


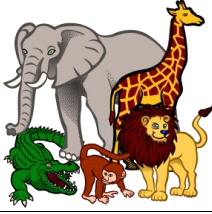













# SEPTEMBER SENIOR CENTER SAFER-AT-HOME CALENDAR

TO ACCESS THESE CLASSES GO TO OUR HOMEPAGE AT [AGING@JACKSONNC.ORG](http://AGING@JACKSONNC.ORG)

Mon	Tue	Wed	Thu	Fri
<p><b>Ongoing:</b> The Lending Library is located at the front entrance underneath the awning.</p> <p><a href="#">Register for classes on MyActiveCenter</a></p>	<p><b>1 Virtual Classes:</b> 10:30AM-11:30AM Line Dancing  1PM-2PM AFEP 3PM-4PM Gentle Chair Yoga</p>	<p><b>2 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen 12PM-1PM Virtual Hand &amp; Foot 2:15PM-3:15PM Yoga forSeniors </p>	<p><b>3 Virtual Classes:</b> 1PM-2PM AFEP </p>	<p><b>4 <a href="#">National Wildlife Day</a></b> </p>
<p><b>7 Closed for Labor Day</b> </p>	<p><b>8 Virtual Classes:</b> 10:30AM-11:30AM Line Dancing 1PM-2PM AFEP 3PM-4PM Gentle Chair Yoga</p>	<p><b>9 11AM-12PM Drive-Thru Absentee Ballot &amp; Voter Registration</b> <b>Virtual Classes:</b> 2:15-3:15PM Yoga for Seniors</p>	<p><b>10 Virtual Classes:</b> 1PM-2PM AFEP </p>	<p><b>11 Virtual Classes:</b> 1PM-2PM How to Zoom </p>
<p><b>14 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen </p>	<p><b>15 Virtual Classes:</b> 10:30AM-11:30AM Line Dancing 1PM-2PM AFEP 3PM-4PM Gentle Chair Yoga </p>	<p><b>16 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen 2:15PM-3:15PM Yoga for Seniors</p>	<p><b>17 Virtual Classes:</b> 10AM-12PM Greeting Cards w/ Toni Murphy\$ 1PM-2PM AFEP</p>	<p><b>18 1PM-2PM Drive-Thru Car Wash</b> </p>
<p><b>21 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen</p>	<p><b>22 Virtual Classes:</b> 10:30AM-11:30AM Line Dancing 1PM-2PM AFEP 3PM-4PM Gentle Chair Yoga </p>	<p><b>23 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen 2:15PM-3:15PM Yoga for Seniors</p>	<p><b>24 Advisory Council Meeting</b> 2:30PM (Open to all participants) <b>Virtual Classes:</b> 1PM-2PM AFEP</p>	<p><b>25 <a href="#">National Cooking Day</a></b> </p>
<p><b>28 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen </p>	<p><b>29 Virtual Classes:</b> 10:30AM-11:30AM Line Dancing  1PM-2PM AFEP 3PM-4PM Gentle Chair Yoga</p>	<p><b>30 Virtual Classes:</b> 11AM-11:45AM Stretch &amp; Strengthen 2:15PM-3:15PM Yoga for Seniors</p>	 <p><b>JACKSON COUNTY DEPARTMENT ON AGING SENIOR CENTER 100 COUNTY SERVICES PARK SYLVA, NC 28779 828.586.5494</b></p>	