



Jackson County, North Carolina, Department on Aging

JANUARY
2026

JACKSONIAN

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.

A presence we will sorely miss . . .

From Jamie Davis, Director

This month's Jacksonian is dedicated to all of our wonderful employees here at the Department of Aging! I couldn't do this job alone, and there is no way that I would want to do what we do without them. Each one makes this a wonderful place to come to every day. Their amazing ideas breathe fresh life into our programs. I am and will remain in awe of them. So, a huge THANK YOU to the staff! I hope they have a blessed and wonderful new year. I look forward to working with them this coming year and beyond.

To My Dear Seniors,

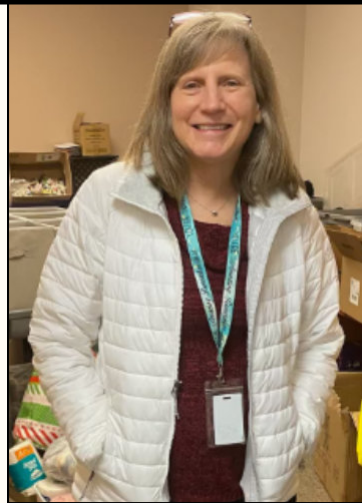
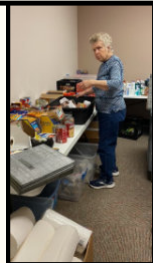
It has been one of the honors of my life not only to serve you, but to get to know and love each and every one of you. It is with very bittersweet emotions that I inform you of my resignation as Jackson County Senior Center Coordinator. While this role has been an honor of a lifetime, my first and foremost priority will always be as a mama to my sweet boys and providing for them. I am so thankful for the time I have been able to be yours and serve each and every one of you. Please be patient and kind to my teammates as they navigate this transition and find your next Senior Center Coordinator. I will be here until mid January so please come by and visit! This is not a goodbye, just a see you around. I love you all! Amanda Barnes

OPERATION CHRISTMAS BOX A MYRRH-RACULOUS SUCCESS!



Between all the planning, buying, sorting, stuffing, and bustling around, our team - with the help of numerous volunteers - was able to deliver over 900 gifts filled with generous donations from individuals and community groups during this year's OPERATION CHRISTMAS BOX.

We are beyond thankful for the generous hearts of those who donated and chipped-in to make this year's event one of our most successful. As we know, there are many elderly needing assistance in Jackson County, so being able to deliver food, toiletries, and household items, as well as items of warmth like scarfs and blankets, at this time of year is a blessing not only to them, but it's a blessing to every person who acts in compassion for their neighbors in need.



MONTH IN REVIEW



Gary Frye getting ready to enjoy some Belgium Waffle at our annual Breakfast w/Santa event held on December 6th...

BREAKFAST w/ SANTA and CRAFT FAIR EVENT



Adult Day Program participants feeling stronger after Senior Bootcamp with Lisa Hykes (Dec. 1).

Adult Day Program participants coloring Kindness Advent Calendars (Dec. 2).



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

The month of November saw 3 wooden ramp builds for clients in Sylva and Cullowhee. Assistance came from members of the First United Methodist Church in Sylva and from the Jackson County Grounds team. Our second wood delivery event was held at our Calvary Church lot and was a great success. We pushed out over 50 loads of wood in November, as the temps quickly started dropping.



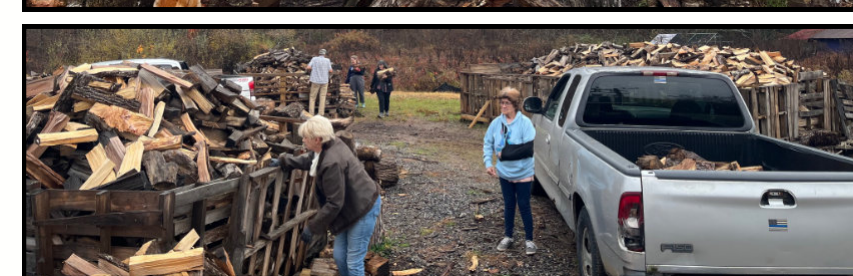
upcoming firewood events

JANUARY 10, 2026
Savannah Creek
37 Calvary Church Rd. Sylva
MARCH 21, 2026
Cullowhee United Methodist Ch.
416 Central Drive, Cullowhee

CONTACT
Matt Broomell 828-631-8040
to Volunteer!



