

March 2025 Jackson County Senior Center

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 and contacted soon thereafter.

Monday	Tuesday	Wednesday	Thursday	Friday
3 10AM-12PM Recipe Scrapping Rm125	4 ^King's Cake during lunch for Mardi Gras!	5 ^9AM Advisory Council Board Rm ^1PM Brain Fitness: Drumming	6 ^10AM Nutrition Info Senior Café ^\$10AM Greeting Cards w/Toni Rm125	7 10AM Book Club Rm129
10 ^\$1PM Mixed Media with Gayle Rm125	11 10AM Blood Pressure Checks in Lobby ^1PM Digital Navigation Class Computer Lab ^*1-4 PM Living Healthy Board Rm	12 ^10AM Ladies Tea Rm135	13 ^10AM Soil Class Rm135 ^1PM Silver Watercolor Group Rm125 3PM Parkinson's Support Group Rm135	14 10AM Clip & Snip Paper Crafters Rm125
17 ^10:30AM VAYA Caregiver Education (<i>topic in legend below</i>) Conference Rm ^*9:30AM Walk With Ease Heritage Rm ^11:30AM St. Patrick's Day Senior Café	18 ^*1-4 PM Living Healthy BoardRm ^9:30-2:30pm Basket Weaver Friends Rm125	19 ^*9:30AM Walk With Ease Heritage Rm	20 ^\$10AM Greeting Cards w/Toni Rm125 ^1-2:30PM BINGO Rm135	21 ^11:30AM Monthly Birthday Senior Café
24 ^\$9:30-3:30PM Basket Class Rm125 ^*9:30AM Walk With Ease Heritage Rm	25	26 ^*9:30AM Walk With Ease Heritage Rm	27 ^10AM Card Swap Group Rm125 ^1PM Silver Watercolor Group Rm125	28 10AM Clip & Snip Paper Crafters Rm125

31 A Senior Center serving participants ages 50 or better!

^AARP tax preparation at the Jackson County Department on Aging (JCDOA) in Sylva is on Mondays & Fridays February 3rd - April 11th by appointment only. Appointments in Sylva (JCDOA and Library) and Franklin (Library) can be made at wnctaxaide.as.me
Appointments at JCDOA, Sylva can also be made by calling 586-5494

Please visit MyActiveCenter.com or call (828) 586-5494 to register. If no one registers for an activity, it will be canceled	*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.
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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: Enriching Mental Health with Complementary Treatments Part 1 (Color, Music, & Nutrition)

ONGOING ACTIVITIES

Last updated (12/6/24)

Monday:
 9:00 Men's Coffee Rm135
 9:30 Cardio & Tone Rm134
 10:00 Mahjong Rm129
 10:30 Pantry Power Rm135
 11:00 Stretch & Strengthen Rm134 and virtual
 11:15 Parkinson's Voice
Check Kiosk for Room
 12:00 Hand & Foot Rm129
 12:45 Pilates Rm134
 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

Wednesday:
 9:00 Carolina Quilters Rm125
 9:30 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 AFEP Rm134
 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 ZumbaTabata Fusion Rm134
 1:30 Tempo Toning Rm134

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

**Department on Aging
 100 County Services Park,
 Sylva NC 28779**

Trips DEPART at the time listed on the calendar.