

“THE CRIME OF THE 21ST CENTURY”

Did you know that scams targeting seniors are so prevalent they are now considered “the crime of the 21st century”. Financial scams often go unreported or can be difficult to prosecute. They may even be considered a “low risk” crime despite how devastating they may be. Sadly 90% of all reported elder abuse is committed by an older person’s own family members.

Join us on Friday, Dec. 7th from 11 - 11:45 to learn what to be aware of as these scams continue to grow in sophistication and what you can do to protect yourself. Julie Goodwin from the Better Business Bureau will discuss the various forms of fraud and the services offered by the BBB to help.

You can also join us afterwards for lunch by making a reservation by 11 a.m. the previous day for previously registered participants. Or find out how you can register for the meal site by calling Trevia at 828 669 2035.

ALL NEW PARTICIPANTS ARE REQUIRED TO HAVE INSTRUCTOR APPROVAL BEFORE TAKING 8 AM EXERCISE CLASS. Please plan to start in the 9 am class.

NEW TO LAKEVIEW CENTER? Please stop by our office to fill out a membership form.

Lakeview Center for Active Aging
401 Laurel Circle Drive
Black Mountain, NC 28711
(828) 669-8610

Melinda Polites
Recreation Program Supervisor
melinda.polites@townofblackmountain.org
828 419 9300 ext 389
828 669 8610

Trevia Rhodes
Nutrition Site Manager
828 669 2035

Be sure to like us on Facebook!

<https://www.facebook.com/LakeviewCenterforActiveAging/>



Mission Statement: The purpose of the Lakeview 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 Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.



Lakeview Center

for Active Aging

December 2018



Circle of Lights. Saturday, December 8th, 5 -7pm.
Immediately following the Christmas Parade. Free!

We'll have lots of hot dogs, cookies and hot cocoa! Plus Santa will be here!! Family fun, music and magic as well!

Holiday Potluck Lunch! Monday, Dec.17th.



Celebrate the holidays with music from the Presbyterian Hand bell Choir starting at 11. Doors open at 10am. Lunch will be served at noon. We'll provide Ham and beverages. Please bring a covered dish to share and sign up or **RSVP at 669-8610 by Mon. Dec. 10th.**

ANNOUNCING OUR SPRING MOTOR COACH TRIP!!
“Charleston’s Southern Charm”
Wed. thru Fri.
May 15th, 16th, and 17th, 2019

Christian Tours has THE reputation for taking motor coach trips to the next level for accommodations and restaurants. This 3 day/2 night trip is \$569/pp double occupancy or \$655/pp single occupancy with discounts offered for early payment and/or full cash payment. \$100 deposit due with reservation. Final payment due April 10, 2019. Tours include Middleton Place House & Gardens, the historic City Market and a Fort Sumter Boat Tour. With 30 or more travelers, we can set our own itinerary. 2 breakfasts and 2 dinners are also included. Please contact Melinda at 669-8610 for more information or to reserve your spot!

We will be closed for the Holidays on:
Mon. and Tues., Dec 24th & 25th ,
(Meal Site closed the 24th, 25th, & 26th)
Tues., Jan. 1



Spring & Fall Travel Fundraisers

Every year Lakeview Center offers two great adventure opportunities: The Spring Motorcoach Trip & The Fall Spectacular. These are our major fundraisers for the year and also great opportunities for you to get out there, see new places, meet new people, and let someone else plan all the details.

For 2019 our Spring Motorcoach Trip is 'Charleston's Southern Charm' with Christian Tours. We can customize our own trip with a minimum of 30 people and set the date for Wed. thru Fri., May 15th, 16th, and 17th. Estimated price for this 3 day/2night adventure is \$569 per person/double occupancy including 2 breakfasts, 2 dinners, guided tours, and top notch service. Christian Tours consistently gets rave reviews for its quality service and up scaled accommodations.

The Fall Spectacular is 'The Great Cities of Canada'. This 9 day adventure begins in Montreal, with a rail tour to Quebec City then on to Ottawa, cruises the 1000 Islands, then off to Toronto and Niagara Falls. Departure is Sept. 4th from Asheville Airport and return Sept. 12th. \$3399 includes both land & air transportation. Booking discounts available. Passport required.

If you would like to learn more about these trips, please call Melinda at 828 669-8610. Stay tuned for upcoming preview parties with representatives from both travel companies who can tell us everything we need to know and show us everything we don't want to miss about these fantastic places. While there is no commitment, in order to start the serious planning (for Charleston) we are looking for a minimum of 30 people to let us know that they are interested asap. Don't forget to tell all your friends!



VAN CLANS

Full payment is due for all Van Clans listed at time of reservation and is non-refundable if you cancel and we are unable to fill your seat.

- **“Christmas at Flatrock Playhouse”.** Thursday, Dec. 13, 2018. 10:30 am departure, lunch at Old Orchard, show at 2 pm. \$50/pp ticket/transportation. Lunch not included. **Wait list !**
- **Lunch and a Movie. Mary Poppins Returns.** Thursday, Dec. 20, 2018. Biltmore Regal. Sign up today! \$15 for transportation and tickets. Seats are limited.

ACTIVITY UPDATES

- **Benefits Enrollment Center.** Lakeview dates available in **December are Monday, the 10th.** Please call Melinda Polites to schedule an appointment at (828) 669-8610.
- **SHIIP** has extended its appointment days to **Wed., November 28th** and **December 5th** at Lakeview Center due to the high volume of requests. If you are interested in a one-on-one consultation, you may call COA 828 277 8288 to see if there are any available appointment times or cancellations.
- **Mindful Movement continues on Wednesdays at 10:00 downstairs.**
- **Monday Mahjong** has been canceled.
- **Beginner Bridge** will not meet in December
- **Monday, Dec. 3rd and 10th.** We'll be making ornaments to hang on our Christmas tree and/or holiday decorations. A little imagination is all that is required.
- **Upcoming Snack & Learn for December: Friday, Dec. 7th,** Julie Goodwin from the Better Business Bureau discussing holiday (and the latest) scams and BBB services available. **Fri. 11 - 11:45.**
- **Monday, Dec. 31st,** Rebecca Sharp from Vaya Health will talk about 'Healthy Aging'. 11 - 11:45
- **RSVP for the Holiday Pot Luck** by Monday, **Dec. 10th.** Sign up with Trevia or in the office or call 669-8610 to add your name to the list.
- **Tuesday, Dec. 11** beginning at **11:45** we will have a 12 person **Dulcimer group** entertain us with the soothing sounds of this historic instrument. Free.
- **Swannanoa Valley Bird Walk** is **Saturday, December 15** at 9 AM at Owen Park.
- **Birthday Celebration, Thurs. Dec. 27** Happy December Birthday cupcakes served during lunch.
- **New Advisory Board member** needed. Meetings once per month and distribution of newsletters and calendars with a one year commitment.
- **Mat Yoga with Deb Vingle-** if you are or have been thinking about trying mat yoga, please let me know so that we can keep this class going.