



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

SEPTEMBER And OCTOBER 2001

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.



Christmas Craft Sale

The dates for this year's sale are Thursday and Friday, November 14, and 15. The center craft sale is open to any person aged sixty and older with handmade crafts to sell. The senior center handles publicity, provides space to display and volunteers to sell items. The crafter gets 100% of their asking price! This is a free service for the county's older adult crafters. Take advantage of this wonderful opportunity to show off your talents and make some extra money. Inventory forms and instruction sheets will be available at the L.E. Harrill center and the Western Watauga center by the middle of October. For more information you may call Sherry Harmon at 265-8090.

CAREGIVERS CLASS

Advance Directives and Legal Issues

One of the most complicated and frustrating areas of care giving can be maneuvering the maze of information associated with legal issues and advance directives. Charlotte Blake with Legal Services of the Blue Ridge will present a program for both family member and professional caregivers on these topics at the Western Watauga Community Center on Tuesday, September 11, at 1:30 p.m. Please call Toni Wait at 297-5195 with any questions or to reserve a space so adequate materials will be available.

55 Alive Mature Driving Class

AARP will offer a 55 alive driving class on Thursday and Friday, September 13 & 14, from 12:30-4:30 p.m. The course covers age related physical changes, declining perceptual skills, rules of the road, local driving problems, and license renewal requirements. Cost of the class is \$10.00 and will meet in the conference room at the Human Services Building. For more information or to pre-register call Ruth Lisk at 264-9439.



Stress Management Program for Caregivers

Stress is the "wear and tear: our bodies experience as we adjust to our continual changing environment; it has physical and emotional effects on us. No one lives a life without a certain amount of stress and anxiety but for caregivers the level of stress can be overwhelming. Gail Hawkinson, with New River Behavioral Health Care will offer a program for both family and professional caregivers on effectively dealing with stress. This free presentation will be held at the Lois E. Harrill Senior Center at 132 Poplar Grove Connector, in the Human Services Building at 1:30 p.m on Tuesday, October 23. Please call Sherry Harmon at 265-8090 with any questions or to reserve a space so adequate materials will be available.

Flu and Pneumonia Shots

Vaccinations for flu and pneumonia will once again be offered by the Appalachian District Health Department. Clinics will be held in the Fall at both the L.E. Harrill Senior Center and the Western Watauga Community Center. We will make the dates for these immunization clinics available as soon as they are scheduled.



Managing the Medicare Paper Work

Have you ever felt overwhelmed and confused when sorting through your Medicare claims and statements? If so this workshop should help. The purpose of this program is to educate Medicare beneficiaries to understand the general provisions of Medicare so they can understand their Medicare Statements. In so doing, they become an active member of their own health care delivery. This program is free and open to the public. It will be offered at the Lois E. Harrill Senior Center on Tuesday, October 30, at 1:30 p.m. Please call Sherry Harmon at 265-8090 for further information.

Skipping Meals

Going without breakfast or lunch can bring on a headache as your blood sugar levels drop. Eat regularly, and try healthy between-meal snacks, such as an apple, carrot sticks or lowfat crackers.



LOIS E. HARRILL SENIOR CENTER September and October 2001

Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Fall Schedule is:

Lap Quilting—Tuesdays - - - 1 — 4 p.m.
Arts & Crafts—Thursdays - 10 a.m.—1 p.m.



Weekly Activities

Monday - -Art Class - - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.m.
Tuesday –Exercise - - - - - 10:15 - 10:45 a.m.
 Nutrition/Health Classes - 10:45 - 11:45 a.m.
 Line Dancing - - - - - 2 - 4 p.m.
 Sewing Classes - - - - - 6 - 8:30 p.m.
Wednesday -Art Class - - - - - 9 a.m. – 12 noon
 Bingo - - - - - 11 - 11:45 a.m.
 Tai Chi (begins 10/3)- 6 - 7 p.m.
Thursday - Music - - - - - 10 a.m. - 12 noon
 Exercise - - - - - 10:15 - 10:45 a.m.
 Cake Walks - - - - - 11:15 - 11:45 a.m.
 (when cakes available)
 Needlework Class - - 1 - 4 p.m.
Friday - - - Ceramics - - - - - 10 a.m. - 1 p.m.
 Walk on the Greenway - - - 10:30 - 11:30 a.m.
 Bingo - - - - - 11 - 11:45 a.m.
 Tai-Chi (thru 9/28) - - - 6 - 7 p.m.

