

WANT TO CONNECT TO OTHER SENIORS IN THE AREA?

Did you know that isolation is poised to become one of the most serious health issues faced by older Americans? Isolation can affect both your mental and physical health and has been linked to the depression that causes early dementia and other health issues. At Lakeview Center our number one goal is to offer social opportunities in addition to resources for healthy aging.

Please come by our office at Lakeview Center to learn how you can meet new people and join in the programs that interest you. OR if there is something you love but don't see it here - we can work on that too. If you need transportation, depending on your location, we can sign you up with Mountain Mobility to get you here. Our Meal Site isn't just about providing hot, healthy lunches but also about opportunities to share and become part of the community. We want Lakeview to be your home away from home. Make it your New Year's resolution to call (828 669 8610) or come by and get on your way to Active Aging!

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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

February 2019

February is Heart Health Month! Our focus this month will be on ways to keep your heart healthy! Wear your best red outfit on Thursday, Feb. 14th for



our Valentine's Day and Bingo party. For Seniors who run, it is the 20th Anniversary for the BMR&P Valentine's 5K and Kids Fun Run. The Race is Saturday, Feb. 9. Kids Fun Run at 9:30 and everyone else at 10. For more info and registration go to www.blackmountainrec.org or call Collin Bugnizet at 828 669 2052. Hope to see you there!

UPDATES & ANNOUNCEMENTS

- New Chair Yoga class with Deb Vingle on Fridays, 11 - 11:45 began Jan. 18th. This is a free class with no mat work.
- Van Clan Outings for January through March will be lunch outings to favorite local places. Transportation is free, sign up early as space is limited to 12. See inside for details.
- February Benefits & Enrollment will be Mondays, Feb 11th and 25th. Please call 828 669 8610 to set up an appointment to see if you qualify for this valuable assistance.
- Looking for Pinochle players! Beginners welcome. Sign up in the office if interested. Starting soon on Tuesdays at 1pm.
- Wed., Feb, 13th: Premiere Travel will present 'Great Cities of Canada' about our upcoming September excursion. 1 pm. Upstairs. If you're on the fence about going on this adventure, join us and get all your questions answered.
- Thursday, February 14th - Valentine's Day Party. Ice Cream and Cupcakes.

FEBRUARY MONDAYS, 11 - 11:45 am

Monday, Feb. 4- Elaine Case : Diabetes and Its Affects.

Monday, Feb. 11th - Judy Early from Vaya Health discusses Hoarding and Mental Health.

Monday, Feb. 18th - Health Ridge Pharmacy 'Things you thought were true about a Healthy Heart'

Fall Travel - Premiere Travel Presentation

Wed. February 13, 2019

12 - 12:30

Please join us on Wed. February 13th as Premiere Travel presents 'The Great Cities of Canada'. This is a great way to see what you might be missing and ask any questions regarding this incredible adventure through parts 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 returns 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 or email Melinda (contact info on the back). While there is no commitment, we would love to hear from you as to your interest in this (or any other travel destinations). Don't forget to tell all your friends!

Daytrips & Outings

Plans are underway for the monthly Van Clan Daytrips and Outings that will start up in April and run through November. We want your ideas and input. Travel time is 2 hours and less (one way) with a balance of moderate and mild activity levels. In case you're wondering - we do have a Lake Lure trip and Tourist Baseball game in the planning.



Van Clan Winter Schedule

January through March we will be going local to favorite lunch spots around the area. Transportation is free, lunch is not. Sign up early as spaces are limited to 12. Departure time typically 10:30 - 11. Good Food and Fun guaranteed!

Jan. 10th, Thurs. - *Stoney Knob, Weaverville*

Feb. 7th, Thurs. - *The Seasons at Highland Lake, Flat Rock*

March 7th, Thurs. - *Mills River Restaurant, Mills River*

Lakeview Center's Lunch Site

Lakeview Center partners with the Council on Aging to provide a hot, catered meal from the Moose Café five days a week. The only requirement is that you are 60 years old or older. If you want to participate but don't know how to get here, we can possibly take care of that too. There is no limit as to how many days you can come. In addition to a hot lunch, we have coffee and snacks, card games, singing, Sit and Be Fit exercises, chair yoga, expert presentations about healthy aging, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

To get started, call Trevia at 828 669 2035 to reserve your spot. You can register when you come and inquire about Mt. Mobility for transportation. Suggested donation per meal is \$1.50/day. Please call Trevia by 10:30 a.m. the day before you would like to come. Monthly menus, calendars, and newsletters are available or can be emailed to you so that you don't miss a thing.

Join Us!