

Monday, September 16

THE CONFIDENT CAREGIVER

Lakeview Center for Active Aging
401 Laurel Circle Drive, Black Mountain
2 - 5:30 pm - FREE, Registration Required

This half-day workshop is for caregivers of those with Alzheimer's disease or related dementia, focusing on the middle stage, when caregiving can be the most challenging. We will provide helpful strategies to reduce stress for both the caregiver and their loved one. Contact 800.272.3900



HEALTHY LIVING FOR YOUR BRAIN AND BODY

YMCA at Mission Pardee Health Campus
2775 Hendersonville Road, Arden
10 - 11 am - FREE, Drop-In

See description from September 9 event. Contact Y at Mission Pardee Health Campus: 828.552.3600



Tuesday, September 17

POWERFUL TOOLS FOR CAREGIVER

Land of Sky Regional Council
339 New Leicester Hwy., Suite 140, Asheville
10 - 11:30 am - FREE, Registration Required

Interactive 6 week course to empower caregivers to take care of themselves while caring for a relative or friend. Contact Ruth at ruth@landofsky.org or 828.251.7441



UNRETIRE YOURSELF

Montreat College South 29 Turtle Creek Drive, Asheville
3 - 5 pm - FREE, Registration Required

Come discover your potential as an experienced worker, to learn more about "un-retirement", encore careers, five generations in the workforce, and what it is like after 50 in the job market. Contact Heather Bauer at hbauer@homeinstead.com



Wednesday, September 18

THE ROLE OF ACUPUNCTURE IN ACUTE AND CHRONIC PAIN

Asheville YMCA 30 Woodfin Street, Asheville
5 - 6 pm - FREE, Registration Required

Join us as we learn how and why acupuncture is effective, review clinical cases and experienced a live demonstration! Contact Caitlin Bushong at caitlin.bushong@ymcawnc.org



BENEFITS ENROLLMENT CENTER

Senior Opportunity Center 36 Grove Street, Asheville
9:30 - 11:30 am - FREE, Drop-In

Rock Hill Baptist Church 486 Caribou Road, Asheville
3 - 5 pm - FREE, Drop-In

See description and contact from September 12 event.



Thursday, September 19

COMMUNITY SERVICES FOR CAREGIVERS

MemoryCare 100 Far Horizons Lane, Asheville
2 - 3:30 pm - FREE, Registration Required

A discussion on Community Services for Caregivers. This event will be held in the Bernhardt Education Room at the SECU Center for MemoryCare. Contact 828.771.2931



Friday, September 20

SECOND ANNUAL "SENIOR" PROM

Club Eleven on Grove 11 Grove Street, Asheville
7 - 10 pm - \$15/per person, \$25/per couple. Cash Bar

Look how far we've come. Prom/party attire welcome, or come as you are. We're celebrating the past 5 decades of Pride so bring on the retro outfits! Contact stephanie@landofsky.org or RSVP through our Facebook page LGBTQ Elder Advocates of WNC @LGBTElderAdvocatesofWNC



Saturday, September 21

HAPPY TAI CHI

Asheville YMCA 30 Woodfin Street, Asheville
2 - 3:30 pm - FREE, Registration Required

Join Master Wenhong as she guides you through a practice that easily and quickly elevates your happiness level, emotional resilience, overall performance and wellbeing. This program has been shown to reduce stress, anxiety, chronic pain and other disorders. Contact Caitlin Bushong at caitlin.bushong@ymcawnc.org



Monday, September 23

LIVING WITH CHRONIC PAIN

Carolina Spine 7 Vanderbilt Park Dr, Asheville
1 - 3:30 pm - FREE, Registration Required

Reduce Pain. Do More. In this 6-week program, you'll learn and practice ways to manage chronic pain. Topics include: getting better sleep, reducing stress, pacing, exercise, working with your doctor, Moving Easy Program and more. Contact Stephanie at stephanie@landofsky.org or 828.251.7438



TRAIL TAI CHI

Multiple locations/ dates / times at
Wnctaichi arthritis.com beginning Sept 23

Experience Tai Chi for Fall Prevention/Arthritis class. No charge for 1 trial class, discounts for series.



BENEFITS ENROLLMENT CENTER

Lakeview Center for Active Aging
401 Laurel Circle Drive, Black Mountain
10:30 am - 12 noon - FREE, Drop-In

See description and contact from September 12 event.



