

NOVEMBER 2022

Jackson County Senior Center

ONGOING ACTIVITIES updated 10/21/22

Monday	Tuesday	Wednesday	Thursday	Friday
	1 ^10-12PM Med Instead of Meds Rm135 ^12-2pm One-Stop Early Voting and Lunch	2 ^10-12PM Med Instead of Meds Rm135	3 ^\$10AM Greeting Cards w/ Toni Rm125 ^*11AM Walk with Ease Rm134 ^12:30-1:30PM Thanksgiving Decorating w/Toni Rm125	4 10AM Book Club Rm129 ^11:30AM Birthday Celebration Lunch
7 ^*9AM Walk with Ease Rm134 ^2PM Parkinson's Voice Training Rm135	8 10AM Blood Pressure Checks in Lobby No Stretch & Flex	9	10 ^*11AM Walk with Ease Rm134 3PM Parkinson's Support Group Rm135	11 CLOSED FOR VETERANS DAY HOLIDAY
14 ^2PM Parkinson's Voice Training Rm135	15 ^1PM Senior Games Sampler (either outdoor or indoor events-depends upon the weather) See flyer for details. LOBBY	16	17 ^\$10AM Greeting Cards w/ Toni Rm125 ^12:30-1:30PM Thanksgiving Decorating w/Toni Rm125	18
21 ^12:30PM VAYA Caregiver Education Neurocognitive Disorders: Living with Dementia Heritage Room and Virtual ^2PM Parkinson's Voice Training Rm135	22 No Stretch & Flex	23 No Your Yoga ^11:30AM Thanksgiving Lunch ^1PM-2PM BINGO Rm135	24 CLOSED FOR THANKSGIVING HOLIDAY	25 CLOSED FOR THANKSGIVING HOLIDAY
28 ^\$ 9:30-3PM Basket Class Rm125 ^2PM Parkinson's Voice Training Rm135	29 ^9-11:30am Holiday Decorating & refreshments LOBBY	30	*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar	

Monday:
9:00 Men's Coffee Rm135
10:00 Mahjong Rm122
11:00 Stretch & Strengthen Rm134 and virtual
12:00 Hand & Foot Rm129
1:00 **NO AFEP** 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 **NO 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 **NO AFEP** 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
3:00 **NO AFEP** Rm134

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.