

Asheville/Buncombe Black Elders Engagement Project

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>March is Women's History Month, a time to recognize and celebrate the many accomplishments women have made to events in history and modern society. The National Women's History Alliance picks the theme each year. This year's theme is "Celebrating Women Who Tell Our Stories." The theme honors women in every community who have dedicated their lives and gifts to creating art, pursuing truth, and reflecting the human condition through the years. For more information, please click on 2023 Theme - National Women's History Alliance (nationalwomenshistoryalliance.org)</p>			
			<p>1 Rainbow Inspirations 12 - 12:30pm, virtual ----- Aston Park Apts. Community Mkt 3pm</p>	<p>2 Burton Street Senior Elite Club 11am - 2pm ----- Women's History Month Movie Burton St. 6pm - 8 pm</p>	<p>3 TGI Bingo - Grove St. 2pm - 3pm</p>	<p>4</p>
5	<p>6 Deaverview Community Market 3pm</p>	<p>7 Burton Street Senior Elite Club 11am - 2pm ----- Enka Middle School Community Mkt 5 pm ----- Cribbage Club Burton Street 5pm -7pm</p>	<p>8 Pisgah View Community Market 3pm</p>	<p>9 Burton Street Senior Elite Club 11am - 2pm ----- Foot Care and Health Education Clinic Shiloh Center 1pm - 4pm</p>	<p>10 Grove Street Community Market 12pm ----- Supermarket - Grove St. 12pm - 1:30pm ----- TGI Bingo - Grove St. 2pm - 3pm</p>	11
12 Daylight Savings Time Begins	<p>13 Maple Crest at Lee Walker Community Market 3pm ----- Erwin Middle School Community Market 5:30pm</p>	<p>14 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Bartlett Arms Community Market 3pm</p>	<p>15 HELP Program Shiloh Center 12pm - 1pm ----- Shiloh Community Market 3pm</p>	<p>16 Burton Street Senior Elite Club 11am - 2pm ----- Drive In BINGO Shiloh Center 2pm - 4pm</p>	<p>17 TGI Bingo - Grove St. 2pm - 3pm ----- Klondyke Homes Community Mkt 3pm ----- Spaghetti Dinner & BINGO Night Southside Center 6pm - 7:30pm</p>	18
19	<p>20 Deaverview Community Market 3pm</p>	<p>21 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Asheville Middle School Community Market 5pm ----- Tai Chi - Grove Street 11am - 12pm</p>	<p>22 HELP Program Shiloh Center 12pm - 1pm ----- Pisgah View Community Market 3pm</p>	<p>23 Burton Street Senior Elite Club 11am - 2pm ----- Foot Care and Health Education Clinic Grove St. Center 1pm - 4pm</p>	<p>24 ABCCM West Community Mkt 2pm ----- TGI Bingo - Grove St. 2pm - 3pm</p>	<p>25 Groove at the Grove Grove St. 3 - 6pm</p>
26	<p>27 Edington Center Community Mkt 3pm</p>	<p>28 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Bartlett Arms Community Market 3pm</p>	29	<p>30 Burton Street Senior Elite Club 11am - 2pm</p>	<p>31 TGI Bingo - Grove St. 2pm - 3pm</p>	

March 2023 Activities and Events*

MARCH EVENTS

Women's History Month - The 2023 theme is "Celebrating Women Who Tell Our Stories." The National Women's History Alliance organized the movement to declare March as Women's History Month.

Women's History Month Movie - Thursday, March 2 from 6:00 - 8:00 pm. Celebrate Women's History Month by joining us for a movie. Light refreshments will be served. FREE. Burton Street Community Center, 134 Burton Street.

Women's History Month Movie Nights (*not listed on the calendar*) - Fridays, March 10 and March 24 from 6:00 - 8:00 pm. Come join us at the movies as we honor the contributions women have made in American history. FREE. Dr. Wesley Grant, Sr. Southside Community Center, 285 Livingston Street.

National Harriet Tubman Day - Friday, March 10. Harriet Tubman, an abolitionist and former slave who helped hundreds of Black Americans escape slavery to freedom through the Underground Railroad, is honored every year on March 10. For more information on the life and legacy of Harriet Tubman, please click on

[Harriet Tubman: Life, Liberty and Legacy | National Museum of African American History and Culture \(si.edu\)](#).

Daylight Savings Time Begins at 2:00 am Sunday, March 12. Spring forward - set your clocks ahead one hour on Saturday night before bedtime.

Pie for Pi (*not listed on the calendar*) - Tuesday, March 14 from 6:00 - 8:00 pm. Enter the Pi Day Pie Baking Contest for a chance to win as best pie baker and sample other pies as well. Bring your pie promptly by 6:00 pm. Come mingle, sample pie, and vote regardless of whether you entered the contest. *Registration required*. FREE. Burton Street Community Center, 134 Burton Street.

