

## Active Aging Week

many journeys many destinations

Choose your destination during Active Aging Week, September 24 - 29, 2012! This year's Active Aging Week theme "Many journeys, many destinations," recognizes that older adults choose to travel along individual paths based on their interests and needs. Destinations of good health and well-being allow better years of life.

Active Aging Week 2012 showcases the healthy choices and diverse opportunities available to older adults in Madison County. All Active Aging Week destinations are FREE and designed to optimize physical, social and mental well-being.



How can you participate?

1. Review the schedule of walks, volunteer opportunities and 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Join the fun and lead the way as we transform outdated concepts about "seniors" into the new realities of active aging.

## Additional Destinations

**Stimulate your mind during active aging week:** Visit any Madison County Library branch (Hot Springs, Marshall, or Mars Hill) during Active Aging Week and check out a book.

**Friday, September 29th:** Predictors of Successful Aging with Dr. Eisdorfer Osher Lifelong Learning Institute (OLLI) at UNC Asheville (formerly the NC Center for Creative Retirement) Reuter Center, Ron Manheimer Room 11:30am - 1pm

Dr. Eisdorfer is a distinguished leader in the field of aging, stress, cognition and dementia; as well as psychoneuroimmunology and depression. This presentation will focus on managing your: Personal environment, Mood, Relationships. To optimize health and wellbeing as we age. Lunch is available for purchase at the Reuter Café or bring your own.

**Saturday, September 30th:** "Fit After 50 Day"

Presented by the Woodfin Community Center and YMCA Recreation Field. 12 Noon - 5 pm

Enjoy a fun filled day of Softball and Kickball, Lawn Games, Good Eats Corral, Lecture Tent, and a Live Music and Activity Stage

## Sponsors



CarePartners  
HEALTH SERVICES

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



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

many journeys  
many destinations



Mars Hill

Hot Springs

Madison County  
Cooperative Extension

Marshall

Hot Springs Elementary

September  
22 - 29, 2012

ActiveAgingWeekWNC.org

many journeys many destinations

**Monday, 9/24**

**Marshall Guided Walking Tour**  
9:30 am

The historic town of Marshall, nestled between rocky cliffs and the scenic French Broad River, celebrates its colorful past while passionately embracing the present....Main Street, lined with original buildings is home artists' studios, galleries, music and more! Meet a volunteer walking guide at 9:30 am at **Lapland Bookshop**, 147 N Main Street.

**Volunteer Opportunity** following walk at Barnard Park located at 1995 Barnard Road. Contact Madison County Parks and Recreation for more information, 649-3635.

**Tuesday, 9/25**

**Hot Springs Guided Walking Tour**  
9:30 am

A popular resort since the early 1800s, Hot Springs is situated at the junction of the Appalachian Trail and the French Broad River. The town is named for the reputedly therapeutic hot mineral springs that continue to draw visitors today. Meet a volunteer walking guide at 9:30 am at **Washburn Cottage** 29 Walnut Street to learn more!

**Volunteer Opportunity** following walk at Hot Springs Community Learning Center located at 356 NW US 25/70 HWY. Contact Madison County Parks and Recreation for more information, 649-3635.

**Wednesday, 9/26**

**Mars Hill Guided Walking Tour**  
9:30 am

Mars Hill is a town that is rich in history, character, and people. The town's history is inextricably linked with that of Mars Hill College, the oldest educational institution still in its original location in Western NC. Meet a volunteer walking guide at 9:30 am at the **Vann House**, 260 S. Main Street to learn more!

**Volunteer Opportunity** following walk at Mars Hill Elementary School Garden located at 800 Bailey Street. Contact Madison County Parks and Recreation for more information, 649-3635.

**Champion Passport**

Attend at least one event in each category and be eligible to win a prize such as a gift certificate to Hot Springs Resort.



Which events did you attend? (ask the Active Aging Week representative to initial)

Walks

- Marshall Guided Walking Tour
- Hot Springs Guided Walking Tour
- Mars Hill Guided Walking Tour

Volunteer Opportunities

- Barnard Park
- Hot Springs Community Learning Center
- Mars Hill Elementary School Garden

Events

- Senior Wellness Marshall
- Senior Wellness Fair Hot Springs
- Predictors of Successful Aging with Dr. Eisdorfer
- "Fit After 50 Day" with the Woodfin Community Center and YMCA Recreation Field

Other

- Check out a book at the Madison County Library branch (Hot Springs, Marshall, or Mars Hill)

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**For Your Chance to Win!**

Please return completed brochure to Deana Stephens or Jodi Brazil at the Madison County Health Department , 493 Medical Park Drive, Marshall, NC, 28753.

For additional information about any of the Walking Tours listed, please go to [www.visitmadisoncounty.com](http://www.visitmadisoncounty.com) or contact Deana Stephens 649-3531.

**Planning Committee**



**Thursday, 9/27**

**Friday, 9/28**

**SENIOR WELLNESS FAIRS**

Join us at one of our Senior Wellness Fairs!  
**FREE HEALTH SCREENINGS!**  
Free Healthy Refreshments & Lunch!  
Flu Vaccinations:

Madison County Residents 65 and older - Bring Medicare Card  
Madison County Residents 55 to 64 - \$25 cash/check



**Thursday, September 27**  
**Hot Springs Elementary Gymnasium**  
62 Serpentine Avenue, Hot Springs  
9 - 11:30 am

Screenings and Healthy Aging information include:

- Glucose
- Blood Pressure
- BMI (Body Mass Index)
- Skin Cancer
- Spinal Health Screening
- Balance Screening & MORE.....

**Friday, September 28**  
**Madison County Cooperative Extension**  
258 Carolina Lane, Marshall  
9 am - 12 noon

Screenings and Healthy Aging information include:

- Glucose
- Blood Pressure
- BMI (Body Mass Index)
- Skin Cancer
- Spinal Health Screening
- Balance Screening
- Therapeutic Massage & MORE.....