

January 2025 Jackson County Senior Center

ONGOING ACTIVITIES

Last updated (12/6/24)

Registration for Class Lotteries is on MyActiveCenter.com or 586-5494 once the Jacksonian is published. Lottery winners are drawn on the second working business day of each month for following month.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED HOLIDAY	2 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	3
6 10AM-12PM Recipe Scrapping Rm125	7 9AM Asking Directions With Jamie Davis Heritage Rm	8 ^1PM Brain Fitness: Drumming Rm134	9 3PM Parkinson's Support Group Rm135	10 10AM Book Club Rm129 10AM Clip & Snip Paper Crafters Rm125
13	14 10AM Blood Pressure Checks in Lobby	15 1PM Special Spin Class: Frozen Movie Rm134	16 ^\$10AM Greeting Cards w/Toni Rm125	17 +11:30AM Monthly Birthday Senior Café
20 CLOSED MLK HOLIDAY	21 ^1-3PM iPad & iPhone Tech Support with Jenifer Board Rm	22 ^1-2:30PM BINGO Rm135	23 ^10AM Ladies Tea Rm135	24 10AM Clip & Snip Paper Crafters Rm125
27 ^\$9:30-3:30PM Basket Class Rm125	28	29	30	31

Monday:
 9:00 Men's Coffee Rm135
 9:30AM **Cardio&Tone** Rm134
 10:00 Mahjong Rm129
 10:30 **Pantry Power Rm135**
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 Parkinson's Voice Heritage Rm
 12:00 Hand & Foot Rm129
 12:45 **NO Pilates in January**
 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 **NO AFEP in January**

Wednesday:
 9:00 Carolina Quilters Rm125
 9:30AM **Cardio&Tone** Rm134
 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**
 1:00 **NO AFEP in January**
 2:30 Healing Yoga 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

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.

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!!! \$=Prepaid fee required AFEP=Arthritis Foundation Exercise Program	*=Series (may be full-see Ongoing Activities) FCFS=First Come, First Served VAYA Caregiver Education TOPIC: (No Vaya this month)
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DROP IN ACTIVITIES (FCFS)	Billiards, Checkers, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Crafts, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking
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Trips DEPART at the time listed on the calendar.