

van clan

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### Van Clan Sept & Oct Schedule

Thurs., Sept. 5 - Lunch - The Square Root and Kiwi Gelato. Brevard

Thurs., Sept. 12 - Daytrip - Greenville, SC.

Thurs., Oct. 3 - Lunch - Pisgah Inn (WAITING LIST)

Friday, Oct. 18 - Daytrip - Carolina Balloonfest, Statesville.

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

Outdoor Movies at Lake Tomahawk - Last Movie of the Summer - Friday, September 13. **"Captain Marvel"**. Movie starts at dusk. In case of rain, Grey Eagle at 7 pm.

### Lakeview Center for Active Aging

401 Laurel Circle Drive  
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Be sure to like us on Facebook!

<https://www.facebook.com/LakeviewCenterforActiveAging/>

OR

Visit us online @[www.blackmountainrec.com](http://www.blackmountainrec.com)  
Look for us under the Activities tab!



**Mission Statement:** The purpose of the Lakeview Center is to serve older adults, ages 50 and above, 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



## SEPTEMBER 2019

**W**e have a lot of things planned as we look forward to Fall and all the special days it brings. Our first **'Walk with Ease'** class had so many people that wanted to participate, we have planned a second class beginning Sept. 9th. It's not too late to sign up. Rose Zuhde, the certified instructor is fantastic.

The **Alzheimer's educational series** is also continuing one Monday per month through November with a **special workshop 'The Confident Caregiver'** on **Monday, Sept. 16th from 2 - 5:30** upstairs. Please spread the word as there are so many people out there affected by this devastating disease who need resources and a support system. This educational series and workshop are being presented by the Western Carolina Chapter of the Alzheimer's Association and both are free and open to **anyone** wanting information and/or assistance.

We still have seats left for our Greenville, SC **daytrip**, the Carolina Balloonfest, St. Paul's Winery as well as our **lunch trips** to The Square Root (Brevard) and The Sweet Onion (Waynesville). The minibus has been repaired and we are now using it for all our trips.

September is 'Senior Center Month' so we will be sending cards to our legislators again to advocate for more funds for our centers. Please be sure to pick one up and we'll take care of the rest.

As always, we welcome any and all ideas for ways that we can make Lakeview Center your home away from home and place to be for active aging.



**Lakeview Center will be closed Monday, September 2 for Labor Day.**

## Caregiver DEMENTIA Education Series

- MONDAY, SEPT. 9th - Healthy Living for your Brain & Body
- MONDAY, OCT. 7th - Legal & Financial Planning for Dementia
- MONDAY, NOV. 4th - Caregiving Through the Holidays

### **SPECIAL CAREGIVER'S WORKSHOP MONDAY, SEPT. 16TH 2-5:30 PM**

#### **'The Confident Caregiver'**

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. This interactive workshop will provide you with the tools you need to take the next step. Sign up requested. Lakeview Upstairs.

The seminars are all FREE to the community and NOT JUST FOR SENIORS but for all those affected by this debilitating disease. Lite fare provided. PLEASE CALL 828 669 8610 FOR MORE INFO. Presented by the Western Carolina Chapter of the Alzheimer's Association.

### **'WALK WITH EASE' New Class BEGINNING MONDAY, Sept. 9th.**

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 Sept. 9th through Oct 31st. For more information or to sign up, please call 828 669 8610 or email [melinda.polites@townofblackmountain.org](mailto:melinda.polites@townofblackmountain.org).

Always Wanted to Learn How to Square Dance? Now's your chance! Starting Tuesdays, Sept. 10th, upstairs at Lakeview Center. 1 - 3 pm Have a great time and get some exercise too! Easy on older bodies!

### **It's FLU SHOT season**

Health Ridge Pharmacy will be offering Flu Shots Monday, September 23rd from 10 - 11:45. Be sure to bring your insurance card.

### **SPOTLIGHT Project Linus Quilt Group**

The goal of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by 'blanketeers'.

Sara Hill has been leading the Linus Project at Lakeview Center for 18 years in addition to teaching quilting at A-B Tech for 22 years. She has seen a lot of 'blanketeers' come and go through the years but is always happy to see new faces. Experience is not necessary however there is a lot to learn from the many talented folks that show up on the 4th Friday of the month to laugh, talk, and share stories while working on projects for this heartfelt cause.

If you would like to join Sara and her 'blanketeers' call 828 669 8610 or show up downstairs at Lakeview on the 4th Friday of the month at 1 pm. (Dates may change due to holidays. No meeting in Sept. or Dec.)

### **SPECIAL CLASS - Wire Wrapping - Jewelry - \$45**

Learn the art of wire wrapping in this one-day, 3 hour class. All tools and materials included. Limited to 8 participants. Take home your own original pendant necklace and earrings. Thursday, Oct. 10th

1 - 4 pm Lakeview Upstairs Instructor Nancy Sutton  
For more information or to sign up, please call 828 669 8610.



### **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. 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, health screenings, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.*

*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. Join Us!*