

# Asheville/Buncombe Black Elders Engagement Project

## APRIL 2023

| Sunday             | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   |
|--------------------|--|--|--|---|---|--|
|                    | <br><b>NATIONAL MINORITY HEALTH MONTH</b><br><br>Better Health Through Better Understanding   April 2023 |  | April is <b>National Minority Health Month</b> . Every April, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) observes <b>National Minority Health Month</b> to emphasize the importance of improving health and reducing health disparities of racial and ethnic minorities, and American Indian/Alaska Native (AI/AN) communities. The OMH theme this year is " <b>Better Health Through Better Understanding</b> " which focuses on improving health outcomes by providing individuals with culturally and linguistically competent healthcare services, information, and resources. For more information, please click on <a href="https://www.hhs.gov/national-minority-health-month-home">National Minority Health Month - Home (hhs.gov)</a> . |   |   |  |
| 2                  | 3<br>Deaverview Community Market 3pm   | 4<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Enka Middle School Community Mkt 4:30 pm<br>-----<br>Cribbage Club Burton Street 5pm - 7pm  | 5<br>Rainbow Inspirations<br>12 - 12:30pm, virtual<br>-----<br>Aston Park Community Market 3pm   | 6<br>Burton Street Senior Elite Club<br>11am - 2pm  | 7<br><b>Good Friday</b><br>County Holiday Closing   | 8<br>Spring Eggstravaganza Burton St.<br>11am - 1pm  |
| 9<br><b>Easter</b> | 10<br>Maple Crest at Lee Walker Community Market 3pm<br>-----<br>Erwin Middle School Community Market 5:30pm   | 11<br>Big Ivy Community Market 8am<br>-----<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Bartlett Arms Community Market 3pm  | 12<br>Pisgah View Community Mkt 3pm  | 13<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Foot Care and Health Education Clinic Harvest House 1pm - 4pm       | 14<br>Grove Street Community Mkt 12pm<br>-----<br>Supermarket - Grove St. 12pm - 1:30 pm<br>-----<br>TGI Bingo - Grove St. 2pm - 3pm                        | 15<br>A Matter of Balance St. Barnabas Catholic Church 12 - 2 pm   |
| 16                 | 17<br>Deaverview Community Market 3pm  | 18<br>Big Ivy Community Market 8am<br>-----<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Asheville Middle School Community Market 5pm<br>-----<br>Tai Chi - Grove Street 11am - 12pm | 19<br>HELP Program Shiloh Center<br>12pm - 1pm<br>-----<br>Shiloh Community Market 3pm   | 20<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Drive In BINGO Shiloh Center 2pm - 4pm                              | 21<br>TGI Bingo - Grove St. 2pm - 3pm<br>-----<br>Klondyke Homes Community Mkt 3pm<br>-----<br>Spaghetti Dinner & BINGO Night Southside Center 6pm - 7:30pm | 22<br>A Matter of Balance St. Barnabas Catholic Church 12 - 2 pm<br>-----<br>Groove at the Grove Grove St. 3 - 6pm |
| 23                 | 24<br>Edington Center Community Mkt 3pm  | 25<br>Big Ivy Community Market 8am<br>-----<br>Burton Street Senior Elite Club<br>11am - 2pm<br>-----<br>Bartlett Arms Community Market 3pm  | 26<br>HELP Program Shiloh Center<br>12pm - 1pm<br>-----<br>Pisgah View Community Mkt 3pm   | 27<br>Burton Street Senior Elite Club<br>11am - 2pm 5<br>-----<br>Foot Care and Health Education Clinic Bethel SDA Church 1pm - 4pm | 28<br>TGI Bingo - Grove St. 2pm - 3pm<br>-----<br>ABCCM West Community Market 2pm   | 29<br>A Matter of Balance St. Barnabas Catholic Church 12 - 2 pm   |
| 30                 |  |  |  |   |   |  |

### April 2023 Activities and Events

## APRIL EVENTS

**ABBE Luncheon** - Saturday, April 1 at 12:45 pm, East Asheville Library. Sponsored by Buncombe County, the Asheville Buncombe Black Elders (ABBE) Luncheon will be at the East Asheville Library, 3 Avon Road, Asheville, 28805 at 12:45 pm to discuss the direction of ABBE. Please RSVP by 3/24/2023 to ZaKiya Bell-Rogers at [Zakiya.bell-rogers@buncombecounty.org](mailto:Zakiya.bell-rogers@buncombecounty.org).

**Spring Eggstravaganza** - Saturday, April 8 from 11:00 am - 1:00 pm. Join us for this family-friendly Spring Celebration Event - food, music, games, crafts, and an egg hunt. FREE. Burton Street Community Center, 134 Burton Street.

## COMMUNITY ENGAGEMENT MARKETS

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Monday, April 3 at 3:00 pm

Enka Middle School, 390 Asbury Road, Candler/Tuesday, April 4 at 4:30 pm

Aston Park Apts. Community Engagement Market, 165 S French Broad Avenue, Asheville / Wednesday, April 5 at 3:00 pm

Maple Crest Apts. at Lee Walker Community Engagement Market, 200 Lee Garden Lane, Building #10 Asheville / Monday, April 10 at 3:00 pm

Erwin Middle School Community Engagement Market, 20 Erwin Hills Road, Asheville / Monday, April 10 at 5:30 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, April 11 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, April 11 at 3:00 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, April 12 at 3:00 pm

Grove Street Community Center Community Engagement Market, 36 Grove Street, Asheville / Friday, April 14 at 12:00 pm

Deaverview Apts. Community Engagement Market, 275 Deaverview Road, Asheville / Monday, April 17 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, April 18 at 8:00 am

Asheville Middle School, 211 S French Broad Avenue, Asheville / Tuesday, April 18 at 5:00 pm. Drive through Market in front of the school.

