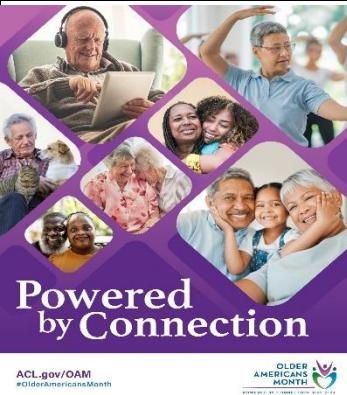


Asheville/Buncombe Black Elders Engagement Project

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>May is Older Americans Month. Each May, the Administration for Community Living, a division of the US Department of Health and Human Services, leads the nation in recognizing Older Americans Month and chooses the theme. The 2024 theme is “Powered by Connection” which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being. Connections to others has a significant role in supporting aging in place and independence by reducing social isolation and loneliness. For more information on the Administration for Community Living (ACL) and how ACL strengthens communities in supporting older adults and people of all ages with disabilities, please click on Home Page ACL Administration for Community Living.</p>						
			1 Healthy Living ABIPA 12pm - 1pm Shiloh ----- Aston Park Apts. Community Mkt 3pm	2 Burton Street Senior Elite Club 11am - 2pm	3 Fairview Public Library Community Mkt 3pm	4
5 Cinco De Mayo Fiesta 4pm - 6pm Burton Street	6 Deaverview Community Market 3pm	7 Burton Street Senior Elite Club 11am - 2pm ----- Enka Middle School Community Mkt 4:30pm	8 Healthy Living ABIPA 12pm - 1pm Shiloh ----- Pisgah View Community Market 3pm	9 Burton Street Senior Elite Club 11am - 2pm	10 Grove Street Community Mkt 12pm ----- Supermarket 12pm - 1:30pm Grove Street	11
12	13 Maple Crest at Lee Walker Community Market 3pm ----- Erwin Middle School Community Market 5pm	14 Big Ivy Community Market 9am ----- Burton Street Senior Elite Club 11am - 2pm ----- Bartlett Arms Community Market 3pm	15 HELP/IFPHA Program 12pm - 1pm Shiloh ----- Shiloh Community Market 3pm	16 Burton Street Senior Elite Club 11am - 2pm ----- Klondyke Homes Community Mkt 3pm	17 Fish Fry 4pm - 7pm Shiloh	18 Yoga in the Park 10:30am - 11:30am Burton St.
19	20 Deaverview Community Market 3pm	21 Big Ivy Community Market 9am ----- Burton Street Senior Elite Club 11am - 2pm ----- Asheville Middle School Community Market 5pm	22 HELP/IFPHA Program 12pm - 1pm Shiloh ----- Pisgah View Community Market 3pm	23 Burton Street Senior Elite Club 11am - 2pm	24 ABCCM West Community Mkt 2pm ----- Outdoor Movie Night 7:30pm - 9:30pm Burton Street	25
26	27 Memorial Day County Holiday Closing	28 Big Ivy Community Market 9am ----- Bartlett Arms Community Market 3pm	29	30 Grant Center Community Market 3pm	31	

May 2024 Activities and Events

MAY EVENTS

Cinco De Mayo Fiesta - Sunday, May 5 from 4:00 pm - 6:00 pm. Celebrate Cinco De Mayo with Burton Street! Bring your family for a fiesta with food, music, games and more! For more information, please call 828-254-1942. FREE. Burton Street Community Center, 134 Burton Street.

Mother's Day Brunch (*not listed on the calendar*) - Friday, May 10 from 10:00 am - 1:00 pm. Enjoy a meal out in town with us to celebrate Mothers' Day and all mothers and mother figures. Registration is required. Burton Street will provide transportation. We will leave Burton Street by 10 AM. The cost of the meal is not included. Contact Kyle Autrey at 828-785-3970 for more information. Burton Street Community Center, 134 Burton Street.

Lunch Bunch (*not listed on the calendar*) - Thursday, May 16 from 11:00 am - 2:00 pm. Take the van or meet us there. Enjoy good food and great company. This month's restaurant is Stone Ridge Tavern. Transportation to and from the restaurant is free. Each participant is responsible for their own meal. For more information, please call 828-350-2051. Harvest House, 205 Kenilworth Road.

Fish Fry - Friday, May 17 from 4:00 pm - 7:00 pm. It's that time again! The grease is hot and popping, the buns are toasting, and the fish is frying. Come get your ticket before the sandwiches get missing. This event requires pre-registration and purchase of a ticket for \$5.00. Please register at www.avlREC.com. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Yoga in the Park - Saturday, May 18 from 10:30 am - 11:30 am. Enjoy a FREE gentle flow yoga class that anyone from beginners to lifelong practitioners will enjoy. Bring your own mat or borrow one of ours. This is an outdoor class so be sure to dress for the weather. Contact Megan Wiet at mwiet@ashevillenc.gov for more information. FREE. Burton Street Community Center, 134 Burton Street.

