

BLACK MOUNTAIN

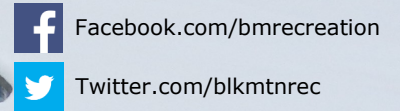
**Recreation & Parks
Department**
101 Carver Avenue
Black Mountain
828-669-2052
TDD# 1-800-735-2962

RECREATION & PARKS Winter 2015

**Lakeview Senior
Center**
401 S. Laurel Circle Dr.
Black Mountain
828-669-8610



Follow us on Facebook & Twitter



www.blackmountainrec.com

Black Mountain Recreation and Parks has several facilities available for rental, including the Lakeview Clubhouse, the Lake Tomahawk Pavilion, the Carver Community Center, Grey Eagle Arena, Bounce Houses at Grey Eagle Arena, and the Black Mountain Pool. Please call 669-2052 or 669-5213 for details on rental prices and availability.

ADULT SPORTS

Dodgeball (Co-ed)
Winter Leagues
Days: Monday Nights
Dates: February 2 - March 23
Fee: Early Bird Registration January 2 - January 25 \$125
Team After January 25 \$135/Team
Manager's Meeting: January 22, 6:30pm at Grey Eagle Arena

Adult Basketball League
Days: Sunday
Dates: January 25 - April 12

Where: Owen Middle School
Fee: \$525 per team
*Manager Meeting: January 15th at 6:00pm at Carver Community Center

Co-ed Softball League
Days: Monday & Wednesday
Dates: May 1st - July
Fee: \$350/team
*Manager's meeting April 2nd, 2015, 7:00pm at Carver Community Center
Teams must pay by April 23rd
5 guys, 5 girls. Pitch to your own Team

YOUTH SPORTS

Start Smart
Start Smart is a program for ages 3-5 years that was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time.

Start Smart Basketball
Dates: Saturdays, January 10 - February 21
Time: Times may vary due to schedule
Location: Black Mountain Elementary / Owen Middle School
Fee: Early Bird Registration
\$50.00 per player

Start Smart Soccer
Dates: Saturdays, March 14 - May 2nd
Time: 9:00 am
Location: Grey Eagle Arena
Fee: Early Bird Registration Jan. 2 - March 4 \$45.00
\$50.00 per player March 5 - March 15

Tennis
12 & Under Tennis
Days: Thursdays
Dates: April 9th-30th
Time: 5:00-5:45pm
Location: Cragmont Park
Fee: \$30
*This is a joint program with the Black Mountain Tennis Association.

Tennis
14 & Under Tennis
Days: Tuesdays
Dates: April 7th-28th
Time: 5:00-5:45pm
Location: Cragmont Park
Fee: \$30
*This is a joint program with the Black Mountain Tennis Association.

COMMUNITY PROGRAMS

Arts (and Activities!) in the Afternoon
~Celebrating our 6th year of Educating Children After School~
We are a hands-on after school learning program designed for kids who like to express themselves through artistic creations. We explore ideas through painting, drawing, sculpture, weaving, pottery, printmaking, comics, sewing, mosaic, beading, book making, and much more! We have a huge end of year art show that will feature the masterpieces from the entire year. Other activities include 45 minutes of outdoor play, homework time, group games and physical fitness, and an end of year variety show. Your child will be safe and loved at Art in the Afternoon!
We are currently accepting applications. Space is limited, as we try to keep our classes small. Grades K-5.
Days: M-F
Time: 2:50-6:00pm Early Release Days and Teacher Work Days available.
Cost: Pay by the day or week. Sibling discount available. Some absences allowed with no charge. Small yearly supply fee.
Daily, weekly, and drop-in schedules available.
Transportation from Black Mountain Schools provided
Call (828) 669-6929 for more information www.sulzman.net/artinthepm

New Mercies After School Homework Assistance and Mentoring Program
The mission of the New Mercies program is to assist students grades K-12 with homework and to encourage opportunity to experience, achieve, and succeed regardless of socioeconomic background. Children are also encouraged to explore through art, computers, and writing. This program operates through donations, community affiliates, and other organizations. The New Mercies program relies on volunteers to make it happen, please contact Angela Young if interested.

