



# 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

### **SEPTEMBER AND OCTOBER 2009**



#### **September is Senior Center Month**

In honor of this year's theme, "Live Well, Age Well," the Lois E. Harrill Senior Center will be holding a "Week of Wellness" from September 21<sup>st</sup>-25<sup>th</sup>. Activities will be planned each day focused on healthy living, including a Falls Prevention Seminar at 11 a.m. on Tuesday, September 22. More information to come; please plan to join us!

#### **Vendors – Get Ready! Christmas Craft Sale is Coming to Senior Center**

If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's senior center craft sale. The dates for this year's sale are Wednesday, November 18, and Thursday, November 19, from 9 a.m.-3 p.m. each day at the Lois E. Harrill Senior Center. Inventory forms and instruction sheets for participating crafters will be available at both the Harrill Center and the Western Watauga Center. Items must be hand made and crafters must be age 60 or older. Crafters get 100% of their asking price.



#### **Elder Abuse Forum**

The Elderly and Disabled Adult Abuse Prevention Team is giving a forum for caregivers, faith and community volunteers, and professionals who provide services in support of elderly and disabled adults. The goal of the forum is to provide information to the participants on the following: 1) service providers, 2) caregiver resources, 3) healthy living for the caregiver and the client, 4) fighting fraud, and 5) preventing abuse, neglect and exploitation. The event will be held on Wednesday, October 21, from 8:30 a.m.-3:00 p.m. at Watauga Medical Center, Appalachian Health and Education Center.

#### **Caregiver Information**

**Caregiver Support Group**- meets at 1 p.m. the first Thursday of each month at Deerfield Ridge Assisted Living. Respite care is available at no charge. Please call Sharon at 264-0336 to reserve respite care or for more information.

#### **Yoga Classes will resume in September**



The registration schedule for the Western Watauga Center is: Deadline to pay 4 p.m. Thursday, September 10. Class will begin at 12 noon on Friday, September 11.

The schedule for the Harrill Center is: Deadline to pay 5 p.m. Monday, September 14. Class will begin at 6:15 p.m. on Tuesday, September 15.

These classes are appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. Her classes are a delightful blend of humor, challenge and wisdom. The cost of the 12-week session is \$60.00 per person. Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call 265-8090 with any questions.

#### **AARP Driver Safety Class Offered for Older Adults**

The nation's first and largest driver safety classroom refresher course geared especially to older adults' driver safety needs will be offered, for a nominal fee, on Wednesday September 23, from 8:30 a.m. -1 p.m. Classes will be held at the Watauga County Law Enforcement Center located at 184 Hodges Gap Rd., Boone, NC. The instructor will be Kathy Powell. The cost of the program is \$12 per person for AARP members (\$14 for non-members) and will offer information on: how to compensate for changes in vision, hearing, and reaction time; what to do if confronted by an aggressive driver; when to use a car phone; how medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the center at 265-8090 for more information, or to reserve a seat.



**LOIS E. HARRILL SENIOR CENTER**  
**September and October 2009**



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the center's director.



**Weekly Activities**

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise (begins 9/14) - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga (begins 9/15) - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Outdoor Games - - - - -	10:30 a.m.- 12 noon
Card Games (call prior to attending) -	1:00 - 4:00 p.m.
Gentle Exercise (begins 9/14) - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi (beginners) - - - - -	5:30 - 6:30 p.m.
Tai Chi (intermediate) - - - - -	6:30 - 7:30 p.m.
Friday- Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Wii Games are available Friday mornings and other times by appointment. We would like to eventually host a Wii competition. If you are interested in practicing at the center please contact Tabitha to reserve a time to play. A competition will be scheduled when we have an adequate number of interested participants. The games available are: bowling, tennis, baseball, golf and boxing.

**Drop in Activities**

The following are available for use at the center by persons 60 and older:

\* Balance Beam Scales for checking weight \* Card Tables \* Computer Lab \* Croquet \* Electric typewriter \* Exercise Equipment \* Exercise Your Brain Mental Adventures (Variety Puzzles) \* Karaoke Machine \* Library (Books and Audio books) -May also be checked out for use at home \* Piano \* Photo Smart Printer - .50 cents per 4x6 photo \* Pool Table \* Sewing Machines \* Table Games, Jig Saw Puzzles, and Cards \* Televisions/ VCR and DVD Players \* Video Library -May also be checked out for use at home \* wii \*



**Congregate Nutrition Program**

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

**Agency Information**

**Flu Education Seminar** - On Tuesday, September 1, from 11 a.m.-Noon, Susie Sharp, Clinical Director with Boone Drug, will be here to discuss this year's flu season and current vaccine information.

**WAMY Weatherization Program** - Andy Bryant will join us on Tuesday, October 6, at 11 a.m. to discuss WAMY services and give tips on home weatherization.

