



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 2014



Community Health and Mobility Partnership (CHAMP)

The Lois E. Harrill Center is excited to be partnering with Appalachian State University to offer CHAMP. This program is designed to help older adults avoid falls and stay independent and active for life. Monthly screenings appointments are available and screenings will include fall risk and balance testing, balance and strengthening exercises, a review of medical history, education about assistive devices and appropriate community referrals. Screenings will be completed by the CHAMP Team, including a nurse, physical therapist, and EMS First Responder. Screenings dates will run April to November with appointments on Fridays: July 11, August 22, September 19, October 17, and November 7. Call 262-7674 for an appointment.

Tai Chi Classes

New sessions of Tai Chi at the Lois E. Harrill Senior Center will begin on Thursday, August 7, and will run for 12 weeks. Beginner class meets from 5:30-6:30 p.m. and Intermediate class meets from 4:30-5:30 p.m. Cost is \$50 for each 12 week session. Please come by the center to register by 5 p.m. on August 7. Open to people under age 60 if space allows.



Yoga Class

Akal Dev Sharrone will be gone for the months of July and August, however, we are arranging for Jenny Brooks to fill in during those 2 months. Jenny teaches Hatha Flow Yoga. The Lois E. Harrill Senior Center will offer one eight week session on Tuesday nights from 5:15-6:15 p.m. The eight week session will start on July 8. Cost is \$42.00. Please call or come by the center to register by 5 p.m. on July 8. Open to people under age 60 if space allows.

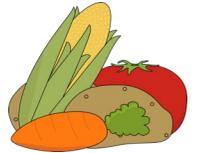
We are hoping to be able to offer an eight week session on Thursdays at the Western Watauga Community Center but we are still working out the details. We are hoping to start this class on Thursday July 10th. Please call Toni for more details 297-5195.

Farmers' Market Program

Watauga County will once again be participating in the USDA Farmers' Market Coupon Program. Eligible participants will receive \$21 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 limits do apply



We will start taking applications and distributing coupons in mid July. The coupons will be distributed at both centers (see Toni for times/dates to be held at Western Watauga Center).

Living Healthy Workshop

Are you over the age of 60 and dealing with a chronic disease, such as asthma, diabetes, COPD, heart disease, arthritis, or fibromyalgia? If so, the Living Healthy program may be your answer for a better quality of life. The Living Healthy Program is a six week education group designed to help people like you learn how to live a healthier life with a chronic condition. This free program will be held at the Harrill Senior Center on Tuesdays from July 8-August 12, 9:30 a.m. - 12:00 p.m.. Please call 265-8090 to register. Limited space is available for people under the age of 60.

"Plant your own Fall Container Garden"

Paige Patterson with the NC Cooperative Extension will hold a presentation on planting your own container garden on Monday August 18, 10 – 11 a.m. at the Lois E. Harrill Senior Center. Participants will learn how to plant and grow fall greens such as kale, lettuce, etc. There will be a \$5.00 fee and participants will leave with a 7 gallon container garden started for them to continue to grow and pick from at home. Individuals need to RSVP to participate by Friday August 8, by calling Jen Teague 265-8090.



LOIS E. HARRILL SENIOR CENTER**July and August 2014**

The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

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

Weekly Activities

Monday - Art CLASS (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	10:30 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation- - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Tuesday - Water Media Studies -	9 a.m. - 12 noon
Brain Games - - - - -	10 - 11 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - -	11 a.m. - 12 noon
Sit and Knit- - - - -	1 - 4 p.m.
Line Dancing (Call prior to attending)-	1:30 - 2:30 p.m.
Rummikub - - - - -	2:30 - 3:30 p.m.
Sewing Classes (\$) - - - - -	6 - 8:30 p.m.
Yoga (\$) - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginner)-	9 a.m. - 12 noon
Indoor/Outdoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	10:30 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11:30 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Friday - Gardening - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 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 * Bocce * Cards * Computer Lab * Copy Machine—see Jennifer for assistance * 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.

Ongoing Activities each day:**Coffee Time and Talk** - 9 - 10:30 a.m.**Rummy Group** - 11 a.m. - 12 noon.**Wii** - 9:30-11 a.m.**Support Groups:**

Grandparents Raising Grandchildren: - High Country Caregiver Foundation holds their monthly grandparents raising grandchildren meeting at the Harrill Center on the last Tuesday of the month from 5:30-7:30 p.m.. This is a supportive group whose mission is to improve the quality of life for kinship caregivers and those they care for. Individuals need to RSVP to Brenda Reece 265-5434 ext 128 before attending.

