



Centralina Area Agency on Aging
Matter of Balance: Managing Concerns About Falls
Evidence-based Health Program
FY10 July 1, 2009 to June 30, 2010



County	Location	Dates and Time	Sponsor	Coach Trainers	Fee	Contact Information
Rowan	Rufty Holmes Senior Center 1120 –A Martin Luther King Jr. Ave. Salisbury, NC	8 Sessions Mondays and Wednesdays June 29, July 1, 6, 8, 13, 15, 20 and 22 Time: 1:00 pm to 3:00 pm	Rufty Holmes Senior Center	Tracey Glenn and Frances Weant	No Charge	Susan Musselman, Health and Wellness Coordinator Rufty Holmes Senior Center 704-216-7700 susanm@ruftyholmes.org
Cabarrus	Kannapolis Lunch Site Lane Street Church of God 2711 Lane Street Kannapolis, NC 28083	8 Sessions Wednesdays July 8, 15, 22, 29, August 5, 12, 19, and 26 Time: 9 am to 11 am	Cabarrus Department on Aging/Senior Centers	Angel Stoy-Trietley and Jenn West	No Charge	Angel Stoy-Trietley 704-920-3484 alstoy@cabarruscounty.us
Anson	Grace Senior Center 199 NC Hwy. 724 South Wadesboro, NC 28170	8 Sessions Tuesdays and Thursdays July 14, 16, 21, 23, 28, 30, August 4 and 6 Time: 1:00pm to 3:00 pm	Anson County Department of Aging	Bernice Bennett, Angela DePietro and Marie Spencer	No Charge	Bernice Bennett 704 694-6616 bbennett@co.anson.nc.us

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Stanly	Stanly County Senior Center 283 North Third Street Albemarle, NC 28001	8 Sessions Tuesdays and Fridays August 4, 7,11, 14, 18, 21,25, and 28 Time: 10:00 am to Noon	Stanly County Senior Services	Susan Whitley and Joan Huneycutt	No Charge	Susan Whitley Stanly County Senior Services 704-986-3769 swhitley@co.stanly.nc.us
Rowan	Crown in Glory Lutheran Church 517 E. Bank Street Salisbury, NC 28144	8 Sessions Saturdays August 15, 22, 29, September 7, 14, 21, 28, and October 3 Time: 9:00am to 11:00 am	Cabarrus Health Alliance and the Cabarrus Department of Aging	Jenn West and Angel Stoy-Trietley	No Charge	Angel Stoy-Trietley 704-920-3484 alstoy@cabarruscounty.us
Anson	Meadowview Terrace 123 Anson High School Road Wadesboro, NC 28170	8 Sessions Monday and Wednesday August 10, 12, 17, 19, 24, 26, 31, and September 2 Time: 2:00 pm to 4:00 pm	Anson County Department of Aging	Bernice Bennett, Angela DePietro and Marie Spencer	No Charge	Bernice Bennett 704 694-6616 bbennett@co.anson.nc.us
Gaston	Gaston County Senior Center 1303 Dallas-Cherryville Hwy. Dallas, NC 28034	8 Sessions (2 x week) Tuesdays and Thursdays August 25, 27, September 1, 3, 8, 10, 15 and 17 Time: 1:00 pm to 3:00 pm	Gaston County Senior Center	Doris Graham, Cheryl Miller and Heather Armstrong	No Charge	Cheryl Miller or Doris Graham 704-922-2170 Cheryl.Miller@co.gaston.nc.us

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Union	Benton Heights Church of God 1111 Concord Ave Monroe, NC 28110	8 Sessions (2 x week) Tuesdays and Thursdays September 1, 3, 8, 10, 15, 17, 22, and 24 Time: Tuesdays 2:30 pm to 4:30 pm Thursdays 1:00 pm to 3:00 pm	Union Council on Aging	Faye Hinson and Diahna Wallace	No Charge	Linda Smosky 704-292-197 smoskycoa@carolina.rr.com
Stanly	Stanly County Senior Center 283 North Third Street Albemarle, NC 28001	8 Sessions (1 x week) Wednesdays September 16, 23, 30, October 7, 14, 21, 28 and November 4 Time: 9:30 am to 11:30 am	Stanly County Senior Services	Susan Whitley and Joan Huneycutt	No Charge	Susan Whitley Stanly County Senior Services 704-986-3769 swhitley@co.stanly.nc.us
Mecklenburg	Tyvola Senior Center 2225 Tyvola Road Charlotte, NC 28210	8 Sessions (2 x week) Mondays and Wednesdays September 28, 30, October 5, 7, 12, 14, 19 and 21 Time: 2:00 pm to 4:00pm	Charlotte Mecklenburg Senior Centers Inc.	Marty Garges and Heather Armstrong	No Charge	Marty Garges Tyvola Senior Center Director 704-817-5475 tyvoladirector@cmseniorcenters.org

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Union	Benton Heights Church of God 1111 Concord Ave Monroe, NC 28110	8 Sessions (2 x week) Tuesdays and Thursdays October 6, 8, 13, 15, 20, 22, 27 and 29 Time: 9:00 am to 11:00 am	Union Council on Aging	Linda Smosky Faye Hinson	No Charge	Linda Smosky 704-292-197 smoskycoa@carolina.rr.com
Mecklenburg	Aldersgate 3800 Shamrock Drive Charlotte, NC 28215	8 Sessions (1 x week) Tuesdays October 13, 20, 27, November 3, 10, 17, 24 and December 1 Time: 10:00 am to Noon	Aldersgate and Shamrock Senior Center	Myra Green Debi Lee	No Charge	Debi Lee Centralina Area Agency on Aging 704-348-2714 dlee@centralina.org
Mecklenburg	Shamrock Senior Center 3925 Willard Farrow Drive Charlotte, NC 28215	8 Sessions (2 x week) Mondays and Wednesdays October 19, 21, 26, 28, November 2, 4, 9, and 11 Time: 12:15 pm to 2:15 pm	Charlotte Mecklenburg Senior Centers Inc.	Debra Kimball and Mirian Gonzalez	No Charge	Myra Green or Mirian Gonzalez 704-531-6900 shamrockdirector@cmseniorcenters.org

Regional Coordinators and Master Trainers: Dawn Gartman and Linda Miller

dgartman@centralina.org lmiller@centralina.org

Centralina Area Agency on Aging PO Box 35008 Charlotte, NC 28235

Location: 1300 Baxter Street Suite #450 Main: 704-372-2416 Toll free: 800-508-5777 Fax: 704-347-4710



9/23/09