

Jackson County Senior Center **November** 2017

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

EVERYDAY ACTIVITIES

Monday:

8:30 Walk with Ease Rm. 134
 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 Rm. 134
 12:00 Hand & Foot Rm. 129
 1:00 AFEP Rm. 134
 3:00 Healing Yoga Rm. 134

Tuesday:

9:30 Tai Chi Rm. 134
 10:30 Line Dancing Rm. 134
 1:00 AFEP Rm. 134
 1:00 Duplicate Bridge Rm. 135
 1:00 Chess Rm. 129
 1:00 Woodcarving Rm. 125
 2:15 Stretch&Strengthen Rm. 134
 3:15 Step & Stretch Rm. 134

Wednesday:

8:30 Walk with Ease Rm. 134
 9:00 Carolina Quilters Rm. 125
 9:30 Spin Cycle Class Rm. 134
 11:00 Stretch & Strengthen Rm. 134
 12:00 Hand & Foot Rm. 129
 1:00 Rhythm & Balance Rm. 134

Thursday: Open till 7pm


9:30 Tai Chi Rm. 134
 11:00 Flexercise Rm. 134
 1:00 AFEP Rm. 134
 1:00 Bingo Rm. 135
 3:00 Healing Yoga Rm. 134
 5:00 Dance Aerobics Rm.134

Friday:

8:30 Walk with Ease Rm. 134
 9:30 Basic Line Dancing Rm.134
 10:30 Line Dancing Rm.134
 12:30 Zumba Gold Rm. 134
 1:00 Bridge Rm. 135 (1st & 3rd)
 1:30 Pound Fitness Rm. 134

DROP IN ACTIVITIES

Library, Computer Lab, Puzzles,
 Coffee, Exercise Equipment, Billiards

Mon	Tue	Wed	Thu	Fri
Notes: Highlighted in RED changes have been made. Highlighted in Blue - New Programs. <u>Items underlined you must pre-register for.</u> Highlighted in Green - Trips. Highlighted in Purple - Special Events. Highlighted in PINK - Support Groups. Highlighted in Orange - All Ages Allowed. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!		1 Kidney/Bladder Ultrasound Screening 3:30 Otago Exercise Program Rm.134	2 10:00 Cards w/ Toni Rm. 125 10:30 Goldenaires- Skyland	3 10:00 Book Grp-"The Contact has Begun" by: Philip H. Krapf 10:00 Cards w/ Debbie Rm. 125 \$ No Zumba Gold or Pound
6 9:00 Recipe Scrapbook Group Rm. 125 10 Instructor/Leader Mtg. Brd. Rm.	7 10:00 Lawrie's Cutting & Quilling Rm. 125 \$ 10:00 Plastic Canvas 2:00 Advisory Council Meeting Brd. Rm.	8 10:00 Grief During the Holiday's Heritage Rm. 1:00 Instructor/Leader Mtg. Brd Rm.	9 10:00 The Bascom Art Center Rm. 125 \$ 10:30 Goldenaires- Blue Rdg 1:00 Beginners Sewing \$ 3:00 Parkinson's Support Grp Heritage Rm.	10 Center Closed for Veterans Day
13 10:00 Home Décor w/ Sherri Rm. 125 \$ 12 Talk w/Doc Sleep Problems Heritage Rm. 1:00 Lawrie's Cutting & Quilling Rm. 125\$	14 10:00 Blood Pressure Rm. 135 11:00 Advance Directives Hermitage Rm. 5:30 Caregiver Dinner Dining Hall	15 12 Diabetes Learning @ Lunch Heritage Rm 1:00 Meditation Brd. Rm.	16 10:00 Goldenaires-Hermitage 10:00 Card's w/ Toni Rm. 125 \$ NO FLEXERCISE NO POTLUCK	17 10:00 Cards w/Sherri Rm. 125 \$ 11:30 Thanksgiving Lunch
20 10-1 Medication Take Back Event Lobby 10:00 Caregivers Edu. Misused Medication 1:00 Diabetes Program Brd.	21	22	23  Center closed for Thanksgiving	24
27 9:00 Men's Breakfast 9:30 Basket making Class \$ 12:00 Ladies Luncheon-Coffee Cup in Waynesville 1:00 Diabetes Program Brd. Rm.	28 10:00 Scrapbooking Group Rm. 125	29 8:30 Hamrick's Trip	30	