Centralina Area Agency on Aging
Living Healthy Workshop/Chronic Disease Self-Management Program
Evidence-based Health Program
Regional Schedule of Workshops
2010

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
2010						
Rowan	Rufty Holmes Senior Center 11120 South Martin Luther King Jr. Avenue Salisbury, NC 28144	Thursdays 6 Consecutive Sessions: January 14, 21, 28, February 4, 11, and 18 Time: 2:30 pm to 5:00 pm	Rufty Holmes Senior Center	Gail Poulton and Shelley DiDonato	No Charge	Susan Musselman Rufty Holmes Senior Center 704-216-7714 SusanM@ruftyholmes.org
Cabarrus	Kannapolis LunchPlus Club Lane Street Church of God 2711 Lane Street Kannapolis, NC	Tuesdays (No class January 26th): January 19, February 2, 9, 16, 23, and March 2 Time: 9:30 am to Noon	Cabarrus County Department of Aging	Kylie Adams Angel Stoy	No Charge	Angel Stoy or Kylie Adams Cabarrus County Senior Center 704-920-3484

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
Gaston	Lucile Tatum Center 959 Osceola Street Gastonia, NC	Mondays 6 Consecutive Sessions: January 25, February 1, 8, 15, 22, and March 1 Time: 9:30 am to Noon	Gaston - NC Cooperative Extension	Linda Minges Lisa Marisiddaiah	No Charge	RSVP to Pam Bryson 704-865-3291 Information: Linda Minges Linda.minges@ncsu.edu
Stanly	Stanly County Senior Center 283 North 3rd Street Albemarle, NC 28001	Mondays 6 Consecutive Sessions: February 8, 15, 22, March 1, 8, and 15 Time: 9:30 am to Noon	Stanly County Senior Services Department	Isabelle Howard Linda Carlisle	No Charge	Susan Whitley, Activities Coordinator Stanly County Senior Center 704-986-3781 swhitley@co.stanly.nc.us
Gaston	Gaston County Senior Center 1303 Dallas-Cherryville Hwy. Dallas, NC 28034	Thursdays 6 Consecutive Sessions: February 18, 25, March 4, 11, 18, and 25 Time: 1:00 pm to 3:30 pm	Gaston County Senior Center	Cheryl Miller Doris Graham	No Charge	Cheryl Miller Gaston County Senior Center Cheryl.Miller@co.gaston.nc.us 704-922-2170

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
Gaston	Gaston County Senior Center 1303 Dallas-Cherryville Hwy. Dallas, NC 28034	Thursdays 6 Consecutive Sessions: April 1, 8, 15, 22, 29 and May 6 Time: 1:00 pm to 3:30 pm	Gaston County Senior Center	Cheryl Miller Doris Graham	No Charge	Cheryl Miller Gaston County Senior Center Cheryl.Miller@co.gaston.nc.us 704-922-2170
Mecklenburg	North Mecklenburg Senior Center 17831 West Catawba Avenue Cornelius, NC	Wednesdays 6 Consecutive Sessions: April 7, 14, 21, 28, May 5 and 12 Time: 12:30 pm to 3:00 pm	Charlotte Mecklenburg Senior Centers Inc.	Cheryl Roberts Cliff Roberts	No Charge	Joanne Ahern, Executive Director northmeckdirector@cmseniorcenters.org 704-892-4041
Lincoln	JW Warren Citizens Center 115 W. Main Street Lincolnton, NC	Monday 6 Consecutive Sessions April 12, 19, 26, May 3 and 10 and 17 Time: 11:30 pm to 2:00 pm	Lincoln County Senior Services	Sue Brooks Melinda Houser Linda Minges	No Charge	Sue Brooks Lincoln County Senior Center sbrooks@lincolncounty.org 704-732-9053

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Mecklenburg	Harris YMCA – Main Conference Room 5900 Quail Hollow Road Charlotte, NC	Wednesdays 6 Consecutive Sessions: April 14, 21, 28, May 5, 12, and 19 Time: 10:00 am to 12:30 pm	Centralina AAA and Harris YMCA	Lisa Ugland and Angela Schlottman	No Charge	Myra Erickson, RN Harris YMCA Health Nurse 704-716-6808 myra.erickson@ymcacharlotte.org
LEADER TRAINING	Plantation Estates - Craft Room 733 Plantation Estates Drive Matthews, NC	4 Days April 15, 16, 19, and 20, 2010 Time: 9:00 am to 4:00 pm	Centralina AAA	Sarah Jackson and Linda Miller	No Charge	Linda Miller Centralina AAA lmiller@centralina.org 704-348-2712
Mecklenburg	Friendship Missionary Baptist Church 3400 Beatties Ford Road Charlotte, NC	6 Consecutive Saturdays April 17, 24, May 1, 8, 15,and 22 Time: 11:30 am to 1:30 pm ***LUNCH WILL BE SERVED***	Centralina AAA	Alvi Houston, Shirley Lockhart and Charmaine Huntley	No Charge	Cassandra Harding, Parish Nurse Friendship Missionary Baptist Church 704-391-3856 charding@friendshipcharlotte.org

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Stanly	Stanly County Senior Center 283 North 3rd Street Albemarle, NC 28001	Mondays 6 Consecutive Sessions: April 19, 26, May 3, 10 , 17 and 24 Time: 9:30 am to Noon	Stanly County Senior Services Department	Isabelle Howard Linda Carlisle	No Charge	Susan Whitley, Activities Coordinator Stanly County Senior Center 704-986-3781 swhitley@co.stanly.nc.us
Iredell	South Iredell Senior Center 215 North Main Street Mooresville, NC	Wednesdays 6 Consecutive Sessions: May 5, 12, 19, 26, June 2 and 9 Time: 1:00 pm to 3:30 pm	Iredell Council on Aging	Ann Simmons Mildred Johnson	No Charge	Tina Czarnecki SISC Director tczar@iredellcoa.org 704-662-3337
Union	Hartis Grove Baptist Church 4224 Blanchard Circle Indian Trail, NC	Wednesdays 6 Consecutive Sessions: May 5, 12, 19, 26, June 2 and 9 Time: 9:30 am to Noon	Union Council on Aging	Myra Lowden Bonnie Rushing Cora Witmore	No Charge	Linda Smosky Union COA Director smoskycoa@carolina.rr.com 704-292-1797

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
Mecklenburg	Tyvola Senior Center 2225 Tyvola Road Charlotte, NC	Wednesdays 6 Consecutive May 12, 19, 26, June 2, 9 and 16 Time: 12:30 pm to 3:00 pm	Charlotte-Mecklenburg Senior Centers	Marty Garges Caroline Mette	No Charge	Marty Garges Senior Center Director Tyvola Senior Center 704-522-6222 tyvoladirector@cmseniorcenters.org
Mecklenburg	Southminster Retirement 8919 Park Road Charlotte, NC	Thursdays 6 Consecutive June 3, 10, 17, 24, July 1, and 8 Time: 9:30 am to Noon	Centralina AAA and Southminster	Cindy Berrier Ashley Sassano	No Charge	Tes Garcia Director of Home Care and Clinical Services Southminster TGarcia@southminster.org 704-551-6800

Regional Coordinator and Master Trainer: Linda Miller
lmiller@centralina.org
Centralina Area Agency on Aging
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Main: 704-372-2416 Toll free: 800-508-5777 Fax: 704-347-4710
4/24/10