular screening blood tests assist in early detection of heart disease. Medicare covers screening tests for cholesterol, lipid and triglyceride levels once every 5 years.

Ask a SHIIP counselor for more information.

FOR MORE INFORMATION:
MEAGAN MINTZ
828-586-5494

CASHIERS ACTIVE CENTER

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

LOGIN | REGISTER



FEBRUARY ACTIVITY CALENDAR

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

Mon	Tue	Wed	Thu	Fri
2 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 2p Decorate center for Valentine's Day	3 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 2p Decorate center for Valentine's Day	4 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1:30p Stretch and Strengthen with Sherry Franks	5 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1p February Word Search and Cross Word Puzzles	6 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 2p Movie Hour
9 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1p February Fun Facts and Trivia	10 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1:30p Bingo	11 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 11a- 1p Medicare Info with Megan Mintz 12:30p- 1:30p Stretch and Strengthen with Sherry Franks	12 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities <u>12:30p- 2:30p</u> <u>Multimedia Art</u> <u>with the Bascom</u> \$\$	13 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 2p Valentine's Day Party <i>Happy Valentine's Day</i>
16 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities <u>12:30p- 2:30p</u> <u>Card Class</u> <u>with Toni Murphy</u> \$\$	17 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities <u>12:30p- 1:30p</u> <u>Drumming Class</u> <u>with Mary Ferrick</u> \$\$	18 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> \$\$	19 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> \$\$	20 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> \$\$
23 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1:30p Monthly Birthday Party	24 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1:30p Music Hour with Betty	25 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 1:30p Vaya Health Care (Ageism in Focus)	26 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities 12:30p- 2p Craft Class (Diamond Art)	27 9a- 3:30p Meet and Greet 9a- 3:30p Drop In Activities <u>Sylva Walmart</u> <u>Shopping Trip</u> <u>and eat at the</u> <u>Beach Mountain</u> <u>Diner in Dillsboro</u> \$\$ (leave the center by 9a)
			<p><u>Drop in Activities</u></p> <ul style="list-style-type: none"> • Puzzles • Exercise Room • Adult Coloring • Arts and Crafts 	<p><u>Drop In Activities</u></p> <ul style="list-style-type: none"> • Reading • Games • TV and Videos • Computer Use • Blood Pressure

Lots of fun, beneficial, and creative events took place at the Cashiers Senior Center during the end of December and into January. Mr. and Mrs. Claus dropped by to pose for a picture with Alison and Brenda Clickenger and otherwise spread some holiday cheer during our annual Christmas party. Lorena Beasley drummed up some energetic beats in her festive winter vest. Pat Villarreal, Rosa Hall, and Elisabeth Bernard made ornaments during the Basket Class with instructor Junetta Pell. Linda Benge used stretch bands to do leg exercises during the Stretch and Strengthen class, and Norma Lilly created a beautiful design with yarn during our Multimedia Art Class. Good Times!



AGE
isn't a
number
It's an
ATT
I
TUDE

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

**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****CALL TO ACTION**

We're always looking for volunteers! You can give back to your community in so many wonderful ways by volunteering at the Department on Aging.

WAYS YOU CAN HELP:

Deliver meals to homebound seniors on one of the Meals on Wheels routes.	Sarah Forbis 828-631-8044
Build wheel chair ramps for elders who are not able move in and out of their homes.	Matt Broomell 828-631-8040
Help cut, load, stack, and deliver firewood to help seniors stay warm during the winter season	Matt Broomell 828-631-8040
Teach a class at the Senior Center.	Jamie Davis 828-631-8036
Deliver Christmas Boxes to seniors in need.	Ella Ensley 828-631-8041

The Jackson County Department on Aging is dependent on a large number of volunteers to provide many of the services to the elderly population. The impact that is made through volunteering with the Department on Aging is felt throughout Jackson County.

JCDOA WORD SEARCH

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

DEPARTMENT ON AGING
MEALS ON WHEELS
CONGREGATE MEALS
FIT LAB
COMPUTER LAB
BILLIARDS

MEN'S COFFEE
CARDIO AND TONE
HEALING YOGA
GOLDENAIRES
HAND AND FOOT
VIRTUAL TAI CHI

CAROLINA QUILTERS
LINE DANCING
CARD SWAP
BOOK CLUB
SENIOR CENTER
JACKSON COUNTY