



LIVE YOUR ADVENTURE



September 19 - 25, 2015

All Active Aging Week designations are FREE and showcase the opportunities in Western North Carolina. The goal of Active Aging Week is to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere.



Saturday, September 19

Fit After 50 Day

Reuter Family YMCA
Biltmore Park, Asheville
12 - 4 pm



Baby Boomers are not taking retirement sitting down and at the Y, we believe it is our social responsibility to live a healthy lifestyle and that means continuing to be "Fit after 50." This action packed day will be specifically designed for our active aging community. Free Health Screenings, Group Ex Demos, Pickleball, 20+ Vendors, games and lectures will round out the day dedicated to enriching the lives of Baby Boomers and beyond will be at the event.

Sunday, September 20

Live Your Adventure! Adventure Center of Asheville Day

Adventure Center of Asheville
1 Resort Drive, Asheville
All Day

Release your inner child and take advantage of the many activities at Asheville Outdoor Adventure Park. Reservations Suggested: For more information and to book online go to www.adventureavl.com or call: 877.247.5539. Ask for "Fit50" rate code to receive a 20% discount on Sept. 20.



Monday, September 21

LGBT Social Media Social

Land of Sky Regional Council
339 New Leicester Hwy, Suite 140, Asheville
2:30 - 4 pm

Want to brag about your adventures on Facebook, Instagram and Twitter? Come to the Social Media Social, hosted by the LGBT Elder Advocates of WNC, to learn more about setting up your profile, posting updates and connecting with friends on Social Media.



Tuesday, September 22

CarePartners Talk on Caregiving for Caregivers

CarePartners
68 Sweeten Creek, Asheville

Description



Wednesday, September 23

Fall Prevention Day

Givens Highland Farms
200 Tabernacle Road,
Black Mountain
3 - 5 pm



Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Please join us for an exploration into the burden of falling, the various causes, and some strategies that you can implement to reduce your chance for injury.

Thursday, September 24

Council on Aging SHIP Medicare Classes

Woodfin YMCA
40 N Merrimon Avenue, Asheville
5:30 - 7:30 pm



Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information? Come to our Medicare classes, Medicare Choices Made Easy, and with the help of our SHIP certified counselors, your questions will be answered.

To register for classes visit coabc.org or contact John Wingerter at johnw@coabc.org, 828.277.8288 Ext. 310