



The Young at Heart News

WATAUGA COUNTY PROJECT ON AGING

132 Poplar Grove Connector, Suite A Boone, N.C. 28607

265-8090

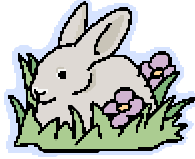
L. E. Harrill Senior Center

265-8090

Western Watauga Community Center

297-5195

MARCH AND APRIL 2006



Mission Statement

The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

Quilt Raffles Will Raise Money for Senior Center Trips

Rhoda Oehser has donated two beautiful hand made quilts to the senior center. They will be raffled to raise funds to help with the expense of the monthly trips scheduled April through November at the senior centers. Both quilts are twin size. The drawing for the first quilt will be on Monday, April 24, at 12 noon at the Harrill Center. You may purchase tickets for \$1.00 each beginning March 1, at either center. The quilt will be on display in the lounge area of the Harrill Center. A photo of the quilt will be on display at the WWCC. Details for the drawing of the second quilt will be in the May-June edition of the Young at Heart Newsletter.



Caregiver Class for Activities for Persons with Dementia

On Thursday, March 9, from 1:30-4:30 p.m., Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present a program on Activities for persons with dementia. The focus of this training is on how activities can be planned and implemented in a way that works for persons with dementia at all stages of the disease. The emphasis is on understanding that activities are those things that we all do throughout the day as well as pre-planned events. Participants will learn how to access a person's activity needs, encourage independence, provide intellectual and emotional support, and encourage increased involvement in scheduled activities as well as many aspects of daily living.

Physical Activity and Health

Report of the Surgeon General for Older Adults-Key Messages

- Older adults, both male and female, can benefit from regular physical activity.
- Physical activity need not be strenuous to achieve health benefits.
- Older adults can obtain significant health benefits with a moderate amount of physical activity, preferably daily. A moderate amount of activity can be obtained in longer sessions of moderately intense activities (such as walking) or in shorter sessions of more vigorous activities (such as fast walking or stair walking).
- Additional health benefits can be gained through greater amounts of physical activity, either by increasing the duration, intensity, or frequency. Because risk of injury increases at high levels of physical activity, care should be taken not to engage in excessive amounts of activity.
- Previously sedentary older adults who begin physical activity programs should start with short intervals of moderate physical activity (5-10 minutes) and gradually build up to the desired amount.
- Older adults should consult with a physician before beginning a new physical activity program.
- In addition to cardio respiratory endurance (aerobic) activity, older adults can benefit from muscle-strengthening activities. Stronger muscles help reduce the risk of falling and improve the ability to perform the routine tasks of daily life.

There are numerous opportunities for physical activity and improving your health at both senior centers: Exercise classes; Exercise equipment; Tai Chi; Yoga; Body Recall; Line Dancing; Walking programs; Senior Games; Nutrition and Health classes; Health screenings; etc.



LOIS E. HARRILL SENIOR CENTER **March and April 2006**



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:
 Lap Quilting – Tuesdays, 1 - 4 p.m.
 Crafts – Thursdays, 10 a.m. - 1 p.m.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.
Tuesday –Exercise - - - - -	11 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Line Dancing - - - - -	2 - 3:30 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:30 - 7:30 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Cake Walks - - - - -	11:15 - 11:45 a.m.
(when cakes available)	
Needlework Class - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi - - - - -	6:30 - 7:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Sherry to find our details about reserving a seat in a rook card game.



Blood Pressure Checks

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

Third Friday each month from 11 a.m.-12 noon. Service provided by Watauga County Health Department.

Agency Information

Congregate Nutrition/Senior Center/
 Transportation Annual Evaluation Process-
 Why it is important - Sherry Harmon, Tuesday, March 7, at 11 a.m.

Passages II Outpatient Behavioral Health Service – Dev Looper, LCSW, Program Manager, Tuesday, April 25, at 11 a.m.

Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 p.m.

Support Groups:

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, March 9, from 1:30-4:30 p.m.— Activities for persons with dementia.



Special Activities

Rook Tournament- The Lois E. Harrill Senior Center will hold its second rook tournament on St. Patrick's Day, Friday, March 17. Play will begin promptly at 10 a.m. You must register prior to the tournament! Call the center at 265-8090 to reserve a seat.

Turchin Center Classes- All sessions meet 10 a.m.-12 noon. Transportation is provided from the Harrill Senior Center to and from the Turchin Center.

Monday and Wednesday, March 20, and 22 - Millefiori Beads— Participants will design and create their own clay millefiori beads.
 Monday and Wednesday, April 10, and 12 - Pop-Up Cards—Participants will learn the art of creating pop-up cards, and gain an understanding of the technique so that they can create them at home.

See Sherry Harmon to reserve a space on the van and in the class.

Easter Party- Thursday, April 13, 10 a.m.-12 noon.

Shopping Trip to Hickory- Tuesday, April 18, 8 a.m.-5 p.m. Shopping opportunities at Hamricks, Hickory Mall and Shopping Centers, Lunch at J&S Cafeteria. See Sherry or Toni to reserve a seat on the bus.

Special Interests and Services

Health Screenings– Mondays, March 13, and April 10. By appointment only.

Tax Assistance-Tuesdays, February 7-April 11. By appointment only.

Medicare D, Prescription Drug Plan Assistance- Ongoing- Please make an appointment.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2006



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:
 Crafts- Tuesdays, 9:45 a.m. — 1:15 p.m.
 Lap Quilting – Thursdays, 9 a.m. — 12:30 p.m.

Congregate Nutrition Program

Lunch is served Monday through Friday at 11:30 a.m.—12 noon.