DOA's Meals on Wheels Manager, Sarah Forbis, and her husband, Michael (Jackson County Fire Marshal) dress the part while ringing the bells for the Salvation Army on December 9th.



SENIOR CENTER

JANUARY 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
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 <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>	
Department on Aging • 100 County Services Park, Sylva NC 28779 <i>A Senior Center serving participants ages 50 or better!</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: 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!

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 Amanda Barnes at 828-586-8032 or email amandabarnes@jacksonnc.org.

NOVEMBER BIRTHDAYS



(Back, left to right) Beverly, Robert, Nancy, Donna, and Patricia. (Front) Laura Rodi.

DECEMBER BIRTHDAYS



(Back, left to right) Rose, Reba, Cody, Kyra, Sandra, Sarah, John, Linda, and John.



DOA's Health and Wellness Manager Laura Rodi shows off some new moves after recently receiving Tai Chi training.

SPOTLIGHT CLASSES

DATE	TIME	ROOM
01/07/25	1 PM	134
BRAIN FITNESS DRUMMING w/Mary Ferrick		
Drumming creates a sense of connection with others and a higher power; it challenges and sharpens your brain, strengthens your memory, reduces stress, and boosts your immune system. Pre-registration required.		
01/08/25 - 02/12/25	1 PM	Kitchenette
MED INSTEAD OF MEDS w/Shannon Royce		
Learn to incorporate the Mediterranean way of eating into you everyday life! Pre-registration required.		



SHIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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

JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States. It often has no symptoms and if it's not detected and treated, people can lose their sight.

Prevent vision loss by finding and treating problems early.

Medicare covers a glaucoma test once every 12 months for people at high risk for the disease. You're at high risk if you have diabetes, are African Americans age 50 and older, everyone over age 60, and anyone with a family history of glaucoma. The Medicare Part B deductible and coinsurance apply.

Ask a SHIP counselor for more information.

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

JANUARY ACTIVITY CALENDAR

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

Mon	Tue	Wed	Thu	Fri
<u>List Of Drop In Activities</u> <ul style="list-style-type: none">PuzzlesExercise RoomAdult ColoringBlood Pressure CheckArts and CraftsReadingGamesTV and VideosComputer Use			1 Cashiers Senior Center Closed New Year's Day Holiday	2 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Movie Hour
5 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p January Wordsearch and Crossword Puzzles	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 Exercise/Stretch and Strengthen with Sherry Franks	8 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p <u>Multimedia Art with the Bascom</u> \$\$	9 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Movie Hour
12 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Bingo	13 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p <u>Drumming Class with Mary Ferrick</u> \$\$	14 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 11a– 1p SHIIP/Medicare Info with Meagan Mintz 12:30p– 1:30p Exercise/Stretch and Strengthen with Sherry Franks	15 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Craft Class (Diamond Art)	16 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2p Movie Hour
19 Cashiers Senior Center Closed Martin Luther King Jr. Day Holiday	20 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 2p– 3:30p <u>Pottery Class @ The Bascom</u> \$\$	21 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10a– 2:30p <u>Basket Class with Junetta Pell</u> \$\$	22 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 10a– 2:30p <u>Basket Class with Junetta Pell</u> \$\$	23 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p <u>Painting Class with Andrew Beck</u> \$\$
26 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 2:30p <u>Card Making Class with Toni Murphy</u> \$\$	27 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Monthly Birthday Party	28 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Vaya Health Care (An Overview of Mental Health)	29 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1p January Fun Facts and Trivia	30 9a– 3:30p Meet and Greet 9a– 3:30p Drop In Activities 12:30p– 1:30p Music Hour with Betty Morris

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



1. Quilters Joan Kiernan, Linda Maddox, and Anne Brandtry recently made lap quilts for senior Christmas boxes.
2. Senior Rodney Myers painting holiday Christmas ornaments.
3. Senior Brenda Clickenger working on her winter snowman puzzle.
4. Seniors Linda Benge, Lisa Guttormsson, and Cat Barnhardt working on Origami Christmas Ornaments with instructor Caryn Raming from the Bascom.



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

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.	Amanda Barnes 828-631-8032
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.

SUDOKU

The aim of a Sudoku puzzle is to fill in the grid so that each row, each column and each box contains all the numbers from 1 to 9.

		1				6		
					5	2		8
		6						1
9	7							
			2	8				
							3	
6	9		5		7			
	5	8			2			
					3		4	