

March 2024		Jackson County Senior Center		
Monday	Tuesday	Wednesday	Thursday	Friday
Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled <i>*Note: this calendar is subject to change.</i> Please visit <a href="http://MyActiveCenter.com">MyActiveCenter.com</a> for the most current calendar.				1 <b>NO Spin Cycle Class</b>  10AM Book Club Rm129
4	5 ^10-11AM Ladies Tea Rm135	6 ^1:30–3:00 PM BINGO Rm135	7 10AM Nutrition Information Senior Café  ^11AM Arthritis Wellness Seminar Board Rm  ^\$10AM Greeting Cards w/Toni Rm125	8 10AM Clip & Snip Paper Crafters Rm125
11 *9:30AM Walk With Ease Rm134	12 10AM Blood Pressure Checks in Lobby  ^10-10:45AM Creative Minds-Virtual	13 *9:30AM Walk With Ease Rm134	14 3PM Parkinson's Support Group Rm135	15 <b>NO Line Dancing</b>  ^11:30AM Monthly Birthday Senior Café
18 *9:30AM Walk With Ease Rm134  ^10-10:45AM Creative Minds-Virtual  ^10:30AM VAYA Caregiver Education ( <i>topic in legend below</i> ) Board Rm  ^11:30AM St. Patrick's Celebration Senior Café	19	20 *9:30AM Walk With Ease Rm134	21 <b>NO Healing Yoga</b>  ^\$10AM Greeting Cards w/Toni Rm125  ^1:00–2:30PM BINGO Rm135	22 10AM Clip & Snip Paper Crafters Rm125
25 *9:30AM Walk With Ease Rm134  ^\$9:30-3:30PM Basket Class Rm125	26	27 *9:30AM Walk With Ease Rm134	28	29 <b>CLOSED FOR HOLIDAY</b>
<b>Department on Aging • 100 County Services Park, Sylva NC 28779</b> <b><i>A Senior Center serving participants ages 50 or better!</i></b>				
<b>Legend</b> ^= pre-registration required for attendance!!! \$=Prepaid fee required AFEP=Arthritis Foundation Exercise Program *=Series (may be full-see Ongoing Activities)		FCFS=First Come, First Served <b>March VAYA Caregiver Education</b> <b>TOPIC:</b> Enriching Mental Health with Complementary Treatments Part 1 (Color, Music Therapy, & Nutrition)		
<b>DROP IN ACTIVITIES (FCFS)</b>	Billiards, Chess, Coffee, Computer Lab, Fit Lab, Games, Library, Music, Craft Room, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking			
^AARP tax preparation: To make an appointment at Jackson County Department on Aging, go online: <a href="http://wnctaxaide.as.me">wnctaxaide.as.me</a> or call 586-5494. Pick up your tax packet at JCDOA				

## ONGOING ACTIVITIES

Updated: 2/21/2024

### Monday:

9:00 Men's Coffee Rm135  
^9:30-2:30 AARP tax prep (Feb 2-April 12)  
10:00 Mahjong Rm129  
11:00 Stretch & Strengthen Rm134 and virtual  
11:15 ^Parkinson's Voice Training Rm125  
12:00 Hand & Foot Rm129  
**1:00 Pilates Rm134**  
2:30 Healing Yoga Rm134

### Tuesday:

9:30 Spin Cycle Outside  
9:30 Virtual Tai Chi  
10:00 Writing Group Rm129  
10:30 Line Dancing Rm134  
12:30 Bridge Group Rm135  
1:00 AFEP Rm134

### Wednesday:

9:00 Carolina Quilters Rm125  
9:30 Spin Cycle Outside  
10:00 Goldenaires Rm122  
11:00 Stretch & Strengthen Rm134 and virtual  
12:00 Hand & Foot Rm129  
1:00 Virtual Zumba Gold

### Thursday:

9:30 Virtual Tai Chi  
1:00 AFEP Rm134  
**2:30 Healing Yoga Rm134**

### Friday:

^9:30-2:30 AARP tax prep (Feb 2-April 12)  
9:30 Spin Cycle Outside  
9:30 Basic Line Dancing Rm134  
10:30 Line Dancing Rm134  
12:00 Dominoes Rm129  
12:00 Hand & Foot Rm129  
12:30 Zumba Gold Rm134  
1:30 Tempo Toning Rm134  
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