



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

NOVEMBER AND DECEMBER 2014



Vendors – Get Ready! The Annual Craft Sale is coming to the Senior Center

Please join us for our Annual Craft Sale on Tuesday, November 18, through Thursday, November 20, from 10 a.m.-3 p.m. at the Lois E. Harrill Senior Center. Crafts are handmade by local seniors who get 100% of their asking price. If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this sale. Inventory forms and instruction sheets for participating crafters are available at the Harrill Center and the Western Watauga Center. Please call 265-8090 for more information. There is a \$5.00 entry fee for vendors which goes back to the Lois E. Harrill Senior Center. Vendors are asked to bring their items on Monday, November 17, 10 a.m.-3 p.m.



Yoga Class Registration

The next 12-week session of Yoga classes is scheduled to begin at the Lois E. Harrill Senior Center on Tuesday, January 6 and will meet Tuesday from 6:15 to 7:15 pm. Deadline to register is 5pm on the 6th. Classes at the Western Watauga Community Center will begin Thursday, January 8, from 11 a.m.-12 p.m., registration deadline is 10 am on the 8th. The cost of each 12-week session is \$74.00 per person. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older. Please call 265-8090 with any questions.



Coping with the Holidays

The holiday season can be emotionally stressful when you are coping with a loss. Caldwell Hospice Bereavement Coordinator Dr. Steve Butler will lead a discussion on ways of planning holiday events, remembering the missing loved ones, avoiding additional stress, and caring for yourself during a festive but difficult time. The presentation will be held on Monday November 17th at 10:30am. To register or for more information, please contact the bereavement staff at 754.0101 or 1.844.MY.JOURNEY (1.844.695.6876).

Medicare Part D Open Enrollment

The enrollment period for 2015 Part D Plans will begin on October 15, 2014 and end on December 7, 2014. Should you enroll in a new plan, your new plan will become effective on January 1, 2015. The plan you choose and/or your current plan cannot be changed after the enrollment period ends unless you are entitled a Special Enrollment Period (SEP). Please call the Harrill Center for an appointment if you would like to review your drug plan, or go to www.medicare.gov. You can also call the state SHIIP helpline at 1-800-443-9354.



Affordable Care Act Appointments

Trained ACA volunteers will be on site at the Lois E. Harrill Senior Center to assist individuals with enrolling in insurance plans through the marketplace. Volunteers will be able to answer questions and assist individuals in completing applications for enrollment. Appointments are available Tuesdays and Fridays starting November 18th and running till January 27th, please call Jen Teague for an appointment 265-8090. ACA volunteers will also be available at the Western Watauga Center on Wednesday, December 3, and Thursday, December 11, from 10 a.m. – 2 p.m. and January 6, from 10 a.m. – 5 p.m., please call Toni Wait for an appointment 297-5195.



Tai Chi Registration

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, November 6, at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The intermediate class will be held on Thursday evenings from 4:30-5:30 p.m. and will be followed by a 5:30-6:30 p.m. class for beginner students. The deadline for registration is 4pm the first day of class. Any age may join but priority will be given to persons aged sixty and older. The cost is \$50.00 per person for either 12 week series. Please come by the center to register.

Needlework Class

Next 12 week session starts Thursday December 4. New members welcome! \$38 for the 12 week session. Please register at the center by 1 p.m. on December 4. Open to people under 60 if space allows.

LOIS E. HARRILL SENIOR CENTER**November and December 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 - 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
Life Long Artists - - - - -	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.

Congregate Nutrition Program

Lunch is served Monday-Friday at 12-12:30 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 * Cards * Computer Lab * Copy Machine (\$0.05/copy)—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 * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/VCR and DVD Players * Video Library * Wii *

Ongoing Activities each day:

Coffee Time and Talk - 9 - 10:30 a.m.

Rummy Group - 10 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. The group will be held the third Monday of the month on December 15, from 10 a.m.-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. unless noted.

Tuesday, November 5, Health Fair 9:30-11:30.

Tuesday, November 18, Osteoporosis Talk.

Tuesday, November 25, ASDA-Nutrition Education.

Tuesday, December 2, Candy Jones with ARHS.

Tuesday December 16, Diane Trainor with the Senior Medicare Patrol will be here to discuss Medicare Fraud prevention. Please come join us and share any concerns you have about Medicare fraud. If you have paperwork you would like Diane to review, please bring it with you.

Special Activities

Health Fair - The Senior Center will be hosting a health fair and flu shot clinic on Tuesday November 4. Blood sugar, blood pressure, vision screening and more will be available from 9:30-11:30am. Flu shots will be given by Boone Drug from 10 a.m.-12:30 p.m. Flu vaccinations are free if you have Medicare Part B. Please bring your Medicare card or other insurance cards. For those without insurance, shots will cost \$29.99. Please plan to pay at the time of service. No appointment necessary.

Thanksgiving Party-Friday, November 21, 10 a.m.-12 p.m. Cake walk, refreshments, games, music and more! Snack and drink donations are greatly appreciated.

