



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 2012

Western Watauga Community Center

297-5195



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 to reserve respite care or for more information.

Alzheimer's Information Session- "Living with Alzheimer's for Caregivers: Early Stage" presented by Nicole Rieger Thomas of the Alzheimer's Association. Monday, October 22, from 2:30-4 p.m. Caregivers and professionals encouraged to attend. Please call to reserve a spot for this free education session. There will be time at the end for caregivers to share concerns and issues with one another and with Nicole.



Health Fair at the Harrill Senior Center

Tuesday, September 25, 8:30-11:30 a.m. Open to people 60 and over and to people on disability. Appointment required for lab work. Discount package cost for CMP, CBC, and Lipid Panel is \$35. Single tests available for lower rate. Please plan to pay that day, cash or check payable to ARHS. Hearing screening, vision screening and falls prevention information also available that morning. Please call for lab work appointment (must fast 8 hours before appointment – only water and black coffee allowed). Other services available that day on drop-in basis.

Flu Shot Clinics

Flu shot clinics will be held at the Harrill Center on Tuesday, September 18, and Wednesday, October 3. Each clinic will be held from 10:30am-1pm. 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.



Medicare Part D Open Enrollment

The enrollment period for 2013 Part D Plans will begin on October 15, 2012 and end on December 7, 2012. Please call the Harrill Center in early October for an appointment if you would like to review your drug plan, or go to www.medicare.gov. You may also call the state SHIP help line at 1-800-443-9354.

Senior Center Month Activities

The Harrill Center will be celebrating Senior Center Month with a Talent Show on Friday, September 21, from 10am-Noon. All types of talent are welcome! We will also have our Annual Walk-a-Thon on Wednesday, September 12, from 10am-Noon. Come by or call the center to register for either of these events!

Falls Prevention Week, September 22-28

Join us for special activities to raise awareness about falls prevention at the Lois E. Harrill Senior Center. On Thursday, September 25, during our health fair, we will be offering a balance screening and falls prevention education. We also will offer assistance with completion of home safety checklists. Those who complete the checklist will receive a night light and be entered into a drawing for a door prize! Later that week on Friday, September 23, we will offer instruction in Wii Balance games, 10-11a.m.



Contributions Welcome

You are welcome to contribute to the cost of services. Donations for any of our programs are gladly accepted and will remain confidential. Please place donations in the boxes throughout the center or bring them to the front window. All contributions will be used to maintain services and expand them whenever possible. Thank you!

Advocacy Corner

National Voter Registration Day is Tuesday, September 25. We will have a table set up that day to help people register to vote. Registration forms are available anytime at the center. Let's all exercise our right to vote!

LOIS E. HARRILL SENIOR CENTER
September and October 2012



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

Weekly Activities

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
Exercise w/Richard Simmons -	10 - 10:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Bridge (Call before attending first time)-	1 - 4 p.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - -	11 a.m. - 12 noon
Rummikub - - - - -	1 - 2:30 p.m.
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Indoor/Outdoor Games - - - - -	10 - 12 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Exercise - - - - -	1:30 - 2:30 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Tai Chi I & II - - - - -	4:30 - 6:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Coffee Time and Talk each morning from 9 - 10 a.m.



Rummy Group is an ongoing activity Monday - Friday, from 10 a.m.—12 noon.

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 * 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 *



Project E.M.M.A.-Eat Better, Move More, Age Well!

Tuesday, September 4, at 11 a.m. – Special nutrition class with cooking demo.

Wednesday, September 5, at 10 a.m.- Hwy 64 Walking Initiative Celebration – If you participated in the Hwy 64 walking tour, join us for our ‘Party in Manteo’ on September 5!

Wednesday, September 12 – 4th Annual Walk-a-Thon! Sign up to participate and help us walk a combined total of 34 miles, the age of the senior center!

Agency Information

Tuesday, September 18, 11a.m. – Billy Hoilman from Medi-Home Hospice will discuss home health and hospice services.

Tuesday, October 2, 11a.m. – Shawn Lane from NC Division of Deaf and Hard of Hearing will discuss their services, including hearing aids and other assistive devices.

Special Activities

Field Trips. Call to reserve a seat.
Trip to Buffalo Beals Animal Park in Maiden, NC -Thursday, September 6, 8:30 a.m.-4 p.m. Picnic lunch, stroll through the zoo and see a variety of animals! Cost is \$4. Please bring money on day of trip, exact change is preferred. On our way back we will stop in Blowing Rock for some Kilwin's Ice Cream!



Trip to Crossnore School - Thursday, October 11, 8:30 a.m.-4 p.m. We will have a tour of the grounds including a church with a fresco, the Weaving Room, Fine Arts Gallery and Blair Fraley Sales Store. Lunch at Louise's Famous Rockhouse Restaurant. Please bring lunch money and shopping money.

Halloween Party – Wednesday, October 31, 10 a.m.-12 p.m. Refreshments, music, fun! Costume Contest with prizes! Snack and drink donations are greatly appreciated.



Rosen Sculpture Walk – Monday, September 17, 10-11:45a.m. Please see Tabitha to register. AppalCart will take us to ASU campus for a guided walking tour through the Rosen Sculpture Competition. The van will return to the center by lunchtime. Please meet in lobby of center at 9:45.

Ask A Lawyer event in October- Free consultation with a local attorney about wills, date to be determined. Call for more information.

Support Groups:

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m. and **NAMI Connections** meets every Tuesday from 2:30 - 3:30 p.m. **Peer to Peer** meets every Thursday from 2 - 3:30 p.m.



