



Centralina Area Agency on Aging
Matter of Balance: Managing Concerns about Falls
Evidence-based Health Program FY12



July 1, 2011 to June 30, 2012

County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
2011-12						
Iredell	South Iredell Senior Center 202 North Church Street Mooreville, NC	8 Sessions (2 x week) Wednesdays and Thursdays June 15, 16, 22, 23, 29, 30, July 6 and 7, 2011 Time: 10am – Noon	South Iredell Senior Center	Mitzie McCurdy Holly Rehbock Shea Musick	No Charge	Tina Czarnecki Senior Center Director 704-662-3337 tczar@iredellcoa.org
Mecklenburg	SpringCroft at Ashley Park 6770 Broad Street Charlotte, NC	8 Sessions (2 x week) Tuesdays & Thursday August 2, 4, 9, 11, 16, 18, 23, and 25, 2011 Time: 10am – Noon	Centralina AAA	Dawn Gartman Linda Miller	No Charge	Kay Munlyn Property Manager 704-643-5090 springcroft@carolina.rr.com
Cabarrus	St. Andrews Assisted Living 246 Cabarrus Ave. West Concord, NC 28025	8 Sessions (2 x week) Tuesdays and Thursdays August 2, 4, 9, 11, 16, 18, 23, and 25, 2011 Time: 10am – Noon	Cabarrus DOA	Angel Stoy Karen Pensgen	No Charge	Angel Stoy Cabarrus DOA 704-920-3484 alstoy@cabarruscounty.us

County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
Union	Monroe Aquatics and Fitness Center 2325 Hanover Drive, Monroe, NC	8 Sessions (2 x week) Monday and Wednesdays August 8, 10, 15, 17, 22, 24, 29, and 31, 2011 Time: 1pm – 3pm	Monroe Aquatics & Fitness	Sheila Mobley Tracey Leitner	No Charge	Tracey Leitner Monroe Aquatics & Fitness Ctr 704-282-4693 tleitner@monroenc.org
Mecklenburg	The Dorchester Village of Carolina Place 12920 Dorman Road Pineville, NC 28134	8 Sessions (2 x week) Tuesdays & Thursdays August 9, 11, 16, 18, 23, 25, 30 and September 1, 2011 Time: 9:30am – 11:30am	Centralina AAA	Debi Lee Pat Whitten	No Charge	Deana Bell Program Manager 704-541-0016 dbell@newforum.net
Union	Monroe Parks & Rec Old Armory Community Center 500 South Johnson Street Monroe, NC 28110	8 Sessions (2 x week) Tuesdays & Thursday Sept 6, 8, 13, 15, 20, 22, 27, and 29, 2011 Time: 10am – 12:00pm	Centralina AAA	Linda Miller Debi Lee	No Charge	Hope Tanner Monroe Parks & Recreation 704-282-4669 Htanner@monroenc.org
Rowan	Rufty Holmes Senior Center 1120 South Martin Luther King Jr. Ave Salisbury, NC 28144	8 Sessions (2 x week) Tuesdays & Thursdays September 6, 8, 13, 15, 20, 22, 27, and 29, 2011 Time: 1pm – 3pm	Rufty Holmes Senior Center	Frances Weant Lynda Teter	No Charge	Rufty Holmes Senior Center 704-216-7714

Updated 9/01/11

County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
Cabarrus	West Cabarrus YMCA 5325 Langford Ave. Concord, NC 28027	8 Sessions (2 x week) Tuesdays and Thursdays September 6, 8, 13, 15, 20, 22, 27, and 29, 2011 Time: 9am – 11am	Cabarrus DOA	Angel Stoy Judy Stoy	No Charge	Angel Stoy Cabarrus DOA 704-920-3484 alstoy@cabarruscounty.us
Union	Ellen Fitzgerald Senior Center 327 South Hayne Street Monroe, NC 28112	8 Sessions (2 x week) Monday and Fridays September 7, 9, 14, 16, 21, 23, 28, and 30, 2011 Time: 10am – Noon	Centralina AAA	Faye Hinson Lystra Percy	No Charge	Julia Mitchell Director 704-282-4657 jmitchell@monroenc.org
Lincoln	Crouse United Methodist Church 2376 Pleasant Grove Church Road Crouse, NC 28033	8 Sessions (1 x week) Thursdays Sept 8, 15, 22, 29, Oct 6, 13, 20, and 27, 2011 Time: 1pm – 3pm	Centralina AAA	Sue Brooks Missy Calloway	No Charge	Mildred Chapman Outreach Chair Crouse United Methodist Church 704-472-0032 mchapman@whiteoakmanor.com
Lincoln	Lincoln County EMS 720 John Howell Memorial Drive, Lincolnton, NC	8 Sessions (1 x week) Fridays Sept 9, 16, 23, 30, Oct 7, 14, 21, 28, 2011 Time: 10am – Noon	Centralina AAA	Kim Green Fred Schatz	No Charge	Kim Green Lincoln County EMS 980-429-6529 kgreen@lincolncounty.org <div style="border: 2px solid orange; padding: 5px; text-align: center;">CANCELLED</div>

