



Jackson County Senior Center February 2019

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



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 Rm. 134
 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

Wednesday:

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 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

DROP IN ACTIVITIES

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

Mon	Tue	Wed	Thu	Fri
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. Brown - Senior Games Events. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!				
4 <u>9:00 Ladies Breakfast Dining Rm.</u> 10:00 AARP Tax Prep	5 <u>1:00 KNOW IT CONTROL IT FOR SENIORS Brd. Rm.</u>	6	7 <u>10:00 Greeting Cards w/Toni Rm. 125 \$</u> <u>10:00 Pickleball-Waynesville\$</u> 10:30 Goldenaires- Blue Ridge	1 <u>10:00 AARP Tax Prep</u>
11 10:00 AARP Tax Prep <u>1:00 Wearable Art by Lawrie Rm. 125 \$</u>	12 10:00 Blood Pressure Checks Rm. 135	13 <u>11:00 Bowling Singles-Sylva\$</u> <u>1:00 Bowling Doubles-Sylva\$</u>	14 10:00 Goldenaires-Hermitage <u>11:00 Grief Support Rm. 129</u> <u>11:30 Valentine's Party</u> <u>3:00 Parkinson's Support Group Heritage Rm.</u>	8 <u>10:00 Greeting Cards w/Debbie Rm. 125 \$</u> 10:00 AARP Tax Prep
18 10:00 AARP Tax Prep <u>10:00 Caregivers Education- Chronic Illness</u> <u>1:00 Cutting & Quilling Rm. 125 \$</u>	19 <u>10:00 Cornhole-Waynesville \$</u> <u>1:00 KNOW IT CONTROL IT FOR SENIORS Brd. Rm.</u>	20 1:00 Meditation Brd. Rm.	21 <u>10:00 Greeting Cards w/Toni Rm. 125 \$</u> 10:00 Goldenaires-Morning Star	15 <u>10:00 AARP Tax Prep</u> <u>10:00 Greeting Cards w/Sherri Rm. 125 \$</u> <u>11:00 Bowling Mixed Doubles-Sylva\$</u>
25 <u>9:00 Men's Breakfast Dining Rm.</u> <u>9:00 Basket Making Class Rm. 125\$</u> 10:00 AARP Tax Prep	26 <u>Ankle Brachial Ultrasound First Aid Rm.</u> <u>11:00 Billiards- Cherokee\$</u>	27 10:00 Goldenaires-Practice	28	22 <u>10:00 AARP Tax Prep</u> <u>11:00 Fitness Testing Heritage Room</u>