

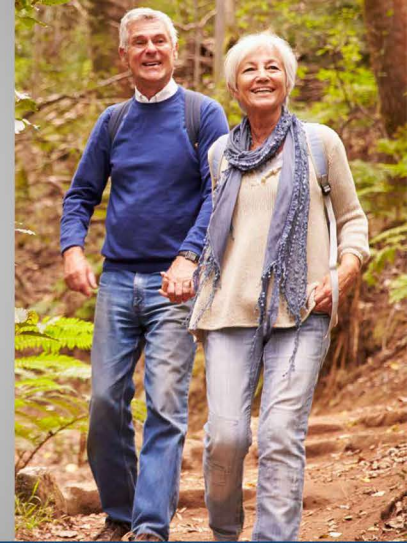


# explore the possibilities



**September 18 - 23, 2016**

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



## Wednesday, September 7

### Successful Aging Day

Osher Lifelong Learning Institute  
1 Campus View Road, Asheville  
8:30 am - 4 pm

A day-long event for older adults, caregivers and others who are interested in aging successfully! The Keynote Speaker is Gregg Levoy, author of *Vital Signs: Discovering and Sustaining Your Passion for Life*. Registration required, \$20/ticket, scholarships available. Contact Zoe at 828.277.8288.

## Monday, September 19

### Healthy Aging Day

Reuter Family YMCA  
310 Town Square Blvd, Biltmore Park, Asheville  
8 am - 12 pm

Enjoy pickleball, cooking demos, fitness classes, health screenings, lectures, and a lip-sync competition. Delicious healthy snacks provided. Free shirts for the first 100 participants!

## Tuesday, September 20

### YMCA of WNC Nutrition Program Healthy Living Mobile Kitchen Demo and Distribution

Battery Park Apartments  
1 Battle Square, Asheville  
10 - 11 am

Villas at Fallen Spruce  
15 Fallen Spruce Drive, Asheville  
2:30 - 1:30 pm

Come out for a cooking demonstration and a produce distribution! Contact Lisa Riggsbee 828.575.2916 for more info.

## Wednesday, September 21

### Advance Care Planning for You and Your Family

CarePartners Seymour Auditorium  
68 Sweeten Creek, Asheville  
3 - 5 pm

Most of us would like to die in our homes, surrounded by loved ones, and free from pain. But studies show that we haven't made the necessary plans. In this session you'll learn what to talk about and how to navigate these difficult topics. Contact the instructor Dylan Babb, 828.775.7111 for more info.

## Thursday, September 22

### National Falls Prevention Awareness Day

UNCA Sherill Center  
227 Campus Drive, Asheville  
11 am - 1 pm

Brief description: Fall risk assessments and Fall Prevention Education; a collaboration between the NC Center for Health and Wellness and the UNC-Asheville Health and Wellness Department. For more information contact: Ayden Jones at 828.250.3991 or [aojones@unca.edu](mailto:aojones@unca.edu)

## Friday, September 23

### Walk It Out

Edna's at the River  
219 Amboy Road, Asheville  
Meet and Greet - 5:30 pm  
Walk - 6 pm

A free fun way to strengthen our physical bodies, our sense of Pride and our community connection. This event is not exclusive to the LGBTQ- Friends are welcome! Sponsored by the LGBT Elder Advocates of WNC. Contact Stephanie at 828.251.7438 for more information.

## Thursday, September 29

### Fall Into Step: Henderson Fall Prevention Coalition's 1st Annual Health Fair

Blue Ridge Mall  
1800 4 Seasons Blvd, Hendersonville  
10 am - 3 pm

We all fall, but the stakes get higher as we age. Join us to learn more about community programs and resources that will keep you on your feet! Entertainment and light refreshments will be provided. Contact Stephanie at 828.251.7438 for more information.

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