

January 2024 Jackson County Senior Center

ONGOING ACTIVITIES

Updated: 12/4/2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR HOLIDAY	2	3	4 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	5 10AM Book Club Rm129
8	9 10AM Blood Pressure Checks in Lobby	10	11 3PM Parkinson's Support Group Rm135	12 10AM Clip & Snip Paper Crafters Rm125
15 CLOSED FOR HOLIDAY	16 ^11AM Hearing Health Seminar Heritage Room	17 ^1-3PM BINGO Rm 135	18 ^\$10AM Greeting Cards w/Toni Rm125 Council on Aging 3:30 pm Boardroom	19 ^11:30AM Monthly Birthday Senior Café No Zumba Gold or Tempo Toning
22 ^\$9:30-3:30PM Basket Class Rm125	23 ^8:30-9:30AM Men's Breakfast Senior Café	24	25 ^1-3PM BINGO Rm 135	26 10AM Clip & Snip Paper Crafters Rm125
29	30	31		

Monday:

9:00 Men's Coffee Rm135
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 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



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.

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!!!

\$=Prepaid fee required

*=Series (may be full-see Ongoing Activities)

AFEP=Arthritis Foundation Exercise Program

FCFS=First Come, First Served

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

For fee-based classes (currently Basket & Greeting Card), pre-registration will be available beginning at 9:00am on the first workday of the month prior to the class.