



Jackson County Senior Center **November** 2018

(828) 586-5494 www.aging.jacksonnc.org

National Family Caregivers Month!

EVERYDAY ACTIVITIES

Monday:

9:00 Men's Coffee Rm. 135
 9:30 Spin Cycle Class Rm 134
 10:00 Mahjong Rm. 120
 10:00 Writing Group Rm. 129
 11:00 Stretch & Strengthen Rm134

12:00 Hand & Foot Rm. 129
 1:00 AFEP Rm. 134
 1:00 Crochet Crew Lobby
 3:00 Healing Yoga Rm. 134

Tuesday:

9:30 Tai Chi Rm. 134
 10:30 Line Dancing Rm. 134
 1:00 AFEP Rm. 134
 12:30 Duplicate Bridge Rm. 135
 1:00 Chess Rm. 129
 2:15 Stretch&Strengthen Rm. 134
 3:15 Step & Stretch Rm. 134

Wednesday:

9:00 Carolina Quilters Rm. 125
 9:30 Spin Cycle Class Rm.134
 11:00 Stretch & Strengthen Rm134
 12:00 Hand & Foot Rm. 129
 1:00 Rhythm & Balance Rm. 134

Thursday: Open till 7pm on 3rd Th

9:30 Tai Chi Rm. 134
 11:00 Dance Aerobics Rm. 134
 1:00 AFEP Rm. 134
 1:00 Bingo Rm. 135
 3:00 Healing Yoga Rm. 134

Friday:

9:30 Basic Line Dancing Rm.134
 10:30 Line Dancing Rm. 134
 12:30 Zumba Gold Rm. 134
 1:30 Pound Fitness Rm. 134

DROP IN ACTIVITIES

Library, Computer Lab, Puzzles, Coffee, Exercise Equipment, Blood Pressure Self-Check Station Rm.114, Billiards, Open Craft time if room not already scheduled.

Mon	Tue	Wed	Thu	Fri
Notes: Highlighted in RED changes have been made. Highlighted in Blue - New Programs. <u>Items underlined</u> you must pre-register for. Highlighted in Green - Trips. Highlighted in Purple - Special Events. Highlighted in PINK - All Ages Allowed. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!				
<p>5 9:00 Recipe Scrapbook Rm. 125 12:00 Ladies Luncheon- Kornerstone Kafe No Healing Yoga <u>1:00 Wearable Art by Lawrie Rm. 125 \$</u></p>	<p>6 No Tai Chi</p>	<p>7 <u>3:30 Grief Support Group Rm. 129</u></p>	<p>1 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:30 Goldenaires-Skyland</p>	<p>2 10:00 Book Club: "Never Caught" Erica Armstrong Dunbar Rm.129 No Zumba Gold or Pound Fitness</p>
<p>12 Closed for Veterans' Day</p>	<p>13 10:00 Blood Pressure Checks Rm. 135 <u>11:00 Disaster Preparedness Seminar Heritage Rm.</u></p>	<p>14 <u>3:30 Grief Support Group Rm. 129</u></p>	<p>8 No Tai Chi or Healing Yoga <u>11:00 Grief Support Rm. 129</u> 10:30 Goldenaires-Blue Ridge 3:00 Parkinson's Support Group Heritage Room</p>	<p>9 <u>10:00 Cards w/Debbie Rm. 125 \$</u> No Zumba Gold or Pound Fitness</p>
<p>19 <u>10:00 Caregivers Education- Mood Stabilizing Meds</u> <u>1:00 Cutting and Quilling Rm. 125 \$</u></p>	<p>20</p>	<p>21 <u>12:00 Thanksgiving Lunch</u> 1:00 Meditation Brd. Rm. <u>3:30 Grief Support Group Rm. 129</u></p>	<p>15 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:00 Goldenaires-Hermitage 5:00 Pot Luck- Turkey</p>	<p>16 <u>10:00 Greeting Cards w/ Sherri Rm. 125 \$</u></p>
<p>26 <u>9:00 Men's Breakfast</u> <u>9:00 Basket Making Class Rm. 125 \$</u></p>	<p>27</p>	<p>28 <u>Abdominal Doppler</u> <u>Ultrasound Screening</u> <u>3:30 Grief Support Group Rm. 129</u></p>	<p>22 Closed for Thanksgiving</p>	<p>23</p>
<p>29</p>	<p>30 <u>10:30 Escape Room in Sylva\$</u></p>	<p>29</p>	<p>30</p>	<p>30</p>