

NEW POLICIES: PLEASE READ. All activities MUST end 15 minutes prior to next activity. Please make sure any supplies/equipment are put away before the next group comes in.

ALL NEW PARTICIPANTS ARE REQUIRED TO HAVE INSTRUCTOR APPROVAL BEFORE TAKING 8AM EXERCISE CLASS.

Lakeview Center for Active Aging
401 Laurel Circle Drive
Black Mountain, NC 28711
(828) 669-8610

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/>

Lakeview Center's financial information is included in the Town of Black Mountain, Fiscal Year 2017-2018, Adopted Budget, www.townofblackmountain.org. Copies are available in our office.

Love our programs and want to show your appreciation? Consider making a donation!



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

October 2018

A lot has been happening at Lakeview Center these past couple of months with a new floor downstairs and a reconstructed kitchen upstairs AND a new Recreation Director and Program Supervisor. What a way to end the Summer! Please come by on **Tues Oct. 16th** for Donuts and Coffee to meet both Josh Henderson and Melinda Polites from 10:30 to 11:00 - hopefully upstairs at Lakeview Center. We always welcome your ideas and Input and appreciate your patience as we work to make this transition a positive one.

ACTIVITY UPDATES

- **All activities and classes have been moved back to the downstairs of Lakeview Center until repairs upstairs are complete - hopefully Oct. 7th.**
- **Lunch site will be held at 304 Black Mountain Ave. (Formerly known as Foam & Fabric and old car dealership) until repairs are complete.**
- **Benefits Enrollment Center.** Lakeview dates available in **Oct. are Monday, the 15th and 29th. Please call Melinda Polites** to schedule an appointment at (828) 669-8610. (See Snacks & Learn for info)
- **Mat Yoga with Deb Vingle has returned on Fridays at 10:15 downstairs!**
- **Mindful Movement has begun downstairs on Fridays at 10:00 downstairs.**
- **Health Ridge will be giving flu shots on Mon. Oct 29th** from 11 to 11:45 and talking about Vaccines for our Monday 'Snack and Learn'.
- **Swannanoa Valley Bird Walk is Saturday, Oct. 20** at 8AM at Owen Park.
- **Habitat for Humanity Services for Seniors, Mon. Oct 22** from 11 to 11:45 (See Snacks & Learn for info)
- **Chair Yoga and Line Dancing** has been discontinued.

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:

We would like to thank everyone for their continued patience and assistance during this transition at Black Mountain Recreation and Parks *and* the big repairs at Lakeview Center. The water damage upstairs was more extensive than initially thought resulting in, of course, more lengthy repairs. With the threat of flooding from Hurricane Florence, repairs were also delayed to avoid further water damage. While we got the downstairs open for business, we've been working hard to get everyone back upstairs while accommodating this busy rental season. As you can see by the October calendar, I am writing this newsletter with the high hopes that we will be back upstairs by week two in October.

We also ask for your continued patience as we hire additional staff for Lakeview Center and also get Trevia and the lunch site back upstairs in order to make it possible to schedule Van Clans, movie outings, and other outside events while keeping the center staffed at all times. I have been planning and driving daytrips and outings for a number of years and probably love them as much as you do! For now, we are looking forward to planning holiday Pot Lucks, fun programs and getting back upstairs so we can get on with things. As we move toward getting back up to speed, I will look forward to your input on travel, movies, and all other things that would make everyone's experience at Lakeview the best place to be for active aging.

Melinda Polites

VAN CLANS

Van Clans will be back ASAP !

OCT. Snack and Learns

Join us for snacks and coffee and *lunch in Oct from 11 to 11:45 for educational and social opportunities. *Must be registered for lunch and call in your reservation by 10 a.m. the previous day (or Fri for Mon. lunch) 828-669-2035

Monday, Oct. 8th & Friday, Oct. 19th - Meal Site is closed.

Monday, Oct. 15th and 29th - Benefits Enrollment sponsored by COA. Appointments available at 9, 10, 11, and 12. Please call 828 669 8610 to schedule.

Monday, Oct. 22 - Habitat for Humanity Services for Seniors with Janice Payne

Monday, Oct 29 - Health Ridge Flu Shots with Vaccine discussion

Benefits Enrollment - Council on Aging has a grant to provide enrollment services for those on Medicare and/or disability to receive assistance on numerous expenses such as medical care, prescription drugs, nutritional assistance, and heating based on income.

Habitat for Humanity Services for Seniors - Offers home repair services to low income seniors so they can continue to live in safe, decent homes for years to come. Some of the home repair work includes painting, landscaping, weatherization and minor repair services to preserve home exteriors and revitalize neighborhoods.

Applications will be available for qualifying seniors.



MINI MONSTER MASH
SAT. OCT 27, 2 - 5
BLACK MTN AVE PARKING LOT
2 - 5
GREY EAGLE IN CASE OF RAIN

