

Jackson County Senior Center **September** 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
 11:45 Hand & Foot Rm. 129
 1:00 Rhythm & Balance Rm. 134
[3:30 Otago Exercise Program Rm.134](#)
[3:30 Grief Support Group Rm. 129](#)

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
 1:30 Pound Fitness Rm. 134

DROP IN ACTIVITIES

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

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!				
4 Center Closed for Labor Day	5 <u>10:00 Lawrie's Cutting and Quilling Rm. 125 \$</u>	6 <u>Abdominal Aorta Ultrasound Screening</u> <u>9:00 WNC Nature Center</u>	7 <u>10:00 Greeting Cards w/ Toni Rm. 125</u> 10:30 Goldenaires-Skyland	1 <u>10:00 Book Grp- "The Orphan Master's Son" by: Adam Johnson</u>
11 NO AFEP <u>8:00 Recipe Scrapbook Rm. 125</u> <u>10:00 Crafts w/ Sherri Rm. 125</u> <u>1:00 Lawrie's Cutting & Quilling Rm. 125 \$</u>	12 No Tai Chi NO AFEP 10:00 Blood Pressure Checks Rm. 135	13 <u>9:00 Hiking Grp- Laurel Falls</u> <u>12:00 Lunch and Learn- JCPL Ebooks from the Library- Heritage Rm</u>	14 NO AFEP <u>10:00 The Bascom Art Ctr Rm. 125</u> 10:30 Goldenaires- Blue Rdg 1:00 Beginners Sewing Rm. 125 3:00 Parkinson's Support Grp Heritage Rm.	8 <u>10:00 Greeting Cards w/ Debbie Rm. 125</u> <u>12:00 80s Decade Party</u>
18 <u>10:00 Caregiver Education Brd Rm.</u>	19	20 <u>9:00 Hiking Grp- JC Greenway</u> 1:00 Meditation Brd. Rm. 2:00 Essential Tremors Support Grp Rm. 135	21 No Tai Chi or Healing Yoga 10:00 Goldenaires- The Hermitage <u>10:00 Home Decor w/ Toni Rm. 125</u> <u>5:00 Potluck- Meatballs</u>	15 <u>8:30 NC Mountain State Fair</u> <u>10:00 Greeting Cards w/ Candy Rm. 125</u>
25 <u>9:00 Men's Breakfast Dining Rm.</u> <u>9:30 Basket Making Class Rm. 125</u> <u>12 TalkwDoc Sleep Problems Heritage Rm.</u> 12:00 Ladies Night Out- Sweet Onion	26 9:00 Scrapbooking Group <u>1:00 Gift Basket Class</u>	27 <u>9:00 Hiking Grp- Bent Creek</u> <u>10:00 Goldenaires Practice</u>	28 10:00 Goldenaires-Morning Star <u>1:00 Beginners Sewing Rm. 125</u>	22 <u>10 Greeting Cards w/Sherrie Rm.125</u> No Zumba Gold or Pound Fitness
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