

**AUGUST 2022 ♦ Jackson County Senior Center**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 ^\$ 10AM Greeting Cards w/ Toni Rm125	5 10AM Book Club Rm129. Any ELVIS book - see posted flyers for book titles NO AFEP
8	9 10AM Blood Pressure Checks in Lobby	10 9:45-10:30am Meet & Greet Jessica in the Lobby with light refreshments.	11 10AM Quarterly Senior Ctr. Advisory Council Mtg. Board Rm 3PM Parkinson's Support Group Rm135	12 10AM Clip & Snip Paper Crafters Craft Rm125 1PM Open Play Table Tennis Rm135
15 ^ 10AM VAYA Caregiver Education OCD: Supporting people with Obsessions and Compulsions Board Rm and Virtual	16	17 11:30-1PM+ Special Event ELVIS CELEBRATION Dining Hall	18 ^\$ 10AM Greeting Cards w/ Toni Rm125	19
22 ^\$ 9:30-3PM Basket Class Rm125	23	24	25	26 ^\$ 9:30AM Senior Trip GEM MINING 10AM Clip & Snip Paper Crafters Craft Rm125 1PM Open Play Table Tennis Rm135
29	30	31	<i>*Note: this calendar is subject to change. Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> for the most current calendar.</i>	

**Monday:**  
 9:00 Men's Coffee Rm135  
 10:00 Mahjong Rm122  
 11:00 Stretch & Strengthen Rm134 and virtual  
 12:00 Hand & Foot Rm129  
 1:00 AFEP Rm134  
 2:30 LIFT \* Rm134 (series is full)

**Tuesday:**  
 9:30 Spin Cycle Outside  
 9:30 Virtual Tai Chi  
 10:00 Writing Group Rm129  
 10:30 Line Dancing Rm134  
 1:00 Bridge Group Rm135  
 1:00 Chess Rm129  
 1:00 AFEP Rm134  
 2:30 Gentle Chair Yoga Rm134

**Wednesday:**  
 9:00 Carolina Quilters Rm125  
 9:30 Spin Cycle Outside  
 10:00 Goldenaires Rm122  
 11:00 Stretch & Strengthen Rm134 and virtual  
 12:00 Hand & Foot Rm129  
 1:00 Virtual Zumba Gold  
 2:30 Yoga for Seniors Rm134

**Thursday:**  
 9:30 Virtual Tai Chi  
 1:00 AFEP Rm134  
 2:30 LIFT \* Rm134 (series is full)

**Friday:**  
 9:30 Spin Cycle Outside  
 9:30 Basic Line Dancing Rm134  
 10:30 Line Dancing Rm134  
 12:30 Zumba Gold Rm134  
 1:30 Tempo Toning Rm134  
 3:00 AFEP Rm134

**DROP IN ACTIVITIES (FCFS)**  
 Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Open Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking.

**Department on Aging** 📍 100 County Services Park, Sylva NC 28779 📍 **A Senior Center serving participants ages 50 or better!**

**LEGEND**  
 ^ = pre-registration required for attendance!!!  
 Please visit your portal at [MyActiveCenter.com](http://MyActiveCenter.com) or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled.

\$ = Prepaid fee required  
 AFEP = Arthritis Foundation Exercise Program  
 \* = Series (may be full – see Ongoing Activities)  
 FCFS = First Come, First Served