

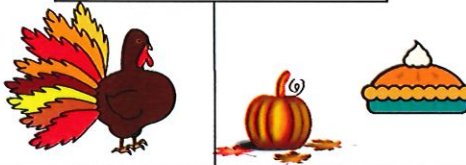



A Senior Center serving participants ages 50 or better!

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2	3	4 10AM Greeting Cards w/ Toni\$ Craft Rm.	5 10AM Book Club "Falling" by T.J. Newman Rm. 129
8	9 10AM Blood Pressure Checks Lobby	10	<div style="border: 1px solid black; padding: 5px; transform: rotate(-5deg); display: inline-block;"> Closed for Veteran's Day! </div> 	12 <i>No Spin Cycle</i> 10AM Clip & Snip Paper Crafters Craft Rm.125
15 10AM Caregiver Education Series Brd Rm.	16	17 1PM Meditation Rm. 122	18 10AM Greeting Cards w/ Toni \$ Craft Rm.	19 12:30-1PM Thanksgiving Special Event Heritage Room
22 9:30-3 Basket Making Class-Christmas Basket \$ Rm. 125	23 <i>No Virtual Gentle Chair Yoga</i>	24 <i>No Virtual Zumba Gold</i> 9AM Virtual Attitude of Gratitude <i>No Virtual Yoga for Seniors</i>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Closed for Thanksgiving! </div> 	
29 	30 <i>No Spin Cycle</i> SENIOR CENTER TRIP TO ASHEVILLE LIMIT 7 MASK REQUIRED!!!	<p>All monthly classes in bold print requires pre-registration for attendance!!! If no one is signed up, the class will be cancelled!!! Also be aware that some classes require a pre-paid fee. (\$ represents such classes.) Please visit your portal @ MyActiveCenter.com or call the front desk for assistance.</p>		

Jackson County Senior Center | Department on Aging

100 County Services Park, Sylva NC 28779

EVERYDAY ACTIVITIES

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
2:30 Healing Yoga Rm. 134

Tuesday:

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

Wednesday:

9:00 Carolina Quilters Rm. 125
9:30 Spin Cycle Outside
9:30 Goldenaires Rm. 122
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
2:30 Healing Yoga Rm. 134

Friday:

8:30 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

DROP IN ACTIVITIES

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

No AFEP (Arthritis Foundation)

NOVEMBER 2021

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

(828) 586-5494