

# Let the adventure begin



**September 20 - 28, 2014**

All Active Aging Week designations are FREE and showcase the opportunities in Western North Carolina. Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.

**Saturday, September 20**

### Fit After 50 Day

Woodfin YMCA  
40 North Merrimon Ave, Suite 101  
12 - 4 pm



Who says it is all downhill after 50? This event held on September 20 at the Woodfin YMCA features performances, lectures, health screenings, spa offerings, dance and other offerings celebrating Baby Boomers and Beyond and is the kickoff event for Active Aging Week 2014, so Let the Adventure Begin!

**Monday, September 22**

### Move Your Body

Lakeview Senior Center  
401 Laurel Circle Drive, Black Mountain  
9 am - 12 pm



The Lakeview Senior Center has some great activities available to keep you on the move and we want to show them to you! Join us for free demonstrations of three of our fun fitness activities, a walk for wellness around Lake Tomahawk, and a Snack & Learn session with Healthridge Pharmacy and flu shots! Call us at 828.669.8610 for more information.

**Tuesday, September 23**

### Balance and Flexibility the Feldenkrais® Way

Asheville Movement Center  
4 Richland Avenue, Asheville  
2 FREE Sessions - 1 pm and 2 pm

Studies show that movement keeps the brain active, and prevents falls. For more information contact 828.258.7220 or [ashevillemovementcenter.com](http://ashevillemovementcenter.com).



**Thursday, September 25**

### Project EMMA Day!

Battery Park Apartments  
1 Battle Square, Asheville  
1 - 3 pm



Eat Better, Move More, Age Well!  
A time filled with cooking demonstrations, tai chi and more!

A project of the Council on Aging of Buncombe County in collaboration with Asheville YWCA. Contact Turkessa Baten at 828.253.8024 or [TurkessaB@coabc.org](mailto:TurkessaB@coabc.org).

Photo courtesy of Naomi Johnson Photography.

**Friday, September 26**

### Dance Through the Decades

Asheville YMCA - 30 Woodfin Street, Asheville  
6 - 8:30 pm

Travel through time as we wrap up Active Aging Week at the Asheville YMCA. Get your groove on, put on your vintage best and celebrate living life to the fullest! Charlotte Vargo at 828.210.9622



**Sunday, September 28**

### Come One, Come All. Bring Your Pickleball!

Reuter Family YMCA - Biltmore Park

Play Day! Pickleball Tournament! This 16 team tournament will offer 3 courts of play and include commemorative shirts and a trophy to the winning team. Contact Eric Barsotti [ebarsootti@ymcawnc.org](mailto:ebarsootti@ymcawnc.org) for more details.

