

Contact

Us at:

Ashe Services for Aging Senior Center
180 Chattyrob Lane
West Jefferson, NC 28694

Phone: (336) 246-4347

Fax: (336) 246-5724

www.AsheAging.org

Email: SeniorCenter@asheaging.org

Hours of Operation

Monday-Friday

8:00am-5:00pm

The Senior Center is open evenings and weekends for classes and special events.

*Ashe Services for Aging is an equal opportunity employer and provider *



Ashe Services for Aging

Comprehensive Support for Better Senior Living

SENIOR CENTER



**N.C. SENIOR CENTER
OF EXCELLENCE**

Education
Recreation
Health

Who Said AGING
Couldn't Be FUN?

Get Involved in our Senior Center Activities

- Bible Study
- Bingo
- Blood Pressure Screenings
- Computer Class
- Computer Lab
- Crocheting
- Exercise Classes
- Exercise Room
- Floral Arranging Class
- Music/Special Singing
- Painting Class
- Pool Table
- Quilting Class
- Rook Games
- Senior Games
- Special Programs
- Support Groups
- Walking Trail
- And More!

Prevention

Early Detection

The Senior Center provides the following health screenings:

- Glaucoma
- Diabetes
- Hearing
- Vision
- Oral Cancer
- Cholesterol
- Stroke

Senior Games

As the Ashe County Senior Games Coordinator, the Senior Center promotes, raises funds, advertises, encourages participation, assists with training, and transports participants to the Senior Games activities. Come and Join In on the Fun!

Available

Services

- AARP Tax Aide
- Congregate Nutrition
- Home Delivered Meals
- Information & Case Assistance
- SHIP Counseling
- Transportation
- Hearing Aid Services
- Social Security

Trips

Opportunities

- Trips to Historic sites, Outdoor dramas, and picnics
- Harvest Day Celebration
- Christmas Bazaar
- Fashion Show
- Volunteer Opportunities