

# LAKEVIEW CENTER FOR ACTIVE AGING

FEBRUARY 2019

401 Laurel Circle Drive

828 669 8610

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Mondays in February 11 - 11:45</u></p> <p>Feb. 4th: Elaine Case 'How Diabetes effects your Body'</p> <p>Feb. 11th: Judy Early with Vaya Health: ' Hoarding and Mental Health'</p> <p>Feb. 18th: Health Ridge: 'Healthy Hearts - What you think you know'</p> <p><u>Wed., Feb. 13th:</u> 'Great Canadian Cities' Presentation, 1pm</p>				<p>1</p> <p>8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand &amp; Foot</p>
<p>4</p> <p>8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 Elaine Case- Diabetes 1 Hand &amp; Foot 3 Tai Chi 6:30 Band Rehearsal</p>	<p>5</p> <p>Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @(Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge</p>	<p>6</p> <p>8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1 Mahjong 1-3 Canasta</p>	<p>7</p> <p>9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos VAN CLAN - LUNCH The Seasons at Highland Lake</p>	<p>8</p> <p>8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand &amp; Foot</p>
<p>11</p> <p>8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 Vaya Health - 'Hoarding' 1 Hand &amp; Foot 3 Tai Chi Benefits &amp; Enrollment 6:30 Band Rehearsal</p>	<p>12</p> <p>Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @(Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge</p>	<p>13</p> <p>8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-PRESENTATION GREAT CANADIAN CITIES 1-3 Canasta</p>	<p>14</p> <p>9 Tai Chi: Elder 11 Bingo 1 Mahjong 12:30 Valentine Ice Cream and Cupcake Party 1 Dominos</p>	<p>15</p> <p>8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand &amp; Foot</p>
<p>18</p> <p>8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 Health Ridge 1 Hand &amp; Foot 3 Tai Chi 7 - 8 Indivisible Black Mountain</p>	<p>19</p> <p>Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @(Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge</p>	<p>20</p> <p>8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1 Mahjong 1-3 Canasta</p>	<p>21</p> <p>9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos</p>	<p>22</p> <p>8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand &amp; Foot 1 Linus Quilt Group</p>
<p>25</p> <p>8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 1 Hand &amp; Foot 3 Tai Chi Benefits &amp; Enrollment 6:30 Band Rehearsal</p>	<p>26</p> <p>Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @(Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge</p>	<p>27</p> <p>8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta</p>	<p>28</p> <p>9 Tai Chi: Elder 10:15 HF Crafts 11 Bingo 12:30 Birthdays 1 Mahjong 1 Dominos</p>	<p><u>WINTER WEATHER POLICY</u></p> <p>WHEN BUNCOMBE CO SCHOOLS (OWENS SCH DISTRICT) ARE CLOSED DUE TO WEATHER THE CENTER IS CLOSED</p>

**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.

**PURPLE** activities are held upstairs, **BLACK** indicates downstairs. Activities with an \* indicates there is a charge.

Swannanoa Valley Birding Walk is the 3<sup>rd</sup> Saturday of each month at 9 am.

**New Chair Yoga class with Deb Vingle on Fridays 11 - 11:45 upstairs. Free.**

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*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](mailto:melinda.polites@townofblackmountain.org)*

## Ongoing activity descriptions

**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.**

**Beginning Bridge.** Learn this fun and non-competitive version. **Will not meet in December.**

**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. Partner needed.

**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. Some groups 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 dominos. No math skills required!!

**Pool & Ping Pong 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.

**Wildflower Walks.** Explore local wildflowers on easy walks with Jim Poling. Will start again in the Spring.

## WINTER WEATHER POLICY

**WHEN BUNCOMBE CO SCHOOLS (OWENS SCHOOL DISTRICT) ARE CLOSED DUE TO WEATHER THE CENTER IS CLOSED.**