COMMUNITY ENGAGEMENT MARKETS

Aston Park Apts. Community Engagement Market, 165 S French Broad Avenue, Asheville / Wednesday, March 1 at 3:00 pm

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Monday, March 6 at 3:00 pm

Enka Middle School, 390 Asbury Road, Candler/Tuesday, March 7 at 5:00 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, March 8 at 3:00 pm

Grove Street Community Center Community Engagement Market, 36 Grove Street, Asheville / Friday, March 10 at 12:00 pm

Maple Crest Apts. at Lee Walker Community Engagement Market, 200 Lee Garden Lane, Asheville / Monday, March 13 at 3:00 pm

Erwin Middle School Community Engagement Market, 20 Erwin Hills Road, Asheville / Monday, March 13 at 5:30 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, March 14 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, March 14 at 3:00 pm

Shiloh Community Market Community Engagement Market, 486 Caribou Road, Asheville / Wednesday, March 15 at 3:00 pm

Klondyke Homes Community Engagement Market, 500 Montford Avenue, Asheville / Friday, March 17 at 3:00 pm

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Monday, March 20 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, March 21 at 8:00 am

Asheville Middle School, 211 S French Broad Avenue, Asheville / Tuesday, March 21 at 5:00 pm. Drive through Market in front of the school.

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, March 22 at 3:00 pm

ABCCM West Community Engagement Market, 1914 Smoky Park Highway, Candler / Friday, March 24 at 2:00 pm

Edington Center Community Engagement Market, 133 Livingston Street, Asheville/ Monday, March 27 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, March 28 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, March 28 at 3:00 pm

MONTHLY ACTIVITIES

Burton Street Senior Elite Club - Tuesdays and Thursdays, 11 am - 2 pm. This program is geared for senior citizens and provides fun activities, planned trips, movie days, chair exercise classes, fellowship days, game days and special meals prepared by different seniors from the group. Burton Street Community Center, 134 Burton Street.

Cribbage Club - Tuesdays, 3/7, 4/4, & 5/9 from 5 pm - 7 pm. Love to play Cribbage? Would you like to learn? The Cribbage Club meets once a month on the first Tuesday of the month. FREE. Burton Street Community Center, 134 Burton Street.

Drive In BINGO - Thursdays, 3/16, 4/20, & 5/18 from 2 pm - 4 pm. Come and play bingo from the comfort of your car. Bring a friend with you. Winners will receive prizes and light refreshments will be served. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Foot Care and Health Education Clinic - Thursday, 3/9, 1 pm - 4 pm. MemoryCare is partnering with ABIPA and the Shiloh Community Association to offer a Foot Care Clinic for older adults in the community with educational materials about healthy aging, caregiving and more. This is a free service without appointments. Services include (but are not limited to) toenail trimming, filing calluses, checking for common medical problems that impact mobility, referrals to community services, and baseline cognitive

assessments. Please contact Elizabeth Stavish, stavish@memorycare.org or 828-771-2219, for more information. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Foot Care and Health Education Clinic - Thursday, 3/23, 1 pm - 4 pm. MemoryCare is partnering with ABIPA to offer a Foot Care Clinic with educational materials about healthy aging, caregiving and more. Services are available to all with a focus on older adults. Foot care will be provided by board certified, MemoryCare geriatrician Dr. David Johnson. There is no cost for this service and no appointment needed. Services include (but are not limited to) toenail trimming, filing calluses, checking for common medical problems that impact mobility, referrals to community services, and baseline cognitive assessments. Please contact Elizabeth Stavish, stavish@memorycare.org or 828-771-2219, for more information. Grove Street Community Center, 36 Grove Street.

Grove Street Card Sharks (*not listed on the calendar*) - Wednesdays from 2 pm - 5 pm. This Card Sharks Program offers a variety of games such as Bid Whist, Spades, Tunk, and more. Bring a partner and join in on the fun! FREE. Grove Street Community Center, 36 Grove Street.

Groove at the Grove - Saturdays, 3/25, 4/22, & 5/27 from 3 pm - 6 pm. Looking for something to do on a Saturday afternoon? Come Groove at the Grove and enjoy 10 tables of games! From Spades to Bid Whist, Uno to Phase 10, and more. Meet new people and test your luck every 4th Saturday of the month. FREE. Grove Street Community Center, 36 Grove Street.

Health Education Leading to Prevention (HELP) Program - The third and fourth Wednesdays, 12 pm - 1 pm. In partnership with Shiloh Community Association, IFPHA, and Avery Health Education & Consulting LLC led by Kathey Avery, these classes focus on the self-management of chronic disease and diabetes as well as maintaining a healthy and well-balanced lifestyle. No pre-registration required. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Power Hour Exercise (*not listed on the calendar*) - Tuesdays, 10 am - 11 am. Come build some Power with our gentle based chair exercise that is fun and upbeat. All are welcome. FREE. Grove Street Community Center, 36 Grove Street.