Weekly Activities

Monday -Walking - - - - -	8:00 - 10:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Wednesday– Walking - - - -	8 - 9 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9 a.m.— 12 noon
Thursday - Walking - - - -	8:00 - 10:30 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
Friday - Walking - - - - -	8:00 - 10:30 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Live Music - - - - -	10 - 11:30 a.m.
Yoga - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Toni to find our details about reserving a space for a rook card game.

Blood Pressure Checks

Second Friday of each month from 10:30 - 11:30 a.m.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Handouts available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

Special Activities

St. Patrick's Day Party- Friday, March 17, 9-11:30 a.m.- Music, games, and refreshments. Wear green or be pinched!



Holiday Rook Tournaments- Friday, March 17, 9 a.m.-3 p.m. and Thursday, April 13, 9 a.m.-3 p.m. Sign up in advance- Limited seating.

VHS Movie- Travel Program- Tuesday, March 21, 10-11a.m. Visit scenic Montana, The Badlands and the Crazy Horse National Park.

Easter Party- Thursday, April 13, 9 a.m.-11: 30 a.m.

Shopping Trip to Hickory- Tuesday, April 18, 8 a.m.-5 p.m. Shopping opportunities at Hamricks, Hickory Mall and Shopping Centers, Lunch at J&S Cafeteria. See Sherry or Toni to reserve a seat on the bus.

Health/Nutrition Program- Tuesday, April 18, 10:30-11:30 a.m.- Low Fat Recipes.

Special Interests and Services

Health Screening — Mondays, March 27. By appointment only.

Tax Assistance- February -April. By appointment only.

Medicare D, Prescription Drug Plan Assistance - Ongoing - Please make an appointment.

Division of Services for the Deaf and the Hard of Hearing Outreach Clinic - Date to be announced.

Fiber Art/Hand Spinning Guild — Spinners meet first Saturday of each month 9 a.m. - 12 noon.

Fiber Guild Meets third Saturday of each month 9 a.m. - 12 noon. For more information contact Sandra Basel at 297-3046.

Cove Creek Grange- 2nd Tuesday of each month, 7-9 p.m.

Cove Creek Community Council - 1st Tuesday of each month, 6-8 p.m. Meetings open to the public.



Lois E. Harrill -
Special Interests and Services - Cont.

Free Hearing Aid Services- Hearing screenings; Otosopic examination to see if you have excessive earwax that needs to be removed by your doctor; Free batteries and Free cleaning on any brand of hearing aid. Tuesday, April 11, 10 a.m.-12 noon.

Division of Services for the Deaf and Hard of Hearing Outreach Clinic- Applications will be available for assistance with the agency's services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants in how to obtain these items. Monday, March 20, 10 a.m.-12 noon.



SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D). Please call the center at 265-8090 to make an appointment.

Fit for Life Exercise Program – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment available.

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Martha Garvin at 264-8915.

Book Discussion Group - A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Beverly DeBenedictis at 264-2718.

Watauga Amateur Radio Club - Meets second Monday of each month, 6 - 7:30 p.m.

Computer Training - Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

Job Placement and Job Training - See Sherry Harmon for more information or to make an appointment.

Quilt Guild - Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30- 4 p.m. and 6-8 p.m. at the senior center. For more information you may call Jera Unglesbee at 265-3656.

Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center the first Wednesday of each month from 9 a.m.—12 noon.

Weaving Guild—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

Volunteer Opportunities— The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.

VHS and DVD Movies Available - May be checked out or reserve a TV/VCR and watch at the senior center.



Inclement Weather

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.



AppalCart Schedule
L. E. Harrill Senior Center

Monday - Intown and Foscoe
Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown
Wednesday - Meat Camp, Todd and Intown
Thursday - Intown, Cove Creek, Foscoe and Matney
Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork

Western Watauga Community Center Special Interests and Services Cont.

Crafty Critters Club- Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! Meets first Monday of each month from 12:00 - 3:00 p.m.



Weaving Guild- Donna Duke and Sandy Basel are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10:00 a.m.-5:00 p.m. Tuesday and Thursday- 10:00 a.m.-7:00 p.m. Friday- Closed. The Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays. Pay a visit to your branch library and see what they have to offer.

Job Placement, Job Training, and Volunteer Opportunities - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

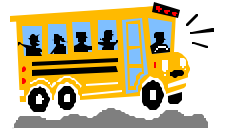


Newsletter Availability

There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to sherry.harmon@ncmail.net requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.

AppalCart Schedule -Western Watauga Community Center



Monday and Wednesday- Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Tuesday and Friday- 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

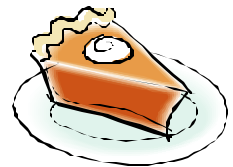
Thursday is shopping day in Boone, for all routes. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:30 a.m. on the morning you wish to ride.

Reminder

Classes and Activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. If you are coming in for a specific activity call first to verify.

Lois E. Harrill Senior Center - 265-8090
Western Watauga Community Center - 297-5195

Yogurt Pie



- 2 graham cracker pie crusts
- 1 light Philadelphia cream cheese, softened
- 2 8oz. containers of yogurt (your choice flavor)
- 1 small package Knox gelatin
- 1 12 oz. light cool whip
- 2 cups Blueberries or fruit of your choice

In a mixer blend cream cheese until creamy. Add yogurts and Knox gelatin and blend until smooth (about 1-2 minutes). Fold in cool whip and lightly blend together. Fold in fruit. Pour into pie shells and refrigerate. Serve chilled.

Grandpa's Advice:

- It don't take a very big person to hold a grudge.
- You cannot unsay a cruel word

Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed Friday, April 14, 2006, in observance of the Easter Holiday.

In addition to these closings Home Delivered Meals will not be served.

Disclaimer

The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.



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