Grief Support Group -Virginia Peurifoy, Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group for individuals who have experienced the death or loss of someone close. Meets July 21st and August 18 from 10 - 11 a.m. The group is free and open to anyone in the public.

**Agency and Advocacy Information**

Each presentation will be at 11 a.m.

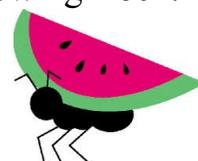
Tuesday, July 1, Candy Jones from ARHS.**Tuesday, July 8**, "Maintaining Your Garden" by Paige Patterson with the NC Coop. Extension.**Tuesday, July 22**, Cynthia Harmon with the Division of Deaf and Hard of Hearing.**Tuesday, July 29**, Nutrition Class.**Tuesday, August 5**, Candy Jones from ARHS.**Tuesday, August 26**, Nutrition Class.**Special Activities**

Independence Day Party – Wednesday, July 2, 10 a.m.-12 p.m. Refreshments, music, fun! Wear your red, white and blue to show your patriotic spirit! Snack and drink donations are greatly appreciated.

Annual Talent Show-Come one, come all!

Friday, August 1, 10 a.m. - Noon. Singers, poets, dancers, musicians welcome. Sign up at front desk.

Field Trips-Price Park Field Trip Blowing Rock, NC, Wednesday, August 13, 10 a.m.-3 p.m. Picnic lunch provided. Join us as we enjoy the outdoors, play bocce ball or bag toss. Individuals are welcome to bring instruments as well. We will also stop for Kilwin's Ice Cream on the way back through Blowing Rock.



Special Interests and Services

Line Dancing - Held every Tuesday from 1:30-2:30. Music of all genres is played. You never need a partner but you can bring all your friends and have a lot of fun.

Blood Pressure Checks - First Tuesday of each month from 10:00—11:00 a.m.

E-Reader Program - Kindles available for check out. User support/assistance available. Variety of books available and new books can be downloaded.

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

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.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

Free Hearing Aid Services— Free hearing screening exam 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.

Computer Training - Free computer training, assistance with online job searches and resume assistance available by appointment.

Housing Needs – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

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

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

Box Tops for Education-The collection box is in the front room. Box tops go to local schools.

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Garden on site. Please contact Jennifer for more information.

Information and Assistance - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training.

Book Club – 3rd Wednesday of each month, 1:30 - 2:30p.m. New members welcome!



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Special Interests and Services Continued

Transportation- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter.

Currently we have a waiting list for transportation services. Call if you would like to be placed on the wait list.



Free Hearing Aids and Other Equipment -

Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.

Medicare and Medicaid Enrollment – Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Legal Aid Helpline – 1-877-579-7562. Legal aid clinics offered during the year at center; call for more information.

Veterans Group at Senior Center - First Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro.

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.

High Country Lifelong Learners-High Country Lifelong Learners have a new schedule of classes for the summer. Please contact the Senior Center for a list of classes.



AppalCart Schedule

Appalcart Phone Number 297-1300

L. E. Harrill Senior Center

Days/Routes are subject to change.

Monday - Intown, Foscoe, Meat Camp, and Todd

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

Wednesday - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

Thursday - No Routes Available

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

WESTERN WATAUGA COMMUNITY CENTER

July and August 2014



The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.

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** - Rug Hooking Class -- 10 a.m. - 1 p.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Tuesday** - Strength Training -- 9:30 - 10:15 a.m.
- Wood Carving (call prior to attending) - 8:30 a.m.-12:30 p.m.
- Beading & Jewelry Making-9:30 a.m. - 12:30 p.m.
- Low Impact Exercise - - - - - 10 - 11 a.m.
- Mental Improvement Games - 10:30 - 11:15 a.m.
- Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m.
- Wednesday**- Knitting - - - - - 9 a.m. - 12 noon
- Hand Built Pottery - - - - - 10 a.m. - 1 p.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Shopping Van - - - - - 9 a.m. - 3 p.m.
- Thursday** - Art Class - - - - - 9:30 a.m. - 1 p.m.
- Lap Quilting - - - - - 9 a.m. - 1 p.m.
- Strength Training - - - - - 9:30 - 10:15 a.m.
- Watch A Video - - - - - 9:30 - 11:30 a.m.
- Yoga (\$) - - - - - 10:15 - 11:15 a.m.
- Mental Improvement Games - 10:30 - 11:15 a.m.
- After Lunch Walk - - - - - 12:15 - 1:30 p.m.
- Throwing Darts - - - - - 12 - 2 p.m.
- Outside Fitness (Weather Permitting) -12:30 - 2:30 p.m.
- Friday** - Outdoor Recreation - - - 9 - 10 a.m.
- Dancercise (exercise to music) - - - - 10 - 11 a.m.
- Low Impact Exercise - - - - - 10 - 11 a.m.
- Weaving Guild - - - - - 9 a.m. - 1 p.m.

