

# MAY 18 - 22

*with the Jackson  
County Senior Center*

Department on Aging  
100 County Services Park  
Sylva, NC 28779  
828.586.5494

## MONDAY

### Basket class

Everybody loves Junetta's Basket class! For the adventurous basket makers out there missing class... Click on link to learn how to make a: [Blackberry Bramble Basket](#)

Challenge - Today is National No Dirty Dishes Day Email or post on our Facebook page if you achieved this goal!

Caregiver Education  
Learn about chronic medical illness and mental health: [NIMH](#)

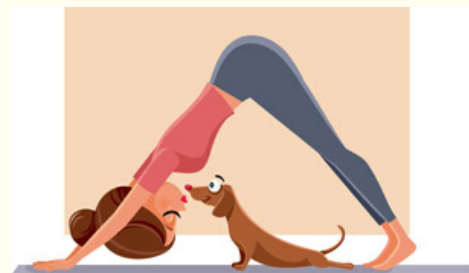
## TUESDAY

### Tai Chi

Click on the link below to access 3 great videos on tai chi for seniors: [3 Easy Tai Chi Videos](#)

### AFEP

know a lot of you are missing Susie's class! Try Lori Michiel's AFEP class online: [At home AFEP 40 min](#)



Workout - Down Dog Hold pose 20 seconds. Rest & repeat 3 times

## WEDNESDAY

### Meditation Class

Mindful Minute - for 60 seconds clear your mind & only focus on your breathing. if your mind starts to wander bring your attention back to your breathing.

### National Pick Strawberries Day

Click on link below to find NC U-pick farms [Pick Your Own](#)

How NC farms are making it safe to pick: [Strawberries](#)

## THURSDAY

### Goldenaires

Click the link below to sing along with Martha Vinson: ["He"](#)

It's not Greeting Cards with Toni, but this video shows how to make a beautiful card that can be used for many special occasions. [Make a Beautiful Greeting Card](#)

Workout - Find a food label for an item you eat today look at the calories per serving and do that many toe stands.

## FRIDAY

### Since we can't Walk at the Greenway

Join Dr. Qadira Huff listen to her talk about the health topic of mindfulness. [Walk with a Doc](#)

### Spin Cylce

Think you can't ride a bike? Watch this video about a group in Germany teaching seniors how to become independent and confident riding a bike. [Start Riding Again](#)

Hydrate - Drink at least 8 glasses of water today