explore the possibilities

2016
ACTIVE AGING WEEK

September 18 - 23, 2016
All Active Aging Week events throughout the month are FREE (except Successful Aging) and showcase the opportunities in Western North Carolina. The goal of AAW is to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere.

Wednesday, September 7
Successful Aging Day
Osher Lifelong Learning Institute
1 Campus View Road, Asheville
8:30 am - 4 pm
A day-long event for older adults, caregivers and others who are interested in aging successfully! The Keynote Speaker is Gregg Levoy, author of Vital Signs: Discovering and Sustaining Your Passion for Life. Registration required, $20/ticket, scholarships available. Contact Zoe at 828.277.8288.

Monday, September 19
Healthy Aging Day
Reuter Family YMCA
310 Town Square Blvd, Biltmore Park, Asheville
8 am - 12 pm
Enjoy pickleball, cooking demos, fitness classes, health screenings, lectures, and a lip-sync competition. Delicious healthy snacks provided. Free shirts for the first 100 participants!

Tuesday, September 20
YMCA of WNC Nutrition Program
Healthy Living Mobile Kitchen Demo and Distribution
Battery Park Apartments
1 Bottle Square, Asheville
10 - 11 am
Villas at Fallen Spruce
15 Fallen Spruce Drive, Asheville
2:30 - 1:30 pm
Come out for a cooking demonstration and a produce distribution! Contact Lisa Riggsbee 828.575.2916 for more info.

Wednesday, September 21
Advance Care Planning for You and Your Family
CarePartners Seymour Auditorium
68 Sweeeten Creek, Asheville
3 - 5 pm
Most of us would like to die in our homes, surrounded by loved ones, and free from pain. But studies show that we haven’t made the necessary plans. In this session you’ll learn what to talk about and how to navigate these difficult topics. Contact the instructor Dylan Badb, 828.775.7111 for more info.

Thursday, September 22
National Falls Prevention Awareness Day
UNCA Sherill Center
227 Campus Drive, Asheville
11 am - 1 pm
Brief description: Fall risk assessments and Fall Prevention Education; a collaboration between the NC Center for Health and Wellness and the UNC-Asheville Health and Wellness Department. For more information contact: Ayden Jones at 828.250.3991 or aajones@unca.edu

Friday, September 23
Walk It Out
Edna’s at the River
219 Amboy Road, Asheville
Meet and Greet - 5:30 pm
Walk - 6 pm
A fun way to strengthen our physical bodies, our sense of pride and our community connection. This event is not exclusive to the LGBTQ- Friends are welcome! Sponsored by the LGBT Elder Advocates of WNC. Contact Stephanie at 828.251.7438 for more information.

Thursday, September 29
Fall into Step: Henderson Fall Prevention Coalition’s 1st Annual Health Fair
Blue Ridge Mall
1800 4 Seasons Blvd, Hendersonville
10 am - 3 pm
We all fall, but the stakes get higher as we age. Join us to learn more about community programs and resources that will keep you on your feet! Entertainment and light refreshments will be provided. Contact Stephanie at 828.251.7438 for more information.