

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

March 2019

Every Spring thousands of adults over 50 enjoy participating in the local NC Senior Games. Those that win 1st and 2nd in their age group may then compete in the State Games held every Fall in Raleigh. Every two years, the State Final winners qualify to represent North Carolina at the National Senior Games. This year the National Games will be held in June in Albuquerque, NM.

So even if pickleball, cycling, track, swimming, shuffleboard, bowling, or croquet is not your thing we have fun and make sure you do to! Registration began Feb. 11th and is discounted to \$ 5 for early sign ups until March 11th. After that the normal fee is \$10. This includes opening/closing ceremonies and a T shirt. You can register on line by going to Asheville Parks & Rec and follow the 'Registration' tab or by picking up your application here at Lakeview Center.

UPDATES & ANNOUNCEMENTS

- The schedule for 2019 Van Clan Daytrips and 'Out to Lunch' plans will be coming out this month. Be sure to pick up a copy of both.
- New Chair Yoga class with Deb Vingle on Fridays, 11 - 11:45 began Jan. 18th. This is a free class with no mat work.
- March Benefits & Enrollment will be Mondays, March 11th and 25th. Please call 828 669 8610 to set up an appointment to see if you qualify for this valuable assistance.
- The new Pinochle group has started with a mix of experienced and beginning players. Tuesdays, 1 - 3 pm mostly downstairs. New and experienced players welcome and wanted.
- Friday, March 15th - St. Patrick's Day Cake and Ice cream. Immediately following lunch at 12:30.
- **SENIOR GAMES: APRIL 2 - MAY 3.** Early registration Feb. 11 to March 11 - \$5 March 12th - April 2nd - \$10

MARCH MONDAYS, 11 - 11:45 am

Monday, March 4- Habitat for Humanity. 'Resources for Seniors'. Jeff Paul

Monday, March 11th - Care Partners. PACE Programs.
Laura Baker-Seseika.

Monday, March 18th - Health Ridge Pharmacy 'Managing Blood Sugar'.

Fall Travel - The Great Cities of Canada

9 Day Trip beginning September 4, 2019

\$3399 includes Airfare and Ground transportation from Black Mountain

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 for the year have been finalized and will be posted, emailed, and available for pick up. Our goal is to provide a variety of opportunities for differing taste as well as ability. Transportation is \$5 due at the time of sign up and space is limited. If you sign up in advance and find that you are not able to go we will apply your payment to another trip or sell your seat if able and return your money.

We will also keep our eyes out for special events that may arise during the year and add them to our schedule if possible. As always, we value your input.



Van Clan Winter Schedule

This will be our last month of free transportation for lunch outings. We've had a great time so far and the van is mostly full for the Mills River Restaurant but we'll be happy to put you on a waiting list and call in case of cancellation. Departure time is 10:30

Good Food and Fun guaranteed!

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



Thanks to all of you that participated in our survey! The input can make a big difference. If you would still like to participate, the link is below:

<https://www.surveymonkey.com/r/LXVYCQB>

Or come by the office to pick one up.

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.