

Active Aging Week 2013

Discover Your Community during Active Aging Week, September 21 – 28, 2013! This year's Active Aging Week theme encourages older adults and the organizations that serve them to focus on developing a more active community as part of an overall wellness objective. Local hosts have planned vibrant programs and activities that are fun, educational, and focus on community connections.

All Active Aging Week designations are FRtEE and showcase the opportunities in Western North Carolina.

How can you participate?

1. Review the schedule of events in the brochure
2. Select the programs that you would like to attend
3. Drop-in or call for more information (register when indicated)
4. Show up!



Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.

Sponsors



Planning Committee



Activity Passport

Attend three or more activities and return your card to any participating site for a chance to win prizes. Where did you walk? (ask the Active Aging Week site leader to initial walk)

- Fit After 50 Day
- Blue Ridge Adventist Wellness 5K
- Wellness Expo
- Wisdom Film Festival
- Balance for Life Day
- Eating Healthy on a Budget!
- Soiree!



Name: _____

Telephone: _____

Email: _____

Mailing: _____

For Your Chance to Win! Please mail completed brochure to Rebecca Chaplin, Land-of-Sky Regional Council, 339 New Leicester Hwy. Suite 140, Asheville, NC 28806 by October 4th. Drawings will take place on October 9th.

PRSRT STD
US Postage Paid
Asheville, NC
Permit #367



339 New Leicester Hwy., Suite 140
Asheville, NC 28806

**Join us at the Wellness
Expo September 23!**



September
21 - 28, 2013
www.activeagingweek.org





Saturday, 9/21

Fit After 50 Day

The Neighborhood Y at Woodfin
1 – 5 pm

- Music Jam Tent with interactive synthesizer provided by MOOG Foundation
- Live entertainment featuring NPR Composer BJ Leiderman
- Leaf Schools in the Streets and Schools interactive dance
- Brain Games Tent
- Corn Hole, Bocce Ball, and Badminton
- Lectures
- Free Health Screenings
- Food Vendors
- Prizes, Raffle and More!



Sunday, 9/22

Blue Ridge Adventist Wellness Network Intergenerational Health 5K Walk/Run

UNC Asheville campus Sherrill Center
1:30 pm Registration
2 pm Walk/Run



All ages are welcome.
Bring your children or grandchildren!
For more information on the walk/run contact:
David White, Coordinator 828-667-3711.

Monday, 9/23

Land-of-Sky Regional Council's
2013 Wellness Expo
Biltmore Square Mall
10 am - 2 pm

Discover your community at this year's Wellness Expo. The discovery passport will guide you through health screenings, physical activity demonstrations, community resources and more. Call Stacy Friesland at 828-251-6622 for more information.



Tuesday, 9/24

Wisdom Film Festival

UNC Asheville Sherrill Center
Mountain View Suite
12 noon - 6 pm

An intergenerational event featuring films, discussion and interactive activities exploring perceptions on aging. Come for all or part of this opportunity to engage elders and students in meaningful dialogue while enjoying fine cinema. Film schedule is available at www.activeagingweekwnc.org.



Wednesday, 9/25

Balance for Life Day

CarePartners Health Services
68 Sweeten Creek Road,
Asheville
9:30 am - 1:30 pm



- Balance talks: the science behind balance, body mechanics for caregivers, and more
- Balance screenings and counseling with a physical therapist
- Balance-related mini health fair: learn about trekking poles and balance equipment

Registration required and lunch provided for participants. To register, contact Laura Chase at 274-9567 ext. 8379 or lchase@carepartners.org.

Thursday, 9/26

Eating Healthy on a Budget! Project EMMA Day

(Eat better, Move More, Age well)

Vanderbilt Apartments
75 Haywood Street, Asheville
12 - 1:30 pm - Onsite Tailgate Market
2 - 3:30 pm - Cooking Demo with Chef Michael Gentry



A project of the Council on Aging of Buncombe County in collaboration with the Asheville YWCA. Contact Turkessa Baten 828-253-8024 or TurkessaB@coabc.org.

Photo courtesy of Naomi Johnson Photography

Friday, 9/27

Soiree!

Dance to Elvis for your Wellness!



**Toy Boat, 101 Fairview Road, Asheville
7 - 10 pm**
(Doors open at 6:30)

A Fun(D) Raising Dance Party for the WNC Fall Prevention Coalition. **Music!** The Bruce Lang Band playing hits from the 50s, 60s, and 70s. **Entertainment!** The Runaway Circus with daring balancing acts. **Food!** Local and delicious. Tickets are \$20, available at www.activeagingweek.org or 828-251-7438.