



Jackson County Senior Center **December** 2017

(828) 586-5494 www.aging.jacksonnc.org

EVERYDAY ACTIVITIES

Monday:

9:00 Men's Coffee Rm. 135
 9:30 Spin Cycle Class Rm. 134
 10:00 Mahjong Rm. 120
 10:00 Writing Group Rm. 129
 11:00 Stretch&Strengthen Rm. 134
 12:00 Hand & Foot Rm. 129
 1:00 AFEP Rm. 134
 3:00 Healing Yoga Rm. 134

Tuesday:

9:30 Tai Chi Rm. 134
 10:30 Line Dancing Rm. 134
 1:00 AFEP Rm. 134
 1:00 Duplicate Bridge Rm. 135
 1:00 Chess Rm. 129
 2:15 Stretch&Strengthen Rm. 134
 3:15 Step & Stretch Rm. 134

Wednesday:

9:00 Carolina Quilters Rm. 125
 9:30 Spin Cycle Class Rm. 134
 11:00 Stretch&Strengthen Rm. 134
 12:00 Hand & Foot Rm. 129
 1:00 Rhythm & Balance Rm. 134

Thursday: Open till 7pm

9:30 Tai Chi Rm. 134
 11:00 Flexercise Rm. 134
 1:00 AFEP Rm. 134
 1:00 Bingo Rm. 135
 3:00 Healing Yoga Rm. 134

Friday:

9:30 Line Dancing Rm.134
 12:30 Zumba Gold Rm. 134
 1:00 Bridge Rm. 135 (1st & 3rd)
 1:30 Pound Fitness Rm. 134

DROP IN ACTIVITIES

Library, Computer Lab, Puzzles,
 Coffee, Exercise Equipment, Billiards

Mon	Tue	Wed	Thu	Fri	Sat
Notes: Highlighted in RED changes have been made. Highlighted in Blue - New Programs. <u>Items underlined you must pre-register for.</u> Highlighted in Green - Trips. Highlighted in Purple - Special Events. Highlighted in PINK - Support Groups. Highlighted in Orange - All Ages Allowed. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!					
4 9:30 Recipe Scrapbook Rm.125 <u>1:00 Diabetes Program Brd. Rm.</u>	5 <u>10:00 Lawrie's Cutting & Quilling Rm. 125 \$</u> No Line Dancing	6 <u>10:30 Aluminum Christmas Tree Museum\$</u>	7 10:30 Goldenaires- Sky-land <u>10:00 Greeting Cards w/ Toni Rm. 125\$</u> NO DANCE AEROBICS	1 <u>10:00 Cards w/Sherri Rm. 125 \$</u> 10:00 Book Grp-"The Life of the World to Come" by: Joseph	2 8:00 Annual Craft Show and Breakfast w/ Santa
11 <u>10:00 Home Décor w/ Sherri Rm. 125 \$</u> <u>1:00 Lawrie's Cutting & Quilling Rm. 125 \$</u> <u>1:00 Diabetes Program Brd. Rm.</u>	12 10:00 Blood Pressure Checks Rm. 135 <u>10:00 Recycled Can Ear-ring Class</u> <u>11-1 Flu Shots Meet In Lobby</u> <u>2:00 Sing and Dance Holiday Program</u>	13 <u>12:00 Learning @ Lunch: Dry Needling for Pain Management Heritage Room</u> No Rhythm & Balance	14 10:00 The Bascom Art Ctr Rm. 125\$ 10:30 Goldenaires- Blue Rdg <u>1:00 Beginners Sewing Rm. 125\$</u> NO PARKINSONS SUPPORT GRP NO DANCE AEROBICS	15 <u>8:00 Tanger Outlet Mall Shopping in Pigeon Forge, TN \$</u>	
18 <u>10:00 Caregiver Education Brd. Rm.</u> <u>1:00 Diabetes Program Brd. Rm.</u>	19	20 1:00 Meditation Brd. Rm. NO ESSENTIAL TREMORS SUPPORT GRP	21 <u>10:00 Goldenaires- Hermitage</u> <u>10:00 Greeting Cards w/ Toni Rm. 125\$</u> <u>5:00 Christmas Dinner-Dining Rm.</u> NO DANCE AEROBICS	22	
25 <div style="border: 2px solid black; padding: 5px; text-align: center; width: fit-content; margin: 0 auto;"> Center Closed for Christmas Holiday </div>	26	27	28 NO FLEXERCISE <u>1:00 Beginners Sewing Rm. 125\$</u> NO DANCE AEROBICS	29	