

Resource Corner

Lakeview Center strives to be a "One Stop Shop" for all things AGING. Our Information & Assistance/Referral Program is designed to help anyone who has questions related to aging issues find the assistance they need. Whether someone calls on the phone, walks through the door, or sends a message on social media or via email. WE ARE HERE TO HELP!!

- ~Adult Day Care
- ~Affordable Housing
- ~Congregate Meal Site
- ~Disaster Preparedness
- ~Durable Medical Equipment
- ~Elder Abuse & Neglect
- ~Energy Assistance
- ~Food Distribution
- ~Home Health
- ~Hospice
- ~Insurance Counseling
- ~Job Placement & Training
- ~Legal Services
- ~Long Term Care
- ~Medicaid & Medicare
- ~Mental Health
- ~Rehabilitation
- ~Respite Care
- ~Reverse Mortgage Counseling
- ~Social Security Benefits
- ~Tax Preparation
- ~Telephone Reassurance
- ~Transportation

Lakeview Center for Active Aging
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Trevia Rhodes
Nutrition Site Manager
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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.



July 4th Street Dance! Thursday, July 4, 5:30-9:30pm on Sutton Ave. Fireworks begin at dusk. Music by the Ryan Perry Band. Dancing, kids activities, and food vendors on site. Fireworks at dusk.

Park Rhythms Concert Series July Schedule

Thursday, July 11 - Jacktown Ramblers. Folk music. Lake Tomahawk.
Vendors: Sweet Cheezus, Sunshine Sammies

Thursday, July 18 - Caroline Keller. Country music. Lake Tomahawk.
Vendors: Clean Plate, Sunshine Sammies, Hey, Hey Cupcake

Thursday, July 25 - Rewind Band. Oldies Rock. **Downtown.
Vendors: Foothills Hotdogs, Sunshine Sammies

Concert time 7 - 9 pm
**Downtown concerts on Cherry Street.

Outdoor Movies at Lake Tomahawk - Friday, July 12th.
"The Grinch". Vendors on site. Movie starts at dusk.

Special Motor coach Holiday Travel Opportunity Williamsburg Christmas Celebration

Dec 2 - 4, 2019 3 Days/2 Nights Double \$545 per person Single \$639
2 Continental Breakfast/2 Dinners Included

Celebrate the holidays like one of the first settlers in historic Williamsburg, Virginia. Itinerary includes a Colonial style Christmas dinner at the Old Chickahominy House, an entire day exploring the 18th century capital city decorated for the holidays, walking the cobble-stoned streets and visiting several historic buildings including the Governors' Palace, returning to the village after dinner at the award winning Aberdeen Barn for candle lights and night sights of Christmas. Day 3 includes visiting the permanent English settlement of Jamestown and taking the Jamestown-Scotland Ferry as we make our way home.

We need 30 people to make this trip possible! If you are interested, please email or call Melinda at 828 669 8610 to be added to the list. We're almost there!

Deadline for sign up is August 16th. melinda.polites@townofblackmountain.org

NEW CLASS ! 'WALK WITH EASE' BEGINNING MONDAY, JULY 29th

If joint pain or arthritis has begun to limit your physical activity - this is the perfect class for you! Created by the Thurston Arthritis Research Center and the Institute on Aging of the University of NC, 'Walk with Ease' is proven to:

- Reduce the pain and discomfort of Arthritis
- Increase balance, strength, and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

This Group-lead program will meet for an hour, 3 times per week for 6 weeks . The focus will be on creating healthy and safe walking habits and goals. The group will be lead by an Arthritis Foundation certified teacher, Rose Zuhde and is *free*. M T TH 10:30 - 11:30 *Downstairs* at Lakeview Center beginning July 29 through Sept. 5. For more information or to sign up, please call 828 669 8610 or email melinda.polites@townofblackmountain.org.

MON/TUES/THURS 10:30 - 11:30 6 WEEKS

van clan

[(friends) + (road)]
www.fun.com



A complete list of monthly Lunch outings & Daytrips is available.

Van Clan July & August Schedule

Thurs., July 11th Lunch- Irma's Farm, Bruce's Fabulous Foods and Jack Frost Dairy Bar. Old Fort and Marion.

Thurs., July 18th Daytrip- Lake Lure Boat Tour. Lunch at LaStrada. **FULL**

Thurs., Aug. 1st Lunch - Apollo Flame, Hendersonville Rd.

Thurs., Aug. 8th - Daytrip - Harrah's & Cherokee with a breakfast stop at the Buttered Biscuit in Waynesville.

Summer has arrived! Parking may be a challenge - please do not block entrance/exits. Pool is open daily. There may be additional spaces available at the tennis courts.

Aqua Exercise Class : M W F S 9 - 10 am \$5/class or \$40/10 visit pass. Lakeview Ctr Pool.

Benefits & Enrollment: Assistance with prescriptions, electric bills, food etc...See if you qualify for this valuable benefit. Appointments available for July 22. Please call 828 277 8288. Appointments are now scheduled one day per month at Lakeview Center.

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.