



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

MAY AND JUNE 2014



AARP Driver Safety Class

AARP will offer the nation's first and largest driver safety classroom refresher course geared especially to older adults' driver safety needs on Thursday May 29th from 12:30-5. The class will be held at the Lois E. Harrill Senior Center. The cost of the program is \$15 per person for AARP members (\$20 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 Lois E. Harrill Senior Center at 265-8090 for more information, or to reserve a seat.



"Medicare 101" Seminar

Approaching 65? Confused about Medicare? Work with older adults? Join us for an information session at the Lois E. Harrill Senior Center in Boone on Thursday, June 12th, from 3 -4:30 p.m. We'll discuss the basics of Medicare, supplements, and drug plans. Please call Jen Teague to register at 265-8090. This event is part of the SHIIP Program (Seniors' Health Insurance Information Program) and is not sponsored by any insurance company or agent. For more information about the N.C. SHIIP program, please call 1-800-443-9354.

Smart Choices for a Leaner You

Join Margie Mansure, Registered Dietitian and Extension Agent with NC Cooperative Extension, for a 6-week long series that explores what it takes for you to be as lean as possible. All aspects of a healthy, balanced diet with correct portions will be reviewed for ultimate vitality. Program will be held May 12-June 23, at 3 p.m. at the Lois E. Harrill Senior Center.



Western Watauga Community Center

297-5195

Adult Services Expo on Friday, May 9th

The 12th Annual Expo will be held at the Boone Mall on Friday May 9th, from 9a.m.-2p.m. Agencies will offer information about their services, and door prizes will be awarded. Join us for a very special recognition ceremony at noon. Everyone is welcome!



High Country Senior Games

Are you over the age of 50? Do you enjoy bowling, volleyball, or playing tennis or pickleball? Do you run 5Ks or enjoy track and field events? Or do you have a talent for performing or visual arts? If you answered yes the High Country Senior Games are for you! The High Country Senior Games will be held from May 1st -June 4th. Registration is \$10 before May 1st and \$12.00 after May 1st. Please come by the Senior Center or Watauga County Parks and Recreation to register.

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 screening 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. Screening dates will run April to November with appointments on Fridays: May 30, June 13, July 11, August 22, September 19, October 18, and November 7. Call 262-7674 for an appointment.

May is Older Americans Month

This years theme is: Safe Today. Healthy Tomorrow. This theme brings with it a focus on injury prevention. To recognize this theme, the Harrill Center will have a month focused on health education, from safe driving techniques, to fall prevention and balance screenings, there will be something for everyone.

LOIS E. HARRILL SENIOR CENTER**May and June 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 - - - - -	11 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation- - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Tuesday - Brain Games - - - - -	10 - 11 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - -	11 a.m. - 12 noon
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 - - - - -	11 a.m. - 12 noon
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.
Chair Zumba - - - - -	1-1:30 p.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.

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.**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.

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.. Meets May 27 and June 24. 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 May 19, and June 16, from 10 - 11 a.m. The group is free and open to anyone in the public.

Agency and Advocacy Information

Tuesday May 6, 11am, Candy Jones from ARHS.
Tuesday June 3, 11am, Candy Jones from ARHS.
Tuesday June 10, 11am, Billie Lister will present *Strategies for Effective Communication with Your Healthcare Provider*.

Computer Classes

Jen Teague will be teaching basic computer classes at the Harrill Senior Center. Individuals can come and ask questions and learn techniques to use the computer more efficiently. Classes will be held on Wednesday, **May 21, June 4, and June 25, from 2-3 p.m.**

Special Activities

Fun Walk - To help kick off the High Country Senior Games, the Harrill Center will host a Fun Walk on Thursday May 1, from 10 a.m.-Noon. Individuals will be encouraged to walk 1 mile. All individuals who walk will be entered in to win a door prize and will given a participation item.

Sixth Annual Bake Off- Join us on Monday May 12th from 10am-Noon for our annual Bake Off. Please bring your favorite cake, pie or other dessert to share. Low fat and sugar free recipes are welcome. Please bring a copy of the recipe to share. Everyone will be able to sample the items and then vote for their favorite!



Ashe County Trip – Wednesday, May 14, from 9:30 a.m. -4 p.m. Visit the Ashe County Cheese Plant, walk the streets in downtown, visit art galleries, stop for ice cream and more. Individuals will also be able to go to the new Goodwill, Tractor Supply and/or Roses. There is no cost for the trip but donations are appreciated.

Special Interests and Services

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

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.



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. beginning in June. New members welcome!

3

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-will have classes through May. Please come by the senior center for a list of their 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

May and June 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 - Walking - - - - -	8 - 11 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Wood Carving (call prior to attending) -	8:30 a.m.-12:30 p.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Beading & Jewelry Making-	9:30 a.m. - 12:30 p.m.
Low Impact Exercise - - - - -	10 - 11 a.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	8:30 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 - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting - - - - -	9 a.m. - 1 p.m.
Yoga (\$) - - - - -	10:15 - 11:15 a.m.
Watch A Video - - - - -	9:30 - 11:30 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 - Walking - - - - -	8 - 11 a.m.
Low Impact Exercise - - - - -	10 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Occupational Therapy Activities -	12 - 1 p.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.



Fitness equipment is available to those age 60+ on 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 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 *

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.



Health and Nutrition Activities

Arthritis Foundation nine week exercise program begins Monday, May 5, and will be held every Monday and Wednesday from 12 - 1:15 p.m.

Blood Pressure/Blood Sugar Checks - Second Tuesday of each month from 9:30 - 11:30 a.m. Will include a 30 minute health program for seniors. Topics to be announced at senior center.

Agency Information

Thursday, May 8, 10 - 11:30 a.m. - Eva Hyatt will give a program on North Shore K-9 Partners. It is a non-profit group that facilitates dog and puppy transport from shelters in the southern states to the North Shore Animal league in New York where they are adopted. The K-9 partners are looking for local foster homes.



Special Activities

Ashe County Trip – Wednesday, May 14, from 9:30 a.m. - 4 p.m. Visit the Ashe County Cheese Plant, walk the streets in downtown, visit art galleries, stop for ice cream and more. Individuals will also be able to go to the new Goodwill, Tractor Supply and Roses. There is no cost for the trip but donations are appreciated.

Friends of the Branch Library - Wednesday, May 7, 10 - 11:30 a.m. The Branch Library will host a community program to inform the public of the purpose and accomplishments of the “Friends”. The public is invited and new members will be accepted.

Special Interests and Services

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.

Activities of Daily Living - Each Friday from 12 - 1 p.m. learn new ways to get dressed, bathe, and maneuver better in the home and away. Simple tips to make daily routines and life easier.



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.

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

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.

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.

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.



Mother's Day - Sunday, May 11, 2014



Father's Day - Sunday, June 15, 2014

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, May 26, 2014, in observance of Memorial Day.

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

**SCAMS Presentation (Seniors Can Avoid Money Scams)**

The Elderly and Disabled Adult Abuse Prevention Team will be hosting the SCAMS Presentation on **Thursday, May 22**, at the Courtyard Marriott, 12:30-4 p.m. To RSVP or for more information call Jen Teague 265-8090.

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.

National Senior Health and Fitness Day-May 28th, Health Fair

Candy with Appalachian Regional Healthcare will be at the Lois E. Harrill Senior Center and selling vouchers for blood work. Call 265-8090 for pricing. Hearing, vision, weight, and blood pressure will be checked. As well as, informational booths about Hospice, Adult Care Homes, Medicare and more!

**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 Elizabeth at 264-0336 for more information.

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

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