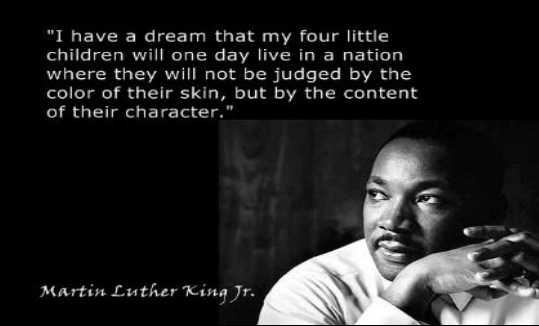


# Asheville/Buncombe Black Elders Engagement Project\*

## JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;">  <p><i>Martin Luther King Jr.</i></p> </div> <div style="width: 65%;"> <p><b>Martin Luther King, Jr. Day</b> honors Civil Rights Leader, Martin Luther King, Jr and remembers all of his achievements on January 16, 2023.</p> <p>Join the Burton Street Community for a Day of Service on January 16, 2023, from 10am - 2pm. See details under Other Events below.</p> </div> </div>						
1 <b>New Year's Day</b>	2 County Holiday Closing	3 Burton Street Senior Elite Club 11am - 2pm	4 Rainbow Inspirations 12 - 12:30pm, virtual ----- Aston Park Apts. Community Mkt 3pm	5 Burton Street Senior Elite Club 11am - 2pm ----- Deaverview Community Market 3pm	6 Senior Tripsters - Shiloh Center 9am - 5pm ----- TGI Bingo - Grove St. 2pm - 3pm	7
8	9 Maple Crest at Lee Walker Community Market 3 pm ----- Erwin Middle School Community Market 5:30pm	10 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Bartlett Arms Community Market 3pm	11 Pisgah View Community Market 3pm	12 Burton Street Senior Elite Club 11am - 2pm ----- Foot Care and Health Education Clinic Shiloh Center 1pm - 4pm	13 Grove Street Community Market 12pm ----- Supermarket - Grove St. 12pm - 1:30pm ----- TGI Bingo - Grove St. 2pm - 3pm	14
15	16 <b>Martin Luther King, Jr Day</b> ----- MLK, Jr Day of Service - Burton Street 10 am - 2pm ----- County Holiday Closing	17 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Asheville Middle School Community Market 5pm ----- Tai Chi - Grove Street 11am - 12pm	18 <b>HELP Program</b> Shiloh Center 12pm - 1pm ----- Deaverview Community Market 3pm ----- Shiloh Community Market 3pm	19 Burton Street Senior Elite Club 11am - 2pm	20 Klondyke Homes Community Mkt 3pm ----- TGI Bingo - Grove St. 2pm - 3pm	21
22	23 Edington Center Community Mkt 3pm ----- Shiloh HOLIDAY Bingo 6pm - 8pm	24 Big Ivy Community Market 8am ----- Burton Street Senior Elite Club 11am - 2pm ----- Bartlett Arms Community Market 3pm	25 <b>HELP Program</b> Shiloh Center 12pm - 1pm ----- Pisgah View Community Market 3pm	26 Burton Street Senior Elite Club 11am - 2pm ----- Foot Care and Health Education Clinic Maple Crest Apts. 1pm - 4pm	27 ABCCM West Community Mkt 2pm ----- TGI Bingo - Grove St. 2pm - 3pm	28
29	30	31 Burton Street Senior Elite Club 11am - 2pm				

\*ABBE is a new community project. For details about each of calendar events, please see the next page.

## January 2023 Activities and Events

### COMMUNITY ENGAGEMENT MARKETS

Aston Park Apts. Community Engagement Market, 165 S French Broad Avenue, Asheville / Wednesday, January 4 at 3:00 pm

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Thursday, January 5 at 3:00 pm

Maple Crest Apts. at Lee Walker Community Engagement Market, 200 Lee Garden Lane, Asheville / Monday, January 9 at 3:00 pm

Erwin Middle School Community Engagement Market, 20 Erwin Hills Road, Asheville / Monday, January 9 at 5:30 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, January 10 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, January 10 at 3:00 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, January 11 at 3:00 pm

Grove Street Community Center Community Engagement Market, 36 Grove Street, Asheville / Friday, January 13 at 12:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, January 17 at 8:00 am

Asheville Middle School, 211 S French Broad Avenue, Asheville / Tuesday, January 17 at 5:00 pm. Drive through Market in front of the school.