Christmas Party – Friday, December 19, 10 a.m.-12 p.m. Refreshments, games, music and more! Snack and drink donations are greatly appreciated.



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.

Weaving Instruction- The center has table and floor looms. If interested come by on Mondays from 9 a.m. to noon.

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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.



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.

High Country Lifelong Learners-High Country Lifelong Learners have a new schedule of classes for the fall. 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



Hats, Gloves, Scarves, Coats!!

We will be accepting hats, gloves, scarves and coats through the end of November to give to individuals in the area in need. Please bring in any hats, gloves, scarves and/or coats that you longer need so we can help to keep individuals in the High Country warm this winter season.

WESTERN WATAUGA COMMUNITY CENTER

November and December 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** - Sewing Class - - - - - 9 a.m. - 12 noon
- Rug Hooking Class - - - - - 10 a.m. - 1 p.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Tuesday** - Low Impact Exercise - - - - 10 - 11 a.m.
- Wood Carving (call prior to attending) - 8:30 a.m.-12:30 p.m.
- Beading & Jewelry Making - - 10 a.m. - 1 p.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.
- Watch A Video - - - - - 9:30 - 11:30 a.m.
- Yoga (\$) - - - - - 11 a.m. - 12 noon
- 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 - Thursday, November 6, and Tuesday, December 9, from 9:30 - 11:30 a.m. Will include a 30 minute health program for seniors. Topics to be announced at senior center.

Special Activities

Attire with a Theme Day - Each month the center will pick a theme or colors for folks to wear to the center on a specific day. Thursday, November 20, wear everything blue and Tuesday, December 16, wear red and green combo.

Thanksgiving Party - Wednesday, November 26, 9:30 - 11 a.m. Snack and drink donations are greatly appreciated.

Greedy Santa Game - Thursday, December 18, 10 - 11:30 a.m. Bring in a wrapped gift worth \$5 - \$10 or wrap here on Wednesday, December 17.

December Activities - The center will be celebrating all month with special activities, refreshments, Bingo, music, etc. Exact dates will be posted at the senior center.



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 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 Sunday from 2 - 4 p.m. through April. Fiber Guild will meet the third Saturday of each month from 10:30 a.m. - 1:30 p.m.

Special Interests and Services Cont.

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.

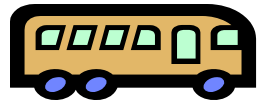


Book Discussion Club - Will meet the third Wednesday of each month. The meeting will be from 6:30 - 8:30 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

Sewing Classes - Mondays from 9 a.m. - 12 noon, beginning Monday, October 6th. Learn basic sewing techniques using our sewing machines, or bring you own. Instruction is free to seniors but all participants must pay for cloth or materials needed for each project. Sign up now at the senior center to assure there is space. Mayselle Hagaman an experienced seamstress and teacher will be instructing the class.

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



Hunger Coalition

Beginning in mid-November the Hunger and Health Coalition will have an extension site each Thursday from 1 - 6 p.m. at the Western Watauga Community Center located at Old US Hwy. 421 South in Sugar Grove, NC.

The purpose is to provide free non-perishable and fresh foods for eligible clients to take home for themselves and their families. It is easy to qualify, so do not be left out. Everyone must be signed up beforehand, if you and your family are interested in participating please contact their staff by phone at 828-262-1628 during normal business hours.

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



EMAIL!!!

Activities, classes and trips are subject to change and often new activities are added in during the month. Should you be interested in getting Senior Center updates please email Jen Teague at Jennifer.teague@watgov.org or Toni Wait at toni.wait@watgov.org with your email address. Updates will be sent as needed.

Field Trip

Wednesday, November 26, 8:30 a.m.-4:30 p.m. Hamrick's, J&S Cafeteria for lunch, (please bring money for lunch), and the mall or Target Shopping Center in the afternoon. Please call 828-265-8090 to reserve a seat by Friday November 21. Donations for transportation costs are greatly appreciated.

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 the following holidays:

Tuesday, November 11, 2014 in observance of Veteran's Day.

Thursday, November 27, and Friday, November 28, 2014, in observance of Thanksgiving.

Wednesday-Friday, December 24-26, in observance of Christmas.

Thursday, January 1, 2015, in observance of New Year's Day.

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

To Celebrate and Honor Local Caregivers

The Watauga Council of the High Country Caregiver Foundation is proud to announce its annual *Caregiver Appreciation Luncheon* on Wednesday, November 5, at Noon at Casa Rustica Restaurant. If you are a Watauga County family caregiver, please join us on November 5. For additional information or to reserve your spot please contact Brenda Reece by November 1st at (828) 265-5434 ext. 128 or breece@regiond.org.

**Community Health and Mobility Partnership**

The Lois E. Harrill Center is excited to be partnering with Appalachian State University to offer CHAMP. Monthly screenings appointments are available and include fall risk and balance testing. Screenings will be completed by the CHAMP Team, including a nurse, physical therapist, and EMS First Responder. Our last screening for the 2014 year will be November 7. Call 262-7674 for an appointment. We will have the new schedule out for 2015 soon.

**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.


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.

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.

 **Watauga County Project on Aging**
132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

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