Contact: Angela Young (828) 216-8420
Where: Carver Community Center
When: Monday - Thursday & one Friday a month (TBA)
Time: 3:00 - 5:30pm
Fee: \$25/week required per child

BMSA Summer Camp
Black Mountain Summer Adventure Camp is a day camp for rising 1st through 6th graders. Since 2011, we have been spending our summer days park hopping, hiking, creek walking, waterfall finding, swimming, journaling, playing games, doing arts and crafts, exploring theater arts, letterboxing, and much, much more! Visit www.sulzman.net/bmsa to see sample schedules and many photos from previous camps. We have a 13 camper maximum for each week. Join us on nature's playground with BMSA CAMP!

June 15-19 • June 22-26 • June 29-July 3 • July 6-July 10 • July 13-July 17
July 20 - July 24 • July 27-July 31 • Aug 3-Aug 7 • Aug 10-Aug 14

Tai Chi Chuan Yang Style 108 Form
Instructor: Roberto Vengoechea 275-7835/279-7778
Cost: \$30.00/month
Monday 4:30-5:45pm Beginner Classes (no pre-requisites)
Tuesday 10:30am-12:00pm Advanced Classes (must have mastered first loop of form)

Tai Chi, often described as meditation in motion, is an ancient internal martial art which combines slow, controlled and low impact movements with breath management while enhancing the power of concentration and relaxation.

Tai Chi engenders overall improvement in health, fitness and stress relief while building strength and flexibility, improving posture, joint movement and spine health, enhancing balance and coordination while refining attention and focus.

While not a self-defense class, tai chi is a martial art, so in this class martial art applications of the form are explained.

(If you have any health concerns, please consult your physician before beginning any new exercise program.)

Karate
The Land of the Sky Martial Arts program emphasizes physical skills, balance, flexibility, coordination, focus, respect, & teamwork. The instructor has a varied background in several disciplines of martial arts and extensive training in working with children. **Located in Auditorium at Carver Community Center. Bus drop off available**
Days: Tues. & Thurs, On-Going
Time: 3:00 - 6:00 pm; white belts 3:00 - 4:00; color belts 4:00 - 5:00; 5:30 - 6:00
Martial Arts weaponry
*students may stay through the later class and work on homework
All ages are welcome **Fee:** \$65 per month

Hip Hop Dance Class
Motions Dance
Wednesday Nights 7:30 - 9:00pm
\$7 dollars per class
Ages 14 & up

Fun Fast paced hip hop and modern dance class. We explore different cultures and genres of music. All levels of dance accepted, prior experience not required. Great way to exercise while having fun. Come check us out!

Drum Circle
Drum Circle every Saturday at Carver Community Center in the Auditorium. The Drum Circle goes from 4:00 pm - 6:00 pm. For more information contact **Steven Townsend** at (828) 545-0389

SPECIAL EVENTS

Valentine 5K Run, Kids Fun Run, and Health & Wellness Expo



The 16th Annual Valentine 5K & Kids Half Mile Fun Run will be held on **Saturday, February 14, 2015** at Lake Tomahawk Park. The Half Mile Kids Fun Run around Lake Tomahawk will begin at 9:00am, with the 5K Race beginning at 9:30am. This year's sponsors include: Black Mountain Family Eye Care; Black Mountain Physical Therapy; Black Mountain Stove & Chimney; Deborah Anders, D.D.S.; Dr. Christina Smith; Mark Kleive, D.D.S.; Parameter Generation & Control; State Farm Insurance; Swannanoa Valley Chiropractic; and Western Carolina Physical Therapy.

Again this year we'll have a **Health & Wellness Expo** from 8:30-11:30am featuring health screenings, activity demos, chair massages and more. Confirmed participants include: Allison McLeod, massage therapist; Black Mountain Chiropractic; Black Mountain Family Eye Care; Black Mountain Physical Therapy; and Cheshire Fitness Center; Greenspan Wellness Center; Health Ridge Pharmacy; Mark Kleive, D.D.S.; and Western Carolina Physical Therapy.

To register, please visit our website at www.blackmountainrec.com and click on Special Events or go to <https://www.imathlete.com/>

Spring Egg Hunt

Black Mountain Recreation and Parks Department will host its annual Spring Egg Hunt on **Saturday, March 28, from 10:00am - Noon** at Recreation Park, 10 Rec Park Drive. The Spring Egg Hunt will be divided up into age groups: 0-3, 4-6, 7-9, and 10-& up for children with an adult hunt immediately following. Children can enjoy a bounce house, magician, clown/juggler, face painting, and other fun activities. Be sure to bring your own baskets.

