

September 2024 Jackson County Senior Center

ONGOING ACTIVITIES

Updated: 6/14/2024

Monday	Tuesday	Wednesday	Thursday	Friday
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Registration for Class Lotteries 9am-5pm: Sept 3 (Oct. classes) & Sept 27, 30 (November classes)

2 CLOSED HOLIDAY	3	4 ^10AM Voter Registration Drive Heritage Rm	5 10AM Nutrition Information Senior Café ^\$10AM Greeting Cards w/Toni Rm125	6 10AM Book Club Rm129 ^10AM Ladies Tea Rm135
9 10AM-12PM Recipe Scrapping & Open Crafting Rm125	10 10AM Blood Pressure Checks in Lobby	11 ^10AM Emergency Preparedness Event Heritage Room	12 ^*10:30AM Walk With Ease Heritage Rm 3PM Parkinson's Support Group Rm135	13 9:30AM Coffee w/Veterans Rm135 10AM Clip & Snip Paper Crafters Rm125 ^10AM SENIOR CELEBRATION NO ZUMBA NO TEMPO TONING
16 ^*9AM Walk With Ease Rm134 ^10:30AM VAYA Caregiver Education (topic in legend below) Heritage Rm NO Pilates	17 ^10AM Adaptive Gardening Rm135	18	19 ^\$10AM Greeting Cards w/Toni Rm125 ^*11AM Walk With Ease Rm134	20 ^11:30AM Monthly Birthday Senior Café
23 ^*9AM Walk With Ease Rm134 ^\$9:30-3:30PM Basket Class Rm125 ^10AM Adaptive Gardening Rm135	24	25 ^1-2:30PM BINGO Rm135	26 ^*11AM Walk With Ease Rm134 ^1PM Fitness Testing Heritage Rm	27 9:30AM Coffee with Veterans Rm135 10AM Clip & Snip Paper Crafters Rm125
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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



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: Navigating Depression
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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