

# Jackson County Senior Center

(828)586-5494 [www.aging.jacksonnc.org](http://www.aging.jacksonnc.org)



## EVERYDAY ACTIVITIES

### Monday:

8:30 Walk with Ease Rm. 134  
 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  
 12:30 Grief Support Group Rm. 164  
 1:00 AFEP Rm. 134  
 1:00 Duplicate Bridge Rm. 135  
 1:00 Chess Rm. 129  
 1:00 Woodcarving Rm. 125  
 2:15 Stretch&Strengthen Rm. 134  
 3:15 Step & Stretch Rm. 134

### Wednesday:

8:30 Walk with Ease Rm. 134  
 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  
 3:30 Otago Exercise Program Rm.134  
 3:30 Grief Support Group Rm. 129

### 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  
 5:00 Dance Aerobics Rm.134

### Friday:

8:30 Walk with Ease Rm. 134  
 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, Billiards

Mon	Tue	Wed	Thu	Fri
<b>2</b> 9:30 Recipe Scrapbook Rm. 125	<b>3</b>	<b>4</b> <a href="#">Carotid Artery Ultrasound Screening</a> <a href="#">9:00 Hiking Grp- JC Greenway</a>	<b>5</b> 10:30 Goldenaires-Skyland 1:00 Beaded Earring Class Rm. 125 \$ 10:00 Cards w/ Toni Rm. 125 \$	<b>6</b> 10:00 Book Group- "Nutshell" by: Ian McEan
<b>9</b> 10:00 Home Décor w/ Sherri Rm. 125 \$ 1:00 Lawrie's Cutting & Quilling Rm. 125\$ <b>No Healing Yoga</b>	<b>10</b> <b>No Tai Chi</b> 10:00 Blood Pressure Checks Rm. 135 & Flu Shots	<b>11</b> <a href="#">8:30 Hiking Grp- Deep Creek</a> <a href="#">12 Emergency Preparedness Learning @Lunch Heritage Rm.</a>	<b>12</b> <b>No Tai Chi</b> 10:00 The Bascom Art Center Rm. 125\$ 10:30 Goldenaires-Blue Rdg 1:00 Beginners Sewing Rm. 125\$ 3:00 Parkinson's Support Grp Heritage Rm. <b>No Healing Yoga</b>	<b>13</b> <a href="#">10:00 Greeting Cards w/ Debbie Rm. 125 \$</a> <a href="#">9:30 Stepp's Hillcrest Orchard \$</a>
<b>16</b> 1:00 Lawrie's Cutting & Quilling Rm. 125 \$	<b>17</b>	<b>18</b> <a href="#">9:00 Hiking Grp- JC Greenway Project Lazarus informational booth in Congregate</a> <a href="#">11:15 Almond Trading Post Auction</a> 1:00 Meditation Class Brd. Rm. 2:00 Essential Tremors Support Grp Rm. 135 <b>No Otago Exercise Program</b>	<b>19</b> 10:00 Goldenaires-The Hermitage 10:00 Card's w/ Toni Rm. 125 \$ 5:00 Pot Luck- Sloppy Joes	<b>20</b> <a href="#">10:00 Cards w/Sherri Rm. 125 \$</a> <a href="#">10:30 Registration/ 11-Start Greenway 3K Walk/ Run @ The Jackson County Greenway</a>
<b>23</b> 9:30 Basket Making Class Rm. 125 \$ <a href="#">10:00 Caregiver Education Brd. Rm</a>	<b>24</b> 10:00 Scrapbook Group <a href="#">12:00 Breast Cancer Luncheon</a>	<b>25</b> <a href="#">9:00 Hiking Grp- Pisgah Astro-nomical Research Institute.</a> 10:00 Goldenaires Practice Rm. 122 12:00 Lunch and Learn JCPL	<b>26</b> 10:00 Goldenaires-Morning Star <b>NO FLEXERCISE</b> 1:00 Beginners Sewing Rm. 125\$	<b>27</b> 10:00 Greeting Cards w/ Candy Rm. 125 \$
<b>30</b> 9:00 Men's Breakfast 12:00 Ladies Luncheon- City Light's	<b>31</b> <a href="#">12:00 Fall Festival</a>	Notes: Highlighted in <b>RED</b> changes have been made. Highlighted in <b>Blue</b> - New Programs. <b>Items underlined you must pre-register for.</b> Highlighted in <b>Green</b> - Trips. Highlighted in <b>Purple</b> - Special Events. Highlighted in <b>PINK</b> - Support Groups. Highlighted in <b>Orange</b> - All Ages Allowed. ALL CAPS- CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!		