

Jackson County Senior Center August 2018

(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
 1:30 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
 12:30 Duplicate Bridge Rm. 135
 1:00 Chess Rm. 129
 2:15 Stretch&StrengthenRm. 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 on 3rd Th

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
 Pressure Self-Check Station
 Rm.114, Billiards

Mon	Tue	Wed	Thu	Fri
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!				
		1 NO SPIN CYCLE	2 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:30 Goldenaires-Skyland	3 10:00 Book Club: "Sing, Unburied, Sing" Jesmyn West Rm. 129
6 9:00 Recipe Scrapbook Rm. 125 <u>12:00 Ladies Luncheon- The Blue Rooster</u>	7 <u>1:00 KNOW IT CONTROL IT BRD. RM.</u>	8	9 10:30 Goldenaires-Blue Ridge 3:00 Parkinson's Support Group Heritage Room	10
13 10:00 Meet & Greet w/ Amy Lobby <u>1:00 Cutting & Quilling Rm. 125 \$</u> <u>1:00-3:00 Self Defense Class Heritage Room \$</u>	14 10:00 Blood Pressure Checks Rm. 135 5:00 El Patron Senior Games Percentage Night	15 <u>11:00 Cherokee Movie Trip</u> 1:00 Meditation Brd. Rm. 2:00 Essential Tremors Support Group	16 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:00 Goldenaires-Hermitage <u>5:00 Pot Luck- BBQ Chicken</u>	17 <u>10:00 Cards w/Sherri Rm. 125 \$</u>
20 <u>10:00 Caregiver Education- Delirium & Dementia</u> <u>1:00 Cutting & Quilling Rm. 125 \$</u>	21 <u>1:00 KNOW IT CONTROL IT BRD. RM.</u>	22 10:00 Goldenaires-Practice	23 10:00 Goldenaires-Morning Star	24
27 <u>9:00 Men's Breakfast- Dining Hall</u> <u>9:00 Basket Making Class Rm. 125 \$</u>	28	29 <u>Renal/Bladder Ultrasound Screening</u> <u>10:30 Glenville Beach Trip</u>	30	31