





Lakeview Center for Active Aging

Events January 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	HOT DAILY LUNCH offered at noon M-F for persons over 60. Suggested donation \$1.50 per day. Reservations Required. Please call 669-2035			*Fee based activity Activities in BLUE are upstairs		
		Lakeview Center 401 Laurel Circle Dr. Black Mountain, NC 28711 (828) 669-8610 www.blackmountainrec.com			1 CENTER CLOSED 	2
3	4 8 & 9 Exercise 10:30 MFBB 4-5:30 Tai chi* 4-5 Smart Girls@ Carver	5 Hike* 11:00 Chair Exercise 1:00 Square Dancing* 1:00 Knitting 7:00 Duplicate Bridge*	6 8 & 9 Exercise 11:30 Laughter for Wellness 1:00 Canasta 5:30pm Line Dancing*	7 11:00 Bingo 1:00 Mahjongg 4:30 Movie: The Theory of Everything	8 8 & 9 Exercise 10:30 MFBB 10:30 Chair Yoga 1-3 Games	9
10	11 8 & 9 Exercise 11 Snack & Learn 4-5:30 Tai chi* 4-5 Smart Girls@ Carver	12 Hike* 11:00 Chair Exercise 1:00 Square Dancing* 2:00 Knitting 7:00 Duplicate Bridge*	13 8 & 9 Exercise 10:15 Beginning Knitting 1:00 Canasta 5:30 Line Dancing*	14 9:00-1:00 Duplicate Bridge* 11:00 Bingo 1:00 Mahjongg 4:30 Movie: The Devil Wears Prada	15 8 & 9 Exercise 10:30 Chair Yoga 1-3 Games	16 9:00 Birding
17	18 MLK DAY CENTER CLOSED	19 Hike* 11:00 Chair Exercise 1:00 Square Dancing* 1:00 Knitting 7:00 Duplicate Bridge*	20 8 & 9 Exercise 9am Van Clan: Ikea* 10:15 Beginning Knitting 1:00 Canasta 5:30 Line Dancing*	21 9:00-1:00 Duplicate Bridge* 11:00 Bingo 1:00 Mahjongg 4:30 Movie: August Osage County	22 8 & 9 Exercise 10:30 No Chair Yoga today 1-3 Linus Quilters	23
24 31	25 8 & 9 Exercise 11 Medicare Fraud 4-5:30 Tai chi* 4-5 Smart Girls@ Carver	26 Hike* 11:00 Chair Exercise 1:00 Square Dancing* 1:00 Knitting 7:00 Duplicate Bridge*	27 8 & 9 Exercise 10:15 Beginning Knitting 1:00 Canasta 5:30 Line Dancing* 7-9pm Free Reads Book Club	28 9:00-1:00 Duplicate Bridge* 11:00 Bingo 1:00 Mahjongg 4:30 Movie: A Walk In The Woods	29 8 & 9 Exercise 10:30 Chair Yoga 11:30 Lunch & Learn 1-3 Games	30

Ongoing activity descriptions

Aerobic Exercise Class. The Lakeview Center offers two aerobic classes of different intensity that incorporate light weights and stretching for a great overall workout! Monday, Wednesday and Friday 8:00am hi-impact class, 9:00am low-impact. Free.

Beginning Birding. Jim Poling will be your guide as you identify and learn about the different birds in our area. Free. Third Saturday of each month @ 9:00am.

Beginner Line Dancing. Each 8 week session builds upon the previous session and includes a review of previous session. Next session begins January 20. Wednesdays, 5:30-6:30pm. \$5/per class.

Bingo. Join us each Thursday for bingo. Led by Mountain Ridge Wellness Center. Everyone welcome! Free.

Canasta. Canasta is a fun card game that is a wonderful way to socialize with friends and meet to people. New players are always welcomed. Wednesdays, 1:00pm Free.

Chair Exercise Class. Light aerobics and stretching class that is great for folks who need a non-impact option. Tuesdays, 11:00am-11:30am Free.

Chair Yoga. Chair-based yoga class, that includes breathing techniques, range of motion exercises to increase flexibility, improve balance, and a relaxation. Fridays, 10:30-11:00am Free.

Duplicate Bridge. Bridge helps keep the mind sharp, allows you to meet new people and have fun! If you have not played in years or want to learn stop by, we welcome new players. Partner needed. Tuesdays, 6:30pm \$1 per player.

Duplicate Bridge. ACBL-sanctioned games. Breakfast included. RSVP required. Thursdays, 9am-1pm. \$4.50 per player includes breakfast.

Free Reads Book Club. Focuses on books that may be accessed for free (online, library, etc). Last Wednesday, 7pm. Free.

Games. Bring your friends or meet new ones! We have Scrabble, Chess, Checker and cards. Or bring your own game. Every Friday from 1-3, except the 4th Friday. Free.

Knitting. Knitters come together each week to share patterns, stories, laughter and fun! All knitters are encouraged to join. Free. Tuesdays, Time: 1:00pm (at 2:00pm on the second Tuesday of each month only).

Laughter for Wellness. Wear comfortable clothing, bring a friend and come ready to laugh out loud! Typically the first Wednesday of each month @ 11:30am. Free.

Linus Quilters Club. The Linus Quilters Club is a group of volunteers that meet each month to create quilts for children in need. Every level of quilter is welcome to join; fabric is available to create your quilt to donate. Fourth Friday of every month. 1:00 - 3:00pm. Free. No meeting in December.

Mahjongg. An ancient game that keeps the mind sharp. Free. Thursdays at 1:00pm. Beginners welcome.

Square Dancing. This is a square-dancing group that is designed for all levels. Please come and meet new people, get some light exercise for your body and brain and have fun! Tuesdays, 1:00-3:30pm. \$2.00 donation.

Spanish Conversation Table. This is an opportunity to practice your Spanish conversation skills. Bring your lunch or, if you're 60+, you can make a reservation with the lunch site for \$1.50. Tuesdays @ noon. **On hiatus until spring.**

Tai Chi: Tai Chi Chuan yang Style 108 Form. Taught by Roberto Vengoechea. A moving meditation and an ancient internal martial art form. No prerequisites. No experience required. Mondays, 4-5:30pm. \$40/month. Fee Includes additional tai chi in the Park class on Saturdays 9-10:30 am.

Weekly Movies. Join us every Thursday afternoon January—April for a movie matinee. Thursdays, 4:30pm. Free but donations appreciated.

The Lakeview Center is here to serve you. If you have a program suggestion, concern, or would like to start a program of your own, please do not hesitate to contact us. *The Town of Black Mountain is committed to providing accessible facilities, programs and services for all people in compliance with the American with Disabilities Act. Should you need assistance or a particular accommodation to access any of our Parks facilities, please contact us at 669-8610 or email Brittany.Williams@townofblackmountain.org.*

CHECK OUT OUR WEBSITE FOR DETAILED INFORMATION ON SPECIAL EVENTS/ACTIVITIES www.blackmountainrec.com www.townofblackmountain.org