


# JACKSON COUNTY SENIOR CENTER SAFER AT HOME CALENDAR

TO REGISTER FOR CLASSES CLICK ON [BLUE UNDERLINED LINKS](#)

MON	TUE	WED	THU	FRI
<p>3</p> <p><b>Virtual Class:</b> <a href="#">11am Stretch &amp; Strengthen</a></p> 	<p>4</p> <p><b>Virtual Classes:</b> <a href="#">1pm AFEP</a>  <a href="#">3pm Gentle Chair Yoga</a></p>	<p>5</p> <p><b>Virtual Classes:</b> <a href="#">11am Stretch &amp; Strengthen</a> <a href="#">12pm Hand &amp; Foot Chitchat</a> <a href="#">2:15pm Yoga for Seniors</a></p>	<p>6</p>  <p><b>Virtual Classes:</b> 10am Greeting Cards w/ Toni Murphy  <a href="#">1pm AFEP</a></p>	<p>7</p> <p><a href="#">National Lighthouse Day</a></p> 
<p>10</p> <p><b>Virtual Class:</b> <a href="#">11am Stretch &amp; Strengthen</a></p> <p><b>Popsicle Day</b> 1pm Drive Through at the JCSC to get a Popsicle</p>	<p>11</p> <p><b>Virtual Classes:</b> <a href="#">1pm AFEP</a>  <a href="#">3pm Gentle Chair Yoga</a></p> 	<p>12</p> <p><b>Virtual Classes:</b>  <a href="#">11am Stretch &amp; Strengthen</a>  <a href="#">2:15pm Yoga for Seniors</a></p>	<p>13</p> <p><b>Virtual Class:</b> <a href="#">1pm AFEP</a></p> 	<p>14</p> <p><b>Virtual Class:</b> <a href="#">1pm How to Zoom</a></p> 
<p>17</p>   <p><b>Virtual Class:</b> <a href="#">11am Stretch &amp; Strengthen</a></p>	<p>18</p> <p><b>Virtual Classes:</b> <a href="#">1pm AFEP</a>  <a href="#">3pm Gentle Chair Yoga</a></p> 	<p>19</p> <p><b>Virtual Classes:</b> <a href="#">11am Stretch &amp; Strengthen</a>  <a href="#">2:15pm Yoga for Seniors</a></p>	<p>20</p>  <p><b>Virtual Classes:</b> 10am Greeting Cards w/ Toni Murphy  <a href="#">1pm AFEP</a></p>	<p>21</p> <p><a href="#">HAPPY NATIONAL SENIOR CITIZENS DAY</a></p> <p>1pm Drive Through at the JCSC to get a Cookie</p>
<p>24</p>  <p><b>Virtual Class:</b> <a href="#">11am Stretch &amp; Strengthen</a></p>	<p>25</p>  <p><b>Virtual Classes:</b> <a href="#">1pm AFEP</a>  <a href="#">3pm Gentle Chair Yoga</a></p>	<p>26</p>  <p><b>Virtual Classes:</b> <a href="#">11am Stretch &amp; Strengthen</a>  <a href="#">2:15pm Yoga for Seniors</a></p>	<p>27</p> <p><b>Virtual Class:</b> <a href="#">1pm AFEP</a></p> 	<p>28</p>  <p><a href="#">Rainbow Bridge Remembrance Day</a></p>

31

**Virtual Class:**  
[11am Stretch & Strengthen](#)



## AUGUST 2020



JACKSON COUNTY  
DEPARTMENT ON AGING  
SENIOR CENTER  
100 COUNTY SERVICES PARK  
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