Rainbow Inspirations - 1st Wednesday of the month, 12:00 pm - 12:30 pm, Virtual. Hear their Story. Learn Their Journey. Be Inspired. A series of spotlights on our LGBTQ community leaders and influencers. This free, monthly event is part of Blue Ridge Pride's Generation Plus. For more information, contact Butch Thompson, BThompson@blueridgepride.org

Senior Dining and Wellness (*not listed on the calendar*) - Monday - Friday, 11:45 am - 12:30 pm. Senior Congregate Dining is a year-round program offered to older adults, age 60+, who are registered with the Council on Aging of Buncombe County Senior Dining and Wellness Program. This program offers a variety of educational guest speakers, a nutritious lunch, and more. While there is no charge to participate, individuals are given the opportunity to expand services through consumer contributions. For more information, please call 828-350-2062. Grove Street Community Center, 36 Grove Street.

Senior Dining and Wellness (*not listed on the calendar*) - Wednesday - Friday, 12 pm - 2 pm. The Council on Aging Senior Dining and Wellness Program offers eligible adults the opportunity to enjoy nutritious hot lunches from Moose Café along with weekly fresh produce in a fun, safe, and social setting. The program is funded through grants received by the Council on Aging of Buncombe County. While there is no charge to participate, individuals are given the opportunity to expand services through consumer contributions. Call 828-277-8288 to register. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Senior Strikers (*not listed on the calendar*) - Thursdays, 3/9, 4/13, & 5/11 from 1 pm - 4 pm. Come join us for a friendly game of bowling on the second Thursday of the month at Sky Lanes Bowling Alley. This program is offered to Seniors age 50 and up. Transportation is provided from Grove Street Community Center. Space is limited so please call 828-350-2062 to reserve your seat on the van. FREE. Grove Street Community Center, 36 Grove Street.

Social Seniors (*not listed on the calendar*) - Monday - Friday, 9 am - 5 pm. A variety of programs that include exercise programs, trivia games, arts and crafts, daily crossword puzzles, afternoon movies, monthly guest speakers, and much more. FREE. Grove Street Community Center, 36 Grove Street.

Spaghetti Dinner & BINGO Night - Fridays, 3/17, 4/21, & 5/19 from 6:00 - 7:30 pm. Join us for a spaghetti dinner and stay for some BINGO where you will get a chance to win some awesome prizes. FREE. Dr. Wesley Grant, Sr. Southside Community Center, 285 Livingston Street.

Supermarket - Fridays, 12 - 1:30 pm, 3/10, 4/14, and 5/12. Our Supermarket offers a variety of free produce, dry/canned goods, and more. This program is offered the second Friday of the month from 12 - 1:30 pm through the Buncombe County Food Pantry and is free of charge. No registration required and all goods are on a first come first serve basis. FREE. Grove Street Community Center, 36 Grove Street.

Tai Chi for Arthritis - The third Tuesday of every month from 11 am - 12 pm. FREE. No registration required. For more information, please contact Brea at 828-251-7438 or brea@landofsky.org Grove Street Community Center, 36 Grove Street.

T.G.I. Bingo - Fridays, 2 - 3 pm. Come join us at Grove Street Community Center every Friday from 2:00 pm - 3:00pm for a fun and friendly game of BINGO. Light refreshments will be served, and prizes will be available for all winners. FREE. Grove Street Community Center, 36 Grove Street.

Ultimate Bid Whist/Spades Party (*not listed on the calendar*) - Tuesdays, 6 - 7:30 pm. Please join us whether you are a beginner, intermediate or professional card player. Light refreshments will be provided. No pre-registration required. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Zumba Party (*not listed on the calendar*) - Thursdays, 11 am - 12 pm. Come join in on the fun of this Latin inspired exercise. Easy to follow. All levels are welcome. FREE. Grove Street Community Center, 36 Grove Street.

*The ABBE Calendar is compiled from many sources: City of Asheville Parks and Recreation, Buncombe County Community Engagement, Land of Sky Area Agency on Aging, and Age-Friendly Buncombe County.



Located inside Battlecat Coffee Bar in West Asheville, Tiger Bay Café is a female-owned, family-run cafe that offers breakfast and lunch including bagels, waffles, paninis, salads, and more inspired by Southern, East Indian, and Latin culinary cuisines. Tiger Bay Café is open daily from 7:00 AM - 3:00 PM and located at 373 Haywood Road, Asheville. For more information, please call 828-713-3885 or click on [HOME | Tiger Bay Cafe](#).