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Wednesday, January 18 at 3:00 pm

Shiloh Community Market Community Engagement Market, 486 Caribou Road, Asheville / Wednesday, January 18 at 3:00 pm

Klondyke Homes Community Engagement Market, 500 Montford Avenue, Asheville / Friday, January 20 at 3:00 pm

Edington Center Community Engagement Market, 133 Livingston Street, Asheville / Monday, January 23 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, January 24 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, January 24 at 3:00 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, January 25 at 3:00 pm

ABCCM West Community Engagement Market, 1914 Smoky Park Highway, Candler / Friday, January 27 at 2:00 pm

### OTHER EVENTS

**Burton Street Senior Elite Club** - Tuesdays and Thursdays, 11 am - 2 pm. This program is geared for senior citizens and provides fun activities, planned trips, movie days, chair exercise classes, fellowship days, game days and special meals prepared by different seniors from the group. Burton Street Community Center, 134 Burton Street.

**Foot Care and Health Education Clinic** - Thursday, 1/12, 1 pm - 4 pm. MemoryCare is partnering with ABIPA and the Shiloh Community Association to offer a Foot Care Clinic for older adults in the community with educational materials about healthy aging, caregiving and more. This is a free service without appointments. Services include (but are not limited to) toenail trimming, filing calluses, checking for common medical problems that impact mobility, referrals to community services, and baseline cognitive assessments. Please contact Elizabeth Stavish, stavish@memorycare.org or 828-771-2219, for more information. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

**Foot Care and Health Education Clinic** - Thursday, 1/26, 1 pm - 4 pm. MemoryCare is partnering with ABIPA to offer a Foot Care Clinic with educational materials about healthy aging, caregiving and more. Services are available to all with a focus on older adults. Foot care will be provided by board certified, MemoryCare geriatrician Dr. David Johnson. There is no cost for this service and no appointment needed. Services include (but are not limited to) toenail trimming, filing calluses, checking for common medical problems that impact mobility, referrals to community services, and baseline cognitive assessments. Please contact Elizabeth Stavish, stavish@memorycare.org or 828-771-2219, for more information. Maple Crest Apartments, 20 Lee Garden Lane.

**Health Education Leading to Prevention (HELP) Program** - The third and fourth Wednesdays, 12 pm - 1 pm. In partnership with Shiloh Community Association, IFPHA, and Avery Health Education & Consulting LLC led by Kathey Avery, these classes focus on the self-management of chronic disease and diabetes as well as maintaining a healthy and well-balanced lifestyle. No pre-registration required. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

**MLK, Jr. Day of Service** - Monday, 1/16, from 10 am - 2 pm. Join the Burton Street Community for a day of service. A partnership between Hood Huggers International and the Burton Street Community Association, this event consists of a neighborhood clean up, stream clean up, and more. Please call 828-254-1942 for more information. FREE.

**Power Hour Exercise** (*not listed on the calendar*) - Tuesdays, 10 - 11 am. Come build some Power with our gentle based chair exercise that is fun and upbeat. All are welcome. FREE. Grove Street Community Center, 36 Grove Street.

