

LAKEVIEW CENTER FOR ACTIVE AGING

JANUARY 2019

401 Laurel Circle Drive

828 669 8610

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
January Snack & Learns 11 - 1145 Mon., Jan 7 - Dulcimer Group Mon., Jan 14 - Hydrating Winter Skin Mon. Jan 28 - Elder Law	 CLOSED	8 Exercise – High 9 Exercise – Low 10 Skip Bo 1 Mahjong 10 Mindful Movement 1-3 Canasta 630 -830 Quilting Group	9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos	8 Exercise – High 9 Exercise – Low 1 Hand & Foot
7	8	9	10	11
8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 Dulcimer 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta	9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos VAN CLAN - LUNCH STONEY KNOB	8 Exercise – High 9 Exercise – Low 1 Hand & Foot
14	15	16	17	18
8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 HYDRATING WINTER SKIN 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 1 Mahjong 10 Mindful Movement 1-3 Canasta 630 -830 Quilting Group	9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos	8 Exercise – High 9 Exercise – Low NEW CLASS 11-1145 - Chair Yoga 1 Hand & Foot
21	22	23	24	25
Martin Luther King Jr. Holiday CLOSED 7 - 8 Indivisible Black Mountain	Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta	9 Tai Chi: Elder 1015 - Crafts 11 Bingo Jan. Birthdays 1 Mahjong 1 Dominos	8 Exercise – High 9 Exercise – Low 11-1145 - Chair Yoga 1 Hand & Foot 130 Linus Quilt Group
28	29	30	31	
8 Exercise – High 9 Exercise – Low 10:15 Singing 11 – 11:45 ELDER LAW 1 Hand & Foot 3 Tai Chi 630 Band Rehearsal	Hike (time varies) 11 Sit and Be Fit 12 Spanish Table @ (Lunch Site) 1 Knit/Crochet 1 Square Dance 6 - 9 Dup. Bridge	8 Exercise – High 9 Exercise – Low 10 Skip Bo 10 Mindful Movement 1-3 Canasta	9 Tai Chi: Elder 11 Bingo 1 Mahjong 1 Dominos	<u>WINTER WEATHER POLICY</u> WHEN BUNCOMBE CO SCHOOLS (OWENS SCH DISTRICT) ARE CLOSED DUE TO WEATHER THE CENTER IS CLOSED

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 3rd Saturday of each month at 9 am.

Update: Beginning Bridge on Mondays is on hold until further notice.

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

LAKEVIEW CENTER FOR ACTIVE AGING

JANUARY 2019

401 Laurel Circle Drive 828 669 8610



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 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.