The rain date is Sunday, March 29 at 2:00pm, same location.

Park Rhythms

This summer will be our 20th season of Park Rhythms – our outdoor concert series at Lake Tomahawk – Thursday evenings from 7:00-9:00pm starting June 26 through August 13. More details coming soon!

RENTAL INFO

Grey Eagle Indoor Soccer Arena

Available to rent for birthday parties!
Large Indoor Soccer Arena - great place for kids to run and play - balls are included (this option has an hourly rate.) Also, we now have bounce houses! Three different inflatables will be set up for 90 minutes of play (this option is a 2 hour rental.) Tables and chairs are included.

Lakeview Center at Lake Tomahawk

2 levels available for rent. Overlooking beautiful Lake Tomahawk. Daily rentals. Rentals include use of the kitchen, tables and chairs. Lower level accommodates 50-60 people and upper level accommodates 120 people. Both levels have their own restrooms and heat/ac.

Bounce House Rentals

Rental Times: Saturdays and Sundays from 2-4 pm and 5-7 pm
Get 1 1/2 hours in all 3 Bounce Houses and 30 minutes for Cake/party time after
Cost: Deposit plus \$150 Resident Rate / \$200 Non-Resident Rate for 2 hour Party

Call (828) 669-2052 for more information on rates and availability.

OUR GREENWAYS

Get out and enjoy our biking and walking trails in Black Mountain! These greenway trails are wide pathways for recreation, and bicycle and pedestrian transportation. The trails connect to Black Mountain's sidewalk network allowing for safe travel between residential areas and downtown businesses, schools, and parks. Maps are available on the recreation website.

Greenway Challenge 5K/10K

The Greenway Challenge is scheduled for April 11, 2015. Register at imathlete.com for the Black Mountain Greenway Challenge. Be sure to "Like" the Black Mountain Greenway Challenge Facebook page to keep up with the latest news and info!

Commissioners Needed!

The Greenways Commission has openings for three year terms starting in July 2015. Contact Jill to learn more at 669-2052.

COMMUNITY GARDEN ~ GROW ~ EDUCATE ~ SHARE

With rental plots, volunteer opportunities, workshops, and programming you can learn about and grow almost anything!

Grow

Dr. John Wilson Community Garden: Full-size rental plots are 6'x50' and are \$35 for the regular growing season (April - October). Half-size plots are \$20 for the regular growing season and are 6'x25'. Plot renters use 10% of their space to grow food for sharing with those in need, and with volunteer support this garden donates over 3,000 lbs of produce to share with local families, in addition to the food renters grow for their own use. To reserve your space on the waiting list, call or come by the Carver Community Center at 101 Carver Avenue, or 669-2052.

Carver Community Garden: Plots are 3'x13', and are perfect for new gardeners, or those who want a smaller space. Plots are "free", with renters agreeing to support the development of this garden space as volunteers.

Learn

Annual Pruning Day at Dr. John Wilson Community Garden: Contact Diana McCall at diana.mccall@townofblackmountain.org.

Apprentice/Dedicated Volunteer: Spend 5 or more hours/week in a garden learning specific techniques and supporting food security in the Swannanoa Valley. Dedicated volunteers help at one or more gardens and are a tremendous asset - while growing their knowledge and skill. Contact Jill for more info at jill.edwards@townofblackmountain.org.

Share

Dr. John Wilson Community Garden: Harvest Help Needed Weekly on Tuesdays, 9:00 - 11:00 a.m. (99 White Pine Drive, Black Mountain)

Spring Equinox Garden Blessing - March 21 at 10:00, followed by potluck in the garden.

Carver Community Garden: Still getting established, the Carver Garden needs donations of tools and time!

School Gardens: Helpers are needed to help in one of three ways: in-class garden teachers, recess-time garden guides, and after-school garden club. Individuals and groups may also share by volunteering in a garden during non-school hours

to help keep the gardens running smoothly. Help in one or more area, or at one or more schools.

Black Mountain Elementary School Garden

After-School Garden Club: Garden Club will resume in March and meets weekly after school until 4:00 at the Elementary School. 4th and 5th grade students are welcome to join and learn about gardening hands-on, and volunteers are needed!

Recess-Time Gardening: Students at the Elementary School can explore the garden during recess (volunteers guide and assist them with tasks).

In-Class Garden Teachers: Experienced gardeners and educators help teachers connect lessons to the garden during class time.

