

# November 2024 Jackson County Senior Center

Registration for Class Lotteries 9am-5pm: Nov 1 (December classes) & Nov 26, 27 (Jan classes)

## ONGOING ACTIVITIES

Updated: 10/16/2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10AM Book Club Rm129 <b>No Line Dancing</b>
4 10AM-12PM Recipe Scrapping Rm125  ^1-2:30PM Chromebook Class - Board Rm	5	6 ^1PM-2:30PM BINGO Rm135	7 10AM Nutrition Information Senior Café  ^\$10AM Greeting Cards w/Toni Rm125	8 10AM Clip & Snip Paper Crafters Rm125  +11:30AM Celebrating Our Veterans Senior Café
11 <b>CLOSED HOLIDAY</b>	12 10AM Blood Pressure Checks in Lobby	13 ^\$10:30AM Field Trip to Bogarts & Shopping in Downtown Waynesville	14 3PM Parkinson's Support Group Rm135	15 +11:30AM Monthly Birthday Senior Café
18 ^10:30AM VAYA Caregiver Education (topic in legend below) Heritage Rm  ^1-2:30PM Chromebook Class - Board Rm	19 ^10:30AM Seasonal Eats Rm135	20 9AM Advisory Council Board Room	21 ^\$10AM Greeting Cards w/Toni Rm125  <b>NO AFEP</b>	22 10AM Clip & Snip Paper Crafters Rm125  ^10AM Ladies Tea Rm135
25 ^\$9:30-3:30PM Basket Class Rm125  ^1-2:30PM Chromebook Class - Board Rm	26	27 +11:30AM Thanksgiving Event Senior Café	28 <b>CLOSED HOLIDAY</b>	29 <b>CLOSED HOLIDAY</b>

**Monday:**  
 9:00 Men's Coffee Rm135  
 10:00 Mahjong Rm129  
 11:00 Stretch & Strengthen Rm134 and virtual  
 11:15 Parkinson's Voice Heritage Rm  
 12:00 Hand & Foot Rm129  
 12:45 Pilates Rm134  
 2:30 Healing Yoga Rm134

**Tuesday:**  
 9:30 Spin Cycle outside  
 9:30 ^\*Tai Chi Rm134  
 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 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 ^\*Tai Chi Rm134  
 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 Zumba Gold Rm134  
 1:30 Tempo Toning Rm134



*Trips DEPART at the time listed on the calendar.*

Please visit [MyActiveCenter.com](http://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](http://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

+ = make reservation with Congregate meals

\* = Series (may be full-see Ongoing Activities)

AFEP = Arthritis Foundation Exercise Program

FCFS=First Come, First Served

**VAYA Caregiver Education TOPIC:**

Neurocognitive Disorders and the Basics of Dementia

### 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