

DECEMBER 2022			Jackson County Senior Center	
Monday	Tuesday	Wednesday	Thursday	Friday
*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar			1 ^\$10AM Greeting Cards w/ Toni Rm125	2 10AM Book Club Rm129
5 ^2PM Parkinson's Voice Training Rm135	6 ^5:30PM Holiday Lights Smoky Mountain Christmas Light Spectacular Meet in JCDOA Lobby	7	8 ^10AM Senior Game Sampler. BOWLING Meet in JCDOA Lobby No AFEP 3PM Parkinson's Support Group Rm135	9 ^9:30AM Star Craft with Matt & Kristi Meet in JCDOA Lobby 10AM Clip & Snip Paper Crafters Rm125 1130AM Birthday Celebration Lunch JCDOA CLOSING AT 2:30PM
12 ^\$9:30-3PM Basket December only DIFFERENT DATE! Class Rm125	13 10AM Blood Pressure Checks in Lobby No Stretch & Flex	14	15 ^\$10AM Greeting Cards w/ Toni Rm125 ^1PM Let's Connect! Call toll free: (507)473-4847 Host: Leslie Reifert-Hughes No Healing Yoga	16 ^1PM Let'sConnect! Call toll free: (507) 473-4847 Host: Clara Henson No Zumba No Tempo Toning
19 ^12:30PM VAYA Caregiver Education Depression: From Surviving to Thriving Heritage Rm and Virtual	20 ^1PM Let's Connect! Call toll free: (507) 473-4847 Host: Annie Harlow Holiday Readings	21 ^1PM Let's Connect! Call toll free: (507) 473-4847 Host: Debbie Crews	22 ^11:30 Holiday lunch 12PM Holiday Sing-a-Long Senior Café ^12:45 Cakewalk Heritage Room	23 CLOSED FOR CHRISTMAS HOLIDAY
26 CLOSED FOR CHRISTMAS HOLIDAY	27 CLOSED FOR CHRISTMAS HOLIDAY	28 No Spin Cycle No Your Yoga	29	30 No Spin Cycle
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 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	
DROP IN ACTIVITIES (FCFS)		Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self- Check Blood Pressure, Spin Cycle, Table Tennis, Walking.		
Let's Connect! On Dec 15 th , 16 th , 20 th or 21 st , Call the toll free number at 1pm to chat with seniors!				

ONGOING ACTIVITIES	10/31/2022
Monday: 9:00 Men's Coffee Rm135 10:00 Mahjong Rm122 11:00 Stretch & Strengthen Rm134 and virtual 12:00 Hand & Foot Rm129 2:30 Healing Yoga 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 Stretch and Flex 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 Your Yoga Rm134	
Thursday: 9:30 Virtual Tai Chi 1:00 AFEP Rm134 2:30 Healing Yoga Rm134	
Friday: 9:30 Spin Cycle Outside 9:30 Basic Line Dancing Rm134 10:30 Line Dancing Rm134 12:00 Dominoes Rm129 12:00 Hand & Foot Rm122 12:30 Zumba Gold Rm134 1:30 Tempo Toning Rm134	