



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 2011



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.

New River Geriatric and Adult Mental Health Specialty Team Education Sessions:

These sessions are free and open to everyone, including caregivers and professionals. Each session will begin from 3 - 4 p.m. in the dining room of the L. E. Harrill Senior Center. The first will be held on Monday, July 25, and is entitled "Humor and Caregiving." The second session will discuss "The ABCs of Aggressive Behavior" and will be held on Wednesday, August 17. Please call to register.

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 Tuesday, July 12, from 8:30 a.m.-1 p.m. Classes will be held at the Lois E. Harrill Senior Center in Boone. 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). Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



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. To be eligible you must be

- A current registered congregate nutrition participant at either the L.E. Harrill or Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.

Monthly income no greater than \$1,679 for an individual and \$2,268 for a couple.



Tabitha will start taking applications and distributing coupons on Monday, July 11 in Boone and will be at the Western Watauga Center from 10a.m.-11:30a.m. on the following dates: Monday, July 18, and Friday, July 29, and Wednesday, August 3.

Advocacy Corner

On Tuesday, August 9, at 11 a.m., Rickey Lee from the Department of Social Services will discuss resources for people experiencing elder abuse. He will give an overview of elder abuse, discuss the Adult Protective Services Program, and also discuss the definition of assault and when law enforcement comes into play. Please join us to learn about this important topic.

Dance Your Way to Fitness Program

Get in shape while learning various types of dances: Cha cha cha, rumba, salsa, samba, meringue, jazz, swing and more. The class will be held on Fridays from 9:30 - 11:00 a.m., beginning Friday, July 1, 2011, at the Western Watauga Community Center. Participants should wear comfortable shoes and clothing that is easy to move in. All ages are welcome with priority given to persons age 60 and over if class size exceeds classroom space. There is no charge for the program. Come and have fun while improving your coordination, posture, strength and balance.



LOIS E. HARRILL SENIOR CENTER

July and August 2011



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	
Rummy Group - - - - -	10 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
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 (will resume in September) -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)- 9 a.m. - 12 noon	
Rummy Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Outdoor Fun (weather permitting)-	10:30 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Bridge (Call before attending) -	1:30 - 3:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 10:30 a.m.
California Rummy - - - - -	10 a.m. - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Rummy Group - - - - -	10 a.m - 12 noon
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Arthritis Foundation Tai Chi -	4 - 5 p.m.
Tai Chi (to begin in August) - -	5:30 - 7:30 p.m.
Watauga Photography Club -	7 - 8:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Blue Ridge Forum (call for schedule)-	2 - 3:30 p.m.

**Drop in Activities**

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * 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 * Wii *

Congregate Nutrition Program

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

Agency Information-

Tuesday, July 19, 11a.m. - Compton Fortuna will discuss the services of the Hunger and Health Coalition.

Tuesday, August 9, 11a.m. - Rickey Lee from the Dept of Social Services will discuss the importance of recognizing and reporting elder abuse. He will provide information on the Adult Protective Service Program as well as the role of law enforcement regarding elder abuse.

Special Activities

Independence Day Party - Thursday, June 30, 10 a.m.-12 p.m. Refreshments, music, fun! Wear your red, white and blue to show your patriotic spirit! Store bought snack and drink donations are greatly appreciated.



Billiards Tournament - Come join us for a morning of fun on Thursday, July 14, 10 a.m.-noon, contest open to men and women age 60 and over. Prizes will be awarded!

Trip to Watauga Lake - Tuesday, July 26, 9:30 a.m.-3:30 p.m. \$2 for transportation, picnic lunch will be provided. Please call to reserve a seat.

Explore Ashe County - Wednesday, August 10, 9 a.m.-4 p.m. We will visit the Frescoes, have lunch at Shatley Springs (please bring lunch money) and visit Ashe County Cheese. \$2 for transportation.



Beginner and Intermediate Tai Chi- New sessions will begin Thursday, August 4, and the cost \$48 per 12 week session. The beginner class will meet on Thursdays at 5:30 p.m., and the Intermediate class will meet at 6:30 p.m. Please call the center for more information or come by the center to register by 5 p.m. on Wednesday, August 3.

Gentle Yoga - Akal Dev Sharonne will be teaching yoga in September beginning Tuesday, September 13, from 6:15 - 7:15 p.m. All ages are welcome with priority given to persons age 60 and over if class size exceeds classroom space. Cost is \$60 for the 12 week session. Please call 265-8090 for more information or come by the center to register.



Special Interests and Services Continued

Health Screenings – We are hoping to offer health screenings beginning in late summer. Please call the center for more information.

Book Club - 3rd Wednesday of each month, 1:30-2:30 p.m. (Date subject to change, call for more information). In August the Club will meet on the 5th Wednesday, August 31, instead of the 3rd Wednesday. 

