



Jackson County Senior Center **December** 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. 122
- 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
- 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 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

DROP IN ACTIVITIES

- Library, Computer Lab, Puzzles,
- Coffee, Exercise Equipment, Self-Check Blood Pressure Station
- Rm.114, Billiards

Mon	Tue	Wed	Thu	Fri
3 9:00 Recipe Scrapbook Rm. 125 <u>11:30-12:30 Aquatic Exercise Information Lobby</u> <u>12:00 Ladies Luncheon</u> <u>Robbies Char-burger</u>	4 <u>11:30-12:30 Aquatic Exercise Information Lobby</u>	5	6 <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> 10:30 Goldenaires-Skyland	7 <u>8:30 Hamrick's Shopping Trip</u> 10:00 Book Club: "The House of Broken Angels" Luis Alberto Rm.129
10 <u>1:00 Cutting & Quilling Rm. 125 \$</u> No Healing Yoga	11 10:00 Blood Pressure Checks Rm. 135 <u>10:00 Christmas Wreath Class Rm125\$</u> 2:00 Advisory Council Meeting Brd. Rm.	12	13 10:30 Goldenaires-Blue Ridge <u>11:00 Grief Support Rm. 129</u>	14 <u>10:00 Cards w/ Sherri Rm. 125 \$</u>
17 <u>10:00 Caregiver's Education- OCD</u> <u>1:00 Cutting & Quilling Rm. 125 \$</u>	18 <u>8:30 Tanger Outlets in Sevierville TN Trip</u>	19 1:00 Meditation Brd. Rm.	20 10:00 Goldenaires-Hermitage <u>10:00 Greeting Cards w/ Toni Rm. 125 \$</u> <u>5:00 Christmas Dinner</u>	21
Senior Center Closed for the Christmas Holiday				
31 <u>NO MEN'S BREAKFAST</u>	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 and ALL AGES. Highlighted in ALL CAPS - CLASS SERIES-NO DROP IN. *Senior Center Eligible age is 50 or better!			