**Blood Pressure Checks**

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

**Support Groups:**

**NAMI (National Association for Mental Illness) Support Group** - Meets the first Monday of each month at 7 p.m.

**Grief Support Group** - Meets the first Friday of each month 10 - 11 a.m.



**Special Activities**

**(Note - all field trips open to anyone 60 and over).**

**Trip to NC Travel Museum in Spencer, NC** - Thursday, September 10, from 8 a.m.-5 p.m. \$2 cost for transportation. Museum is free; train rides are \$5, roundhouse rides are \$1. Please bring money for lunch and souvenirs. Call to reserve a seat.

**Leaf looking trip to Altapass Apple Orchard** - Friday, October 16, 10 a.m.-4 p.m. \$2 cost for transportation. \$5 cost for hayrides at the apple orchard. Please bring money for lunch and for any items you plan to purchase. We will be returning to Boone via the Blue Ridge Parkway to view the fall foliage. Call to reserve a seat.

**Halloween Party** - Friday, October 30<sup>th</sup>. Games, refreshments, costume contest. Please come join in the fun!



**Special Interests and Services**

**Health Screenings** - Thursday, October 15 and Thursday December 3. You must have an appointment for the screening. One health screening per person is allowed each fiscal year (July-June).

**Social Security**- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, October 7, 2009, from 9 a.m.-12 noon.

**AARP**- Meets the third Tuesday of each month from 10 a.m.-12 noon.

Continued on page 3.

### **Special Interests and Services Continued**

**Advocacy Opportunities-** The center provides information on advocacy opportunities, “Effective Advocacy” training and Voter registration forms.



**Amateur Radio Club** - Meets the second Monday of each month from 6 - 8 p.m.

**Book Discussion Group**— Meets the fourth Wednesday of each month at 1:30 p.m.

**Computer Training** - Free computer training is available by appointment.

**Coupon Swap** – Drop off the coupons you don’t need and pick up ones you can use. Available anytime during operating hours.

**Fit for Life Program-** Register to earn points for incentive gifts when you participate in indoor walking program, exercise classes, exercise equipment and line dancing.

**Free Hearing Aid Services-** Hearing screenings; Otoscopic 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, September 22, 10 a.m.-Noon.

**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

**Job Placement and Job Training-** Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

**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), including low income subsidy applications.

**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.



### **Special Interests and Services Continued**

**Quilt Guild** - Meets the first Thursday of each month from 1:30 - 4 p.m.

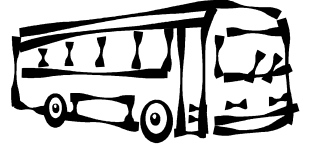
**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

**Weaving Instruction-** The center has table and floor looms. Free weaving instruction is available by appointment.

### **AppalCart Schedule**

#### **L. E. Harrill Senior Center**

**Days/Routes are subject to change.**



**Monday** - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

**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

### **Memoir Writing Workshop**



Award winning author Maggie Bishop will be leading a memoir writing workshop at the L.E. Harrill Senior Center from 10 a.m. - Noon on Wednesday, September 30. This intense session provides a plan to write and a method to keep organized. For those beginning a memoir, the workshop generates ideas. For those finishing a draft, this is an opportunity to strengthen your story. Memories are family treasures! The cost of the workshop is \$10 per person and has to be paid in advance by 5 p.m., Tuesday, September 29.

### **Patchwork of Hope Network Shingles Day**

On Tuesday, September 15, we will be offering a seminar entitled “Shingles and After Shingles Pain” at 11 a.m. at the Harrill Senior Center. Please come and join us for this event aimed at raising awareness about Shingles. Information about the new Shingles vaccine will also be available.

### **Everything You Ever Wanted to Know About Vision But Were Afraid to Ask**

Please join us on Tuesday September 29, at 11 a.m. for a discussion about vision issues, led by Dr. Jeff Sutton, an optometrist here in Boone. He will be sharing helpful hints about ways to deal with limited eyesight and also welcomes your questions.



**WESTERN WATAUGA COMMUNITY CENTER**

**September and October 2009**



**To receive more information or to register for a service or activity at the Western Watauga Community Center please call 297-5195. Toni Wait is the center's director.**

**Weekly Activities**

Monday -Walking - - - - -	8 - 10:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Woodcarving Guild - - - - -	8 - 11:30 a.m.
Arthritis Exercise - - - - -	1 - 2 p.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Hand built pottery - - - - -	10 a.m. - 1 p.m.
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Art Class - - - - -	10 a.m. - 12 noon
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Arthritis Exercise - - - - -	1 - 2 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.
Yoga (begins 9/11) - - - - -	12 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Muscle and More times and days TBA.

