Lakeview Center strives to be a "One Stop Shop" for all things AGING. Our Information & Assistance/Referral Program is designed to help anyone who has questions related to aging issues find the assistance they need. Whether someone calls on the phone, walks through the door, or sends a message on social media or via email, WE ARE HERE TO HELP!!

- Adult Day Care
- Affordable Housing
- Congregate Meal Site
- Disaster Preparedness
- Durable Medical Equipment
- Elder Abuse & Neglect
- Energy Assistance
- Food Distribution
- Home Health
- Hospice
- Insurance Counseling
- Job Placement & Training
- Legal Services
- Long Term Care
- Medicaid & Medicare
- Mental Health
- Rehabilitation
- Respite Care
- Reverse Mortgage Counseling
- Social Security Benefits
- Tax Preparation
- Telephone Reassurance
- Transportation

Mission Statement: The purpose of the Lakeview Center is to serve older adults, ages 50 and above, from all backgrounds throughout the Swannanoa Valley. It is committed to quality creative programming in recreation, health, wellness and education. Through outreach it also provides supportive services that enrich the lives of older adults. Recognizing that independence, dignity and self-respect are nurtured through recreation, the Center supports active living for older adults. The Lakeview Center is proud to be a North Carolina Division of Aging and Adult Services Senior Center of Excellence.

Lakeview Center for Active Aging
401 Laurel Circle Drive
Black Mountain, NC 28711
(828) 669-8610

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Recreation Program Supervisor
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828 419 9300 ext 389
828 669 8610

Trevia Rhodes
Nutrition Site Manager
828 669 2035

Be sure to like us on Facebook!
https://www.facebook.com/LakeviewCenterforActiveAging/

OR
Visit us online
https://www.townofblackmountain.org/

Look for us under Recreation & Parks Programs tab!

December is a great month to reflect on all those things for which we are grateful. While my list tends to be long, here I am grateful for all the employees, volunteers, and participants who show up daily, weekly, or even seasonally to make Lakeview Center their home away from home. I am always reminded of how fortunate we are to have such an active and welcoming place every time someone new comes in and their face lights up when they learn about all that we do and all that we have to offer. Recently one of our regulars recounted the story of how long it took to convince her sister to come and how once she came, she never wanted to leave. These are the stories we love to hear and the reason that we do what we do. Please spread the word to those who don’t know about Lakeview Center. Isolation is a disease we can conquer. Wishing you much Peace this holiday season!

Melinda Polites

Holiday Schedule
Center is Closed
Christmas Holidays Mon - Fri Dec. 23 - Dec. 27
New Years Day - Wed. Jan. 1

Holiday Pot Luck
The Holiday Pot Luck is always a special occasion and this year we are happy to have the Ukulele Women performing for us from 11 - 11:45 - so plan to come early! We will make the ham and provide the coffee and tea. Please bring a side to share. Sign up required in person or by phone at 828 669 8610.
Lakeview Center’s Lunch Site
Lakeview Center partners with the Council on Aging to provide a hot, catered meal from the Moose Café five days a week. The only requirement is that you are 60 years old or older. If you want to participate but don’t know how to get here, we can possibly take care of that too. In addition to a hot lunch, we have coffee and snacks, card games, singing, Sit and Be Fit exercises, chair yoga, expert presentations about healthy aging, health screenings, and a host of other activities to enhance your social life. We are also a great resource for assistance in all your AGING questions.

Suggested donation per meal is $1.50/day. Please call Trevia by 10:30 a.m. the day before you would like to come. Monthly menus, calendars, and newsletters are available or can be emailed to you so that you don’t miss a thing. Join Us!

Van Clan December
Thurs., Dec. 5 - Holiday Lunch - Grand Bohemian Hotel
This is the last of our 2019 Van Clan Season and what an adventure it’s been! Our Lunch Outings and Day trips will begin again in April 2020. A complete list of monthly Lunch Outings & Daytrips will be available in March. Stay tuned as we look forward to a brand new van for next years adventures. Suggestions for interesting places to go are always welcome!

Lakeview Center Advisory Board’s Holiday Donation Drive
During this holiday season, please help us help the SVCM Homeless Shelter celebrate its 10th year at the First Baptist Church Black Mountain. A few of the ongoing basic needs at the shelter include: laundry pods, regular and decaf coffee, powdered creamer, gloves, travel size toiletries, blankets, towels, and wash cloths. Monetary donations are always greatly appreciated. Donations may be dropped off upstairs at Lakeview between Dec. 1 - 20th.

Mondays in December
11-11:45 a.m.
Dec. 9th - BM Fire Dept. John Wilson returns by popular demand
Dec. 16th - Health Ridge Pharmacy
Dec. 23rd - Closed through Thurs. for Holidays

Monday programs are open to anyone that may benefit from the latest information on Aging topics. Information is presented by local professionals. Coffee and Snacks are provided.

We’ve got a NEW WEBSITE! While we’re still working on improvements to make everything about the Town of Black Mountain government and services more easily accessible, we have launched and you can subscribe to get monthly Newsletters, Calendars, Menus, News flashes and Special Events sent right to your email. For Lakeview Center, go to ‘Departments’ then ‘Recreation and Parks’ then ‘Programs’. For those without computer access, we will continue to have monthly Newsletter, Calendars, and Menus available for pick up at the Center.

https://www.townofblackmountain.org/

New Afternoon Class
Restorative Yoga - Coming January 6th 2020
In the tradition of Subtle Yoga, this class will use the breath to guide movement into and out of standing and floor poses, while balancing the nervous system, calming the mind, and restoring the body.

Mondays 2 - 3 pm Upstairs Limited to 8 participants
Suggested donation $5
For more info or to sign up:
Kate.zurich@gmail.com or 828 231 6943.

OPEN ENROLLMENT Appointments end Dec. 5th
SHIIP (Senior Health Insurance Info Program) Counselors will be available by appointment Upstairs at Lakeview on Thursday afternoons beginning Oct. 17th through Dec. 5th from 1 - 4:30. Appointments can be made by calling COA at 828 277 8288. This one on one assistance is invaluable in helping you determine what is best for you. Appointments fill up fast, don’t delay.