



Updated August 30, 2011

**Centralina Area Agency on Aging  
Healthy Living/CDSMP  
Evidence-Based Health Program FY12  
July 1, 2011 thru June 30, 2012**

County	Location	Dates and Time	Sponsor	Coach/Trainers	Fee	Contact Information
Iredell	South Iredell Senior Center 202 North Church Street, Mooresville, NC	6 Sessions (1 x week) Wednesdays August 10, 17, 24, 31, September 7 and 14, 2011  Time: 1:30 – 4pm	South Iredell Senior Center	Ann Simmons Angel Stoy	No Charge	Tina Czarnecki Senior Center Director 704-662-3337 <a href="mailto:tczar@iredellcoa.org">tczar@iredellcoa.org</a>
Mecklenburg	Levine JCC Oasis 5007 Providence Road Charlotte, NC	6 Sessions (1 x week) Wednesdays August 10, 17, 24, Sept 7, 14, and 21, 2011  Time: 11-Noon with Lunch 12-1, 1-2:30	Centralina AAA	Annette Demeny Aleshia McNeil	No Charge	Jodie Iagnocco Assistant Director Levine JCC 704-944-6753 <a href="mailto:Jodie.Iagnocco@charlotteicc.org">Jodie.Iagnocco@charlotteicc.org</a>
Mecklenburg	Levine Senior Center 1050 DeVore Lane Matthews, NC 28105	6 Sessions (1 x week) Thursdays August 18, 25, September 1, 8, 15, and 22, 2011  Time: 10:30 – Noon	Centralina AAA	Barbara Guthrie Sheila Mobley	No Charge	Barbara Guthrie Levine Senior Center 704-846-4654 <a href="mailto:barbarag@carolina.rr.com">barbarag@carolina.rr.com</a>

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Mecklenburg	Aldersgate Retirement Community 3800 Shamrock Drive Charlotte, NC 28215	6 Sessions (1 x week) Tuesdays Sept 6, 13, 20, 27, Oct 4, and 11, 2011  Time: 1pm – 3:30pm	Centralina AAA	Myra Green Alvi Houston	No Charge	Laura Everett Aldersgate 704-532-4047 <a href="mailto:leverett@aldersgateccrc.com">leverett@aldersgateccrc.com</a>
Gaston	Lucile Tatum Center 959 Oselola Street, Gastonia, NC	6 Sessions (1 x week) Wednesdays Sept 7, 14, 21, 28, Oct 5, and 12, 2011  Time: 1:30pm – 4:00pm	Gaston county Cooperative Extension	Linda Minges Melinda Houser	No Charge	Linda Minges Gaston County Cooperative Extension 704-922-2127 <a href="mailto:Linda.Minges@co.gaston.nc.us">Linda.Minges@co.gaston.nc.us</a>
Mecklenburg	Harris YMCA 5900 Quail Hollow Road Charlotte, NC 28210	6 Sessions (1 x week) Wednesdays Sept 7, 14, 21, 28, Oct 5, and 12, 2011  Time: 9:30am – Noon	Centralina AAA	Lisa Ugland Marilyn Morenz	No Charge	Myra Erickson, RN Harris YMCA <a href="mailto:Myra.Erickson@ymcacharlotte.org">Myra.Erickson@ymcacharlotte.org</a>
Mecklenburg	Southminster 8919 Park Road Charlotte, NC 28210	6 Sessions (1 x week) Fridays Sept 9, 16, 23, 30, Oct 7, and 14, 2011  Time: 9:30 – Noon	Centralina AAA	Rosetta Anderson Teresa Gudely	No Charge	Sandra Skipper Southminster 704-551-6925 <a href="mailto:sskipper@southminster.org">sskipper@southminster.org</a>

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Mecklenburg	Carolina's Medical Center ~ Mercy 2001 Vail Ave. Charlotte, NC	6 Sessions (1 x week) Mondays September 12, 19, 26, October 3, 10, and 17, 2011 Time: 1pm – 3:30pm	Centralina AAA	Melissa Epps Donna Taylor	No Charge	Dave Eaker CMC ~ Mercy 704-304-5192 <a href="mailto:Dave.Eaker@carolinashealthcare.org">Dave.Eaker@carolinashealthcare.org</a>
Anson	Grace Senior Center 199 Hwy 742 South Wadesboro, NC 28170	6 Sessions (1 x week) Tuesdays September 13, 20, 27, October 4, 11, and 18, 2011 Time: 1:30pm – 4pm	Anson COA	Rita Short Angela DePietro	No Charge	Rita Short Anson Council on Aging 704-694-6217 <a href="mailto:rshort@co.anson.nc.us">rshort@co.anson.nc.us</a>
Mecklenburg	CMC Steele Creek 13640 Steelecroft Parkway Charlotte, NC 28278	6 Sessions (1 x week) Wednesdays September 14, 21, 28, October 5, 12, and 19, 2011 Time: 9am – 11:30am	Centralina AAA	Tamara Burdon Meredith Leatherwood	No Charge	Matt Roden Community Liaison CMC Steele Creek 704-667-6509 <a href="mailto:Matthew.roden@carolinashealthcare.org">Matthew.roden@carolinashealthcare.org</a>
Mecklenburg	CMC LiveWELL Carolinas at Northlake Mall Lower Level, Entry 3 Charlotte, NC	6 Sessions (1 x week) Fridays September 16, 23, 30, October 7, 14, and 21, 2011 Time: 10am – 12:30pm	Centralina AAA	Pat Whitten Katie Kutcher	No Charge	Casey Page Community Health Nurse 704-494-2237 <a href="mailto:Casey.page@carolinashealthcare.org">Casey.page@carolinashealthcare.org</a>

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Mecklenburg	JAARS Senior Services	6 Sessions (1 x week) Fridays September 16, 23, 30, October 7, 14, and 21, 2011  Time: 9am – 11:30am	Centralina AAA	Joan Dickey Angela Schlottman	No Charge	Joan Dickey 704-843-5033 <a href="mailto:jmariedickey@gmail.com">jmariedickey@gmail.com</a>
Cabarrus	West Cabarrus YMCA 5325 Langford Ave. Concord, NC 28027	6 Sessions (1 x week) Wednesdays September 21, 28, October 5, 12, 19, and 26, 2011  Time: 9am – 11:30am	Cabarrus DOA	Angel Stoy Beth Croom	No Charge	Angel Stoy Cabarrus DOA 704-920-3484 <a href="mailto:alstoy@cabarruscounty.us">alstoy@cabarruscounty.us</a>
Cabarrus	Mount Pleasant Senior Center 8615 Park Drive Mt. Pleasant, NC 28124	6 Sessions (1 x week) Thursdays October 6, 13, 20, 27, November 3 and 10, 2011  Time: 1pm – 3:30pm	Cabarrus DOA	Angel Stoy Mona Sossoman	No Charge	Angel Stoy Cabarrus DOA 704-920-3484 <a href="mailto:alstoy@cabarruscounty.us">alstoy@cabarruscounty.us</a>

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Lincoln	James Warren Citizens Center 115 West Main Street, Lincolnton, NC 28092	6 Sessions (1 x week) Mondays Feb 20, 27, March 5, 12, 19, and 26, 2011  Time: 11am – 2pm (Includes Lunch)	Lincoln County SSD	Sue Brooks Melinda Houser	No Charge	Sue Brooks Lincoln County SSD 704-732-2045 <a href="mailto:sbrooks@lincolncounty.org">sbrooks@lincolncounty.org</a>