












THIS CALENDAR IS SUBJECT TO CHANGE.
 Our Google calendar is the most up to date,
 find it at the bottom of our website's homepage:
www.aging.jacksonnc.org

November 2020 Safer at Home Calendar



Jackson County Senior Center
 (828) 586-5494
 100 County Services Park
 Sylva, NC 28779

Mon	Tue	Wed	Thu	Fri
<p>2 11-11:45AM Stretch & Strengthen 1-2PM Bingocize</p> 	<p>3 VOTE!!! 10:30-11:30AM Line Dancing 10:30-11:30AM Qigong 1-2PM AFEP 3-4PM Gentle Chair Yoga</p>	<p>4 11-11:45AM Stretch & Strengthen 12-1PM Hand & Foot Call 1-2PM Bingocize 2:15-3:15PM Yoga for Seniors 3-5PM Cooking Quinoa w/ Roasted Veggies</p>	<p>5 9:30AM TAI CHI FOR ARTHRITIS AND FALL PREVENTION 10-12PM Greeting Cards w/ Toni\$ 1-2PM AFEP</p>	<p>6 No Zumba Gold</p> 
<p>9 11-11:45AM Stretch & Strengthen 1-2PM Bingocize</p> 	<p>10 10:30-11:30AM Line Dancing 1-2PM AFEP 3-4PM Gentle Chair Yoga</p>	<p>11 Closed Veteran's Day</p> 	<p>12 9:30AM TAI CHI FOR ARTHRITIS AND FALL PREVENTION 10-12AM Jewelry Class w/ Mary Collins \$ 1PM-2PM AFEP</p>	<p>13 12-1PM Zumba Gold</p> 
<p>16 11-11:45AM Stretch & Strengthen 1-2PM Bingocize</p>	<p>17 10:30-11:30AM Line Dancing 10:30-11:30AM Qigong 1-2PM AFEP 3-4PM Gentle Chair Yoga</p>	<p>18 11-11:45AM Stretch & Strengthen 1-2PM Bingocize 2:15-3:15PM Yoga for Seniors 3-5PM Cooking w/ a Instant Pot Loaded Potato Soup</p>	<p>19 9:30AM TAI CHI FOR ARTHRITIS AND FALL PREVENTION 10-12PM Greeting Cards w/ Toni\$ 1-2PM AFEP</p>	<p>20 12-1PM Zumba Gold</p> 
<p>23 11-11:45AM Stretch & Strengthen 1-2PM Bingocize</p>	<p>24 10:30-11:30AM Line Dancing 1-2PM AFEP 3-4PM Gentle Chair Yoga</p>	<p>25 11-11:45AM Stretch & Strengthen <u>11:30-12:30PM Drive Thru Thanksgiving Meal</u> 1-2PM Bingocize 2:15-3:15PM Yoga for Seniors</p>	<p>26 Closed for Holidays</p> 	<p>27 Closed for Holidays</p> 
<p>30 11-11:45AM Stretch & Strengthen 1-2PM Bingocize</p>  		<p>All Classes except Drive Thru Events are Virtual Classes Pre-registration is required for all classes. Go to: MyActiveCenter \$ - Indicates a fee, <u>Drive Thru Events</u> are underlined CLASS SERIES IN ALL CAPS except for AFEP. Ongoing: The Lending Library is located at the front entrance underneath the awning from 8-5 Monday - Friday</p>		