Wednesday, September 25

HEALTH AND WELLNESS RESOURCE FAIR WITH YMCA HEALTHY LIVING MOBILE MARKET

Old Ingles Parking Lot 5707 US 25/70, Marshall
3 - 4 pm - FREE, Drop-In

Multiple organizations will be present to share various health and wellness information and resources during the YMCA food distribution program.

Contact Deana Stephens at 828.649.3531



YOGA FOR ARTHRITIS & OSTEOPOROSIS

The Shift 708 B Fleming Street, Hendersonville
1 - 4 pm - \$40, Registration Required

Yoga Workshop led by Jenne Sluder specifically to address concerns associated with Arthritis & Osteoporosis.

Contact The Shift at theshiftendo@gmail.com



MEDICARE CHOICES MADE EASY WORKSHOP

Black Mountain YMCA 25 Jane Jacobs Road, Black Mountain
2 - 4 pm - FREE, Registration Required

Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information? This workshop is for you! To register, contact the Council on Aging at: (828) 277-8288 or www.coabc.org/medicare.

Contact Mynde Mull at 828.552.3620 or Council on Aging at 828.277.8288



Tuesday, October 1

MEDICARE CHOICES MADE EASY

Ferguson Family YMCA
31 Westridge Market Place, Candler
2 - 4 pm - FREE, Registration Required

This information session explains how Medicare works, the enrollment process, how to avoid penalties, and ways that beneficiaries can save money. People new to Medicare, caregivers, people leaving employer health insurance for Medicare, and others who help Medicare beneficiaries with their insurance should consider attending this class.

Register online at www.coabc.org, or call the Council on Aging at 828.277.8288



September 2019

All Active Aging Month events throughout the region are **FREE** except for the Senior Prom, Ageless Grace, Yoga for Arthritis & Osteoporosis, and Trail Tai Chi. The goal of AAM is to promote the benefits of a healthy lifestyle in Western North Carolina by giving older adults the opportunity to experience diverse activities and exercise in a safe, friendly and fun atmosphere.

August 26 - October 5

UP THE HILL and on the next... CHALLENGE

Throughout the Region

Community challenge designed to inspire you to take charge and celebrate YOU! Complete 3 activities from 3 of the 4 categories: Physical, Financial, Social and Community health. The first 100 completers are eligible for prize. Limited supply of t-shirts. Challenge begins August 26 and ends on October 5. **Drop by any Y or call to register between August 26 - September 10.**



PHYSICAL



SOCIAL



FINANCIAL



COMMUNITY



September 2019



Brought to you in partnership by:



Thursday, September 5

HEALTHY AGING DAY 2019



Reuter Family YMCA 3 Town Square Blvd, Asheville
9 am - 12 pm - FREE, Drop-In

This day is dedicated to enriching the lives of Baby Boomers and beyond with dancing, demos, lectures, health screenings and more! The free event will provide a fun and activity-packed day designed for our active aging community.

Contact Diane Saccone at 828.575.2904 or dsaccone@ymcawnc.org

"UNDERSTANDING ALZHEIMER'S AND DEMENTIA: Tips from the Latest Research:



Reuter Family YMCA 3 Town Square Blvd, Asheville
9 - 10 am - FREE, Drop-In

Alzheimer's disease is not a normal part of aging. This program explores the relationship between Alzheimer's and dementia. It also provides information on detection, causes and risk factors, stages of the disease, treatments and more.

Contact Diane Saccone at 828.575.2904 or dsaccone@ymcawnc.org

ORAL HEALTH FOR OLDER ADULTS: Quality of Life and Impact on Overall Health



Reuter Family YMCA 3 Town Square Blvd, Asheville
9:30 - 10:30 am - FREE, Drop-In

Good oral health is one of the major contributors to older adults' quality of life and is essential to good general health as the mouth is seen as the gateway to the rest of the body. This program will share information on how good oral health habits can not only prolong life and reduce social isolation, but can also reduce the chance of chronic disease.

