



LAKEVIEW CENTER

FOR ACTIVE AGING

AUGUST 2019 401 LAUREL CIRCLE DR 828 669 8610

Monday	Tuesday	Wednesday	Thursday	Friday
ACTIVITIES IN PURPLE - UPSTAIRS BLACK - DOWNSTAIRS			1	2
<div>CAREGIVERS DEMENTIA EDUCATION SEMINARS - 1st MONDAY 11 - 11:45</div> <div> * AUG 5th: Understanding Alzheimer’s and Dementia * SEPT 9th: Healthy Living for your Brain and Body * OCT 7th: Legal & Financial Planning for Dementia * NOV 4th: Caregiving Through the Holidays MON, Aug. 19th - Health Ridge Blood Pressure/Health Checks MON, Aug. 26th - Beltone Hearing Test . Simple test for early detection. </div>			9 Tai Chi: Elder 10:30 Walk with Ease 11 Bingo 1 Mahjong 1 Dominos VAN CLAN Lunch - Apollo Flame PARK RHYTHMS 7 - 9	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot
5	6	7	8	9
8 Exercise – High 9 Exercise – Low 10:15 Singing 10:30 Walk with Ease 11 ALZHEIMER’S SERIES 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 10:30 Walk with Ease 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 1 Pinochle 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta 1 Mahjong	9 Tai Chi: Elder 10:30 Walk with Ease 11 Bingo 1 Mahjong 1 Dominos WILDFLOWER WALK 9 - 11 VAN CLAN DAYTRIP HARRAHS PARK RHYTHMS 7 - 9	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot OUTDOOR MOVIE NIGHT 'LEGO Movie 2'
12	13	14	15	16
8 Exercise – High 9 Exercise – Low 10:15 Singing 10:30 Walk with Ease 1 Hand & Foot 3 Tai Chi 7 - 8 Indivisible B.M. BENEFITS & ENROLLMENT	Hike (time varies) 10:30 Walk with Ease 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 1 Pinochle 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta	9 Tai Chi: Elder 10:30 Walk with Ease 11 Bingo 1 Mahjong 1 Dominos PARK RHYTHMS 7 - 9	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot
19	20	21	22	23
8 Exercise – High 9 Exercise – Low 10:15 Singing 10:30 Walk with Ease 11 HEALTH RIDGE 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 10:30 Walk with Ease 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 1 Pinochle 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta 1 Mahjong	9 Tai Chi: Elder 10:15 HFarms Crafts 10:30 Walk with Ease 11 Bingo 1 Mahjong 1 Dominos	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot 1 Linus Quilt
26	27	28	29	30
8 Exercise – High 9 Exercise – Low 10:15 Singing 10: HEARING TEST 10:30 Walk with Ease 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 10:30 Walk with Ease 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 1 Pinochle 630 Duplicate Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta	9 Tai Chi: Elder 10:15 HFarms Crafts 10:30 Walk with Ease (LAST CLASS) 11 Bingo 1 Mahjong 1 Dominos	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot BIRTHDAY CELEBRATION

LUNCH SITE The Lakeview Center for Active Aging offers a hot catered meal each week day for persons 60 years and old. Suggested donation \$1.50/day. Advance reservations required. Please call 669-2035 by 10:30 am the previous day for reservations.



The Town of Black Mountain is committed to providing accessible facilities, programs and services for all people in compliance with the American Disabilities Act. Should you need assistance or a particular accommodation to access any of our Parks facilities, please contact us @ (828) 669 8610 or melinda.polites@townofblackmountain.org

ONGOING ACTIVITIES:

Aerobic Exercise Class. We offer two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout! **Instructor permission required to attend 8am class.**

Swannanoa Valley Birding Walk. Jim Poling will be your guide as you identify and learn about the different birds in our area. Meets at Owen Park. Third Saturday of each month. 9am.

Bingo. Everyone welcome! Fun & prizes.

Canasta. Canasta is a fun card game. Socialize with friends and meet people. New players are always welcomed.

Chair Yoga with Deb Vingle. A gentle yoga focused on breathing and stretching. No mat work. Beginners welcome. Free.

Crafts sponsored by Givens Highland Farms. Each month you'll make a different, fun craft project. Supplies provided.

Crochet & Knit. Bring your project to work on—all levels welcome!

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. New players needed. Evenings.

Hand & Foot. Fun and easy card game. Beginners welcome.

Linus Quilters Club. Volunteers meet each month to create quilts for children in need. All welcome. Fabric is available.

Mahjong. An ancient and fun game. Thursday group will teach.

Mindful Movement. Release stress and tension while improving overall well-being through mindful movement and breath awareness. Instructor Liz Foster

Mexican Train Dominos. Fun & easy to Learn. The object is to be the first to get rid of all your dominoes. No math skills required!!

Pinochle. **NEW.** Popular and challenging card game. New groups are forming of both experienced and beginner players.

Pool Table. Available when no other activity planned.

Skip-Bo. Fun card game. Easy to learn. All welcome.

Snack & Learn. Come learn the latest information regarding health & wellness, safety, and other items of interest. Snacks & coffee available.

Singing Group. Love to sing? Come join in! No experience required.

Sit and Be Fit. Chair-based fitness class for core strength, stretching and increased overall strength using weights and resistance bands.

Spanish Conversation Table. Practice your Spanish conversation skills. Bring your lunch or, if you're 60+, you can make a reservation with the lunch site for \$1.50.

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!

Tai Chi: Elder Form. Perfectly suited for older bodies. Develop grace, balance, poise and a sense of well-being. Instructor, Bill Webster.

Tai Chi: Tai Chi Chuan Yang Style 108 Form. A moving meditation and an ancient internal martial art form. No experience required. Instructor, Roberto Vengoechea.

Van Clans: Monthly 'Out to Lunch' trips and Daytrips to area attractions and restaurants. Reservations required, limited seating, \$5 transportation fee. Additional cost for tickets, tours, and lunch when applicable.

Wildflower Walks. Explore local wildflowers on easy walks with Jim Poling. Second Thursdays, 9 - 11. Meets at swimming pool-parking lot and carpools. Begins April 11th.