Outdoor Movie Night - Friday, May 24 from 7:30 pm - 9:30 pm. Join us for a film on our outdoor movie screen! Light refreshments will be provided. For more information, please call 828-254-1942. FREE. Burton Street Community Center, 134 Burton Street.

COMMUNITY ENGAGEMENT MARKETS

Aston Park Apts. Community Engagement Market, 165 S French Broad Avenue, Asheville / Monday, May 1 at 3:00 pm

Fairview Public Library Community Engagement Market, 1 Taylor Road, Fairview / Friday, May 3 at 3:00 pm

Deaverview Community Center Community Engagement Market, 275 Deaverview Road, Asheville / Monday, May 6 at 3:00 pm

Enka Middle School Community Engagement Market, 390 Asbury Road, Candler/ Tuesday, May 7 at 4:30 pm

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, May 8 at 3:00 pm

Grove Street Community Center Community Engagement Market, 36 Grove Street, Asheville / Friday, May 10 at 12:00 pm

Maple Crest Apts. at Lee Walker Community Engagement Market, Building #10, 20 Lee Garden Lane, Asheville / Monday, May 13 at 3:00 pm

Erwin Middle School Community Engagement Market, 20 Erwin Hills Road, Asheville / Monday, May 13 at 5:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, May 14 at 9:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, May 14 at 3:00 pm

Shiloh Community Market Community Engagement Market, Rock Hill Baptist Church, 486 Caribou Road, Asheville / Wednesday, May 15 at 3:00 pm

Klondyke Homes Community Engagement Market, 500 Montford Avenue, Asheville / Thursday, May 16 at 3:00 pm

Deaverview Community Center Community Engagement Market, 275 Deaverview Road, Asheville / Monday, May 20 at 3:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, May 21 at 9:00 am

Asheville Middle School, 211 S French Broad Avenue, Asheville / Tuesday, May 21 at 5:00 pm. Drive through Market in front of the school.

Pisgah View Apts. Community Engagement Market, 1 Granada Street, Asheville / Wednesday, May 22 at 3:00 pm

ABCCM West Community Engagement Market, 1914 Smoky Park Highway, Candler / Friday, May 24 at 2:00 pm

Big Ivy Community Center Community Engagement Market, 540 Dillingham Road, Barnardsville / Tuesday, May 28 at 9:00 am

Bartlett Arms Apts. Community Engagement Market, 121 Bartlett Street, Asheville / Tuesday, May 28 at 3:00 pm

Grant Center Community Engagement Market, 285 Livingston Street, Asheville/ Thursday, May 30 at 3:00 pm

MONTHLY ACTIVITIES

A Capella Alive (*not listed on the calendar*) - Thursdays, 6:00 pm - 9:00 pm. If you love to sing and are looking for a group who does, look no further. A Capella Alive is a small non-profit chorus group looking for a few new members to join in as they bring joy to others by singing. If interested, please feel free to stop by the Grove Street Community Center on Thursdays from 6 - 9pm or call 828-350-2062. FREE. Grove Street Community Center, 36 Grove Street.

Art in the Park - Thursday, **5/9**, 2:00 pm - 4:00 pm. Are you feeling creative? Do you like meeting new people? If so, this program is for you! Come join us at Carrier Park! **FREE**. Carrier Park, 220 Amboy Road.

Balance, Agility, Strength, Stretch (*not listed on the calendar*) - Tuesdays, 12:00 pm - 1:00 pm. The name says it all! This class will work on flexibility, balance, stretching and strength. Taught by Liz Atkinson. This is a walk-in class; no pre-registration will be required. Bring your own exercise mat. **FREE**. Harvest House, 205 Kenilworth Road.

Beginner Line Dancing with Denna (*not listed on the calendar*) - Mondays, 12:00 pm - 1:00 pm. This is a class for beginners. Taught by Denna Yockey. **FREE**. Harvest House, 205 Kenilworth Road.

Beginner/Improver Line Dancing with Denna (*not listed on the calendar*) - Mondays, 1:00 pm - 2:00 pm. This is a more challenging line dancing experience compared to the beginner class. Taught by Denna Yockey. **FREE**. Harvest House, 205 Kenilworth Road.