Contact Diane Saccone at 828.575.2904 or dsaccone@ymcawnc.org

MEDICARE CHOICES MADE EASY



Reuter Family YMCA 3 Town Square Blvd
10:30 am - 12:30 pm - FREE, Registration Required

This information session explains how Medicare works, the enrollment process, how to avoid penalties, and ways that beneficiaries can save money. People new to Medicare, caregivers, people leaving employer health insurance for Medicare, and others who help Medicare beneficiaries with their insurance should consider attending this class.

Register online at www.coabc.org, or call at 828.277.8288

AGELESS GRACE



The Shift 708 B Fleming Street, Hendersonville
2:30 - 3:30 pm - \$8, Drop-In

Come explore Ageless Grace Brain Health program!

Contact Heather Bauer at theshifthendo@gmail.com or 828.450.1166

Saturday, September 7

FAIRVIEW FIRE DEPARTMENT FANTASTIC FALL FLING: Wellness Fair & Fundraiser



Fairview Fire Department 1586 Charlotte Hwy, Fairview
8 - 11 am - FREE, Drop-In

Pancake Breakfast Fundraiser - \$8/plate
Free shred truck, community resources, and the first 100 older adults will receive one bag of goodies.

Contact Stacy Friesland at stacy@landofsky.org

10 WARNING SIGNS OF DEMENTIA



YMCA at Mission Pardee Health Campus 2775 Hendersonville Road, Arden
10 - 11 am - FREE, Drop-In

Is this just normal aging or Alzheimer's? Learn the facts about Alzheimer's and dementia, risk factors, current treatments and the latest research.

Contact 800.272.3900

ALZHEIMER'S: KNOW THE 10 SIGNS



YMCA at Mission Pardee Health Campus 2775 Hendersonville Road, Arden
11 am - 12 noon - FREE, Registration Required

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. This workshop will provide a greater understanding of the difference between age-related memory loss and dementia.

Contact the Y at MPHCC at 828.552.3600

Monday, September 9

HEALTHY LIVING FOR YOUR BRAIN AND BODY: Tips from the latest research



Lakeview Center for Active Aging 401 Laurel Circle Drive, Black Mountain
11 am - 11:45 am - FREE, Drop-In

Come learn the latest research findings on how to optimize your physical and cognitive health as you age. We'll look at 4 key areas and identify strategies to help you incorporate the findings into a plan for healthy aging.

Contact 800.272.3900

Thursday, September 12

A MATTER OF BALANCE COACH TRAINING



Woodfin YMCA 40 N Merrimon Avenue #101, Asheville
9 am - 5 pm - FREE, Registration Required

A Matter Coach training offers volunteers an opportunity to step up and stop falls in their communities. No previous knowledge about fall prevention or exercise is necessary because all teaching is done from a detailed manual. After being trained, Coaches are expected to offer one AMOB program within 6 months of being certified.

Contact Stephanie at stephanie@landofsky.org or 828.251.7438

BENEFITS ENROLLMENT CENTER



Weaverville First Baptist Church 63 N Main Street, Weaverville
9:30 - 11:30 am - FREE, Drop-In

Enroll low-income Medicare beneficiaries into the public benefits of which they are eligible, such as Medicaid, Supplemental Nutrition Assistance Program, Medicare Part D Extra Help (LIS), and Medicare Savings Program (MSP)

Contact Grace Collins at 828.277.8288

SAFE DRIVING SKILLS - How Are They Impacted by Aging and Dementia?



MemoryCare 100 Far Horizons Lane, Asheville
2 - 3:30 pm - FREE, Registration Required

A discussion on Safe Driving Skills and how they are impacted by Aging and Dementia, led by Jan Stephanides, Certified Driving Rehab Specialist, Mission Health CarePartners Outpatient. Discussion will be held in the Bernhardt Education room at the SECU Center.

Contact 828.771.2931

Sunday, September 15

REGISTRATION OPEN FOR Sixth Annual "Aging In Place. It's In Your Future." National Conference October 24, 2019



Blue Ridge Community College 180 W Campus Drive, Flat Rock
8 am - 4 pm - FREE to attend due to sponsor support

Aging Projects, Inc. National Conference features national, regional, and local presenters on aging in place. Engaging informative workshops, gather resources from Aging Projects, Inc. Providers, network, meet new friends and learn about local resources in your community to age in place.

No charge to attend. Registration is required. Two easy registrations options: 1) Go to www.AgingProjectsInc.org and click on the conference stamp. 2) Call 828.696.5671 (for non-internet users).