On Your Own Time: Individuals, families, and groups interested in supporting the BME garden can stop by the garden during non-school hours and check the volunteer task box for something they can do on their own to help the garden.

To Grow, Learn, or Share in one or more of the gardens, contact Jill Edwards at jill.edwards@townofblackmountain.org or 828-669-2052.

LAKEVIEW SENIOR CENTER

The purpose of the Lakeview Senior Center is to serve older adults from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the center supports active living for older adults.

The Lakeview Senior Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.

LUNCH SITE

The Lakeview Senior Center offers a hot catered meal each week day for persons over 60 years old. If you live in Black Mountain or parts of the surrounding area, Mountain Mobility will provide free transportation so that you can come enjoy a meal with us.

The Lakeview Nutrition Site offers a variety of on-going activities both before and after the meal is served. Please call the Lakeview Lunch Site (828) 669-2035 to make a reservation or to arrange transportation.

Lakeview Center Open House

Saturday, March 14th from 10am-2pm.

Drop-in and learn about what the Lakeview Senior Center is and all the wonderful programs we have available. From Canasta and Mahjong to Yoga or Aerobics – we have something for everyone. We even have monthly day trips! Refreshments will be available. No cost.

EXPAND YOUR KNOWLEDGE

Monthly Snack and Learn with Healthridge Pharmacy

Join in on monthly sessions to learn about ways to stay fit, mentally alert and more engaged in your personal well being. Time and date varies. Please see the monthly Lakeview Senior Center Newsletter for exact details. Free.

Special Presentation: Medicare Fraud and Abuse

Thursday, February 12, 11:15-Noon upstairs.

Diane Trainor, a Senior Medicare Patrol Outreach Specialist for the Seniors Health Insurance Information Program (SHIIP) through the NC Department of Insurance in Raleigh, NC, will present information on Medicare Fraud and Abuse, understanding the Medicare Summary Notice, current scams targeting seniors, and the importance of protecting one's identity, along with tips on how to prevent becoming a victim of scam artists. Materials handed out will be useful to the individual and information that may be shared with family and friends. Free.

EXCURSIONS

The Lakeview Senior Center has traveled all over North Carolina and the Eastern United States! Each month we visit a different location close by, and each Spring we go on a week-long trip. Sign up early—trips always fill up fast. This year we're expanding to the Western US!

Spring Trip: Great Trains and Grand Canyons, May 3 - 8, 2015

This year we'll be flying to Phoenix, to stay at a beautiful resort hotel. Tour highlights include two rail journeys: Grand Canyon Railway and Verde Canyon Railroad; visit to Grand Canyon National Park, Oak Creek Canyon, Black Bart's Steakhouse; Sedona Trolley tour; chapel of the Holy Cross and lots more! Included in your \$2095 pp/double rate is roundtrip airfare (as well as transportation to the airport in Charlotte), 5 nights accommodations, 8 meals, admission per itinerary, sightseeing per itinerary, hotel transfers, professional tour director, baggage handling, and local motorcoach transportation. For more information give us a call, or check out the flyer on our website.

Van Clans

March 6th (Friday) – Lunch & Movie at Biltmore Park.

We will depart from Lakeview at 11:30am and travel to Biltmore Park in South Asheville. Everyone will be on their own for lunch at one of the many restaurants (there might even be a little time for some shopping!) After lunch we will meet at the Regal Biltmore Grande to watch *The Second Best Exotic Marigold Hotel*. We will arrive back at Lakeview no later than 5:00pm. Cost will be \$15/pp and covers transportation and movie ticket only.

Please sign up by Wednesday, March 4th. Minimum of 5 people.

April 16th (Thursday) –Bristol TN/VA.

We will depart from Lakeview at 9:00am and travel to the adorable town of Bristol TN/VA (the downtown - one side is in TN and the other is in VA!) Everyone will be allowed to go explore all the shops, restaurants, and sights. After a couple of hours of exploring we will go to the Birthplace of Country Music Museum for a tour (approx 45 minutes). We will arrive back at Lakeview by 6:00pm.

Cost is \$20/pp and includes transportation and museum ticket & tour. Minimum of 8 people.

Active Adult Adventures - NEW!!!!

January 22nd (Thursday) – Snow Tubing at Cataloochee & Dinner.

