



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

SEPTEMBER AND OCTOBER 2006



Western Watauga Community Center

297-5195

Meet the Author Program

Tuesday, September 12, at 10:30 a.m., Betty Sheffield will discuss two books she authored and published. The books, *Forever Green* and *Barbering Under King Street 67 Years - Jerry Wilson's World*, both feature local families with lots of historical perspective from the county and town. Betty will also give us some glimpses into a new book, *Nature's Drug Store*, for which she is currently conducting research. Please call the center to reserve a space.

An Overview of Alzheimer's Disease and Related Disorders

This is the topic of the next caregiver class scheduled for Thursday, September 21, from 2-4 p.m. at the Harrill Senior Center. This course includes the basics of Alzheimer's/dementia such as recognizing the warning signs, getting a diagnosis, possible causes, the disease process, and the stages of progression. Maintaining the independence and dignity of the person with dementia will be stressed as well as care planning for the future. Call to reserve a seat.

Beginning Art to be offered at Senior Center



To become an artist you need to start with the basics. On Monday, October 2, a Beginner Art Class will be offered at the Lois E. Harrill Senior Center in Boone. The class will meet each Monday from 1-3 p.m. for 12 weeks. The cost is \$50.00 for the 12-week session.

The Instructor will be Marsha Holmes. Marsha is an art major who has been teaching art classes at the senior centers for more than 3 years. The class is limited to 10 students. Any age may enroll but priority will be given to persons age sixty and older. The deadline to register is Thursday, September 28, at 5 p.m. For more information you may call the senior center at 265-8090.

Family Caregiver Festival/ Bake Sale

On Tuesday, September 26, from 9-11 a.m. there will be lots of homemade treats for sale at the L.E. Harrill Senior Center. All money will go to the High Country Caregiver Foundation to provide respite care in the county. You may also contribute by purchasing a caregiver ribbon for \$1.00. Ribbons are available for sale at both centers. If you are interested in donating baked items or volunteering time to assist with the sale please call the center.



Yoga For Seniors - Classes To Resume

Three yoga classes for older adults will begin in September. Two located at the Harrill senior center in Boone and one at the Western Watauga Center in Cove Creek. The Classes at the Harrill center will meet from 6:15 to 7:15 p.m. on Tuesdays beginning September 5, and on Thursdays from 5:15 to 6:15 p.m. beginning September 7. The class at the Western Center will meet on Fridays from 12 noon to 1 p.m. beginning September 8. These classes are appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. The cost of a 12-week session is \$60.00 per person. Payment should be made at the Harrill senior center for the Tuesday and Thursday classes and at the Western Center for the Friday class. Deadline to register will be 5 p.m. the day prior to the first class. When registering please specify for which class you wish to enroll. Class size is limited. Any age may register but priority will be given to persons age sixty and older. You may call 265-8090 (Harrill Center) or 297-5195 (Western Center) with any questions.

Caregiver Training To Be Offered

If you help an Older Relative or Friend then Powerful Tools for Caregivers is for YOU. Classes will be held once a week for a total of four weeks. The dates are Thursdays, October 12, 19, 26, and November 2, from 1-4 p.m. at Deerfield Ridge Assisted Living. Classes will teach how to: Reduce stress, Improve self-confidence, Better communicate your feelings, Balance your life, Increase your ability to make tough decisions and Locate helpful resources. There is no charge for these classes but pre-registration is required. Lunch and respite services will be provided free of charge. Lunch will be served at 12 noon and check in for respite services will be at 12:30 p.m. Call the Project on Aging at 265-8090 with any questions or to reserve your seat.



Craft Sale Is Coming!

Mark your calendar. The Senior Center Christmas Craft Sale will return this year. The dates for this year's event will be Wednesday and Thursday, November 15, and 16. Inventory forms and instruction sheets for participating crafters will be available for pick up at both centers by October 16. Items must be hand made and crafters must be aged sixty or older. We do not take any percentage of sales. Crafters get 100% of their asking price.

Sale hours will be from 9 a.m. to 2 p.m. both days. For more information you may call Sherry Harmon at 265-8090.

LOIS E. HARRILL SENIOR CENTER
September and October 2006



To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Sherry Harmon is the Director.

