



SILVERMONT OPPORTUNITY CENTER

'Enjoying the Peak of Life'

364 East Main Street, Brevard ∞ 828-884-3166

A Division of WCCA - www.wcca.net

JULY 2010 CALENDAR

Silvermont Opportunity Center is open to anyone 60 or better. There are no membership dues to join. You are welcome to make a donation to help underwrite the costs of our programs and instructors.

DAILY ACTIVITIES

8:30 to 11:00 every day enjoy endless cups of coffee; wireless internet available all day

SPECIAL PROGRAMS

Scheduled activities are subject to change.

<p><u>Thursday, July 1st</u> 11:30-2:30 Keyboard Lessons 12:30 Chess 3:00 Dulcimer Lessons 7:30 Mountain Music</p> <p><u>Friday, July 2nd</u> No planned activities</p> <p><u>Saturday, July 3rd</u> 11-6 4th of July Festival at the Transylvania Heritage Museum 2-4 Lew Wallace, featured watercolorist, at Land of Waterfalls Art Gallery— 10771 Greenville Hwy.</p> <p><u>Monday, July 5th</u> CLOSED---- 4th of July Holiday</p> <p><u>Tuesday, July 6th</u> 8:30 Tai Chi Practice 10:00 NC Senior Tarheel Legislator Delores Stroup—"What's Up in Raleigh?" 1:00 Bridge; Mah Jongg</p> <p><u>Wednesday, July 7th</u> 9:00 Sit Down! for yoga 12:15 Scrabble 1:00 Mah Jongg; Dulcimer Practice</p> <p><u>Thursday, July 8th</u> 11:30-2:30 Keyboard Lessons 12:30 Chess 7:30 Mountain Music Jam</p> <p><u>Friday, July 9th</u> No planned activities</p> <p><u>Saturday, July 10th</u> 1:00-2:00 Patriotism in Transylvania County at the Heritage Museum 5:00-6:00 Guided Walking Tour of Historical Brevard from the Heritage Museum</p> <p><u>Monday, July 12th</u> 9:00 Silvermont Striders Walking Group 10:00-5:00 Individual Computer Lessons by appt. 12:30 Chess 1:00 Mah Jongg</p> <p><u>Tuesday, July 13th</u> 8:30 Tai Chi Practice 1:00 Bridge; Mah Jongg</p> <p><u>Wednesday, July 14th</u> 9:00 Sit Down! for Yoga 10:00 John Linville-music 12:15 Scrabble 1:00 Mah Jongg; Dulcimer Practice</p>	<p><u>Thursday, July 15th</u> 10:00 "Toasty Toes" Meeting-hosting the Hendersonville Chapter 11:30-2:30 Keyboard Classes 12:30 Chess 7:30 Mountain Music Jam</p> <p><u>Friday July 16th</u> 10:00 Music by the Pisgah Mtn. Travelers</p> <p><u>Monday, July 19th</u> 9:00 Silvermont Striders Walking Group 10:00-5:00 Individual Computer Lessons by appt. 12:30 Chess 1:00 Mah Jongg</p> <p><u>Tuesday, July 20th</u> 8:30 Tai Chi Practice 10:30 Non-fiction Book Club-"Narrative of the Life of Frederick Douglass, an American Slave", an autobiography 1:00 Bridge; Mah Jongg</p> <p><u>Wednesday, July 21st</u> 9:00 Sit Down! for Yoga 12:15 Scrabble 1:00 Mah Jongg; Dulcimer Practice</p> <p><u>Thursday, July 22nd</u> 11:30-2:00 Keyboard Lessons 12:30 Chess 7:30 Mountain Music Jam</p> <p><u>Friday, July 23rd</u> Center 5:00-9:00 Fourth GalleryWalk</p> <p><u>Monday, July 26th</u> 9:00 Silvermont Striders Walking Group 10:00-5:00 Individual Computer Lessons by appt. 12:30 Chess 1:00 Mah Jongg;</p> <p><u>Tuesday, July 27th</u> 8:30 Tai Chi Practice 1:00 Bridge; Mah Jongg</p> <p><u>Wednesday, July 28th</u> 9:00 Sit Down! for Yoga 12:15 Scrabble 1:00 Mah Jongg</p> <p>Each weekday from 10:00-12:00 we have the Lunch Plus Program with its own calendar of events. Please call 884-3166 for more information.</p>
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NEW THIS MONTH!!!

Saturday, July 3rd, Land of Waterfalls Art Gallery, 10771 Greenville Hwy. The featured artist for the month of July is our own chess player, **Lew Wallace**. His originals and giclee prints will be on display. An opening reception will be held from 2-4 on this day. The gallery is located adjacent to the Cedar Mountain Fire Department at Cascade Lake Road & Hwy 276. Come and enjoy the work of one of our very talented participants.

Tuesday, July 6th at 10:00 Delores Stroup, the local NC Senior Tarheel Legislator, will meet here at Silvermont, with information about issues that are currently being discussed in the NC General Assembly that concern older adults in the state. Please bring any questions or comments that you would like to have addressed. Delores is a relatively “untapped resource” in our county for matters that have an effect on “Baby Boomers”. Join us and see what she has to say.

Saturday, July 10th from 1:00-2:00 Patriotism in Transylvania County, at the Heritage Museum located at 189 West Main Street, Brevard.

Saturday, July 10th and July 24th from 5:00-6:00 Guided Walking Tour of Historical Brevard. Call 884-2347 for details and reservations. There are only a limited number of spaces. The cost is \$10.00 per person. The tour leaves from the Heritage Museum. Free parking is available.

Thursday, July 15th at 10:00 the “Toasty Toes” group will meet and host the Toasty Toes chapter from Hendersonville. All of you ladies who are involved this group are encouraged to attend and meet your “sister needleworkers” from the next county.

