

many journeys
many destinations



Laurel Park

Lewis Creek Preserve

Oklawaha Greenway

Bullington Center

Historic Hendersonville

Fletcher Park

Blue Ridge Mall

Biltmore Square Mall

September
22 - 29, 2012

ActiveAgingWeekWNC.org

All events are FREE and open to the public!

Monday, 9/24

Land-of-Sky Regional Council's
2012 Wellness Expo

Biltmore Square Mall
10 am - 2 pm

Come help kick-off Active Aging Week's Many Journeys, Many Designations by taking a wellness journey at this year's Expo. There will be free health screenings, samples, healthy snacks, exercise demonstrations, and much more! For more information contact Patty Cameron at 828-251-6622.



Monday, 9/24

Lewis Creek Preserve
9:30 - 11 am
Leader: Laura Bochner, AmeriCorps Stewardship Assoc., Carolina Mountain Land Conservancy

Join us for a 0.75 mile walk and educational experience at the Lewis Creek Preserve in Edneyville. Meet at the Edneyville Community Center (ECC) at 9:30 for a brief overview and history of the preserve. The Parks van will take us to Lewis Creek Preserve for a guided bird walk. In case of inclement weather we will still meet at ECC for refreshments and the education about the preserve. The walk is a partnership between the Henderson County Parks and Recreation Department and the Carolina Mountain Land Conservancy.

Tuesday, 9/25

Historic Hendersonville Walk
10 am - 12 noon

Meander Main Street with local historian, Lu Ann Welter, and learn some of the history and stories of Hendersonville, stopping at points along the way. Meet at City Hall (145 Fifth Avenue at the corner of Fifth Avenue and Main Street) second floor lobby. Park behind building.

Wednesday, 9/26

Greenway Walk
9 am

Leader: Gary Eblen, Diamond Brand

Enjoy Hendersonville's accessible Oklawaha Greenway with a walk to Jackson Park and back (four miles round trip). Meet at Patton Park at the shelter between the basketball courts and the walking bridge over Brittain Creek. The Greenway follows a channel of Mud Creek for some distance and passes through a wetland which has been home to a variety of birds including wood ducks, red wing blackbirds, yellowthroats, carolina wrens and wood thrushes. Please bring water, and comfortable walking shoes.

Thursday, 9/27

Fletcher Park Walk
10 am - 12 noon

Join the Park Ridge Health Wellness Team on a scenic walk through Fletcher Community Park. Selected as one of the best parks in WNC, Fletcher Community Park offers 3.5 miles of greenway, numerous recreation facilities and an arboretum garden. The Park Ridge Health Wellness on Wheels (WOW) van will be on site offering free body composition analysis. The Health Adventure will lead a Tai Chi demonstration.

Thursday, 9/27

Bullington Center Garden Walk
3 - 5 pm

The Bullington Center Garden Walk combines health, nature and education as walkers explore a beautiful botanical garden in their community. This guided walk will tour the Bullington Center's various ornamental gardens in different settings that incorporate unusual trees and a wide palette of herbaceous plants. Participants will enjoy a peaceful walk in a natural setting.

Friday, 9/28

Water Cascade Walk
9 am

Leaders: Rachel Heath & Adam Fisher

Come and get the weekend started off right with a moderately strenuous walk through Laurel Park. Meet at 9am at the Hendersonville Family YMCA. Enjoy the sounds and sights of cascading water and small brooks as we pass through wooded and shaded roads. Learn important information about staying active and healthy to help you enjoy your days. This walk will have a steady and gradual incline the first 2 miles and then a nice 1.5 mile descent down a gravel path back into town (Mileage 4.13 total). This walk is hosted by the Hendersonville Family YMCA.

Friday, 9/28

Building Better Balance Fall Risk Screening
8 - 10 am
Blue Ridge Mall

Building Better Balance Screenings will take about 10 minutes and includes a few questions and completion of one balance activity. Participants will then receive information on resources to continue to build better balance and reduce the likelihood of a fall.



Walk Passport

Attend three or more walks and return your card to any walking site for a chance to win prizes.



Be sure to ask the walking site for a participation card! Completed brochure/card are due by October 5th. Drawings will take place on October 9th.

Sponsors



The Center for Healthy Aging
A collaborative initiative of MAHEC, UNCA, and WCU



Planning Committee