We will depart from Lakeview at 2:30pm to travel to Cataloochee for a couple of hours of snow tubing. After we are all tucked out we will travel a few miles to Frankie's Italian Trattoria in Maggie Valley for dinner. Be sure to dress warmly for snow tubing and bring clothes to change into for dinner if you like. We will arrive back at Lakeview by 9:00pm. Cost is \$35/pp and covers transportation and snow tubing only. Please sign up by Friday, January 16th. Minimum of 8 people.

February 23rd (Monday) – Lunch & Bowling.

We will depart from Lakeview at 11:30am and travel to Asheville where we will have a bite to eat at White Duck Taco in the River Arts District. After lunch we will travel to the AMF Bowling alley off of Tunnel Rd for a couple of hours of strikes, doubles, and turkeys!

Cost is \$20/pp and this will cover transportation, bowling and shoe rental.

*Please sign up by Friday, February 20th. Minimum of 6 people.

March 23rd (Monday) – Biking the Swamp Rabbit Trail in Greenville, SC.

We will depart from Lakeview at 8:30am and travel to Greenville, SC to rent bikes and start our ride on the Swamp Rabbit Trail. Be sure to bring plenty of water, snacks, and lunch if you like. We will arrive back at Lakeview no later than 5:00pm.

Cost will be \$30/pp and covers transportation and a 4-hour bike rental. Please sign up by Monday, March 16th. Minimum of 8 people.

April 29th (Wednesday) –Asheville Zipline Canopy Adventures.

We will depart from Lakeview at 11:30am and travel to Asheville for an afternoon of "Flying." The canopy adventure includes 11 zipline sections, nine treetop platforms, three adventure tower platforms, three sky bridges and ziplines from several hundred feet to almost 1,200 feet long. Be ready for an adventure reaching heights of more than 70 feet high and speeds of about 30 miles per hour! We will arrive back at Lakeview by 5:00pm. Cost is \$100/pp for 3.5-4 hours of ziplining and transportation. Please sign up by Monday, April 20th. Minimum of 10 people.

OUTDOOR ACTIVITIES

Community Hiking Group

Don't hike alone! Join the Lakeview Senior Center hiking group for weekly hikes that vary in length and difficulty. The hiking group meets every Tuesday at the Lakeview Senior Center for an adventure on foot - please remember to dress for comfort, wear supportive shoes.

Bring snacks/lunch and water. A van is provided for transportation.

Day: Tuesdays

Time: 11:00am - Meet in parking lot by 10:45am (Spring time will change to 10 am) **Departure times/return may vary depending on length/distance of hike.**

Cost: FREE unless noted differently on our monthly newsletter. Pre-registration required due to limited van seating. If you would like to be added to our hiking email list, give us a call (828) 669-8610.

Beginning Birding

Looking for a new and interesting hobby? All you need is a pair of binoculars, a sharp pencil, and comfortable walking shoes. Local Birder, James Poling, will lead this monthly outing. Beginners will receive a list of birds which you will check off as sightings are made. If you have a camera, feel free to bring it as well, although it is not necessary. Locations vary.

Days: 3rd Saturday: January 17, February 21, March 21

Time: 9:00 - 11:00am

Cost: Free

Lakeview Garden Club – New!!!

Want to cultivate your green thumb? Join the Lakeview Garden Club starting in spring 2015. Contact Jill Edwards to sign up for this group - day and time depends on group availability.

*This group will keep you young at heart while you spend time with some young-in-body gardeners from the Elementary and Primary Schools. Contact Jill at 828-669-2052 or jill.edwards@townofblackmountain.org

Walking Group

Coming this Spring! so be on the lookout for more details! It will primarily take place outside and we will try to walk somewhere different every week.

MOVE YOUR BODY

Absolute Beginner Line Dancing

Line Dancing is a fun, social and healthy activity, guaranteed to make you smile from the inside out! We dance to all types of music; Pop, Latin, Country, Oldies and more. You'll learn the basic step fundamentals and start line dancing right away!

No dance experience needed. "Line dancing is all about celebrating your individual playful spirit through music and movement." Cindy Hady, Line Dance Instructor.

Day: Wednesdays

Time: 10:15-11:15am

Cost: \$5.00/class

Aerobic Exercise Class

The Lakeview Center offers two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout!

