



Jackson County Senior Center serves participants ages 50 or better!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> 	<p>4</p>	<p>5</p>	<p>6</p> <p><u>10AM Greeting Cards</u> w/ Toni \$ Craft Rm.</p>	<p>7</p> <p>Book Club is on Winter Hiatus until April 2022</p>
<p>10</p>	<p>11</p> <p>10AM Blood Pressure Checks Lobby</p>	<p>12</p>	<p>13</p> <p><u>11 Grief Support Group</u> Rm. 129</p> <p><u>3 PM Parkinsons' Support</u> Group Rm 135</p>	<p>14</p> <p>10AM Clip & Snip Paper Crafters Craft Rm.125</p> <p>No Zumba Gold or Pound Fitness</p>
<p>17</p> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p>CLOSED Martin Luther King Holiday!</p> </div>	<p>18</p>	<p>19</p>	<p>20</p> <p><u>10AM Home Décor: Tea Bag Dispenser</u> w/ Toni \$ Craft Rm.</p>	<p>21</p> <p>No Gentle Spin Cycle</p> <p><u>Special Event</u> <u>Burning Bowl!!</u></p>
<p>24</p> <p><u>9:30-3 Basket Making Class-</u> Peanut Basket \$ Rm. 125</p> <p><u>2:30 Walk With Ease \$</u> Rm. 134 Rm.</p>	<p>25</p>	<p>26</p> <p><u>9AM Hybrid Event</u> <u>Virtual Talk / or in the</u> <u>Heritage Room</u> <u>"Brain Health" presented</u> by: Dr. Emory Prescott</p>	<p>27</p> <p><u>2:30 Walk With Ease \$</u> Rm. 134</p>	<p>28</p> <p>10AM Clip & Snip Paper Crafters Rm.125</p> <p>BINGO!!! Immediate following Congregate Meal in the Heritage Room!!!</p>
<p>31</p> <p><u>2:30 Walk With Ease \$</u> _Rm. 134</p>			<p>Underlined activities require pre-registration for attendance!!! If no one is signed up, the class will be cancelled. Be aware that some classes require a pre-paid fee. (\$ represents such classes.) Please visit your portal @ MyActiveCenter.com or call the front desk.</p>	

Monday:

9:00 Men's Coffee Rm. 135
 10:00 Mahjong Rm. 122
 10:00 Writing Group Rm. 129
 11:00 Virtual Stretch & Strengthen
 12:00 Hand & Foot Rm. 129
 1:00 AFEP Rm. 134

Tuesday:

9:30 Spin Cycle Outside
 9:30 Virtual Tai Chi
 10:30 Line Dancing Rm. 134
 12:30 Bridge Group
 1:00 Chess Rm. 129
 1:00 AFEP Rm. 134
 2:30 Virtual Gentle Chair Yoga

Wednesday:

9:00 Carolina Quilters Rm. 125
 9:30 Goldenaires Rm. 122
 9:30 Spin Cycle Outside
 11:00 Virtual Stretch & Strengthen
 12:00 Hand & Foot Rm. 129
 1:00 Virtual Zumba Gold
 2:30 Virtual Yoga for Seniors

Thursday:

9:30 Virtual Tai Chi
 1:00 AFEP Rm. 134

Friday:

9:30 Gentle Spin Cycle Outside
 9:30 Basic Line Dancing Rm.134
 10:30 Line Dancing Rm. 134
 12:30 Zumba Gold Rm. 134
 1:30 Pound Fitness Rm. 134
 3:00 AFEP Rm. 134

DROP IN ACTIVITIES

Library, Computer Lab, Puzzles, Coffee, Fit Lab, Spin Cycle, Billiards, Self-Check Blood Pressure, Open Craft Room, Walking, Music & Games

JANUARY 2022

**Have Questions?
Give us a Call!**

**(828)
586
5494**