**Rainbow Inspirations** - 1st Wednesday of the month, 12:00 pm - 12:30 pm, Virtual. Hear their Story. Learn Their Journey. Be Inspired. A series of spotlights on our LGBTQ community leaders and influencers. This free, monthly event is part of Blue Ridge Pride's Generation Plus. For more information, contact Butch Thompson, [BThompson@blueridgepride.org](mailto:BThompson@blueridgepride.org)

**Senior Dining and Wellness** (*not listed on the calendar*) - Monday - Friday, 11:45 am - 12:30 pm. Senior Congregate Dining is a year-round program offered to older adults, age 60+, who are registered with the Council on Aging of Buncombe County Senior Dining and Wellness Program. This program offers a variety of educational guest speakers, a nutritious lunch, and more. While

there is no charge to participate, individuals are given the opportunity to expand services through consumer contributions. For more information, please call 828-350-2062. Grove Street Community Center, 36 Grove Street.

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**Senior Dining and Wellness** (*not listed on the calendar*) - Wednesdays - Fridays, 12 - 1 pm. The Council on Aging Senior Dining and Wellness Program offers eligible adults the opportunity to enjoy nutritious hot lunches from Moose Café along with weekly fresh produce in a fun, safe, and social setting. The program is funded through grants received by the Council on Aging of Buncombe County. While there is no charge to participate, individuals are given the opportunity to expand services through consumer contributions. Call 828-277-8288 to register. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

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**Senior Tripsters** - Friday, 1/6, 9 am - 5 pm. On the first Friday of the month, seniors will take a monthly trip to a destination of their choice! Fee depends on the trip. Please call 828-274-7739 for more information.

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**Shiloh HOLIDAY Bingo** - Mondays, 1/23 & 2/13, 6 - 8 pm. Come join us for our family-oriented Jingo, Happy New Year, and Heart of Love Bingo, where everyone is possibly a winner. Light refreshments and drinks will be served. \$1.00 per card. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

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**Social Seniors** (*not listed on the calendar*) - Monday - Friday, 9 am - 5 pm. A variety of programs that include exercise programs, trivia games, arts and crafts, daily crossword puzzles, afternoon movies, monthly guest speakers, and much more. FREE. Grove Street Community Center, 36 Grove Street.

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**Supermarket** - Fridays, 12 - 1:30 pm, 1/13, 2/10, 3/10, 4/14, and 5/12. Our Supermarket offers a variety of free produce, dry/canned goods, and more. This program is offered the second Friday of the month from 12 - 1:30 pm through the Buncombe County Food Pantry and is free of charge. No registration required and all goods are on a first come first serve basis. FREE. Grove Street Community Center, 36 Grove Street.

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**Tai Chi** - The third Tuesday of every month from 11 am - 12 pm. FREE. No registration required.

For more information, please contact Brea at 828-251-7438 or [brea@landofsky.org](mailto:brea@landofsky.org) Grove Street Community Center, 36 Grove Street.

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**T.G.I. Bingo** - Fridays, 2 - 3 pm. Come join us at Grove Street Community Center every Friday from 2:00 - 3:00pm for a fun and friendly game of BINGO. Light refreshments will be served, and prizes will be available for all winners. FREE. Grove Street Community Center, 36 Grove Street.

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**Zumba Party** (*not listed on the calendar*) - Thursdays, 11 am - 12 pm. Come join in on the fun of this Latin inspired exercise. Easy to follow. All levels are welcome. FREE. Grove Street Community Center, 36 Grove Street.

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## Green Built Alliance Programs

### Green Built Alliance Programs are offered in partnership with Buncombe County, City of Asheville and Duke Energy.

Our work exists to encourage a clean energy future in Buncombe County while empowering residents to save energy, save money, and be comfortable in their homes.

+ [Energy Savers Network](#) offers free weatherization to income-qualified residents. For more information, please call 828-585-4492 or email at [client@energysaversnetwork.org](mailto:client@energysaversnetwork.org)

+ [Blue Horizons Project](#) gives local leaders a voice in how energy equity choices are made to make sure they reflect community priorities. For more information on how to save energy on your home, please call 828-254-1995 or click on <https://bluehorizonsproject.com/for-home/>

+ Free [home energy house calls](#), cash rebates for [home](#) and [business](#) energy upgrades and [peak load reduction](#) programs put cash in your pocket month after month and are all available through Duke Energy, check them all out at [Green Built Alliance's website](#).