AARP– Will meet third Tuesday of each month from 10:30 a.m. - noon in upstairs conference room of Human Services Building.

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

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

Computer Training - Free computer training is available by appointment.

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; 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. September date to be announced.

Memory Lane - Last Tuesday of every month from 10 - 11 a.m. Take a stroll through history as we watch videos and listen to music of days gone by.

Seniors of Service (S.O.S.) Advocacy Group
We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings will be held the first and third Thursday of the month at 1 p.m.

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.

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Special Interests and Services Continued

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

SHIIP - 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.

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.

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



Support Groups:

“**The Art of Living**”, a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m.

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

NAMI Connections meets every Tuesday from 2:30-4 p.m. and is open to anyone who struggles with mental illness or addiction of any kind. *NAMI Connections will not meet at this time; hopefully it will resume in the fall. Please call before attending.*

In Our Own Voice- New class series meets every third Thursday from 1 p.m.-3 p.m. in the dining room of the Harrill Senior Center. This class is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.

Monday - Intown, Foscoe, and Meat Camp

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

Wednesday - Cove Creek, Meat Camp, Todd and Intown

Thursday - Intown, Foscoe and Matney

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



WESTERN WATAUGA COMMUNITY CENTER

July and August 2011



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 - 11:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	9:30 - 11:30 a.m.
Sewing Class - - - - -	9:30 - 11:30 a.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:00 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 12:30 a.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	9:30 - 11:30 a.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Thursday - Walking - - - - -	8 - 11 a.m.
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Dance to Fitness - - - - -	9:30 - 11 a.m.
Decorative Beading - - - - -	6 - 8 p.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ population Monday - Friday from 8 a.m.-4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

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
- * wii sports
- * wireless Internet

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Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

“The Art of Living” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, Friday July 29, from 9:30 - 11:30 a.m.

Diabetic Education and Support Group - Meets every Thursday morning, beginning May 5, from 9:30 - 11:30 a.m and Thursday evening, beginning May 9, from 6:30 - 8:30 p.m. Will have guest speakers, basic nutrition and education, exploring alternative foods and identifying additives. Space may be limited, please call in advance to reserve a seat.

Agency Information

Bayada Home Care Specialist will discuss an overview of there services and taking blood pressures. Thursday, July 21, 11 a.m. - 12 noon.

NAMI representative will have an information booth from 9:30 - 11:30 a.m. Date and time to be announced.



Special Activities

Trip to Watauga Lake - Tuesday, July 26, 9:30 a.m.-3:30 p.m. \$2 for transportation, picnic lunch will be provided. Please call to reserve a seat.

Educational Talk and Photo Slide Presentation - Friday, July 22, 9 - 11 a.m. Journey to Israel, presented by Wayne Allen.

Explore Ashe County - Wednesday, August 10, 9 a.m.-4 p.m. We will visit the Frescoes, have lunch at Shatley Springs (please bring lunch money) and visit Ashe County Cheese. \$2 for transportation.

Wood Carving Class for Beginners - A four week beginners wood carving class will be offered beginning Tuesday, August 2, from 9 a.m. - 2 p.m. A \$45 materials fee will cover carving tool, safety glove, thumb guard and wood. Call Wayne Allen at 828-297-7481 for more information and to advance register (required) for the class.

Gentle Yoga - Akal Dev Sharonne will be teaching yoga in September beginning Friday, September 9, from 10:15 - 11:15 a.m. All ages are welcome with priority given to persons age 60 and over if class size exceeds classroom space. Cost is \$60 for the 12 week session. Please call 265-8090 for more information or come by the center to register.

Special Interests and Services

Health Screenings – We are hoping to offer health screenings beginning in late summer. Please call the center for more information.

Special Interests and Services Continued

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

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.

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

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.

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

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.

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

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

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

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

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



Special Interests and Services Continued

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 7 - 8:30 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

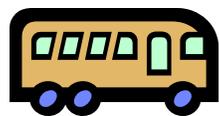
Reminder

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

Tuesday and Thursday— Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

Wednesday 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 7 - 8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

Volunteer Opportunities

The Western Watauga Community Center needs the following volunteers: indoor plant caretaker, home delivered meals substitute driver, office assistant, grant writer, party decorator/activity planner, and exercise leader. Please call Toni Wait at 297-5195 for more information.

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@watgov.org** 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.



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, July 4, 2011, in observance of the Independence Day holiday.

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

**Social Security**

A Social Security representative will no longer be coming to the Harrill Center. Please call the Wilkesboro Social Security Office toll free at 1-866-331-2298 for assistance, or go to www.ssa.gov to apply for benefits online. Instruction on using the Social Security website is available by request. Please call the center for more information.

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.

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.



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