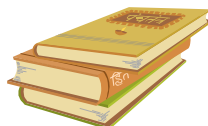
Walking in the gym: Old Cove Creek School--- Monday-Friday from 8-10 a.m. Everyone must register the first time to participate. Basketballs are available upon request.

**Congregate Nutrition Program**

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

**Blood Pressure Checks**

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



**Drop in Activities**

The following are available for use at the center by persons 60 and older:

- \* Balance Beam Scales for checking weight \*
- Card Tables \*
- Computer Lab-Watauga Branch Library \*
- Croquet \*
- Exercise Equipment \*
- Exercise Your Brain Mental Adventures - (Variety Puzzles) \*
- Horseshoes \*
- Library (Books, videos, books on tape) – Watauga Branch Library
- \* Piano \*
- Sewing Machines \*
- Table games, jig saw puzzles, and cards \*
- Television/VCR and DVD player \*
- Wireless Internet \*

**Agency Information**

Area Agency on Aging Family Caregiver Specialist- Relatives as Parents Program and Project Lifesaver– Friday, September 25, 9 a.m. - 12 noon. Brenda Reece will give an overview of caregiver support and assistance programs. She will also be available for private consultation with caregivers.



**Support Groups:**

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



**Special Activities**

**(Note - all field trips open to anyone 60 and over).**

**Trip to NC Travel Museum in Spencer, NC –** Thursday, September 10, from 8 a.m.-5 p.m. \$2 cost for transportation. Museum is free; train rides are \$5, roundhouse rides are \$1. Please bring money for lunch and souvenirs. Call to reserve a seat.

**Leaf looking trip to Altapass Apple Orchard -** Friday, October 16, 10 a.m.- 4 p.m. \$2 cost for transportation. \$5 cost for hayride at apple orchard. Please bring money for lunch and for any items you plan to purchase. We will be returning to Boone via the Blue Ridge Parkway to view the fall foliage. Call to reserve a seat.

**Halloween Party –** Friday, October 30, from 9 a.m. - 11 a.m. Games and refreshments. More information will be announced at a later date. Please come join in the fun!



**Special Interests and Services**

**Advocacy Opportunities-** The center provides information on advocacy opportunities, “Effective Advocacy” training and voter registration forms.

**Health Screenings -** Thursday, November 5. You must have an appointment for the screening. One health screening per person is allowed each fiscal year (July-June).

**Crafty Critters Club-** Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

**Cove Creek Grange-** 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.



## Special Interests and Services Continued

**Computer Training-** The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.



**Cove Creek Community Council-** 1<sup>st</sup> Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Thursday of each month from 6:30 - 8:30 p.m. noon.

Fiber Guild meet the third Thursday of each month from 6:30 - 8:30 p.m.

**Fit for Life Program-** Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

**Job Placement and Job Training-** Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

**Volunteer Opportunities-** Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

**Transportation-** The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county each day. Schedules for both centers are listed in each newsletter.

**Weaving Instruction-** The center has table and floor looms. Free weaving instruction is available by appointment.

## 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



## AppalCart Schedule -Western Watauga Community Center



**Days/Routes are subject to change.**

**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

**Monday and Thursday** are shopping days 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.

## Western Watauga Community Center to Offer Arthritis Exercise/Health Education Program

The Western Watauga Community Center will be offering a program developed specifically for people with arthritis. Low-impact, joint-safe exercises led by AF-certified instructors can be taken either sitting down or standing. This program has been proven in research studies to reduce arthritis pain and improve ability to do more daily activities. The program will be offered from 1 - 2 p.m. each Tuesday and Thursday (16 classes) beginning Tuesday, September 8. There is no charge to attend. We request you reserve a space so that adequate materials will be available. Any age may attend but persons aged sixty and older will be given priority if class size exceeds space available. Call 297-5195 with any questions or to reserve a space.



## Jones House Art Exhibits

The Jones House Art exhibits, which are sponsored by the Watauga County Arts Council, displayed creative wall hangings and rugs of the Senior Rug Hooking class in the month of August. They will feature the works of the Blue Ridge Fiber Guild throughout the month of September. This display will be located on the first floor in the Mazie Jones Gallery. The display is free and open to the public for viewing on weekdays beginning, September 1, through September 25.

While there please visit the Senior Gallery located upstairs. Paintings from participants of the senior centers are on display and available for purchase.

### **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.

Call the senior centers with any questions.

### **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 Monday, September 7, 2009, in observance of Labor Day.

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



### **Extra Help With Prescription Drug Costs**

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to [www.ssa.gov](http://www.ssa.gov) to complete an application.

### **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.

### **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 **[karin.bare@ncmail.net](mailto:karin.bare@ncmail.net)** requesting this method of delivery.
- Mailed.
- Located on agency's web site at [www.wataugacounty.org](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



### **Special Note:**

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.



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