Ongoing Activities Each Day:

- Rook** - 8 a.m. - 2 p.m.
- Party Bridge** - 9 a.m. - 3 p.m.
- Walking** (inside Old Cove Creek Gym or Outside) - 8 - 11 a.m.
- Fitness equipment** is available to those age 60+ 8 a.m. - 4 p.m. with staff present.



Support Groups:

- Weight Loss** - Mondays 6-8 p.m.
- Alcoholics Anonymous**-Wednesdays 7-9 p.m.
- Treasured Memories** - Meets fourth Monday each month from 10 - 11 a.m. During secure group sessions, participants may share their personal feelings and experiences, sadness, fears, challenges, and joys. Each session has an uplifting activity.



Congregate Nutrition Program

Lunch is served Monday through Friday from 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, Kindles and laptop check-out) – Watauga Branch Library * Piano * Sewing Machines * Table games, jig saw puzzles, and cards * Television/VCR and DVD player * Wii sports * Wireless Internet *

Health and Nutrition Activities

Blood Pressure/Blood Oxygen Levels Checks - Tuesdays, July 8, and August 12, from 9:30 - 11:30 a.m. Will include a 30 minute health program for seniors. Topics to be announced at senior center.

Strength Training Classes will be offered each Tuesday and Thursday, 9:30 - 10:15 a.m. Build strength and increase mobility using hand weights and elastic bands.

Agency Information

Wednesday, July 2, 10 - 11 a.m. Joe Bradford from Hunger Coalition.

Special Activities

Independence Day Celebration - Thursday, July 3, 9:30 - 11:30 a.m. Wear something patriotic and be included in a drawing for prizes. Music and refreshments. Bring in your favorite snack food.

Summer Jewelry Classes - Each Tuesday in July, 9:30 –11:30 a.m. Classes for parents, grandmothers or other guardians, and kids. Each couple can choose from a variety of fun projects including friendship bracelets, dangle earrings, beaded and pendant necklaces. \$10 per class covers two people with one project per person. All supplies, tools, and instructions are provided.



Field Trips-Price Park Field Trip, Wednesday, August 13, 10 a.m.-3 p.m. Picnic lunch provided. Join us as we enjoy the outdoors, play bocce ball or bag toss. Individuals are welcome to bring instruments as well. We will also stop for Kilwin's Ice Cream on the way back through Blowing Rock.

Attire with a Theme Day - Each month the center will pick a them or colors for folks to wear to the center on a specific day. Thursday, July 3, wear something patriotic or red, white and blue. Friday, August 15, western or south western.

Special Interests and Services

Creative Writing and Discussion Group -

Meets the first and third Friday each month from 10 - 11:30 a.m. This group is intended to stimulate thought and conversation during friendly informal sessions. No literary or experience is required and no evaluation of work. Just bring a notebook and pen or pencil. Facilitated by Emery Pavel.



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

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 Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

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

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.

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

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

Scam and Fraud Awareness Discussion

Group— Meets the third Tuesday each month from 10 - 11 a.m., seniors will be informed about the latest scams targeting older adults and how they can protect themselves.

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 6 - 8 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.



Special Interests and Services Cont.

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

AppalCart Schedule -Western Watauga Community Center



AppalCart Phone Number - 297-1300

Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 297-1300 between 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.

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

Tuesday - Hwy. 421, 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.

Thursday - No Routes Available

Friday - 321 North to Howard Edmisten Rd., Cove Creek areas, Mast Gap, Old Hwy. 421, Mabel, and Silverstone

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.



Love Games? Let us know!

We are coordinating groups for Bridge for the summer. Please call director if interested in attending.

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 Deerfield Ridge at 264-0336 for more information.

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 4, 2014, in observance of Independence Day.

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

**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

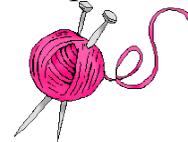
Western Watauga Community Center - 297-5195

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.

Needlework Class

Next 12 week session of Needlework Class at the Lois E. Harrill Senior Center starts Thursday, August 7, 1-4 p.m. New members welcome! \$38 for the session. Please stop by current class one Thursday from 1-4 p.m. to talk with instructor and observe class. It's a fun time of fellowship while students work on a variety of projects. Please register at the center by August 7 at 1 p.m. Open to people under 60 if space allows.

**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.



 **Watauga County Project on Aging**
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