

SEPTEMBER 2022

updated 8/23/22

Jackson County Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.</i></p>			<p>1 ^\$10AM Greeting Cards w/ Toni Rm125</p>	<p>2 NO Spin Cycle 10AM Book Club Rm129</p>
<p>5 Closed for Labor Day Holiday</p>	<p>6 ^12PM Emergency Preparedness Lunch & Learn</p>	<p>7</p>	<p>8 3PM Parkinson's Support Group Room 135</p>	<p>9 10AM Clip & Snip Paper Crafters Craft Rm125</p>
<p>12 ^2PM Parkinson's Voice Training Rm 135</p>	<p>13 10AM Blood Pressure Checks in Lobby</p>	<p>14 NO Virtual Zumba Gold</p>	<p>15 ^\$10AM Greeting Cards w/ Toni Rm125</p>	<p>16 NO Spin Cycle ^10-2PM Fall Prevention Awareness Event Heritage Room NO Zumba Gold NO Tempo Toning</p>
<p>19 ^10AM VAYA Caregiver Education Suicide Indicators, Response and Prevention Board Rm and Virtual ^2PM Parkinson's Voice Training Rm 135</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23 NO Basic Line Dancing NO Line Dancing 10AM Clip & Snip Paper Crafters Craft Rm125</p>
<p>26 ^\$ 9:30-3PM Basket Class Rm125 ^2PM Parkinson's Voice Training Rm 135</p>	<p>27</p>	<p>28 No Spin Cycle</p>	<p>29 12 Spin Cycle Class ^1PM Fitness Testing</p>	<p>30 ^10am-2pm Senior Celebration</p>

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

ONGOING ACTIVITIES updated 8/30/22

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 AFEP Rm134
2:30 LIFT * Rm134 (series is full)

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 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 AFEP Rm134
2:30 LIFT * Rm134 (series is full)

Friday:

9:30 Spin Cycle Outside
9:30 Basic Line Dancing Rm134
10:30 Line Dancing Rm134
12:00 Dominoes Rm129
12:30 Zumba Gold Rm134
1:30 Tempo Toning Rm134
3:00 AFEP Rm134

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.