



Events

National Active Aging Week in Henderson County

September 22 – September 28, 2008

Active Aging Week Kick-off (separate schedule) - Saturday, 9/20, 9:00 am – 3:00 pm
Blue Ridge Community College Patton Building

CLASSES and PHYSICAL ACTIVITIES

Mention that you are an Active Aging Week participant to access any class, one time, at no charge.

***Brightwater Yoga**

(506 ½ N. Main St., Hendersonville, 698-5557, www.brightwateryoga.com)

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|-----------------------|-----------|----------------|
| Authentic Yoga I & II | Monday | 9:30 – 11 am |
| Anusara Inspired Yoga | Monday | 5 – 6:30 pm |
| Gentle Yoga | Monday | 6:45 – 8:15 pm |
| Authentic Yoga II | Tuesday | 6:30 – 8:30 pm |
| Gentle Yoga | Wednesday | 9:30 – 11 am |
| Anusara Inspired Yoga | Wednesday | 5 – 6:30 pm |
| Vinyasa Flow | Wednesday | 6:45 – 8:15 pm |
| Authentic Yoga I & II | Thursday | 9:30 – 11 am |
| Authentic Yoga II | Thursday | 6:30 – 8:30 pm |
| Morning Flow | Friday | 8:30 – 9:30 am |
| Restorative Yoga | Friday | 9:30 – 11 am |
| Anusara Inspired Yoga | Saturday | 8:30 – 10 am |

***Highland Lake Yoga**

(Highland Lake Studio, Flat Rock, 891-4313, www.highlandlakeyoga.com)

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| Dawn Patrol Yoga | Monday – Saturday | 7 – 8:30 am |
| Good Morning Yoga | Monday & Wednesday | 9:15 – 10:15 |
| Evening Yoga | Monday & Friday | 5:30 – 7 pm |
| Kundalini Yoga | Thursday | 5:30 – 7 pm |
| Weekend Yoga | Saturday & Sunday | 10 – 11:30 am |

***Ho Sin Sool Dojang**

(Hwy 64 W, Horse Shoe, 281-0246, www.hosinsooldojang.com)

| | | |
|----------------|-----------|-------------|
| Aikido/Hapkido | Monday | 6 – 7:30 pm |
| Jujutsu | Monday | 7:30 – 9 pm |
| Tai Chi | Tuesday | 9 – 10 am |
| Tang Soo Do | Tuesday | 6 – 8 pm |
| Jujutsu | Wednesday | 7:30 – 9 pm |
| Aikido/Hapkido | Thursday | 6 – 7:30 pm |
| Tang Soo Do | Thursday | 6 – 8 pm |
| Tai Chi | Friday | 9 – 10 am |

***Lelia Patterson Center**

(Howard Gap Rd., Fletcher, 654-0004, www.lpcenter.org)

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| “Spin Off” Cycling | Monday | 6:00 am |
| “Spin Off” Cycling | Monday | 8:15 am |
| <i>Power Revive</i> Yoga Alternative | Monday | 8:30 am |
| Aqua Tone | Monday | 9:00 am |
| Aqua Tone | Monday | 10:30 am |
| Therapeutic Pool Exercise | Monday | 12:00 noon |
| <i>Synapse Turf</i> | Monday | 5:00 pm |
| Power Water | Monday | 5:30 pm |
| <i>Synapse Surf</i> | Monday | 6:00 pm |
| Cardio-Kick Boxing | Monday | 7:00 pm |
| Tight Abs! | Tuesday | 6:00 am |
| <i>Synapse Turf</i> | Tuesday | 8:00 am |
| <i>Synapse Surf</i> | Tuesday | 9:00 am |
| Cardio-Water | Tuesday | 10:00 am |
| Therapeutic Pool Exercise | Tuesday | 12:00 noon |
| <i>Hot Revive</i> Yoga Alternative | Tuesday | 4:00 pm |
| <i>Gentle Revive</i> Yoga Alternative | Tuesday | 5:30 pm |
| “Spin-Off” | Tuesday | 6:15 pm |
| “Spin-Off” | Wednesday | 8:15 am |
| <i>Power Revive</i> Yoga Alternative | Wednesday | 8:30 am |
| Aqua Tone | Wednesday | 9:00 am |
| Aqua Tone | Wednesday | 10:30 am |
| Therapeutic Pool Exercise | Wednesday | 12:00 noon |
| <i>Synapse Turf</i> | Wednesday | 5:00 pm |
| Power Water | Wednesday | 5:30 pm |
| <i>Synapse Surf</i> | Wednesday | 6:00 pm |
| Cardio Kick-boxing | Wednesday | 7:00 pm |
| Tight Abs! | Thursday | 6:00 am |
| <i>Synapse Turf</i> | Thursday | 8:00 am |
| <i>Synapse Surf</i> | Thursday | 9:00 am |
| Cardio-Water | Thursday | 10:00 am |
| Therapeutic Pool Exercise | Thursday | 12:00 noon |
| Mid-day Crunch | Thursday | 12:15 pm |
| <i>Hot Revive</i> Yoga Alternative | Thursday | 4:00 pm |
| <i>Gentle Revive</i> Yoga Alternative | Thursday | 5:30 pm |
| “Spin-Off” | Thursday | 6:15 pm |
| “Spin-Off” | Friday | 6:00 am |

