

September 2023 Jackson County Senior Center

ONGOING ACTIVITIES

6/1/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please visit MyActiveCenter.com or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled *Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.				1 10AM Book Club Rm129 ^1-3pm Conscious Aging Heritage Room
4 CLOSED FOR LABOR DAY HOLIDAY	5	6 ^1-3pm BINGO Rm135	7 ^\$10AM Greeting Cards w/ Toni Rm125 10AM Nutrition Information Senior Café	8 ^9AM-12PM Balance Screening Heritage Room 10AM Clip & Snip Paper Crafters Rm125
11 10AM-12PM Recipe Scrapping Rm125	12 10AM Blood Pressure Checks in Lobby	13	14 ^*11AM Walk With Ease Rm134 3PM Parkinson's Support Group Rm135	15 ^11:30AM Monthly Birthday Senior Café
18 ^*9AM Walk With Ease Rm134 ^12:30PM VAYA Caregiver Education (topic in legend below) Heritage Room and Virtual	19	20	21 ^\$10AM Greeting Cards w/ Toni Rm125 NO Musical Theatre Dance ^*11AM Walk With Ease Rm134	22 10AM Clip & Snip Paper Crafters Rm125 ^10AM-2PM Senior Celebration
25 ^*9AM Walk With Ease Rm134 NO BASKET CLASS IN SEPT	26	27 ^1-3pm BINGO Rm135	28 ^*11AM Walk With Ease Rm134	29 ^9-11am Emergency Management Preparedness Forum Heritage Room
Department on Aging ♦ 100 County Services Park, Sylva NC 28779 A Senior Center serving participants ages 50 or better!				
LEGEND AFEP = Arthritis Foundation Exercise Program ^ = pre-registration required for attendance!!! \$ = Prepaid fee required		* = Series (may be full-see Ongoing Activities) September Caregiver Education Topic: Navigating Depression		
DROP IN ACTIVITIES (FCFS)		Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking		

Monday:

9:00 Men's Coffee Rm135
 10:00 Mahjong Rm129
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 ^Parkinson's Voice Training Heritage Rm
 12:00 Hand & Foot Rm129
 2:30 Healing Yoga Rm134

Tuesday:

9:30 Spin Cycle Outside
 9:30 Virtual Tai Chi
 10:00 Writing Group Rm129
 10:30 Line Dancing Rm134
 12:30 Bridge Group Rm135
 1:00 AFEP Rm134
 2:30 Tai Chi 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

Thursday:

9:30 Virtual Tai Chi
 11:00 Musical Theatre Dance Rm134
 1:00 AFEP Rm134
 2:30 Tai Chi Rm134

Friday:

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