Caldwell Community College Classes

Community college classes will register the first day of class. Class schedule is:

Lap Quilting - - - Tuesdays - - - 1— 4 p.m.

(registration Sept. 5)

Crafts - - - - - Thursdays - 10 a.m.-1 p.m.

(registration Sept. 7)

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

Weekly Activities

Monday - - Art Class - - - - - 9 a.m. – 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Body Recall (returns to Snr. Ctr. 9/11) - 1 - 2 p.m.

Beginning Art (begins Oct. 2) - 1 - 3 p.m.

Bridge (Sept. only) - - - - - 1:30 – 5 p.m.

Tuesday – Exercise - - - - - 11 - 11:30 a.m.

Bingo - - - - - 11 - 11:45 a.m.

Line Dancing - - - - - 2 - 3:30 p.m.

Sewing Classes - - - - - 6 - 8:30 p.m.

Yoga - - - - - 6:15-7:15 p.m.

Wednesday - Art Class - - - - - 9 a.m. - 12 noon

Bingo - - - - - 11 - 11:45 a.m.

Body Recall (returns to Snr. Ctr. 9/11)- 1 - 2 p.m.

Bridge (Sept. Only)- - - - - 1:30 – 5 p.m.

Bridge - - - - - 6:30 - 10 p.m.

Thursday - Music - - - - - 10 a.m. - 12 noon

Exercise - - - - - 11 - 11:30 a.m.

Needlework Class - - - - - 1 - 4 p.m.

Yoga - - - - - 5:15 - 6:15 p.m.

Tai Chi - - - - - 5:30 - 6:30 p.m.

Tai Chi - - - - - 6:30 - 7:30 p.m.

Friday- Muscles and More - - 10:30 - 11 a.m.

Nutrition/Health Classes - - 11:00 a.m.– 12 noon

Body Recall (returns to Snr. Ctr. 9/11) - 1 - 2 p.m.

Bridge (Sept. only) - - - - - 1:30 – 5 p.m.

Congregate Nutrition Program

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

Blood Pressure Checks

Third Tuesdays each month from 11 a.m.-12 noon.

Service provided by Boone Drug at Deerfield Pharmacy.

Third Friday each month from 11 a.m.-12 noon. Ser-

vice provided by Watauga County Health Department.



Agency Information

L.E. Harrill Senior Center- Participant Evaluation Results will be discussed- Friday, September 8, at 11 a.m.

Fuel Assistance Program-Joanne Holland with the Department of Social Services-Tuesday, October 24, at 11 a.m.

Support Groups:

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

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, September 21, from 2-4 p.m. – An Overview of Alzheimer's disease and Related Disorders.

Drop in Activities

The following are available for use at the center by persons 60 and older:

Electric typewriter

Piano

Pool Table

Card Tables

Exercise Equipment

Computer Lab

Table games, jig saw puzzles, and cards

Televisions/VCR and DVD players

Library (Books and Audio books) –May also be checked out for use at home

Video Library –May also be checked out for use at home

Sewing Machines

Balance Beam Scales for checking weight

Exercise Your Brain Mental Adventures (Variety Puzzles)



Special Activities

Afternoon at the Movies- Call to reserve a seat.

Tuesdays at 1 p.m.:

September 12--*The Alamo*—John Wayne, Richard Widmark

September 26--*American Graffiti*—Harrison Ford, Ron Howard

October 10--*Nine to Five*—Dolly Parton, Lily Tomlin

October 24--*The Odd Couple*—Jack Lemmon, Walter Matthau

Meet the Author Program- Tuesday, September 12, at 10:30 a.m. Betty Sheffield will discuss previous works as well as her current project.

Trip and Picnic- Linville Falls- Thursday, September 14, 9 a.m.-4 p.m. Picnic lunch provided. Must reserve a seat.

Family Caregiver Festival/ Bake Sale- Tuesday, September 26 - 9-11 a.m.

Trip and Picnic- Travel the Parkway to view the fall colors- Shop at Cone Mansion Craft Shop- Picnic at Moses Cone Park. -Tuesday, October 17, 10 a.m.-3 p.m. Picnic lunch provided. Must reserve a seat.

Maintain Your Active Life As You Age- Educational presentation by Orthopedic Surgeon, Dr. Jeffrey Keverline-Wednesday, October 18, 1:30-2:30 p.m.

