

# Ignite your passion



September 18 - 23, 2017

All Active Aging Week events throughout the week are **FREE** except for the Over The Edge event if you choose to participate. The goal of AAW 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.

## Monday, September 18

### Healthy Aging Day

**Reuter Family YMCA**  
3 Town Square Blvd, Asheville  
9 am - 12 noon

The free event will provide a fun intellectually, socially and activity – packed day filled with workshops, health screenings, food demonstrations, exercise demos and more specifically designed for our active aging community.

For more information, contact Diane Saccone at 828.575.2904.

### Medicare Choices Made Easy

**Reuter Family YMCA**  
3 Town Square Blvd, Asheville  
10 am - 12 noon

Are you new to Medicare? Are you confused about which benefits are right for you? Do you need more information? With the help of our Seniors' Health Insurance Information Program (SHIIP) certified counselors, your questions will be answered.

Register at [www.coabc.org/medicare](http://www.coabc.org/medicare)  
For more information contact [johnnw@coabc.org](mailto:johnnw@coabc.org) or 828.277.8288.

### Fraud Watch Alert

**Spring Creek Nutrition Site**  
13077 NC Hwy 209, Hot Springs  
11 am - 12 noon

This AARP sponsored program discusses how to protect yourself from telephone fraud as well as provides tips on identity fraud, mail fraud, and internet fraud. How to spot and report a fraud and resources for more information are also provided.

For more information, contact Deana Stephens 828.649.3531 or [dstephens@madisoncountync.gov](mailto:dstephens@madisoncountync.gov)

## Tuesday, September 19

### Fire and Fall Safety Day

**Asheville Fire Department Station #1**  
100 Court Plaza, Asheville  
10 am - 12 noon

Knowing what to do in the event of a fire is particularly important for older adults. At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. It's essential to take the necessary steps to stay safe.

Limited Free parking on West side of building on S Market Street. Class on the truckroom floor – will include a station tour. Opportunity to have smoke alarms installed for FREE.

RSVP with Kelly Hinz at 828.251.4010 or [kninz@ashevillenc.gov](mailto:kninz@ashevillenc.gov)

### Creativity Matters...

**Vanderbilt Apartments**  
75 Haywood Street, Asheville  
12:30 - 2 pm

Nurture a latent pastime, passion, skill or talent...even discover a new one while we define, discuss and explore creativity and it's value to us as lifelong learners. Using one of the oldest art forms, we'll apply a visual language to ignite our passion for successful aging.

To Register: 877.926.8300 or visit [aarp.cvent.com/CreativityMatters](http://aarp.cvent.com/CreativityMatters).

For Questions call 828.423.4280.

### Living Healthy with Diabetes

**Shelton Laurel Nutrition Site**  
4100 HWY 212, Marshall  
11 - 11:30 pm

Learn tips on eating healthy with Diabetes.

For more information, contact Jennifer Angel @ 828.649.3531 or [jvesper@madisoncountync.gov](mailto:jvesper@madisoncountync.gov).

Wednesday, Thursday, Friday

Brought to you in partnership by:



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## Wednesday, September 20

### Ease Your Pain Day 3 Locations

#### Hendersonville YMCA

810 6th Avenue West, Hendersonville  
**8:30 - 9:15 am**

#### Hot Springs Senior Center

356 NW Hwy 25/70, Hot Springs  
**10:45 - 11:30 am**

#### Senior Opportunity Center

36 Grove Street, Asheville  
**11:00 - 11:45 am**

Discover new ways to manage your pain during this interactive presentation.

Drop-in, no registration required. For more information, contact Stephanie at 828.251.7438 or stephanie@landofsky.org.

### Medicare Choices Made Easy

2 Times

#### Woodfin YMCA

40 N Merrimon Avenue #101, Asheville  
**10 am - 12 pm**  
&  
**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? With the help of our Seniors' Health Insurance Information Program (SHIIP) certified counselors, your questions will be answered.

Register at [www.coabc.org/medicare](http://www.coabc.org/medicare). For more information, contact johnw@coabc.org or 828.277.8288.

### Home Fit Program 2 Locations

#### High Vista Golf Club - Laurel Room

88 Country Club Road, Mills River  
**7 - 8:30 pm**  
Register at [aarp.cvent.com/homefithighvista](http://aarp.cvent.com/homefithighvista) or call 877.926.8300  
For more information contact Rebecca at 828.380.6242 or rchaplin@aarp.org

#### Mars Hill Library

25 Library Drive, Mars Hill  
**10 - 11:30 am**  
For more information contact Kim at 828.337.2359 or kimdickens@earthlink.net.

AARP's practical, energizing overview of the simple steps you can take to identify what, if any, modifications will assure that your home is safe and accessible for you, your family, and visitors at all stages of life.

## Thursday, September 21

### Standing Together to Prevent Falls

A Panel Presentation at Aging Projects, Inc., Fourth Annual "Aging in Place. It's In Your Future." National Conference

**Blue Ridge Community College** 180 W Campus Drive, Flat Rock **8 am - 3:30 pm**

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, and learn about local resources in your community to age in place. Falls Coalition Providers will be offering free Balance Screenings. 4 Free health screenings, free onsite Respite Care, a free pill drop for expired or no longer medications, a raffle and so much more.

No charge to attend. **Registration is required.** Two easy registrations options: 1) Go to the Aging Projects, Inc. website [www.AgingProjectsInc.org](http://www.AgingProjectsInc.org) and click on the conference stamp. 2) Call 828.696.6140 (for non-internet users).

## Friday, September 22

### Fraud Watch Alert

#### Mars Hill Nutrition Site, Mars Hill Baptist Church

67 North Main Street, Mars Hill  
**11 am - 12 noon**

This AARP sponsored program discusses how to protect yourself from telephone fraud as well as provides tips on identity fraud, mail fraud, and internet fraud. How to spot and report a fraud and resources for more information are also provided.

For more information, contact Deana Stephens 828.649.3531 or [dstephens@madisoncountync.gov](mailto:dstephens@madisoncountync.gov).

### Walk With Purpose: Getting to Know AARP in Your Community

#### Carrier Park Picnic Shelter

220 Amboy Road, Asheville  
**Meet at 5 pm, Walk at 5:30 pm**

Connect with others and learn how AARP in the Mountain Region is empowering people to age as they choose in a supportive communities. This will be the first of a series of monthly community walks and discussion on local social change missions. All are welcome and the first 25 AARP members will receive a free gift.

No pre-registration required. For more information contact Brenda Monroe at 864.497.3094.

## Saturday, September 23

### Over the Edge for the Council on Aging of Buncombe County

**High Rise Building at the corner of Market Street & E Walnut Street** 29 N Market Street, Asheville **9 am - 9 pm**

A fundraiser for COA is which participants raise a minimum of \$1,000 for the chance to rappel down a high rise building.

**Cost:** Participants raise \$1,000 to go Over the Edge. **Spectators:** FREE!

For more information, contact Zoe Trout at [zoet@coabc.org](mailto:zoet@coabc.org) or 828.277.8288.