Updated 9/01/11

County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
Union	Waxhaw Baptist Church 8213 Old Waxhaw Monroe Road Waxhaw, NC 28173	8 Sessions (2 x week) Tuesdays & Thursdays Sept 12, 15, 20, 22, 27, 29, Oct 4, and 6, 2011 Time: 10am – Noon	Union COA	Faye Hinson Lystra Percy	No Charge	Linda Smosky Union Council on Aging 704-292-1797 Smoskycoa@carolina.rr.com
Gaston	First Presbyterian Church 1621 East Garrison Blvd. Gastonia, NC 28054	8 Sessions (2 x week) Mondays & Wednesdays Sept 12, 14, 19, 21, 26, 28, Oct 3, and 5, 2011 Time: 9:45am – 11:45am	Centralina AAA	Charlotte Lynch Elaine Bouldin	No Charge	Lisa Marisiddaiah Parish Nurse 704-866-4771 lisaonthego@carolina.rr.com
Gaston	First Presbyterian Church 1621 East Garrison Blvd. Gastonia, NC 28054	8 Sessions (2 x week) Mondays & Wednesdays Sept 12, 14, 19, 21, 26, 28, Oct 3, and 5, 2011 Time: 1:30pm – 3:30pm	Centralina AAA	Charlotte Lynch	No Charge	Lisa Marisiddaiah Parish Nurse 704-866-4771 lisaonthego@carolina.rr.com
Iredell	South Iredell Senior Center 202 North Church Street Mooresville, NC	8 Sessions (2 x week) Tuesdays & Thursdays Sept 13, 15, 20, 22, 27, 29, Oct 4 and 6, 2011 Time: 10am – Noon	Iredell COA	Dorothy Washburn Barbara Barrier	No Charge	Tina Czarnecki Senior Center Director 704-662-3337 tczar@iredellcoa.org

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Mecklenburg	Simmons YMCA 6824 Democracy Ave Charlotte, NC 28229	8 Sessions (2 x week) Monday & Wednesdays Sept 12, 14, 19, 21, 26, 28, Oct 3, and 5, 2011 Time: 9am – 11am	Centralina AAA		No Charge	Phyllis Heald Simmons YMCA 704-716-6611 Phyllis.Heald@ymcacharlotte.org
Mecklenburg	Tyvola Senior Center 2225 Tyvola Road Charlotte, NC 28210	8 Sessions (2 x week) Mondays & Wednesdays Sept 19, 21, 26, 28, Oct 3, 5, 10, and 12, 2011 Time: 1pm – 3pm	Tyvola Senior Center	Marty Garges Katie Kutcher	No Charge	Marty Garges Tyvola Senior Center 704-817-5475 tyvoladirector@cmseniorcenters.org
Mecklenburg	William R. Davie Park 4635 Pineville Matthews Road, Charlotte, NC 28226	8 Sessions (2 x week) Monday & Wednesdays Sept. 19, 21, 26, 28, Oct 3, 5, 12, and 17, 2011 Time: 9:30am – 11:30am	Centralina AAA	Lynn Lau Vicki Day	No Charge	Annette Demeny Centralina AAA 704-348-2736 ademeny@centralina.org
Mecklenburg	Shamrock Senior Center 3925 Willard Farrow Drive Charlotte, NC	8 Sessions – Spanish (1 x week) Wednesdays Sept 28, Oct 5, 12, 19, 26, Nov 2, 9, and 16, 2011 Time: 10am – Noon	Shamrock Senior Center	Myra Green Mirian Gonzalez	No Charge	Myra Green Shamrock Senior Center 704-531-6900 shamrockdirector@cmseniorcenters.org

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Mecklenburg	North Meck Senior Center 18731 West Catawba Ave., Cornelius, NC 28031	8 Sessions (2 x week) Monday & Thursdays October 10, 13, 17, 20, 24, 27, 31, and November 3, 2011 Time: 9:30am – 11:30am	North Meck Senior Center	Joanne Ahern Jo Ann Rathbun	No Charge	Joanne Ahern North Meck Senior Center 704-896-9999 northmeckdirector@cmseniorcenters.org
Iredell	Iredell Senior Center 344 East Front Street Statesville, NC 28677	8 Sessions (2 x week) Monday & Wednesdays October 10, 12, 17, 19, 24, 26, 31, and November 2, 2011 Time: 10am – Noon	Iredell COA	Shea Musick Jan Ambrose Elva Tejeiro	No Charge	Shea Musick 704-881-3567 sheamusick@yahoo.com
Mecklenburg	Atria Merrywood 3600 Park Road Charlotte, NC	8 Sessions (2 x week) Tuesday & Thursdays Oct 25, 27, Nov 1, 3, 8, 10, 15, and 17, 2011 Time: 2pm – 4pm	Arthritis Services	Lynn Lau Nancy Nicholson	No Charge	Rebecca Lynch Activities Director Atria Merrywood 704-523-4949

Regional Coordinator: Linda Miller

Master Trainers: Dawn Gartman, Linda Miller, Annette Demeny

dgartman@centralina.org, lmiller@centralina.org, ademeny@centralina.org

Centralina Area Agency on Aging

Location: 525 North Tryon Street, 12th Floor Main: 704-372-2416 Toll free: 800-508-5777 Fax: 704-347-4710
Charlotte, NC 28202



Updated 9/01/11