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| “Spin-Off” | Friday | 8:15 am |
| Power Revive Yoga Alternative | Friday | 8:30 am |
| Aqua Tone | Friday | 9:00 am |
| Aqua Tone | Friday | 10:30 am |
| Therapeutic Pool Exercise | Friday | 12:00 noon |

***Opportunity House**

(Asheville Hwy., 692-0575, www.opportunityhouse.org)

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| NIA (non-impact aerobics) | Monday | 10:30 – 11:30 am |
| Clogging | Tuesday | 9 – 10 am |
| Intermediate Line Dancing | Tuesday | 10 – 11 am |
| Beginning Line Dancing | Tuesday | 11 am – 12 noon |
| NIA (non-impact aerobics) | Thursday | 10:30 – 11:30 am |
| Ball Room Dancing | Friday | 7 – 10 pm |

***Pardee Health Education Center**

(Blue Ridge Mall, 692-4600, www.pardeehospital.org)

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| Low Impact Aerobics & Strength Training | Monday | 10:30 – 11:30 am |
| Low Impact Aerobics & Strength Training | Tuesday | 8:00 – 9:00 am |
| Low Impact Aerobics & Strength Training | Thursday | 12:00 – 1:00 pm |
| Low Impact Aerobics & Strength Training | Friday | 12:30 – 1:30 pm |

***Pardee Rehab and Wellness Center**

(Next to Epic Theatres, 698-6774, www.pardeehospital.org/health_services/rehab_sports_therapy)

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| Tai Chi | Monday | 4:30 – 5:30 pm |
| Gentle Yoga | Wednesday/Friday | 10:00 – 11:00 am |
| NIA | Wednesday/Friday | 11:00 am – Noon |
| “Stronger You” Chair Fitness | Wednesday/Friday | 1:00 – 1:45 pm |

***The Pump House Fitness Center**

(Old Spartanburg Hwy., 698-9447, www.pumphousefitnesscenter.com)

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|-----------------|-----------|------------------|
| Silver Sneakers | Monday | 10:30 – 11:15 am |
| Bodysculpting | Monday | 5:45 – 6:30 pm |
| Ab Bootcamp | Tuesday | 6:00 – 6:30 pm |
| Bodysculpting | Wednesday | 5:45 – 6:30 pm |
| Silver Sneakers | Thursday | 10:00 – 11:15 am |
| Bodysculpting | Thursday | 5:45 – 6:30 pm |

***Saluda Senior Center**

(64 Greenville St., Saluda, 749-9245)

| | | |
|-----------------|-----------|----------|
| Walking group | Monday | 9:00 am |
| NIA | Monday | 9:00 am |
| Line dancing | Monday | 9:30 am |
| Yoga | Monday | 12:30 pm |
| Chair exercises | Tuesday | 2:15 pm |
| Yoga | Tuesday | 5:30 pm |
| Walking group | Wednesday | 9:00 am |

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| Gentle Yoga | Wednesday | 12:30 pm |
| Vinyasa Yoga | Wednesday | 5:30 pm |
| Vinyasa Yoga | Thursday | 5:30 pm |
| Wii Bowling | Thursday | 7:00 – 8:30 pm |
| Walking group | Friday | 9:00 am |
| Chair Exercise | Friday | 10:00 am |

***Sammy Williams Center for Active Living**
(3rd Ave. & Justice St., 692-3320, www.sammywilliamscenter.org)

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| Intermediate Tap Dance | Tuesday | 9:15 – 10:15 am |
| Exercise Class | Tuesday | 10:30 – 11:30 am |
| Advanced Tap Dance | Wednesday | 9:00 – 10:00 am |
| Intermediate Tap Dance | Wednesday | 10:15 – 11:15 am |
| Beginning Line Dance | Wednesday | 1:00 – 2:00 pm |
| Intermediate Line Dance | Wednesday | 2:00 – 3:00 pm |
| Intermediate Clogging | Wednesday | 3:00 – 4:00 pm |
| Beginning Tap Dance | Thursday | 9:15 – 10:15 am |
| Exercise Class | Thursday | 10:30 – 11:30 am |

