



Jackson County Senior Center **February** 2018

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



Mon	Tue	Wed	Thu	Fri
<p>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.</p>				
<p>5 9:00 Recipe Scrapbook Rm. 125 10:00 AARP Tax Prep <u>12:00 Ladies Luncheon- Half Past</u></p>	<p>6 <u>1:00 KNOW IT CONTROL IT BRD RM</u></p>	<p>7 <u>Ankle Brachial Ultrasound Screening</u> <u>3:30 Greif Support Rm. 129</u></p>	<p>1 No Tai Chi or Healing Yoga <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:30 Goldenaires- Skyland</p>	<p>2 10:00 AARP Tax Prep</p>
<p>12 10:00 AARP Tax Prep <u>1:00 Cutting & Quilling Rm. 125 \$</u></p>	<p>13 10:00 Blood Pressure Checks Rm. 135 <u>10:30 Sr. Driver Safety Course Brd. Rm.</u></p>	<p>14 11:30 Valentines Day Party No Rhythm & Balance <u>3:30 Greif Support Rm. 129</u></p>	<p>8 10:30 Goldenaires- Blue Ridge 1:00 Beginner's Sewing Rm. 125 \$ 3:00 Parkinson's Support Grp Heritage Rm.</p>	<p>9 <u>10:00 Greeting Cards w/ Debbie Rm. 125 \$</u> 10:00 AARP Tax Prep</p>
<p>19 10:00 AARP Tax Prep 10:00 Caregivers Education- Effective Communication <u>1:00 Fitness Testing Heritage Room</u> <u>1:00 Cutting & Quilling Rm. 125 \$</u></p>	<p>20 <u>1:00 KNOW IT CONTROL IT BRD RM</u> <u>No Stretch & Strengthen or Step & Stretch</u></p>	<p>21 1:00 Meditation Brd. Rm. 11:30 Movie- National Treasure <u>3:30 Greif Support Rm. 129</u></p>	<p>15 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:00 Goldenaires- Hermitage 5:00 Pot Luck- Meatloaf</p>	<p>16 10:00 AARP Tax Prep</p>
<p>26 9:00 Men's Breakfast 9:00 Basket Making Class Rm. 125 \$ 10:00 AARP Tax Prep</p>	<p>27 <u>No Stretch & Strengthen or Step & Stretch</u></p>	<p>28 10:00 Goldenaires- Practice <u>3:30 Greif Support Rm. 129</u></p>	<p><i>*Senior Center Eligible age is 50 or better!</i></p>	

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
1:00 Crochet Crew Lobby
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
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
1:30 Pound Fitness Rm. 134

DROP IN ACTIVITIES

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