Tuesday, July 20th at 10:30 the Non-fiction Book Group meets here at Silvermont. The reading selection for this month is the autobiography entitled “*Narrative of the Life of Frederick Douglass, an American Slave*”. There are several different editions of this book at the library; it is also available at Barnes & Noble.

Friday, July 24th, Fourth Friday Gallery Walk and “Meet the Quilters”, WNC Quilters Guild Reception, with music by the Land of Waterfalls Dulcimer Players-at the Heritage Museum.

NEW OPPORTUNITES FOR THE FUTURE

Sit Down! for Yoga If there is enough interest, Susan Sunflower has agreed to add another class of Sit Down! For Yoga on Thursdays at 11:00. Please call the office at 884-3166 and sign up no later than July 9th, so we can make a decision.

Street Dances, Tuesday evenings from June 29 –August 17. As reported in the *Transylvania Times*, the street dances conducted by the Old Time Street Dance Committee are being held at the gazebo on Main Street in front of the courthouse. Music provided by Roy Chapman and his True Blue Grass Band will start at 6:30. Dances will be called by Joe Smith from 7-9. A special kid's circle is provided. This is a great way to spend a summer evening. Bring a lawn chair & join the fun!

Exercise Opportunities at Parks and Recreation. In cooperation with Parks and Rec, we want to inform you of exercise opportunities down at the gym:

- M-W-F 7:45-8:45 **Morning Fitness** \$5.00/class
- T & Th 9:30-11:00 **Yoga** \$8.00/class
- T & Th 7:45-8:45 **Zumba** \$7.00/class
- M & W 5:30-6:30 **Zumba** \$7.00/class

For those of you who were taking the Zumba class here at Silvermont, Hiro wants to invite you to join one of these classes. In order to “work smarter”-not harder, she decided to move to the gym where she could hold larger classes. You have two different classes from which to choose. You may call 884-3156 for more information.

AARP, “55 Alive” Safe Driving Course. Keep your eyes open for information about an upcoming August safe driving class to be announced soon.

Brevard Community Church, 417 Morris Rd., Saturday Vegetable Giveaway June 29, 2010 was the first annual free vegetable giveaway at the church. Anyone who has need of them may get vegetables on a first come basis, from 9 to 11 each Saturday through the summer.

New at Silvermont Opportunity Center

As you are probably aware, since we are a non-profit organization, the programs at Silvermont are funded by monies that are provided by local, state & federal dollars, grant funding, and donations. The county commissioners graciously did not cut our funding for the coming year however, that only meets a portion of our financial needs. Grant funding has become more difficult to obtain; everyone is applying for the same funds. We are working feverishly to meet the criteria that will allow us to become certified by the state & be able to get a larger portion of available money from this source. Our fundraiser in May was a success, but we are going to have to use other fundraising events throughout the year to help supplement our finances.

A suggestion box is being placed on the table at the entrance. We encourage each of the participants to help us think of ways to improve our center and better serve our community. Suggestions for fundraisers are appreciated and welcomed.

It has already been suggested that we have a “Bazaar” in late August or early September that would showcase some of the talents of our participants. Those of you who wish to donate a hand crafted item for sale can do so, and perhaps we could also serve lunch. Your response to this suggestion would be appreciated. Volunteering of your service would also be appreciated.

This center is for members of our community. It is up to those that use the center to ensure that we remain a central hub of activity.

Raffle Tickets

You may purchase tickets for Transylvania Christian Ministry's 5th Annual *Diner's Extravaganza*, here in the office. Tickets are \$5 each; 3 for \$10; and, 12 for \$30. Win a gift certificate to one of several great dining establishments: Hob Nob; The Brown Trout; Cyprus; Bon Appetit!; The Smokehouse; The Square Root; Jordan Street Café; The Quarry; Amore; Lakeside Restaurant; and, The Orchard. Proceeds go to TCM's Sharing House.

New Information Group, Monday, July 12 at 1:00

It has come to our attention that there is a need to have a method of sharing information about issues that concern single, newly single, widowed & newly widowed women, and women who are new to the area. This group will focus on women, since they represent a larger portion of the population. Many times single women face challenges about everyday activities. We would like to provide an atmosphere where women can help women. This group will provide a place for them to share their personal knowledge with each other concerning tradesmen, businesses, or services that they would recommend to another person. This is strictly a person to person referral. The Center **does not** recommend any people or service. This is based solely on individual experience.

At the July 12 meeting, a date and time for future meetings will be decided by the group. For more information call 884-3166.

Volunteer Opportunities

For those of you who are looking for an opportunity for service, this is the place to be. There are always tasks that could be done by volunteers. Listed below are a few:

- Someone to teach classes, in your field of expertise, at the Opportunity Center.
- Someone to lead a *gentle* exercise class for the "Lunch Plus" group, 1-2 times per month for 30-45 minutes per class
- People willing to serve on an Advisory Board for the Silvermont Opportunity Center. These people would help to plan/find new programs; determine the needs & wishes of the participants; and, help publicize the Senior Center. This board is a necessity for meeting the criteria for us to become a state certified center. Meetings would be held on an average of every 2 months. Term of service would be for one year.
- Someone who is a "*whiz*" with electronic stuff to come teach the rest of us how to use it. For example: getting pictures off a digital camera; programming a new phone; setting up a digital picture frame, etc.
- People to volunteer their help during fundraising events

If you have a skill and are willing to share it, we can probably use you. If you just have some free time & want to get out of the house, we can always find something that needs to be done. If we can't come up with something right away, we will eventually. Please think of us when you think of volunteering. We have needs we don't even know we have!!

Call 884-3166 for questions & information.