Beginning Line Dancing (*not listed on the calendar*) - Thursdays, 1/4 - 5/30, 12:00 pm - 12:50 pm. Groove on in for this fun drop-in class. Try it once and you'll be hooked. Ages 40 and over. **FREE**. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

Bid Whist (*not listed on the calendar*) - Saturdays, 1/6 - 5/25, 1 pm - 4:30 pm. Can you follow suit? Make your bids, call your trump and win the tricks! Come join us every Saturday for some fun competition with your community! **FREE**. Dr. Wesley Grant Sr., Southside Community Center, 285 Livingston Street.

Bid Whist (*not listed on the calendar*) - Mondays, 1/8 - 5/20, 5:30 pm - 8:00 pm. Join us for a night of fun playing Bid Whist! Teams are formed based on drop-in attendance. Light refreshments are served. Ages 18 and up. **FREE**. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

Bid Whist and Spades (*not listed on the calendar*) - Tuesdays from 6:00 pm - 8:00 pm. Join us for a fun evening of competitive card games amongst family and friends; while also fellowshipping with us every 4th Tuesday, on our monthly trip. **FREE**. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

BINGO (*not listed on the calendar*) - Fridays, **5/3 & 5/10**, 10:30 am - 11:30 am. Join us the 1st and 2nd Fridays of the month for a fun and friendly game of BINGO. Morning snack will be served, and you will be able to purchase a second BINGO card for \$1.00. Prizes will be available for all winners. This program is free and open to all who love the game of BINGO. **FREE**. Grove Street Community Center, 36 Grove Street.

Burton Street Senior Elite Club - Tuesdays and Thursdays, 11:00 am - 2:00 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.

Circle 8 Square Dancing (*not listed on the calendar*) - Tuesdays from 6:00 - 9:00 pm. Circle 8 Square Dancing is a group that meets every Tuesday. Come out and meet some new people and have a good time square dancing. **FREE**. Grove Street Community Center, 36 Grove Street.

Community Bingo (*not listed on the calendar*) - Saturday, **5/18** from 1:00 pm - 2:30 pm. Stephens-Lee has BINGO!! Small prizes will be awarded to the winner of each game. Remember what happens at Bingo, stays at Bingo!! Ages 12+, youth 16 and under with adult. **FREE**. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

Family Movie Night (*not listed on the calendar*) - Fridays, **5/24**, 7/19 & 8/16 from 6:00 pm - 7:30 pm. **FREE**. Dr. Wesley Grant Sr., Southside Community Center, 285 Livingston Street.

Friday Exercise with Delia (*not listed on the calendar*) - Fridays, 10:00 am - 11:00 am. End your week on the right foot with Friday Fitness classes. This class will work on strengthening, stretching, and aerobics. No registration required. **FREE**. Harvest House, 205 Kenilworth Road.

Folk Dancing (*not listed on the calendar*) - Mondays, 2:15 pm - 4:00 pm. Gentle circle dancing; no partner needed. Newcomers and beginners welcome. **Drop-in**. **FREE**. Harvest House, 205 Kenilworth Road.

Game Night (*not listed on the calendar*) - Fridays, 6:00 pm - 7:00 pm. Do you love a good game show? Join us for a night of Trivia and Game show fun. Themes will change monthly. Meets every 1st and 2nd Friday. Calling friends, couples, families, and community to join in on the fun. **FREE**. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Grove Street Card Sharks (*not listed on the calendar*) - Wednesdays from 2:00 pm - 5:00 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.

Health Education Leading to Prevention (HELP)/IFPHA Program - The third and fourth Wednesdays, 12:00 pm - 1:00 pm. In partnership with Shiloh Community Association, Institute for Preventative HealthCare and Advocacy (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.

Healthy Living ABIPA - The first and second Wednesdays from 12:00 pm - 1:00 pm. ABIPA (Asheville Buncombe Institute of Parity Achievement) is a program that focuses on promoting healthy living through advocacy, education, and research for African Americans and other unserved populations. **FREE**. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Intro to Line Dancing (*not listed on the calendar*) - Wednesdays, 10:00 am - 11:00 am. This is for those who are new to line dancing. A true beginners course. Taught by Liz. FREE. Harvest House, 205 Kenilworth Road.

Line Dancing (*not listed on the calendar*) - Thursdays, 1:00 pm - 2:00 pm. Whether you want to be the life of the party or want to get a fun workout in, this line dancing program is for you. Designed to help you learn the latest line dances step by step. So put on your dancing shoes and let's boogie. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Power Hour Exercise (*not listed on the calendar*) - Tuesdays, 10:00 am - 11:00 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.

