



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



***January 2010 to June 2010***

County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
<b>2010</b>						
Lincoln	East Lincoln Community Center 8160 Optimist Club Road Denver, NC	8 Sessions (1 x week) Fridays January 15, 22, 29, February 5, 12, 19, 26, and March 5  Time: 9:00 am to 11:00 am	Lincoln County Senior Services	Marti Hovis and Missy Callaway	No Charge	Marti Hovis <a href="mailto:mhovis@lincolncounty.org">mhovis@lincolncounty.org</a> Lincoln County Senior Services 704-732-9053
Stanly	Stanly County Senior Center 283 North Third Street Albemarle, NC 28001	8 Sessions (2 x week) Tuesdays and Thursdays January 19, 21, 26, 28, February 2, 4, 9, and 11  Time: 2:00 pm to 4:00 pm	Stanly County Senior Services	Susan Whitley and Joan Huneycutt	No Charge	Susan Whitley Stanly County Senior Services 704-986-3769 <a href="mailto:swhitley@co.stanly.nc.us">swhitley@co.stanly.nc.us</a>
Union	Mount Herman Baptist Church 9713 Lancaster Highway Waxhaw, NC	8 Sessions (2 x week) Tuesdays and Thursdays February 2, 4, 9, 11, 16, 18, 23, and 25 Time: 10:00 am to Noon	Union Council on Aging	Faye Hinson Lystra Percy	No Charge	Linda Smosky, Director Union Council on Aging 704-292-1797 <a href="mailto:smoskycoa@carolina.rr.com">smoskycoa@carolina.rr.com</a>

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Rowan	Rufty Holmes Senior Center 1120 –A Martin Luther King Jr. Ave. Salisbury, NC	8 Sessions (2 x week) Mondays and Fridays March 1, 5, 8, 12, 15, 19, 22, and 26  Time: 11:00 am to 1:00 pm	Rufty Holmes Senior Center	Frances Weant Tracey Kinyo	No Charge	Susan Musselman, Health and Wellness Coordinator Rufty Holmes Senior Center 704-216-7700 <a href="mailto:susanm@ruftyholmes.org">susanm@ruftyholmes.org</a>
Mecklenburg	Levine Senior Center 1050 DeVore Lane Matthews, NC	8 Sessions (2 x week) Mondays and Fridays March 8, 12, 15, 19, 22, 26, 29, and April 2  Time: 9:00 am to 11:00 am	Centralina AAA and Levine SC	Heather Armstrong, Linda Miller and Debi Lee	No Charge	Dahn Jenkins Levine Senior Center 704-846-4654
<b>COACH TRAINING: ALL COUNTIES  FULL</b>	Levine Senior Center 1050 DeVore Lane Matthews, NC	2 Sessions Thursday March 4 <sup>th</sup> and Friday March 5 <sup>th</sup>  Time: 9:30 am to 3:00 pm	Centralina AAA	Master Trainers: Dawn Gartman and Linda Miller	\$50 (fee waived for HPDP providers)	Linda Miller Master Trainer <a href="mailto:lmiller@centralina.org">lmiller@centralina.org</a> 704-348-2712
Lincoln	Lincoln Senior Center 514 South Academy Street Lincolnton, NC	8 Sessions Tuesdays (1 x week) March 16, 23, 30, April 6, 13, 20, 27 and May 4  Time: 9:00 am to 11:00 am	Lincoln County Senior Services	Marti Hovis Missy Callaway	No Charge	Marti Hovis <a href="mailto:mhovis@lincolncounty.org">mhovis@lincolncounty.org</a> Lincoln County Senior Services 704-732-9053

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Cabarrus	Mt. Pleasant United Methodist Church 1260 North College Street, NC	8 Sessions (1 x week) Thursdays March 25, April 1, 8, 15, 22, 29, May 6 and 13  Time: 10:00 am to Noon	Cabarrus County Department of Aging	Jenn West Angel Stoy	No Charge	Angel Stoy 704-920-3484 <a href="mailto:alstoy@cabarruscounty.us">alstoy@cabarruscounty.us</a>
Mecklenburg	SpringCroft at Ashley Park 6770 Broad Street Charlotte, NC	8 Sessions (2 x week) Mondays and Fridays April 12, 16, 19, 23, 26, 30, May 3, and 10  Time: 10:00 am to Noon	Centralina AAA	JoAnn Rathbun Vicki Day	No Charge	Donna Rice, SpringCroft Service Coordinator 704-643-5091
Mecklenburg	Tyvola Senior Center 2225 Tyvola Road Charlotte, NC 28210	8 Sessions (2 x week) Mondays and Wednesdays April 12, 14, 19, 21, 26, 28, May 3 and 5  Time: 1:00 pm to 3:00 pm	Charlotte Mecklenburg Senior Centers Inc.	Emily Schmitt Marty Garges	No Charge	Marty Garges Senior Center Director 704-522-6222 <a href="mailto:tyvoladirector@cmseniorcenters.org">tyvoladirector@cmseniorcenters.org</a>
Cabarrus	Cabarrus County Senior Center@ Concord 331 Corban Avenue SE Concord, NC	8 Sessions (1 x week) Tuesdays April 27, May 4, 11, 18, 25, June 1, 8, and 15  Time: 10:00 am to Noon	Cabarrus County Department of Aging	Angel Stoy Judy Stoy	No Charge	Angel Stoy 704-920-3484 <a href="mailto:alstoy@cabarruscounty.us">alstoy@cabarruscounty.us</a>

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Iredell	South Iredell Senior Center 202 North Church Street Mooreville, NC	8 Sessions (2 x week) Mondays and Wednesdays May 3, 6, 10, 13, 17, 20, 24, and 27  Time: 2:00 pm to 4:00 pm	South Iredell Senior Center	Tina Czarnecki Mitzi McCurdy	No Charge	Tina Czarnecki Senior Center Director 704-662-3337

**Regional Coordinators and Master Trainers:** Dawn Gartman and Linda Miller

[dgartman@centralina.org](mailto:dgartman@centralina.org)      [lmiller@centralina.org](mailto:lmiller@centralina.org)

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3/24/10