Lunch is served Monday - Friday at 12 – 12:30 pm

Special Activities

Health Screening - Wednesday, September 5, and Wednesday, October 10. By appointment only.

Trip and Picnic- Wednesday, September 19, 10 a.m.- 1 p.m. We will visit the Western Watauga Community Center. Many participants from the center in Boone have never attended our western center. You will have an opportunity to walk on the talking trail, pitch horseshoes, visit the Watauga County Library branch and tour the building. We will have lunch with WWCC participants at 11:30 a.m.

Trip and Picnic- Tuesday, October 16, 8 a.m.-5 p.m. we will travel to the Spruce Pine area to Alta Pass Apple Orchard. In addition to enjoying the beautiful colors of fall along the way we will have nature trails to walk and unique shops to visit. Apples will be available to purchase. There is no charge for the trip but everyone is responsible for his/her own lunch at the Western Sizzlin Steak House. After lunch we will visit the N.C. Museum of Minerals before heading home. Seats are limited. Call to reserve a seat.

Halloween Party- Wednesday, October 31, 10 a.m.-12 noon. Refreshments and games. Come in costume!



Agency Information:

Monday, September 17, 11:00 a.m. Larry Stamey, Weatherization Coordinator, will discuss the services offered through WAMY Community Action, Inc. and will distribute applications for the weatherization program.

Blood Pressure Checks

Tuesday, September 18, 11:00 a.m.—12 noon
Thursday, October 18, 11:00 a.m.—12 noon

Special Interests

Fit for Life Exercise Program – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment and class.

Book Discussion Group—A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Anne Strupp at 262-3481

Watauga Amateur Radio Club - Meets second Monday of each month, 6-7:30 p.m.

AARP- will meet Tuesday, September 18, and Tuesday, October 16, at the L.E.Harrill Senior Center from 10 a.m. to 12 noon. Contact Marilyn White at 963-2613 for more information.

Quilt Guild- Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30-4 p.m. and 6-8 p.m., at the senior center. For more information you may call Jerra Unglesbee at 265-3656.

Social Security- A representative from the Social Security Administration will be at the L.E. Harrill Senior Center the first Wednesday of each month from 9 a.m.-12 noon.

Weaving Guild—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

Job Placement and Job Training—See Sherry Harmon for more information or to make an appointment.

Volunteer Opportunities- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

Knitting/Crocheting Class— Knitting/Crocheting class will be offered on Tuesday evenings from 6-8:30 p.m. Registration will be Tuesday, September 18, through 5:00 p.m., Tuesday, September 25. Class will begin Tuesday, October 2. The cost of the 12 week session is \$36.00 per person. The class will be limited to 10 students.

Class Updates

Tai Chi Classes - Registration for the next 12-week session of Tai Chi will begin September 19. Classes will begin Wednesday, October 3. The cost of the class is \$36.00 per person for the 12-week session. Registration deadline is 5 p.m., Wednesday, September 26. Class will meet Wednesdays from 6-7 p.m. and is limited to 8 persons.

Sewing Class - Registration for the next 12-week session of sewing will begin Tuesday, September 11. Classes will begin Tuesday, September 25. The cost of the class is \$45.00 per person for the 12-week session. Registration deadline is 5 p.m., Tuesday, September 18. Class will meet Tuesday from 6-8:30 p.m. and is limited to 8 persons.

Support Groups:

Caregiver's Class/Support Group- Tuesday, October 23, at 1:30 p.m.

Alzheimer's Family Support Group- Thursday, September 20, & Thursday, October 18, at 1:30 p.m.

WESTERN WATAUGA COMMUNITY CENTER

September and October 2001



Caldwell Community College Classes

Classes are free for anyone 65 and older. The fee for persons under 65 is \$40.00. The Fall semester schedule is:

Lap Quilting— Thursday	-----	10 a.m. - 1 p.m.
Ceramics— Tuesdays	-----	10 a.m. - 1 p.m.
Crafts - - - - -Tuesday	-----	10 a.m. - 1 p.m.
Tolepainting—Friday	-----	10 a.m. - 1 p.m.

