

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.

Active Aging Week 2013 showcases the diverse opportunities for Henderson County walking destinations. All Active Aging Week walks are FREE and designed to optimize physical, social and mental well-being.

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Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.

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September
21 - 28, 2013
www.activeagingweek.org

Sponsors



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

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)

- Wellness Expo
- Bullington Gardens Tour & Walk
- Fletcher Community Park ENERGY Fitness Tutorial and Walk
- Building Better Balance PLUS
- Henderson County Orchard Tour
- Opportunity House Fun and Fitness Open House
- Flat Rock Playhouse
- Downtown Walk and Brewery Visit



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.


Land-of-Sky Regional Council
Buncombe • Henderson • Madison • Transylvania Counties NC
339 New Leicester Hwy., Suite 140
Asheville, NC 28806

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



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

Bullington Gardens Tour & Walk

9:00 - 11:00 am
3 Upper Red Oak Trail, Hendersonville

Join us for a walk in the Gardens and tour the beauty of what the Fall Season has to offer. This guided tour will incorporate the various trees and plants as well as the brief history of the Bullington. We will end with a hands on and interactive project. Refreshment will be served. Come enjoy a peaceful walk in one of our County's favorite natural settings.

Leaders: John Murphy - Bullington Gardens Director, Mary Martin - Master Gardner, Karen Saine - Henderson County Park and Recreation. For more information contact Karen Saine at 674-9784.



Wednesday, 9/25

Fletcher Community Park ENERGI Fitness Tutorial and Walk

9:00 - 11:00 am
85 Howard Gap Road, Fletcher at the ENERGI Fitness System

Join the Park Ridge Health Wellness Team on a scenic walk through Fletcher Community Park and an interactive demonstration of the new Park Ridge Health ENERGI Total Body Fitness System. The ENERGI system is designed to offer up to 120 exercises at each fitness station with skill levels ranging from beginner to advanced. Fletcher Community Park offers 3.5 miles of greenway, numerous recreation facilities and an arboretum garden. For more information contact Julie Palmer with Park Ridge Wellness at (828) 687-5290.



Wednesday, 9/25

Building Better Balance PLUS at Carolina Village

7:00 - 8:00 pm
600 Carolina Village Road, Hendersonville

Do you want to assess your fall risk? If so, the Building Better Balance PLUS Screening is for you! This event will feature 10-minute fall risk screenings and showcase community resources including tai chi, physical therapy, vision and hearing that can help keep you standing strong.



Thursday, 9/26

Henderson County Orchard Tour

9:00 - 11:00 am
Meet at the Variety Block (994 E. Tracy Grove Road, Flat Rock) off Upward Road at Richard Staton's Farm and Cold Storage Facility



Tour a tree fruit farm and learn more about tree planting.

You will see over 100 new apple, peach, nectarine, pear, cherry varieties that are evaluated every harvest season for maturity, storability and quality. You will also visit a young nursery and tour a commercial cold storage facility. Some walking is required so please dress accordingly. For more information Contact: Marvin Owings (Henderson County Cooperative Extension) at (828) 697-4891.



Thursday, 9/26

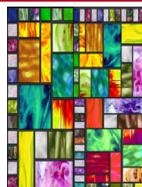
Opportunity House Fun & Fitness Open House

4:00 pm - 6:00 pm
1411 Asheville Hwy, Hendersonville

A display of social recreational offerings, featuring:

- Displays and opportunities to participate in Chayon Ryu by Jane Reinoso
- Line dancing led by Nancy Glover
- Clogging with the Southern Connection Cloggers and Chip Summey
- Tango dance demonstration by instructors Dr. Eiva Patnail and Jim Curtis
- Wine tasting and information with local winery

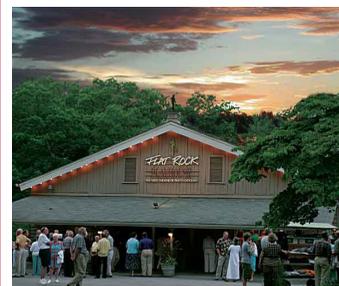
Stained glass, pottery, woodcarving and woodworking, painting, weaving, sewing, needlework and crafts activity rooms will be open. For more information contact Doug Moon or Leslie Mutter at (828) 692-0575.



Friday, 9/27

FlatRock Playhouse

10:00 am - 12:00 noon
2661 Greenville Hwy, Flat Rock



Join Lynn Penny, Director of Development for Flat Rock Playhouse, on a "Behind the Scenes" tour of the expansive property of the Playhouse, the Mainstage theatre, and the State of the

Art, Robin R. Farquhar YouTheatre Education Center. We will also have a sneak peek at the renowned gardens surrounding the Historic Lowndes House. Wear your walking shoes for this exciting opportunity to see how the Playhouse creates it's magic!"

Friday, 9/27

Downtown Walk and Brewery Visit

5:00 pm
Meet at the Southern Appalachian Brewery, 822 Locust Street, Hendersonville

We'll begin our walk along 7th Ave, past the old train station to the Oklawaha Greenway. We'll follow the Greenway to Patton Park and then return to the brewery via the pleasant neighborhood streets of Historic Hyman Heights, passing by Hendersonville's first hospital, Patton Hospital (1913), Killarney House (1858) and the site of Cold Spring Park. Upon return to the Southern Appalachian Brewery, we'll stop to quench our thirst. For more information contact walk leader Gary Eblen at (828) 707-8964.

