



# LIVE YOUR ADVENTURE



## September 19 - 25, 2015

All Active Aging Week designations are FREE and showcase the opportunities in Western North Carolina. The goal of Active Aging Week is to give as many older adults as possible the means to experience activities and exercise in a safe, friendly and fun atmosphere.



### Saturday, September 19

#### Fit After 50 Day

Reuter Family YMCA  
Biltmore Park, Asheville  
12 - 4 pm



Baby Boomers are not taking retirement sitting down and at the Y, we believe it is our social responsibility to live a healthy lifestyle and that means continuing to be "Fit after 50." This action packed day will be specifically designed for our active aging community. Free Health Screenings, Group Ex Demos, Pickleball, 20+ Vendors, games and lectures will round out the day dedicated to enriching the lives of Baby Boomers and beyond will be at the event.

### Sunday, September 20

#### Live Your Adventure! Adventure Center of Asheville Day

Adventure Center of Asheville  
1 Resort Drive, Asheville  
All Day

Release your inner child and take advantage of the many activities at Asheville Outdoor Adventure Park. Reservations Suggested: For more information and to book online go to [www.adventureavl.com](http://www.adventureavl.com) or call: 877.247.5539. Ask for "Fit50" rate code to receive a 20% discount on Sept. 20.



### Monday, September 21

#### LGBT Social Media Social

Land of Sky Regional Council  
339 New Leicester Hwy, Suite 140, Asheville  
2:30 - 4 pm

Want to brag about your adventures on Facebook, Instagram and Twitter? Come to the Social Media Social, hosted by the LGBT Elder Advocates of WNC, to learn more about setting up your profile, posting updates and connecting with friends on Social Media.



### Tuesday, September 22

#### CarePartners Talk on Caregiving for Caregivers

CarePartners  
68 Sweeten Creek, Asheville

Description



### Wednesday, September 23

#### Fall Prevention Day

Givens Highland Farms  
200 Tabernacle Road,  
Black Mountain  
3 - 5 pm



Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Please join us for an exploration into the burden of falling, the various causes, and some strategies that you can implement to reduce your chance for injury.

### Thursday, September 24

#### Council on Aging SHIP Medicare Classes

Woodfin YMCA  
40 N Merrimon Avenue, Asheville  
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? Come to our Medicare classes, Medicare Choices Made Easy, and with the help of our SHIP certified counselors, your questions will be answered.

To register for classes visit [coabc.org](http://coabc.org) or contact John Wingerter at [johnw@coabc.org](mailto:johnw@coabc.org), 828.277.8288 Ext. 310