***Spring Arbor of Hendersonville**
(Laurel Park)

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| Sit Down Dancing | Tuesday, 9/23 | 9:30 am |
| Strength Chair Training | Thursday, 9/25 | 9:30 am |

***Spring Arbor West**
(Laurel Park)

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| Sittercise | Monday, 9/22 | 9:30 am |
| Balancing and Fittersitters | Friday, 9/26 | 9:30 am |

***Whitmire Building**
(301 Lily Pond Rd. (off the 'busy bend' of Kanuga) 692-3585)

| | | |
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| Jazzercise | Monday | 9:00 am |
| Jazzercise | Monday | 6:00 pm |
| Jazzercise Lite | Tuesday | 9:00 am |
| Jazzercise | Tuesday | 6:00 pm |
| Personal Touch | Wednesday | 8:00 am |
| Jazzercise | Wednesday | 9:00 am |
| Jazzercise | Wednesday | 6:00 pm |
| Jazzercise Lite | Thursday | 9:00 am |
| Jazzercise | Thursday | 6:00 pm |
| Personal Touch | Friday | 8:00 am |
| Jazzercise | Friday | 9:00 am |

***YMCA**

(6th Ave. West, 692-5774, www.ymcahendersoncounty.org)

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| Hi/Lo Water Aerobic & Strength Exercises | Monday | 8:05 – 9:00 am |
| Get Started! Exercise Class | Monday | 8:30 – 9:30 am |
| Group Cycling Level 2/3 | Monday | 8:30 – 9:30 am |
| Body Works | Monday | 8:30 – 9:45 am |
| Power Waves | Monday | 9:05 – 10:00 am |
| Pilates | Monday | 10:00 – 10:45 am |
| Senior Fitness | Monday | 11:00 – 11:45 am |
| Water Arthritis Class | Monday | 11:15 am – Noon |
| Pilates | Monday | 12:15 – 12:45 pm |
| Body Sculpt | Monday | 4:30 – 5:30 pm |
| Yin Yoga | Monday | 5:45 – 7:00 pm |
| Group Cycling Level 2/3 | Monday | 6:00 – 7:00 pm |
| Beginner Tai Chi | Monday | 7:00 -8:00 pm |
| Step 2 – 3 | Tuesday | 8:30 – 9:30 am |
| Wet Weights | Tuesday | 8:35 – 9:30 am |
| Gentle Yoga | Tuesday | 9:30 – 10:35 am |
| Power Waves | Tuesday | 10:00 – 10:55 am |
| Water Arthritis Class | Tuesday | 11:00 – 11:45 am |
| Strength for Daily Living | Tuesday | 11:00 – 11:45 am |
| Core Training | Tuesday | 4:45 – 5:30 pm |
| Body Works | Tuesday | 5:45 – 7:00 pm |
| Vinyasa Yoga | Wednesday | 6:00 – 6:45 am |
| Hi/Lo Water Aerobic & Strength Exercises | Wednesday | 8:05 – 9:00 am |
| Get Started! Exercise Class | Wednesday, | 8:30 – 9:30 am |
| Group Cycling Level 2/3 | Wednesday | 8:30 – 9:30 am |
| Vinyasa Yoga | Wednesday | 8:30 – 9:45 am |
| Power Waves | Wednesday | 9:05 – 10:00 am |
| Pilates | Wednesday | 10:00 – 10:45 am |
| Senior Fitness | Wednesday | 11:00 – 11:45 am |
| Water Arthritis Class | Wednesday | 11:15 am – Noon |
| Pilates | Wednesday | 12:15 – 12:45 pm |
| Body Sculpt | Wednesday | 4:30 – 5:30 pm |
| Dynamic Yoga | Wednesday | 5:45 – 7:00 pm |
| Group Cycling Level 1/2 | Wednesday | 6:00 – 7:00 pm |
| Body Works | Thursday | 8:30 – 9:45 am |
| Wet Weights | Thursday | 8:35 – 9:30 am |
| Gentle Yoga | Thursday | 9:30 – 10:35 am |
| Power Waves | Thursday | 10:00 – 10:55 am |
| Water Arthritis Class | Thursday | 11:00 – 11:45 am |
| Core Training | Thursday | 4:45 – 5:30 pm |
| Cardio Challenge | Thursday | 5:45 – 6:45 pm |
| Vinyasa Yoga | Friday | 6:00 – 6:45 am |
| Hi/Lo Water Aerobic & Strength Exercises | Friday | 8:05 – 9:00 am |
| Get Started! Exercise Class | Friday | 8:30 – 9:30 am |
| Group Cycling Level 1/2 | Friday | 8:30 – 9:30 am |
| High Impact, High Energy | Friday | 8:30 – 9:30 am |
| Power Waves | Friday | 9:05 – 10:00 am |
| Pilates | Friday | 10:00 – 10:45 am |
| Water Arthritis Class | Friday | 11:15 am – Noon |
| Strength for Daily Living | Friday | 11:00 – 11:45 am |

