



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

JULY AND AUGUST 2009



Farmers' Market Program

Watauga County will once again be participating in the USDA Farmers Market Coupon Program. Eligible participants will receive \$24 in coupons to use at the Watauga County Farmers' Market during the summer and early fall months. This year the coupons will also be accepted at the WNC Farmers' Market in Asheville, NC. To be eligible you must be

- A current registered congregate nutrition participant at either the L.E. Harrill or the Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.
- Monthly income no greater than \$1,670 for an individual and \$2,246 for a couple.

Call Tabitha at 265-8090 with any questions. Coupons will be available for distribution on Monday, July 6th.

Write Now! Get Started, Get Organized and Get Done – Memoirs

How many of you have written notes or gathered photos? Your life interrupted and now the project seems too big.

You are capable of achieving your wildest writing dream. It starts at the Western Watauga Community Center on Monday, July 20, from 9:30 to 11:30 a.m.. Award winning author, Maggie Bishop, provides a worksheet to use during the two hours. This intense session provides a plan to write and a method to keep organized. The "get going" part of the work session provides direction and tools for writing a better memoir. Writers use their own story for the writing exercises. 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 Friday, July 17, by 4 p.m., at either senior center. Checks need to be made out to Project on Aging. For more information please call Toni at 297-5195.

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.

On Thursday, July 23, from 3 p.m.-4 p.m., Barbara Warren from New River Behavioral Health will join us at the L.E. Harrill Senior Center for a presentation entitled "Stress Management for Caregivers". The information is beneficial to professionals, caregivers, and other family members. The event is free and open to the public.



L. E. Harrill Senior Center to Offer Arthritis Exercise/Health Education Program

The Harrill Senior Center is once again 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 1:30 -2:30 p.m. each Tuesday and Thursday (16 classes) beginning Tuesday, July 7. 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 265-8090 with any questions or to reserve a space.

“Now What Was I Saying?”

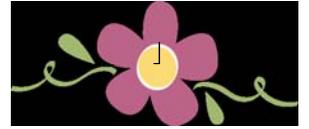
Join us on Tuesday, July 14, from 11 a.m.-12 p.m. for a free seminar on learning how your brain and memory work and ways that you can maintain a healthy brain as you age. This seminar will be fun, interactive, and . . .you may even learn something about yourself. It will be led by Nicole Rieger Thomas from the Alzheimer's Association and held in the dining room of the L.E. Harrill Center. All are welcome.

LOIS E. HARRILL SENIOR CENTER
July and August 2009



Congregate Nutrition Program

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



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.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Arthritis Foundation Exercises-	1:30 - 2:30 p.m.
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 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
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.
Arthritis Foundation Exercises-	1:30 - 2:30 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
- * wireless internet



Agency Information

Healthy Carolinians – On July 21, at 11 a.m., Bryan Belcher from Healthy Carolinians will join us to discuss the services they provide including the new diabetes program.

Senior Companion Program – Date TBA

Blood Pressure Checks

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

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. Due to Independence Day holiday the Support Group will meet on Friday, July 10.



Special Activities

Independence Day Party – Thursday, July 2, from 10 a.m.-noon. Come enjoy music, games and refreshments. Seniors can sign up to bring an item to help offset the cost of the party. Please see Tabitha for more information.

Trip to Watauga Lake – (pending funding). Wednesday, July 22, from 9 a.m.-3:30 p.m. \$2 cost for transportation. Picnic, croquet, walk along the lake. Call to reserve a seat.

Senior Talent Showcase – Come one, come all! On Thursday July 23, at 10:30 a.m., everyone is welcome to join us for a morning of entertainment, provided by you! If you sing, write poetry, or have another type of talent, please see Tabitha to sign up. Refreshments will be served.

Trip to Asheville to WNC Farmers' Market - (pending funding). Thursday, August 13, 8 a.m.-5 p.m. \$2 cost for transportation. Please bring money for lunch and for any items you plan to purchase. Call to reserve a seat. This year the WNC Farmers' Market will be accepting the USDA coupons.

Walking Tour of Rosen Outdoor Sculpture Competition – Transportation provided by Appalcart. Date in August TBA, call Tabitha for more information.

Special Interests and Services Continued

Health Screenings - will resume in August, an appointment is required. 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, July 1, 2009, from 9 a.m.-12 noon. The next date is Wednesday, October 7.

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.

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; Otitic 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.

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

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

Computer Training - Free computer training is available by appointment.

