

JUNE 2022

Jackson County Senior Center

ONGOING ACTIVITIES updated 5/16/22

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 ^\$10AM Greeting Cards w/ Toni Rm125	3 10AM Book Club Rm129 <i>Where Did You Go, Bernadette?</i> By Maria Semple No Zumba Gold/Pound
6	7	8	9 11AM Grief Support Rm.129 3PM Parkinson's Support Group Rm135	10 10AM Clip & Snip Paper Crafters Rm125
13 ^2:30 PM Ski Walking Activity Rm134	14 10AM Blood Pressure Checks in Lobby	15 Ping Pong Open Play Rm. 135 ^5:30PM Elder Abuse Awareness Walk	16 ^\$10AM Greeting Cards w/ Toni Rm125 Ping Pong Open Play Rm. 135	17 Ping Pong Open Play Rm.135
20	21	22 Ping Pong Open Play Rm.135	23 Ping Pong Open Play Rm.135	24 10AM Clip & Snip Paper Crafters Rm.125 Ping Pong Open Play Rm. 135
27 ^\$ 9:30-3PM Basket Class Sewing/Quilt Basket Rm125 ^10 AM VAYA Hybrid Caregiver Education: PTSD Board Rm	28 ^\$ 9:30-3PM Basket Class Sewing/Quilt Basket Rm125	29 ^\$ Senior TRIP TBD	30	

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 Walk With Ease Rm134

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 Walk With Ease Rm134

Friday:
 9:30 Spin Cycle Outside
 9:30 Basic Line Dancing Rm134
 10:30 Line Dancing Rm134
 12:30 Zumba Gold Rm134
 1:30 Pound Fitness Rm134
 3:00 AFEP Rm134

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

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

<p>^ = pre-registration required for attendance!!! If no one is signed up, the class will be cancelled. \$ = Prepaid fee required AFEP = Arthritis Foundation Exercise Program</p>	<p>* = Series FCFS = First Come, First Served Please visit your portal at MyActiveCenter.com or call the front desk at (828) 586-5494 to register.</p>	<p><i>*Note: this calendar is subject to change. Please find the most current calendar at MyActiveCenter.com and to browse and register for activities. You can also pay activity fees at MyActiveCenter.com.</i></p> <p>Please remember to check in at the kiosk when you attend any activity at the Department on Aging Senior Center</p>
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