

# MAY 4 -8

with the Jackson  
County Senior Center

Department on Aging  
100 County Services Park  
Sylva, NC 28779  
828.586.5494

## MONDAY

National Bird Day:  
Make a list of how many different species of birds you see today. Look them up here: [Backyard Birds](#) if you don't know what kind they are.

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Pick a bouquet of spring flowers and leaves and put it somewhere in your house you are sure to see it a lot

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Workout -  
Strong Arms:  
Build upper body strength by doing 5 push ups using every wall in the house.

## TUESDAY

Well Being Assessment  
Let us know how you are doing!  
Go to link, [Well Being Assessment](#) print form, and fill it out. Take a picture of the form filled out and email it or reply to this Facebook post with it.

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National Cartoon Day:  
Learn how to draw a male & female face: [Drawing challenge](#)

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Workout -Timed Jack:  
Do 5 jumping jacks in every room of your house. Time yourself and challenge someone to beat your time.

## WEDNESDAY

Since quilting won't happen at the senior center today, check out smokey mountain quilters website: [SMQuilters](#)  
This page on the website has free patterns and instructional videos to watch

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National Nurses Day  
Remember to think about the nurses in our community today.

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Workout -Crazy 8's:  
8 jumping jacks  
8 sit ups  
8 squats  
8 lunges  
repeat 3 times

## THURSDAY

Miss BINGO?  
Try these alternate bingo games:  
[Stay at Home Bingo](#)  
[Family Bingo](#)

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National Day of Prayer  
Click on this link to find some nice prayers for every occasions.  
[Prayers for Peace of Mind](#)

Watch this video to find peace:  
[Serenity Prayer](#)

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Workout -Ninja:  
Using household items create an obstacle course and see how fast you can go through it.

## FRIDAY

Instead of going to our Diabetes Prevention Class today go to mayo clinic's website to find out more information of this subject:  
[Diabetes Prevention](#)

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Make a gratitude jar:  
[With Josie](#)

[With Will](#)

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Workout -  
Flamingo:  
Balance on one foot for one minute.  
Switch sides.