



Real Possibilities



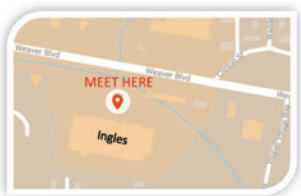
Block Party + Health Fair

Join us on Thursday, May 17th to take the bus to a **FREE** Block Party + Health Fair in collaboration with AARP and ABIPA at 50 Asheland Avenue (next door to ART Transit Station). Get blood pressure screening, glucose monitoring, health coaching and food pantry produce.

Weaverville + North Asheville

10:45 a.m. until 3 p.m.

Walk On / Ride On [North] offers an easy first bus experience, connecting Weaverville and North Asheville residents to transit.



The N. Buncombe Trailblazer transferring to the N1 ART bus can unlock new connections. We'll be there to help. The Fare is **FREE!**

We'll Guide You Through This Schedule:

10:45 a.m. – Gather at Ingles parking lot on Weaver Blvd in Weaverville

10:55 a.m. – Guided bus ride leaves on N. Buncombe Trailblazer

11:24 a.m. – Transfer to the ART N1 Bus at Manor Ridge Apartments

11:50 a.m. – Arrive at the ART Station; attend Health Fair or shop

1:45 p.m. – Gather at the Art Station

2:00 p.m. – Depart on N1 ART Bus for return trip

2:30 p.m. – Transfer to N. Buncombe Trailblazer at Manor Ridge Apts.

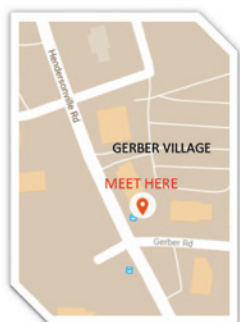
2:55 p.m. – Arrive at the Ingles on Weaver Blvd in Weaverville



South Asheville

12:45 p.m. until 3:35 p.m.

Walk On / Ride On [South] offers an easy first bus experience, connecting Hendersonville Rd-area residents to transit.



The South Asheville routes of the ART bus can unlock new connections when you simply give it a try. We'll be there to help. The Fare is **FREE!**

We'll Guide You Through This Schedule:

12:50 p.m. – Gather at ART bus stop, corner of Gerber Rd. & Hendersonville Rd.

1:00 p.m. – Guided bus trip departs on S6 ART Bus

1:30 p.m. – Arrive at the ART Station; attend Health Fair or shop

3:05 p.m. – Gather back at the Art Station

3:15 p.m. – Depart on S6 ART Bus for return trip

3:35 p.m. – Arrive back at Gerber Village ART Bus Stop

Questions? Contact rchaplin@aarp.org



Contact Rebecca Chaplin, rchaplin@aarp.org or (828) 380-6242, for more information.

AARP North Carolina in the Mountain Region

Committed to Cultivating a Safer and More Livable Community.

Medication and Exploitation

The opioid epidemic is a burden on many older adults—even when they are not the ones taking the medications themselves. On May 21, learn how the opioid epidemic has led to an increase in exploitation, fraud, crime and abuse. The live session, Medication and Exploitation: What Older Adults Need to Know, will also be presented on Facebook Live (www.facebook.com/AARPNC).

A regional panel of experts that includes medical professionals and law enforcement will discuss the impact of opioids on our communities and older adults. Watch parties and local discussions are being held in Black Mountain, Brevard, Canton, Hendersonville, and Marshall.

The expert panel includes:

- Holly Jones, NC Department of Justice
- Christina Stenhouse, Buncombe County DSS
- Julia Gibson, Land of Sky Regional Council
- Greg Christopher, Haywood County Sherriff
- Curt Crowhurst, TRIAD Henderson County
- Julie Honeycutt, HopeRx
- Rebecca Chaplin, AARP Mountain Region



Medication and Exploitation: What Older Adults Need to Know

Monday, May 21, 2018

10 a.m. to 12 noon at Land of Sky Regional Council, 339 New Leicester Hwy., Suite 140, Asheville NC 28806

Registration is required to attend the free event at <https://aarp.cvent.com/MedicationAndExploitation2018>.

Watch Parties

Silvermont Opportunity Center, 364 E. Main St., Brevard, NC 28712

Lakeview Center for Active Aging,
401 Laurel Cir. Dr., Black Mountain, NC 28711

Council on Aging for Henderson County,
105 King Creek Blvd., Hendersonville, NC 28792

Silver Bluff, Silver Bluff Dr., Canton, NC 28716

A-B Tech Madison Campus, 4646 US Hwy 25-70, Marshall, NC 28753

Contact Julie Gibson at the Land of Sky Regional Council with questions at (828) 251-7430.

Learn Where Candidates Stand on Topics Impacting Older Adults in Buncombe County

You can be the difference. Pledge to vote in this year's elections! 50+ Americans are the nation's most powerful voting bloc – and it's important we stay that way. Join the Buncombe County Aging Coordinators Consortium for a legislative meet and greet with candidates for Buncombe County Commissioner, Sheriff, County Clerk and District Attorney; North Carolina House and Senate; and US House of Representatives. All candidates will be invited.

Tuesday, June 5, 2018

5:30 – 7:30 p.m. at UNC Asheville OLLI, 1 Campus View Rd., Asheville, NC 28804

Register ahead to join us: aarp.cvent.com/MeetCandidatesBuncombe2018 or call 877-926-8300

This event is hosted by The Council on Aging of Buncombe County in collaboration with the Buncombe County Aging Coordinators Consortium (ACC) Public Policy Committee, AARP NC, DayStay Adult Day Services, Disability Partners, Land of Sky Regional Council, MemoryCare, and UNC Asheville OLLI.



Real Possibilities is a trademark of AARP.

aarp.org