

October 2026 Jackson County Senior Center

Registration for Class Lotteries is on MyActiveCenter.com or 586-5494 on the 20th day of each month. Lottery winners are drawn on the second working business day of each month for the following month and contacted soon thereafter.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 ^*11:00AM Walk with Ease – Heritage Rm ^*11:00AM Tai Chi for Arthritis Room 134 NO AFEP	2 ^10:00 AM Emergency Prepare – Heritage Room 10:00AM Book Club “The Kitchen House” by Kathleen Grissom Rm 129
5 ^*9:30AM Walk with Ease – Heritage Rm ^\$10:00 AM Greeting Cards Rm 125 ^\$12:30-3:00 PM Diamond Art Rm 125	6 ^*2:30 PM Tai Chi for Arthritis Rm 134	7 Stitchers: English Pillowcases 12:30 PM makeup day for Diamond Art Room 125	8 ^*11:00AM Walk with Ease – Heritage Rm ^*11:00AM Tai Chi for Arthritis Rm 134 3:00 PM Parkinson’s Support Group Rm 135	9 ^\$1:00 PM Painting with Andrew Rm 125
12 ^*9:30AM Walk with Ease – Heritage Room	13 10:00AM Blood Pressure Check Lobby ^1:00PM Knitting Rm 125 ^*2:30 PM Tai Chi for Arthritis Rm 134	14 ^1:00 PM Bingo Rm 135 Stitchers: Grocery Bag Holders	15 ^*11:00AM Tai Chi for Arthritis Room 134 ^*11:00AM Walk with Ease – Heritage Rm	16 +11:30 AM Monthly Birthday Party – Senior Café
19 ^*9:30AM Walk with Ease – Heritage Room	20^*9:30AM Tai Chi for Heart Health Room 134 ^9:30 AM Writing for Resilience – Rm 122 ^*2:30 PM Tai Chi for Arthritis Rm 134 3:30PM Grief Gatherings Board Room	21 Stitchers: Tote Bags with Laura Rust	22 ^*9:30AM Tai Chi for Heart Health Room 134 ^10:00 AM Card Swap Group Rm 125 ^*11:00AM Tai Chi for Arthritis Room 134 ^*11:00AM Walk with Ease – Heritage Rm	23 ^\$ 9:00 Field Trip - Pisgah Inn Visit and Lunch
26 ^\$9:30-3:30PM Basket Class Rm. 125	27 ^*9:30AM Tai Chi for Heart Health Room 134 ^\$10:00 AM Greeting Cards Room 125 ^1:00PM Knitting Rm 125 ^*2:30 PM Tai Chi for Arthritis Rm 134	28 ^8:30 AM Men’s Breakfast – Senior Cafe Stitchers: Placemats ^1:00 PM Bingo with Beth	29 ^*9:30AM Tai Chi for Heart Health Room 134 ^*11:00AM Tai Chi for Arthritis Room 134	30 ^+11:30 AM Halloween Celebration – Senior Cafe
Please visit MyActiveCenter.com or call the front desk at (828) 586-5494 to register. If no one registers for activity, it will be canceled			*Note: this calendar is subject to change. Please visit MyActiveCenter.com for the most current calendar.	
Department on Aging ◊ 100 County Services Park, Sylva NC 28779 A Senior Center serving participants ages 50 or better!				
Legend +=register with congregate meals mgr. ^= 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	

DROP IN ACTIVITIES (FCFS) Billiards, Chess, Coffee, Computer Lab, Crafts, Fit Lab, Games, Lending Library, Music, Puzzles, Self-Check Blood Pressure, Spin Cycle, Table Tennis, Walking

ONGOING ACTIVITIES

Monday:

9:00 Step Aerobics Rm134
9:30 Cardio & Tone Rm134
9:30 Mahjong Rm 135
11:00 Stretch & Strengthen
Rm134 and virtual
11:15 Parkinson's Voice
Heritage Rm
12:00 Hand & Foot Rm129
12:45 Pilates Rm134
2:30 Healing Yoga Rm134

Tuesday:

10:00 Writing Group Rm129
10:30 Line Dancing Rm134
12:30 Bridge Group Rm135
1:00 AFEP Rm134

Wednesday:

9:00 Carolina Stitchers Rm125
9:00 Step Aerobics Rm134
9:30 Cardio & Tone Rm134
11:00 Stretch & Strengthen
Rm134 and virtual
12:00 Hand & Foot Rm129
1:00 Virtual Zumba Gold
1:00 Goldenaires Rm 122

Thursday:

1:00 AFEP Rm134
2:30 Healing Yoga Rm134

Friday:

9:30 Intermediate Line
Dancing Rm134
10:30 Line Dancing Rm134
12:00 Hand & Foot Rm129
12:30 Zumba Tabata Fusion
Rm134
1:30 Tempo Toning Rm134
3:00 AFEP Rm. 134