Cost: Free

Days: Monday, Wednesday and Friday

Time: 8:00am hi-impact class upstairs

9:00am low-impact downstairs

Gentle Yoga for Everybody

A slower and gentler style of yoga that is particularly well-suited for all fitness levels. Attention is given to gradually warming up the body, increasing flexibility and mobility in the joints, connecting the breath to the movements, increasing body awareness, and using techniques that encourage release of the deep, underlying connective tissues. Each class will end with a deep relaxation.

Days & Times: Mondays 4:30-5:30 p.m. and Thursdays, 9:00-10:00 a.m.

Cost: \$8.00/class

Chair Exercise Class

This is a light aerobics and stretching exercise class that is great for folks who need a non-impact option for an exercise class.

Day: Tuesdays

Time: 11:00am

Cost: Free

Chair Yoga

Chair-based yoga class, that includes breathing techniques, range of motion exercises to increase flexibility, exercises to improve balance, and relaxation.

Day: Fridays

Time: 10:30-11:00am

Cost: Free

Square Dancing

This is a square-dancing group that is designed for all levels. Please come and meet new people, get some light exercise for your body and brain and have fun!

Day: Tuesdays

Time: 1:00-3:30pm

Cost: \$2.00 donation

GAMES

Learn to Play Bridge

Peter Schoen, a Silver Life Master bridge player, will be teaching a this course for those that would like to learn to play bridge. The first week will be a review that is appropriate for new-comers and those who took the course previously. Having a partner is suggested but not required. Pre-registration requested - please call us at 669-8610.

Day: Wednesdays

Time: 1:00-3:00pm, beginning January 7.

Cost: \$2.00/class

Canasta

Canasta is a fun card game that is a wonderful way to socialize with friends and meet to people.

New players are always welcomed.

Day: Wednesdays

Time: 1:00pm

Cost: Free

Duplicate Bridge

Bridge helps keep the mind sharp, allows you to meet new people and have fun! If you have not played in years or want to learn stop by, we welcome new players.

Partner needed.

Day: Tuesdays

Time: 6:30pm

Cost: \$1 per player

Mahjongg

An ancient game that keeps the mind sharp.

Days & Times: 2nd & 4th Monday at 12:45 p.m. - Experienced players only please Mondays at 1:00 p.m. - New players welcome but must be experienced

1st and 3rd Wednesday at 1:00 p.m. - Experienced players only please

Thursdays at 1:00 p.m. - Beginners welcome

Cost: Free

INDOOR ACTIVITIES

NEW!!! Movies at Lakeview

Last Thursday of every month (January – May) from 5:30-7:30pm – Downstairs at Lakeview. Movie titles will be released at the beginning of each month. Be sure to bring a comfortable chair and anything you'd like to eat or drink during the movie. Free - donations are accepted.

January 29 – The Judge

February 26 – The Best Exotic Marigold Hotel

March 26 - TBD

April 30 - TBD

Autobiography Group

Day: First & Third Fridays of every month

Time: 10:30am - 12:30pm

Cost: Free

Book Club

A different book that is selected and discussed each month.

Day: Second Tuesday of every month

Time: 1:00pm

Cost: Free

Knitting

Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join.

Day: Tuesdays

Time: 1:00pm (at 2:00pm on the second Tuesday of each month only)

Cost: Free

Linus Quilters Club

The Linus Quilters Club is a group of volunteers that meet each month to create quilts for children in need. Every level of quilter is welcome to join; fabric is available to create your quilt to donate.

Day: Fourth Friday of every month

Time: 1:00 - 3:00pm

Cost: Free

DROP IN ACTIVITIES

Walking path .55 mile around Lake Tomahawk; lending library, puzzles, swimming pool (seasonal), tennis courts, board games, billiard table, free access to wireless internet and a public computer.

VOLUNTEER OPPORTUNITIES

The Lakeview Senior Center is always looking for qualified volunteers to become involved in areas such as Lunch Site Program, Special Events, Teaching Classes, Assisting with Transportation Needs, Telephone Reassurance, and Advisory Board Membership.

The Lakeview Senior Center staff is here to assist older adults in the Swannanoa Valley. If you may have an age-related issue or questions about our services or programs, please call the center for assistance at (828) 669-8610 or email brittany.williams@townofblackmountain.org.

For a current listing of any of these activities, please visit our website at www.blackmountainrec.org and click on the tab for the Lakeview Senior Center. If you would like to receive our monthly newsletter via email, please let us know at (828) 669-8610 or email

cyndy.kirkland@townofblackmountain.org.

