

February 2024 Jackson County Senior Center

ONGOING ACTIVITIES

Updated: 1/3/2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| ^Please visit MyActiveCenter.com or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled. *Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar. | | | | |
| 5 | 6 | 7 9AM Advisory Council Board Rm | 8 ^1-2:30PM BINGO Rm135 3PM Parkinson's Support Group Rm135 | 9 10AM Book Club Rm129 10AM Clip & Snip Paper Crafters Rm125 |
| 12 ^10-10:45AM Creative Minds Virtual Session | 13 10AM Blood Pressure Checks in Lobby | 14 ^11:30AM Valentine's Day Celebration Senior Café | 15 ^\$10AM Greeting Cards w/Toni Rm125 Registration for Samaritan's Feet Shoe Distribution Event Begins @ Front Desk or call 586-5494 | 16 ^11:30AM Monthly Birthday Senior Café |
| 19 ^10:30AM VAYA Caregiver Education (<i>topic in legend below</i>) Heritage Rm | 20 | 21 ^10-10:45AM Creative Minds Virtual Session | 22 | 23 10AM Clip & Snip Paper Crafters Rm125 |
| 26 ^\$9:30-3:30PM Basket Class Rm125 ^10-10:45AM Creative Minds Virtual Session | 27 ^8:30AM Men's Breakfast Senior Café | 28 | 29 ^1-2:30PM BINGO Rm135 | |

Monday:
 9:00 Men's Coffee Rm135
 ^9:30-2:30 AARP tax prep (Feb 2-April 12)
 10:00 Mahjong Rm129
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 ^Parkinson's Voice Training Heritage Rm
 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
 12:30 Bridge Group Rm135
 1:00 AFEP Rm134
 2:30 Tai Chi 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

Thursday:
 9:30 Virtual Tai Chi
 1:00 AFEP Rm134
 2:30 Tai Chi Rm134

Friday:
 ^9:30-2:30 AARP tax prep (Feb 2-April 12)
 9:30 Spin Cycle Outside
 9:30 Basic Line Dancing Rm134
 10:30 Line Dancing Rm134
 12:00 Dominoes Rm129
 12:00 Hand & Foot Rm129
 12:30 Zumba Gold Rm134
 1:30 Tempo Toning Rm134



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

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| Legend ^= pre-registration required for attendance!!! \$=Prepaid fee required *=Series (may be full-see Ongoing Activities) | AFEP=Arthritis Foundation Exercise Program FCFS=First Come, First Served February VAYA Caregiver Education TOPIC: Communication 101 |
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| DROP IN ACTIVITIES (FCFS) | Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking |
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^AARP tax preparation: To make an appointment at Jackson County Department on Aging, go online: wnctaxaide.as.me or call 586-5494

*Beginning Thursday, February 1st, we will be using a **Lottery based system for all fee based class registration.** This currently includes all **Card** and **Basket** classes. Please see **Amanda Brooks** with any questions and for more information.*