Qigong (*not listed on the calendar*) - Tuesdays, 1:15 pm - 1:45 pm. What is Qigong? A gentle form of exercise composed of movement, posture, breathing, and meditation used to promote health and spirituality. FREE. Harvest House, 205 Kenilworth Road.

Scrabble (*not listed on the calendar*) - Sundays, 1/7 - 5/26, 12:30 pm - 4:45 pm. Hosted by the Asheville Scrabble Club, come play this popular game with new friends. Ages 16 and over. FREE. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

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 (COA) of Buncombe County Senior Dining and Wellness Program. This program offers a variety of educational guest speakers, a nutritious lunch, and a friendly social setting for participants. 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. Registration required through the COA Senior Dining and Wellness Program. Grove Street Community Center, 36 Grove Street.

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.

Senior Outings (*not listed on the calendar*) - Monthly senior outings the second Friday of the month from 9:00 am to 6:00 pm. Time and location to be determined. Spots are limited and registration is required. To reserve a spot on the van or be added to the waiting list, please contact Shiloh Community Center at 828-274-7739. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Shiloh Community Association Meeting (*not listed on the calendar*) - The Shiloh Community Association meets the first Monday of the month from 6 pm - 8 pm. These meetings are free and open to the public with a focus on events for the community as well as pressing issues that affect the community as a whole. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Social Seniors (*not listed on the calendar*) - Monday - Friday, 9:00 am - 5:00 pm. A variety of programs that include socializing and meeting new people, table games, trivia, cornhole, crafts, and more. We also offer an independent exercise area for your convenience. FREE. Grove Street Community Center, 36 Grove Street.

Southside Family Game Night (*not listed on the calendar*) - Friday, **5/10**, 6:00 pm - 8:00 pm. Join us for some family friendly competition and quality time together. Come by yourself, with friends or with the whole family. We'll have your favorite board and card games available, feel free to bring your own as well. Light refreshments available. Ages 5 - 99. FREE. Dr. Wesley Grant Sr., Southside Community Center, 285 Livingston Street.

Strength & Exercise with Delia (*not listed on the calendar*) - Mondays, 9:30 am - 10:15 am. Get your week started on the right foot. This class will work on strengthening, stretching and fitness. No registration required. FREE. Harvest House, 205 Kenilworth Road.

Supermarket - Friday, **5/10** from 12:00 pm - 1:30 pm. Buncombe County's Community Engagement Supermarket offers a variety of free produce, canned goods, produce, and more. This program is offered the 2nd Friday of the month. There is no registration required and all goods are on a first come first serve basis. FREE. Grove Street Community Center, 36 Grove Street.

Tai Chi (*not listed on the calendar*) - Fridays, 1/5 - 5/31, 1:30 pm - 2:00 pm for beginners and 2:15 pm - 3:00 pm for intermediate/advanced. Improve your movement and flexibility and practice relaxation techniques. FREE. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

Walking Club (*not listed on the calendar*) - Wednesdays and Fridays, 1:00 pm - 2:15 pm. It's a little chilly outside, so come on in and walk to the beat of your favorite jams to get YOUR STEPS IN. Walk at your own pace. Meets every Wednesday and Friday. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Yoga (*not listed on the calendar*) - Mondays from 10:00 am - 11:00 am. Gentle flow yoga is for beginners and those experienced in Yoga. Simple flowing sequences to warm up the body and slower paced movements that focus on alignment, strength, balance and flexibility. Offers simple, flowing movements including up, down and off the mat. No pre-registration required. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Zumba (*not listed on the calendar*) - Thursdays, 11:00 am - 12:00 pm. Come join in on the fun of this Latin inspired exercise. Fun, exhilarating, and easy to follow. All levels are welcome. FREE. Grove Street Community Center, 36 Grove Street.

Zumba Gold (*not listed on the calendar*) - Wednesdays and Fridays, 11:00 am - 12:00 pm. Come work on your mobility while grooving and moving to the beat to burn off those calories. Zumba Gold is a fun dance exercise that focuses on cardio, flexibility, strength, and balance. No pre-registration needed. FREE. Linwood Crump Shiloh Community Center, 121 Shiloh Road.

Zumba Gold (*not listed on the calendar*) - Wednesdays, 1/3 - 5/29, 12:00 pm - 12:45 pm. Zumba Gold is an interval-style dance fitness party that combines low-intensity and high-intensity moves. Ages 40 and over. FREE. Stephens-Lee Community Center, 30 George Washington Carver Avenue.

Zumba Gold with Liz (*not listed on the calendar*) - Mondays, 10:30 am - 11:30 am. Spicy, fun, and a great workout.

This is a walk-in program. No registration is required. Ages 50+. FREE. Harvest House, 205 Kenilworth Road.

*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.