

## NEW TO BLACK MOUNTAIN AND DON'T KNOW HOW 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. 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 so make it your New Year's resolution to call (828 669 8610) or come by and get on your way to Active Aging!

*Melinda Polites*

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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

### January 2019

Happy New Year from all of us at Lakeview Center and Black Mountain Recreation and Parks! Now that we are mostly all settled in following big changes and big repairs, we are looking forward to getting your input for expanding on the great programming and events here at Lakeview. Before the end of January we will be sending out surveys to both existing participants and non-participants to find out what we're doing right and what we can do to make Lakeview Center your go to place to be. We need your help - not only filling out the survey but also passing it on to friends, family, strangers on the street so that we can reach those who may be missing out on all the fun.

#### UPDATES & ANNOUNCEMENTS

- New Chair Yoga class with Deb Vingle on Fridays, 11 - 11:45 beginning 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.
- January Benefits & Enrollment will be Mondays, Jan 14 and 28. Please call 828 669 8610 to set up an appointment to see if you qualify for this valuable assistance.
- Monday, January 7th, 11 - 11:45 Dulcimer players. Sing along.
- Monday, January 14th, 11 - 11:45 - Health Ridge Pharmacy - 'Hydrating Winter Skin'
- Monday, January 21st, MLK Jr Holiday - Closed
- Monday, January 28th, 11-11:45 - Elder Law, Greg McIntyre.
- Monday Beginner Bridge is on hold until further notice. **[UPDATED]**

**January Closures:**  
**New Year's Day - Tuesday, Jan 1**  
**Martin Luther King Jr. Day - Monday, Jan 21**

## 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 to Charleston is currently being re-planned to possibly include Savannah.** If you've never seen the two historic jewels of the south now is your chance. This 4 day/3 night trip will be in May. Pricing to follow once plans are final.

**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 so that we can find out everything we need to know and learn 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 40 people to let us know that they are interested asap. Don't forget to tell all your friends!

# 20<sup>th</sup> Anniversary Valentines 5K

Black Mountain Recreation & Parks  
Black Mountain, North Carolina

**2019 20th Anniversary VALENTINE 5K AND KIDS FUN RUN** is on Saturday, February 9, 2019. Race starts at 10am, Kids Fun Run at 9:30am. Registration is now open!

<https://www.blackmountainrec.org>.

For more info, call

Collin Bugnizet at 828 669 2052.



## 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*

## JANUARY SNACK & LEARN, MONDAYS, 11 - 11:45 am

Monday, Jan. 7th - Dulcimer Group. Join us for this sing-a-long with a 12 member local dulcimer group. They want you to sing along because "none of them are great singers" :)

Monday, Jan. 14th - Health Ridge Pharmacy talks about all the ways to keep your skin healthy and hydrated this winter.

Monday, Jan. 28th - Elder Law, Lawyer Greg McIntyre specializes in issues that affect the aging population including estate planning, wills, trusts, care arrangements, social security and retirement benefits, and protection against elder abuse. This is a great opportunity to get all your questions answered!

You can also join us afterwards for lunch by making a reservation by 10:30 a.m. the previous day or find out how you can register for the meal site by calling Trevia at 828 669 2035.