

Spring & Fall Travel Fundraisers

Every year Lakeview Center offers two great adventure opportunities: The Spring Motorcoach Trip & The Fall Spectacular. These are not only major fundraisers for the year but a great opportunity for you to get out there, meet some new people, and go somewhere while someone else plans all the details.

This year our Spring Motorcoach Trip is 'Charleston's Southern Charm' with Christian Tours. We can customize our own trip with a minimum of 30 people and set the date for Wed. thru Fri., May 15th, 16th, and 17th. Estimated price for this 3 day/2night adventure is \$549-\$569 per double occupancy. This includes 2 breakfasts, 2 dinners, guided tours and top notch service. If you've never traveled with Christian Tours I can tell you people will stop at your desk and rave about them for 20 minutes.

The Fall Spectacular is 'The Great Cities of Canada' which is a 9 day adventure beginning in Montreal, with a rail tour to Quebec City then on to Ottawa, cruising 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 are interested in either of these trips, please let me know. While there is no commitment, in order to start the serious planning (for Charleston) we need to know we have at least 30 people interested. With less than 30, travelers may join another Christian tour group in either April or Oct. You may email or call. AND tell all your friends!

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Visit us online @www.blackmountainrec.com.
Look for us under the **Activities** tab!

We now have our own Facebook page!! Be sure to like us!
<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

November 2018

The holidays are fast approaching but we're already thinking Spring or at least about the annual **Spring Motorcoach trip**: this year is **Charleston** in May via Christian Tours. For the big trip in September, we have the '**Great Cities of Canada**' on our mind. Meanwhile, just so we always remember to live in the moment - don't forget to sign up for the **Thanksgiving Pot Luck** by **Nov. 9** so that we can get our food order together. Pot Luck will be **Friday, Nov 16th**. We will provide Turkey, Dressing, Gravy, and Beverages. We depend on you to bring the sides. We will also start our **Van Clan Daytrips** on **Friday, Nov. 9th** to The Farmer's Daughter in Jonesboro. Seats are limited and transportation is a bargain at \$5 so sign up today. **Fri., Nov 9th** is also the deadline to sign up for the **2018 'Christmas at Flat Rock Playhouse'**. The daytrip will be Thurs. Dec. 13th with lunch at the Old Orchard. Tickets and transportation are \$50. In Nov. we also have the COA **SHIP** volunteer on Thursdays the **1st, 8th, and 15th** with appointments at 1, 2, 3, and 4 pm. Please call COA to sign up at 828 277-8288.

Holiday and Other Closures

Tues. Nov. 6 - Election Day. Upstairs Closed/Meal Site Closed/ Downstairs Open
Mon. Nov. 12 - Veteran's Day - Center Closed
Thurs. & Fri. Nov. 22 & 23 - Thanksgiving Holidays - Center Closed

ACTIVITY UPDATES

- **Benefits Enrollment Center.** Lakeview dates available in **Nov. are Monday, the 5th and 26th**. Please call Melinda Polites to schedule an appointment at (828) 669-8610.
- **SHIP** will be taking appointments for Lakeview Center Nov. 1st, 8th, and 15th at 1, 2, 3, and 4 pm. Please call COA 828 277 8288 to schedule.
- **Mat Yoga with Deb Vingle has returned on Fridays at 10:15 downstairs!**
- **Mindful Movement has moved to Wednesdays at 10:00 downstairs.**
- **Swannanoa Valley Bird Walk is Saturday, Nov. 17th** at 9 AM at Owen Park. Please note the later meet up time for Oct thru March or April.
- **Birthday Celebration, Thurs. Nov. 29.** We'll make up for missed celebrations with ice cream and cupcakes during lunch.

Resource Corner

The 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

From the Program Supervisor:

What better way to start off the holiday season than to finally have Trevia and the lunch program back under one roof plus the bonus of a new and improved kitchen! We plan to build upon these improvements in the upcoming year so stay tuned.

The Van Clan trips will be scheduled a little differently beginning in Jan. From Jan. through March our trips will be 'Lunch and a Movie' or in the case of poor movie choices, just lunch outings in order to avoid all the bad weather months and cancellations they inevitably require. The Day Trips will start up again in April through Dec. In March, we will have a schedule for the year so that everyone can plan ahead. Your input is always welcome as to places you would like to go or places you love and want to go to again so don't hesitate to let me know before things are final in March. I am also looking for a volunteer who would be willing to spend an hour or so the day before our trips to call and remind everyone about our departure time. As in the past - payment is due at the time you sign up in order to reserve your seat. I can't offer refunds however, if you find that you need to cancel let me know in advance so that I can try to fill your spot. I can either sell your seat or transfer you to another trip.

As mentioned previously, please read up on the Spring and Fall Travel Fundraisers on the back page and spread the word.

Don't forget to sign up for Pot Luck in Nov. and Dec.!

Melinda Polites

VAN CLANS

Fri. Nov 9 - The Farmer's Daughter, Jonesboro, TN. This popular farm-to-table, family style restaurant is a favorite for those in the know. We'll shop afterwards in the Amish Market that is always fun and has something for everyone. Transportation at sign up is \$5. Lunch is \$14.59 plus tip. CASH only. We'll Depart at 10 a.m. and should return around 4 pm. Seats are limited.

Thurs. Dec. 13th - 'Christmas at the Flatrock Playhouse'. All new show for 2018 with an all star cast for all your holiday favorites. We'll have lunch at the Old Orchard prior to the show. Tickets and Transportation are \$50 to sign up. RSVP by Nov. 9th. So that we can reserve seats before they sell out. Lunch price excluded. Seats are limited so don't delay.

Thurs. Dec. 20th - Lunch and a Movie: 'Mary Poppins Returns' at the Biltmore Regal with lunch prior. What could be a more magical way to start the holidays than Mary Poppins! Tickets and Transportation \$15 pp. Seats limited.

November Snack and Learns

Join us for snacks and coffee in Nov. from 11 to 11:45 for educational and social opportunities. You can stay for lunch if you call in your reservation by 10 a.m. the previous day (or Fri for Mon. lunch) 828-669-2035. See Trevia for registration.

Monday, Nov. 5th - Greenspan Wellness 'Reversing Neuropathy'.

Monday, Nov. 5th and 19th - Benefits Enrollment sponsored by COA. Appointments available at 9, 10, 11, and 12. Please call 828 669 8610 to schedule.

Monday, Nov. 12th - Center **Closed** for Veteran's Day.

Monday, Nov. 19th - Health Ridge Pharmacy 'Healthy Nutrition for the Holidays'

Monday, Nov. 26th - Habitat for Humanity Services for Seniors 11 - 11:45. (rescheduled from Oct.)

Monte Vista Festival of Trees. Julie King is once again representing Lakeview Center with a Christmas tree design based upon the theme 'Angels Amongst Us' meaning all the volunteers who donate their time to improve the world. Please let her know or fill out the sign up sheet as to the places you volunteer and drop off any angel ornaments you would like to contribute. Don't forget to stop by the Monte Vista during Dec. and vote for your favorite tree.

Speaking of volunteers, Julie will need help setting up and someone to take down the tree while she is away at the end of December. Please let her know if you are available. Be sure to Thank Julie for volunteering to do this for us!