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| Pilates | Friday | 12:15 – 12:45 pm |
| Yin Yoga | Friday | 5:45 – 7:00 pm |
| Group Cycling, Levels 2 & 3 | Saturday | 8:15 – 9:15 am |
| 20/20/20 | Saturday | 9:00 – 10:00 am |

GOLFING

*Broadmoor Golf Links

(I-26 at the Asheville Airport, 687-1500, www.broadmoorlinks.com)

Monday (Sep. 22) - Friday (Sep. 26) - Seniors age 55 and over play and ride for \$27. For tee times call 828-687-1500 and state that this is in conjunction with Active Aging Week.

*Cummings Cove Golf & Country Club

(about 8 miles west of Hendersonville on US 64W, 891-9412, www.cummingscove.com)

Monday (Sep. 22) - Friday (Sep. 26) – If you are from Henderson, Buncombe, or Transylvania County and 55 years of age or older, you can obtain the senior rate of \$35 to play and ride. For tee times call 828-891-9412 and state that this is in conjunction with Active Aging Week.

*Etowah Valley Golf Course

(Off Hwy 64, Etowah, 891-7022, www.etowahvalley.com)

Monday (Sep. 24 – Sunday Sep. 30) - Play and ride for \$44 before 2 p.m. and \$35 after that time. Starting times are recommended - call 828-891-7022 and state that this is in conjunction with Active Aging Week.

WALKS and BIKE RIDES

- *Walk Across NC Program sponsored by the Sammy Williams Center and Council on Aging
meet @ the Sammy Williams Center Monday 8:00 pm
- *Urban Hike, sponsored by *Walk Wise, Drive Smart*
meet @ the Main St. Gazebo Tuesday 9:30 am
- *Etowah Bike Ride – hosted by the YMCA– rides of varying lengths (cancelled in the event of rain)
meet 5:30 @ Ingles in Etowah, Tuesdays 6:00 pm
- *Walk Across NC Program sponsored by the Sammy Williams Center and Council on Aging
meet @ the Sammy Williams Center Wednesday 8:00 am
- *Lunchtime Apple Route Walk, sponsored by *Walk Wise, Drive Smart*, (cancelled in the event of rain)
meet @ Main Street Gazebo Tuesday, 9/23 12:00 noon-1:00 pm
- *Walk Between the Parks, (Patton to Jackson and back), sponsored by Diamond Brand Outdoor Center,
meet @ Patton Park parking lot Thursday, 9/25 9:00 am
- *Walk Across NC Program sponsored by the Sammy Williams Center and Council on Aging
meet @ the Sammy Williams Center Friday 8:00 am

SEMINARS

Fashion 501: Finding Your Signature Style – Great Life Series (fee required)

Pardee Health Education Center Tuesday, 9/23 9:30 am – 12:15 pm

Choosing Proper Foot Gear – Foot Rx Running

Sammy Williams Center Tuesday, 9/23 2:00 – 4:00 pm

Chi Walking Demonstration – Michelle Spevak, Chi Walking Mentor

Patton Park Walking Trail Wednesday, 9/24 10:00 am

ASSESSMENTS & SCREENINGS

Physical Fitness Assessment - WCU Physical Therapy Department

Blue Ridge Community College Saturday, 9/20 9:30 am – 2:30 pm

Cholesterol Screenings - Park Ridge Wellness on Wheels (WOW Van)

Blue Ridge Community College Saturday, 9/20 9:00 am – 12:00 pm

EKGs (Women only) – Park Ridge Wellness on Wheels (WOW Van)

Blue Ridge Community College Saturday, 9/20 12:00 – 3 pm

Call Michele Skeele @ Council on Aging with questions at 692-4203 or visit www.coahc.org.
To learn more about National Active Aging Week, visit www.icaa.cc.