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

Quilt Guild - Meets the first Thursday of each month from 1:30 - 8 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

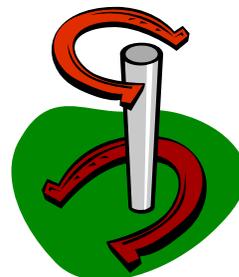
Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork

Yoga Classes will resume in September at L.E. Harrill Center

Another twelve week session of yoga will begin in September. Pre-registration with a payment of \$60 for the twelve week session is required. Call 265-8090 in mid-August for more information.

Outdoor Games Every Wednesday at L.E. Harrill Center

Now that summer is here, we are playing games outside each Wednesday morning, weather permitting. Come enjoy a game of croquet, horseshoes or badminton. We meet on the lawn to the side of the building beginning at 10:30 a.m., and shaded seating is available.



WESTERN WATAUGA COMMUNITY CENTER

July and August 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.
Senior Exercise - - - - -	1 - 2 p.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Hand built pottery - - - - -	10 a.m. - 1 p.m.
Knitting - - - - -	9 a.m. - 12 noon
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Art Class - - - - -	9 a.m. - 12 noon
Muscles and More (first session)-	10 - 10:30 a.m.
Muscles and More (2nd. session)-	10 - 10:30 a.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Senior 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 - - - - -	12 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

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.



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 *

Blood Pressure Checks

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



Agency Information

High Country Council of Governments Information Program Friday July 24, 10 a.m.-1 p.m., Brenda Reece; Family Caregiver Support Specialist will show a video, give an overview of Caregiver support programs, Relatives as parents, and Project lifesaver. She will be available for consultation and open to suggestions for upcoming family and caregiver events.

Health and Nutrition

Thursday, July 16, 2009, 12:30 - 1 p.m. Becky Greene and Russell Snipes from Appalachian Regional Healthcare System Behavioral Health will act out healthy ways to deal with situations that causes us to feel angry.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



Special Activities

Trip to Watauga Lake – (pending funding). Wednesday, July 22, from 9 a.m.-3:30 p.m. \$2 cost for transportation. Picnic, croquet, walk along the lake. Call to reserve a seat.

Trip to Asheville to WNC Farmers' Market - (pending funding) Thursday, August 13, 8 a.m.-5 p.m. \$2 cost for transportation. Please bring money for lunch and for any items you plan to purchase. Call to reserve a seat.

Special Interests and Services

Writing the Story of Your Life– Maggie Bishop who is a popular local author and founder of the High Country Writers will be giving a two hour workshop on Monday, June 20, from 9:30 - 11:30 a.m. Pre-payment of \$10 with registration is required by Friday, July 17, at 4 p.m. at either of the Senior Centers.

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

Health Screenings - Health Screenings - will resume in August, an appointment is required. One health screening per person is allowed each fiscal year (July-June).

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- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

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

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.

Fiber Art/Hand Spinning Guild — Spinners meet first Thursday of each month from 6:30 - 8:30 p.m. and second Saturday from 9 a.m. - 12 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.

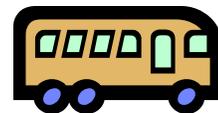
Information and Referral- Available at the senior center for services not provided by the Project on Aging.

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.

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.

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

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** 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.



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.

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 Friday, July 3, 2009, in observance of Independence Day.

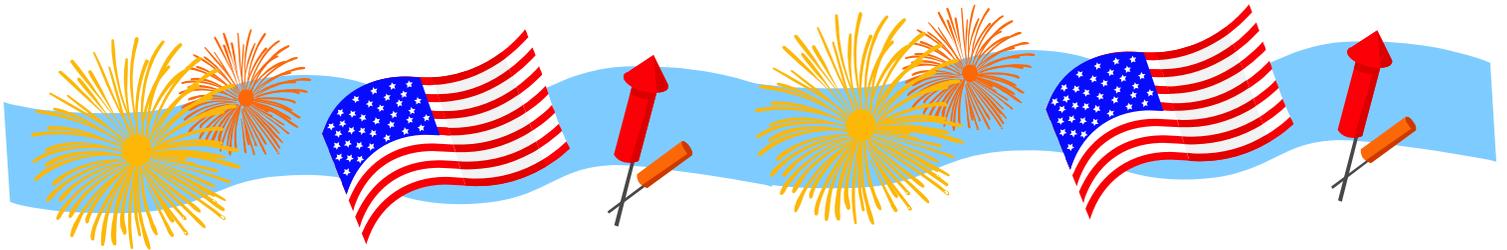
In addition to these closings Home Delivered Meals will not be served.

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.

Brain Injury 101

Karen Harrington from the North Carolina Brain Injury Association will be leading an educational seminar about brain injury. The class is open to anyone including professionals and caregivers. It will be held at the Watauga County Project on Aging on Wednesday August 19, from 2:30-4 p.m. There is no charge to attend but please RSVP by calling 265-8090.



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