

January 2026 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 the following month and contacted soon thereafter.

Monday	Tuesday	Wednesday	Thursday	Friday
BrdRm=Board Room			1 Center Closed for New Year's Holiday	2 10AM Book Club Rm129 ^\$1-2PM Painting with Andrew Rm 125
5 NO PILATES ^10:30AM Seasonal Eats Rm 135	6 10AM Blood Pressure Checks in Lobby	7 ^1-2PM Computer Class with Tori Computer Lab ^1PM Brain Fitness: Drumming Rm. 134	8 ^1PM Med Instead of Meds Rm135 3PM Parkinson's Support Group RM135	9 10AM Clip & Snip Paper Crafters Rm125 ^10AM Ladies Tea Rm 135
12	13	14	15 ^1PM Med Instead of Meds Rm135	16
19 Center Closed for Martin Luther King Jr. Holiday	20	21	22 ^10AM-12PM Card Swap Group Rm 125 ^1PM Med Instead of Meds Rm135	23 10AM Clip & Snip Paper Crafters Rm125
26 ^\$9:30-3:30PM Basket Class Rm125	27	28	29 ^1PM Med Instead of Meds Rm135	30

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: Returns in February

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 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 Zumba Tabata Fusion Rm134
1:30 Tempo Toning Rm134



Trips leave at time listed on calendar!