Flu and Pneumonia Immunizations- L.E. Harrill Center--Friday, October 27--11:30 a.m. - 4:00 p.m.
Bring your Medicare card!

**Lois E. Harrill -
Special Activities Continued**



3

Halloween Party- Tuesday, October 31, from 10 a.m.-12 noon.

Craft Sale- Wednesday and Thursday, November 15 and 16 – 9 a.m.-2 p.m.



Special Interests and Services - Cont.

Health Screenings- Mondays, September 11, and October 9. By appointment only.

Free Hearing Aid Services- Hearing screenings; Oscopic 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. Tuesday, September 26, 10 a.m.-12 noon.

Division of Services for the Deaf and Hard of Hearing Outreach Clinic-

Applications will be available for assistance with the agency's services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants in how to obtain these items. Thursday, September 21, 10 a.m.-12 noon.

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center.

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

Book Discussion Group - Meets the fourth Wednesday of each month at 1:30 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.

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.

Quilt Guild - Meets the first Thursday of each month from 6-8 p.m.



SHIP - 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).

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

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.

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.

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



Muscles And More Exercise Class

A new exercise class will begin Friday, September 15, at 10:30 a.m. at the Lois E. Harrill Senior Center. In this class participants will use Xertubes to perform a variety of strength training exercises that will improve upper body strength and appearance. The class is free for persons sixty years of age and older and will be limited to 8 students. You may call the center at 265-8090 to reserve a space or for more information.



AppalCart Schedule

L. E. Harrill Senior Center

Monday - Intown and Foscoe

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

September and October 2006



To receive more information or to register for a service or activity at the Western Watauga Center please call 297-5195. Toni Wait is the Director.

Caldwell Community College Classes

Community college classes will register the first day of class. Class schedule is:

Sewing & Crafts - - Tuesdays - - 9 a.m.-1 p.m. (registration Sept. 5)

Lap Quilting - - - - Thursdays - - 9 a.m.-1 p.m. (registration Sept. 7)

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

Congregate Nutrition Program

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

Weekly Activities

Monday - Walking - - - - -	8:00 - 10:00 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights - - - - -	9:30 - 10 a.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Exercise with light weights - - - - -	8:30 - 9 a.m.
Hand built pottery - - - - -	9 a.m. - 1 p.m.
Knitting - - - - -	9 a.m.— 12 noon
Thursday - Walking - - - - -	8:00 - 10:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light weights- - - - -	9:30 - 10 a.m.
Art Class - - - - -	9 a.m. - 1 p.m.
Friday - Walking - - - - -	8:00 - 10:00 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1:00 p.m.
Yoga - - - - -	12 noon - 1 p.m.

Support Groups :

Weight Loss- Mondays 7-8 p.m.

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. Pamphlets and Handouts available. Including a resource guide for caregivers.

Drop in Activities

The following are available for use at the center by persons 60 and older:

- Piano
- Card Tables
- Exercise Equipment
- Computer Lab-Watauga Branch Library
- Table games, jig saw puzzles, and cards
- Television/VCR and DVD player
- Library (Books, videos, books on tape) –Watauga Branch Library
- Sewing Machines
- Balance Beam Scales for checking weight
- Exercise Your Brain Mental Adventures (Variety Puzzles)
- Horse Shoes



Agency Information

Reverse Mortgage - Wilma McDaniel with Northwest Housing Authority- Monday, October 2, 10-11 a.m.

Fuel Assistance Program - Joanne Holland with the Department of Social Services-Wednesday, November 1, 11:30 a.m.- 12: 30 p.m.



Special Activities

Rook Tournaments- Players must have played at the WWCC prior to the tournaments. Pre registration is required. See Barbara for more details.

Tournament dates are: Wednesday, September 6, 9 a.m.-3 p.m. and Wednesday, October 25, 9 a.m.-3 p.m.

Trip and Picnic- Linville Falls- Thursday, September 14, 9 a.m.-4 p.m. Picnic lunch provided. Must reserve a seat.

Pottery Workshop- Wednesday, September 20, 9 a.m.- 1 p.m. Pre registration required.

Free Hearing Screening- Monday, September 25, 10-11 a.m., Dr. Grant Berry will check for hearing loss and inspect hearing aids.