Shiloh Community Market Community Engagement Market, 486 Caribou Road, Asheville / Wednesday, April 19 at 3:00 pm

Klondyke Homes Community Engagement Market, 500 Montford Avenue, Asheville / Friday, April 21 at 3:00 pm

Edington Center Community Engagement Market, 133 Livingston Street, Asheville/ Monday, April 24 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, April 25 at 8:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, April 25 at 3:00 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, April 26 at 3:00 pm

ABCCM West Community Engagement Market, 1914 Smoky Park Highway, Candler / Friday, April 28 at 2:00 pm

## MONTHLY ACTIVITIES

**A Matter of Balance - NEW!** Saturdays, 12:00 pm - 2:00 pm, from 4/15 - 6/3. A Matter of Balance is an evidenced-based program designed to help older adults reduce their fear of falling and increase activity levels. This program is designed to benefit older adults who are: concerned about falls; have sustained falls in the past; restrict activities because of concerns about falling; are interested in improving flexibility, balance, and strength; and are aged 60 and older, community-dwelling, and able to problem solve. **Registration deadline is April 8, 2023.** Please contact Brea Kuykendall at [brea@landofsky.org](mailto:brea@landofsky.org) or call 828-251-6353 for more information or to register. FREE. St. Barnabas Catholic Church, 109 Crescent Hill Rd., Arden.

**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.

**Cribbage Club** - Tuesdays, 4/4, & 5/9 from 5 pm - 7 pm. Love to play Cribbage? Would you like to learn? The Cribbage Club meets once a month on the first Tuesday of the month. FREE. Burton Street Community Center, 134 Burton Street.

**Drive In BINGO** - Thursdays, 4/20, & 5/18 from 2 pm - 4 pm. Come and play bingo from the comfort of your car. Bring a friend with you. Winners will receive prizes and light refreshments will be served. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

**Foot Care and Health Education Clinic** - Thursday, 4/13, 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](mailto:stavish@memorycare.org) or 828-771-2219, for more information. Harvest House Community Center, 205 Kenilworth Road.

**Foot Care and Health Education Clinic** - Thursday, 4/27, 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. Bethel Seventh-Day Adventist Church, 238 S French Broad Avenue.

**Grove Street Card Sharks** (*not listed on the calendar*) - Wednesdays from 2 pm - 5 pm. This Card Sharks Program offers a variety of games such as Bid Whist, Spades, Tunk, and more. Bring a partner and join in on the fun! FREE. Grove Street Community Center, 36 Grove Street.

**Groove at the Grove** - Saturdays, **4/22, & 5/27** from 3 pm - 6 pm. Looking for something to do on a Saturday afternoon? Come Groove at the Grove and enjoy 10 tables of games! From Spades to Bid Whist, Uno to Phase 10, and more. Meet new people and test your luck every 4<sup>th</sup> Saturday of the month. FREE. Grove Street Community Center, 36 Grove Street.

**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.

**Power Hour Exercise** (*not listed on the calendar*) - Tuesdays, 10 am - 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.

**Senior Dining and Wellness** (*not listed on the calendar*) - Wednesday - Friday, 12 pm - 2 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.

**Senior Strikers** (*not listed on the calendar*) - Thursdays, **4/13, & 5/11** from 1 pm - 4 pm. Come join us for a friendly game of bowling on the second Thursday of the month at Sky Lanes Bowling Alley. This program is offered to Seniors age 50 and up. Transportation is provided from Grove Street Community Center. Space is limited so please call 828-350-2062 to reserve your seat on the van. FREE. Grove Street Community Center, 36 Grove Street.

**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.

**Spaghetti Dinner & BINGO Night** - Fridays, **4/21, & 5/19** from 6:00 - 7:30 pm. Join us for a spaghetti dinner and stay for some BINGO where you will get a chance to win some awesome prizes. FREE. Dr. Wesley Grant, Sr. Southside Community Center, 285 Livingston Street.

**Supermarket** - Fridays, 12 - 1:30 pm, **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.

**Tai Chi for Arthritis** - 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.

**Tai Chi for Arthritis and Falls - NEW!** (*not listed on the calendar*) Tuesdays and Thursdays, 1:30 - 2:30 pm, from **3/24 - 6/1**. This program is designed to build strength, improve balance, increase confidence, and enhance overall health. Classes are open to the public and offered at **NO CHARGE** for adults, age 60 and over. **Registration required**. Please contact Brea at [brea@landofsky.org](mailto:brea@landofsky.org) or call 828-251-7438. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

**T.G.I. Bingo** - Fridays, 2 - 3 pm. Come join us at Grove Street Community Center every Friday from 2:00 pm - 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.

**Ultimate Bid Whist/Spades Party** (*not listed on the calendar*) - Tuesdays, 6 - 7:30 pm. Please join us whether you are a beginner, intermediate or professional card player. Light refreshments will be provided. No pre-registration required. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

**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.

\*The ABBE Calendar is compiled from many sources: City of Asheville Parks and Recreation, Buncombe County Community and Public Engagement (CAPE), Land of Sky Area Agency on Aging, and Age-Friendly Buncombe County.

