

Plus 50 Programs

Lunch and Learn

The Plus 50 program has regular programs open to the public in Cashiers, Sylva and Franklin. We have scheduled free learning opportunities at the Senior Café in Cashiers, the Senior Center in Sylva, and the Macon Senior Center in Franklin. The opportunities include guest speakers, learning activities and discussion before or after the congregate meals in these locations. They are generally scheduled for once or twice per month at each site. Call the respective centers for more information about the meal program and to get the most recent schedule of lunch and learn programs.

- Cashiers Senior Café - (828) 743-9215
- Jackson County Senior Center - (828) 631-8041
- Macon Senior Center - (828) 349-2058

Below are some examples of classes that have been offered for a fee in our community. A club, church group or organization can request these classes and they are ready to go at a moment's notice.

Happiness 101- A Short Course on Living with Joy and Lasting Fulfillment

Based loosely on the most popular course taught at Harvard University (Psych 1504) in the past decade. The course regularly enrolled over 800 students per semester and was the focus of numerous newspaper, magazine and media stories. We will look at the social/psychological research being done on happiness and satisfaction and look at ways to apply them in daily life.

Live Long and Prosper

Based on the best-selling book by National Geographic explorer, Dan Buettner (The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest) we will explore the basics of longevity and aging from various cultures and look at ways to apply them right where we are.

6 inches to a Better Golf Game

This workshop is an overview of the best that sports psychology has to offer. The class is peppered with examples of practical habits and tips that can benefit a golfer at most any skill level. Improvement in your golf game is just around the corner.

For additional information:

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