Food Safety Training- Wendell Fox with Environmental Health will present a free program on safe food handling procedures on Monday, October 9 from 9:30-10:30 a.m.

Diabetic Health- Monday, October 16, 10-11 a.m., Michelle Walsh will present a program that specifically targets the proper care of feet. Presentation includes a Video, handouts, Q&A and gifts for participants. Pre-registration is required.

Trip and Picnic- Travel the Parkway to view the fall colors- Shop at Cone Mansion Craft Shop- Picnic at Moses Cone Park-Tuesday, October 17, 10 a.m.-3 p.m. Picnic lunch provided. Must reserve a seat.

Flu and Pneumonia Immunizations - Western Watauga Center—Thursday, October 26, 10:30a.m-4p.m. **Bring your Medicare card!**

Halloween Party- Tuesday, October 31, 9-11:30am Enter the outrageous hat contest and compete for prizes (men and women). Judging in the following categories at 11:45 a.m.:

Most Creative, Most Attractive, and Ugliest.

Get started decorating your hat today. Wear it to the center on Halloween.

Special Interests and Services

Health Screenings - Mondays, September 25 and October 23. By appointment only.

Community Garden - The three (3) garden boxes located in the adjoining field are part of the community garden program. If anyone is interested in participating in the program contact Toni at the WWCC.

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

Western Watauga Community Center
Special Interests and Services cont.

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 Tuesday of each month, 6-8 p.m. Meetings open to the public.

Crafty Critters Club- Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center. Membership is \$10.00 and a \$2.00 per month supply fee. Meets the first Monday of each month from 12 noon –3 p.m. There will be no meeting during September but will resume in October.

Division of Services for the Deaf and Hard of Hearing Outreach Clinic-

Applications will be available for assistance with the agency’s services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants how to obtain these items. Tuesday, September 26, 10 a.m.-12 noon.

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.

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

Outpatient Behavioral Health –Dev Looper with Passages II will be available for consultation the fourth Monday of each month from 9-11:30 a.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 each day. Schedules for both centers are listed in each newsletter.

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.

5

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

Fiber Guild Meets third Thursday of each month, 6 - 8 p.m. For more information contact Sandra Basel at 297-3046.



AppalCart Schedule - Western Watauga Community Center

Monday and Wednesday– Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

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

Thursday 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 8:30 a.m. on the morning you wish to ride.



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 sherry.harmon@ncmail.net 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.

Pottery Workshop To be offered at Western Watauga Center

Cindy Pacileo will instruct a pottery workshop on Wednesday, September 20, from 9 a.m.-1 p.m. Participants must have had previous experience with hand built pottery. Small six-inch nativity figures will be made in this class. The cost will be \$15 per student if clay is provided. Students providing their own clay will be charged \$12. The class is limited to 10 students. The deadline to register is 4 p.m., Friday, September 15.



Maintain Your Active Life As You Age

Don’t Let Pain Keep You from Doing the Things You Love! Join us on Wednesday, October 18 at 1:30 p.m. at the L.E. Harrill Senior Center for an educational program presented by Orthopedic Surgeon, Dr. Jeffrey Keverline. Program topics will include: Joint anatomy; How to be healthy; What causes joint pain; Today’s treatment options; What are the surgical options; Choosing an Orthopedic Doctor; Question and Answer session. To reserve a space for this free program please call the center at 265-8090.

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.

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, September 4, 2006, in observation of Labor Day.

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

Volunteer Opportunities for Older Adults

- Thursday, October 5, from 9-11 a.m. 15 senior volunteers are needed to assist with training for social workers from around the state. Volunteer participants will participate in a role-playing exercise that will allow social work trainees to practice interviewing skills. See Sherry if interested.
- 3-5 volunteers needed to assist with the planning of a Halloween party at the Harrill Center. If interested contact Sherry by Friday, October 6.

Flu and Pneumonia Immunization Clinics Scheduled for Senior Centers

Vaccinations for flu and pneumonia will be given by the Appalachian District Health Department at the Senior Centers. Dates and times are:

Western Watauga Center—Thursday, October 26, 10:30 a.m - 4 p.m.

L.E. Harrill Center—Friday, October 27, 11:30 a.m - 4:00 p.m.

Remember to bring your Medicare card! For more information you may call the Project on Aging at 265-8090.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195