



Jackson County Senior Center **May** 2018

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

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
 11:45 Hand & Foot Rm. 129
 1:00 Rhythm & Balance Rm. 134

Thursday: **Only open till 7pm on the 3rd Thursday's of each month**

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

Friday:

9:30 Basic Line Dancing Rm. 134
 10:30 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, Blood

| Mon | Tue | Wed | Thu | Fri |
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| <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.</p> | <p>1 <u>10:00 One-Stop Voting</u> <u>1-3 A Healthy Dose of Aging Heritage Room: SCC PTA Program</u></p> | <p>2 <u>1:00 CHRONIC PAIN SELF MANAGEMENT PROGRAM BRD. RM</u></p> | <p>3 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> <u>10:30 Goldenaires- Skyland</u></p> | <p>4 No Basic Line Dancing or Line Dancing <u>10:00 Greeting Cards w/ Debbie Rm. 125 \$</u> <u>10:00 Book Club: "Killers of the Flower Moon" David Grann Rm. 129</u></p> |
| <p>7 <u>9:00 Recipe Scrapbook Rm. 125</u> <u>12:00 Ladies Luncheon- Mesquite Grill</u></p> | <p>8 <u>10:00 Blood Pressure Checks Rm. 135</u> <u>8:30 "Listening Session" State Aging Plan</u></p> | <p>9 <u>1:00 CHRONIC PAIN SELF MANAGEMENT PROGRAM BRD. RM</u></p> | <p>10 <u>10:30 Goldenaires- Blue Ridge</u> <u>1:00 Beginner's Sewing Rm. 125 \$</u> <u>3:00 Parkinson's Support Group Heritage Rm.</u></p> | <p>11</p> |
| <p>14 <u>1:00 Cutting & Quilling Rm. 125 \$</u></p> | <p>15 No Tai Chi</p> | <p>16 <u>1:00 Meditation Brd. Rm.</u> <u>2:00 Essential Tremors Support Group</u></p> | <p>17 No Tai Chi <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> <u>10:00 Goldenaires- Hermitage</u> No Healing Yoga <u>5:00 Pot Luck- BBQ Pork</u></p> | <p>18 <u>10:00 Greeting Cards w/ Sherri Rm. 125 \$</u></p> |
| <p>21 <u>10:00 Caregiver's Education- Hoarding</u> <u>1:00 Cutting & Quilling Rm. 125 \$</u></p> | <p>22</p> | <p>23 <u>10:00 Goldenaires- Practice</u></p> | <p>24 <u>10:00 Goldenaires- Morning Star</u> <u>1:00 Beginner's Sewing Rm. 125 \$</u> <u>5:30 Senior Games Recognition Dinner</u></p> | <p>25</p> |
| <p>28 Center Closed for Memorial Day Holiday</p> | <p>29</p> | <p>30 <u>11:30 Claymates Pottery</u> <u>1:00 CHRONIC PAIN SELF MANAGEMENT PROGRAM BRD. RM</u></p> | <p>31</p> | <p>Notes: 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! AFEP= Arthritis Foundation Exercise Program. \$- indicates fee</p> |