

# April 2024 Jackson County Senior Center

## ONGOING ACTIVITIES

Updated: 3/20/2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 *9:30AM Walk With Ease Rm134  ^11:30AM Easter Celebration Senior Café	2 Senior Games Begins	3 *9:30AM Walk With Ease Rm134	4 10AM Nutrition Information Senior Café  ^\$10AM Greeting Cards w/Toni Rm125  <b>No Virtual Tai Chi or Healing Yoga</b>	5 10AM Book Club Rm129  ^10AM-2PM Samaritan's Feet Shoe Event Heritage Rm  <b>No Zumba Gold or Tempo Toning</b>
8 *9:30AM Walk With Ease Rm134	9 10AM Blood Pressure Checks in Lobby	10 *9:30AM Walk With Ease Rm134	11 3PM Parkinson's Support Group Rm135	12 10AM Clip & Snip Paper Crafters Rm125
15 *9:30AM Walk With Ease Rm134  ^10:30AM VAYA Caregiver Education ( <i>topic in legend below</i> ) Heritage Rm	16	17 *9:30AM Walk With Ease Rm134	18 ^\$10AM Greeting Cards w/Toni Rm125	19  ^11:30AM Monthly Birthday Senior Café
22 ^\$9:30-3:30PM Basket Class Rm125	23	24	25 <b>No Virtual Tai Chi or Healing Yoga</b>	26 10AM Clip & Snip Paper Crafters Rm125
29	30 ^8:30AM Men's Breakfast Senior Café	Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled  <i>*Note: this calendar is subject to change. Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> for the most current calendar.</i>		

**Monday:**  
9:00 Men's Coffee Rm135  
^9:30-2:30 AARP tax prep (Feb 2-April 12)  
10:00 Mahjong Rm129  
11:00 Stretch & Strengthen Rm134 and virtual  
11:15 ^Parkinson's Voice Training Board Rm  
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 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:**  
^9:30-2:30 AARP tax prep (Feb 2-April 12)  
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

**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

**April VAYA Caregiver Education**

**TOPIC:** The Many Uses of Antidepressant Medications

### DROP IN ACTIVITIES (FCFS)

Billiards, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking

^AARP tax preparation through April 12th: To make an appointment at Jackson County Department on Aging, go online: [wnctaxaide.as.me](http://wnctaxaide.as.me) or call 586-5494.