Weekly Activities

Monday - -Senior Exercise	-----	9 - 10 a.m.
Lap Quilting	-----	10 a.m. - 1:00 p.m.
Live Music	-----	10 a.m. - 11 a.m.
Art Guild	-----	10 a.m. - 3 p.m.
Exercise Equipment	-----	8:30 a.m. - 3 p.m.
Tuesday - Exercise Equipment	-----	8:30 - 10 a.m.
Walking Outdoors	-----	10 - 11:30 a.m.
Wednesday –Exercise Class	-----	9:30 - 10 a.m.
Nutrition / Health Classes	--	10 - 11 a.m.
Singing	-----	10 - 11 a.m.
Fellowship and Bible Study	-----	11 - 11:30 a.m.
Thursday -Exercise Equipment	-----	8:30 a.m. - 2 p.m.
Games, Bingo, etc.	-----	10 - 11:30 a.m.
Friday - - Exercise Equipment	-----	8:30 a.m. - 2 p.m.
Area Musicians	-----	10 - 11:30 a.m.
Art Guild	-----	10 a.m. - 3 p.m.

Lunch is served Monday through Friday at 11:30 a.m.-12 noon.

Special Activities

Health Screenings - Wednesday, September 26, and Wednesday, October 24. By appointment only!

Free Foot Screening- Dr. Hare, DPM will offer a free foot screening at the Western Watauga Community Center on Thursday, September 13, at 11 a.m. Call Toni Wait at 297-5195 for an appointment.

Trip and Picnic- Wednesday, September 19, 10 a.m.- 1 p.m. Participants from the L.E. Harrill Center will visit the WWCC. They will tour facilities and have lunch with WWCC participants at 11:30 a.m.

Trip and Picnic- Tuesday, October 16, 8 a.m.-5 p.m. We will travel to the Spruce Pine area to Alta Pass Apple Orchard. In addition to enjoying the beautiful colors of fall along the way we will have nature trails to walk and unique shops to visit. Apples will be available to purchase. There is no charge for the trip but everyone is responsible for his/her own lunch at the Western Sizzlin Steak House. After lunch we will visit the N.C. Museum of Minerals before heading home. Seats are limited. Call to reserve a seat.

Halloween Party- Wednesday, October 31, 10 a.m.-1 p.m. Halloween party and “Silly” dress-up contest.



Blood Pressure Checks

Monday, September 10, 10-11:30 a.m.
Tuesday, October 16, 10-11:30 a.m.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month 1:30 - 3:00 p.m.

Special Interests

Cove Creek Homemaker’s Club Meeting the third Monday of each month from 12:00 noon to 3:00 p.m.

Walking Program and Fit for Life Exercise Program—Monday—Friday, 8 a.m.—4 p.m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

Horseshoes available 9:00 a.m.—2:00 p.m., complete with chairs and shade! If you wish to form a horseshoe-pitching club contact a staff member.

Weaving Guild- Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.

The multimedia artist guild will meet on Mondays and Fridays, 10 a.m.—3 p.m. Anyone who paints or is interested in learning to paint may bring materials and join in. There is no charge for this activity. For more information call Lottie at 264-6616.

Cove Creek Community Council- 1st Tuesday of each month, 6-8 p.m. Meetings open to the public

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

Western Watauga Branch of the Watauga County Library-Monday-Thursday 10 a.m.-5 p.m. Tuesday and Thursday evenings 5-7 p.m. Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.

Appalachian Chapter of the N. C. Archeological Society -Meets the 4th Tuesday of each month at 7 p.m. Free and open to the public. For more information or if attending for the first time call Dr. Tom Whyte at 262-2283.

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

Water

Not all the beverages you drink may count toward your eight (minimum) daily glasses of liquid.

For example, caffeinated beverages have a diuretic effect, causing you to urinate more often.

To make up for this, drink an extra half-cup of water for every caffeinated beverage you drink.

Relish

- 2 med. Cabbage Heads 9 Red Peppers
- 9 Green Peppers 9 Carrots
- 6 to 9 Onions

Chop and Mix - Add
1/2 cup Salt



Allow to stand for 24 hours. Drain.

Add-
6 cups Vinegar
8 cups Sugar
3 teaspoons Celery Seed

Bring to boil and Can

Submitted by: Rosemae Watson

AppalCart Schedule

L. E. Harrill Senior Center

Monday - Intown, Foscoe, and Blowing Rock

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

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

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

Western Watauga Community Center

Monday - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.

Tuesday - Wednesday - Thursday - Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.

Friday - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

Thursday is shopping day in Boone. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:00 a.m. on the morning you wish to ride.



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 on Monday, September 3 in observance of Labor Day.

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



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