

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



Jackson County Senior Center

(828) 586-5494

100 County Services Park

Sylva, NC 28779

July 2021

EVERYDAY ACTIVITIES

Monday:

- 9:00 Men's Coffee Rm. 135
- 10:00 Mahjong Rm. 122
- 10:00 Writing Group Rm. 129
- 11:00 Stretch & Strengthen Rm.134
- 12:00 Hand & Foot Rm. 129
- 2:30 Healing Yoga Rm. 134

Tuesday:

- 9:30 Tai Chi Rm. 134
- 9:30 Canasta Rm. 129
- 10:30 Line Dancing Rm. 134
- 12:30 Duplicate Bridge Rm. 135
- 1:00 AFEP Rm. 134
- 1:00 Chess Rm. 129

Wednesday:

- 9:00 Carolina Quilters Rm. 125
- 11:00 Stretch & Strengthen Rm. 134
- 12:00 Hand & Foot Rm. 129
- 2:30 Yoga for Seniors Rm. 134

Thursday:


- 9:30 Tai Chi Rm. 134
- 1:00 AFEP Rm. 134
- 2:30 Healing Yoga Rm. 134

Friday:

- 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

DROP IN ACTIVITIES

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

Mon	Tue	Wed	Thu	Fri
Pre-register at: MyActiveCenter.com \$ - Indicates a fee *Stars - New Program* <u>Underlined - Special Events</u> CAPS - CLASS SERIES <i>Italics - Changes have been made</i> AFEP - Arthritis Foundation Exercise Program Senior Center Eligible Age is 50 or better!				
5 CLOSED 	6 2:30 Virtual Gentle Chair Yoga	7 1PM Virtual Zumba Gold	1 Take & Make Craft Pick-up 1 st -30 th 10AM Greeting Cards w/ Toni\$	2 <u>11:30AM 4th of July Special Event</u> <i>No Zumba Gold or Pound Fitness</i>
12	13 10AM Blood Pressure Checks with the Health Department Lobby 2:30 Virtual Gentle Chair Yoga	14 1PM Virtual Zumba Gold	8 11AM Grief Support Rm 129 3PM Parkinson's Support Group Heritage Rm	9
19	20 2:30 Virtual Gentle Chair Yoga	21 1PM Meditation Rm. 122 1PM Virtual Zumba Gold	15 10AM Greeting Cards w/ Toni\$	16 <u>11AM-1PM Going Away Party for Lindsy</u>
26 9-3 Basket Making Class \$ Craft Rm	27 2:30 Virtual Gentle Chair Yoga	28 10AM Goldenaires Practice 1PM Virtual Zumba Gold	22 2:30 Advisory Council Meeting	23 10AM Greeting Cards w/ Candy Rm 125\$
			29	30