Special Interests and Services

Advocacy Opportunities- The center provides information on advocacy opportunities, “Effective Advocacy” training as requested, 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.

Memory Lane - Last Tuesday of every month from 10 - 11 a.m. Take a stroll through history as we watch videos and listen to music of days gone by.

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

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

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), including low income subsidy applications.

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



Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

Free Hearing Aid Services- Hearing screenings; 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. September 25, 8:30 - 11:30 a.m.

Computer Training - Free computer training is available by appointment.

3

Special Interests and Services Continued

Social Security - Online services available as well as assistance with contacting office in Wilkesboro. Transportation to Social Security Office in Wilkesboro can be arranged if needed through public transit. Please call Tabitha for more information.

Blood Pressure Checks - last Tuesday of each month from 10-11a.m.

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.

Veterans Group at Senior Center - The High Country WWII Roundtable is now meeting at the Harrill Senior Center on the first Friday of the month from 1:30-3 p.m. All veterans and spouses are welcome to attend.

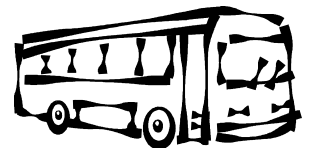
Legal Aid Helpline – 1-877-579-7562. Please call helpline number for legal assistance. For emergencies please call Tabitha who can arrange for you to meet with a local attorney on-site. Legal aid clinics offered during the year at center; call for more information.



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

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

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. We are currently growing a vegetable garden and anyone 60 and over is welcome to participate and take food that we grow. Please contact Tabitha for more information.



AppalCart Schedule

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

September and October 2012



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 - 11:00 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	9:30 - 11:30 a.m.
Arthritis Exercise - - - - -	12:15 - 1:15 p.m.
Beading and Jewelry Making -	12 - 3 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:00 - 11:30 a.m.
Computer Classes - - - - -	12:30 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Wednesday – Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	9:30 - 11:30 a.m.
Hand Built Pottery - - - - -	10 a.m. - 1 p.m.
Arthritis Exercise - - - - -	12:15 - 1:15 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Thursday - Walking - - - - -	8 - 11 a.m.
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting - - - - -	9 a.m. - 1 p.m.
After Lunch Walk - - - - -	12:15 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Health Weight Loss - - - - -	9:30 - 11:30 a.m.
Tai Chi - - - - -	10 - 11 a.m.
Yoga - - - - -	10:15 - 11:15 a.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.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Diabetic Education and Support Group - Meets every Friday morning, from 9:30 - 11:30 a.m. Space may be limited, please call in advance to reserve a seat.



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) – Watauga Branch Library * Piano * Sewing Machines * Table games, jig saw puzzles, and cards * Television/VCR and DVD player * Wii sports * Wireless Internet *

Agency Information

Tuesday, September 18, 9:30 - 11:30 a.m. - Anna Day will be available to explain the wide variety of current services offered by Hospice.

Health and Nutrition Education

Eating Well Programs - Each Friday from 9:30 - 11:30. Healthy Weight Loss Program based on low glycemic recipes and lifestyle changes that increase energy and boost self esteem.



Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 a.m.

CCCTI Nursing Students will visit the center each month to put on a program, take blood pressures and interact with seniors from 9 a.m. - 1 p.m. Thursday, September 6, Fall Prevention Bingo; Thursday, October 4, and Tuesday October 16, events to be announced.

Special Activities

Safety for Seniors - September is Senior Center Month. Healthy Carolinians will be presenting a PowerPoint presentation on “Safety for Seniors” on Tuesday, September 11, at 10:45 a.m.

Card Workshops - Instructor Rene’ Pilker. A \$5 fee for each class to make two cards with envelopes.

Monday, September 10, 9:30 - 11:30 a.m., Autumn leaf cards.

Monday, October 8, 9:30 - 11:30 a.m., Holiday/Christmas card and a decorative blank card.

Art and Craft Projects - Instructor Gail Gross. A \$5 fee for each class.

Monday, October 22, 9:30 - 11:30 a.m., Halloween Treat Bags and a Luminary.

Tuesday, October 23, 9:30 - 11:30 a.m., Decorated Felt Pin to wear.

Halloween Party - Wednesday, October 31, 9 a.m. - 1:30 p.m. Refreshments and games. Bring in your favorite treat to share.

Special Activities Continued

Field Trips- Call to reserve a seat.

Trip to Buffalo Beals Animal Park in Maiden, NC -Thursday, September 6, 8:30 a.m.-4 p.m. Picnic lunch, stroll through the zoo and see a variety of animals! Cost is \$4. Please bring money on day of trip, exact change is preferred. On our way back we will stop in Blowing Rock for some Kilwin's Ice Cream!



Trip to Crossnore School - Thursday, October 11, 8:30 a.m.-4 p.m. We will have a tour of the grounds including a church with a fresco, the Weaving Room, Fine Arts Gallery and Blair Fraley Sales Store. Lunch at Louise's Famous Rockhouse Restaurant. Please bring lunch money and shopping money.

Special Interests and Services

Computer Training— Fee computer classes for adults and seniors each Tuesday, 12:30 - 1:30 p.m. Learn basic computer skills, create documents with text and graphics, learn to use internet, pay bills, view the web, set up a personal e-mail and more. Instructor: Tony Lutkus.

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



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.

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

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.

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.

5

Special Interests and Services Continued

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

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

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

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

AppalCart Schedule -Western Watauga Community Center



Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 264-2278 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

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

"Ordinary Women, Extraordinary Service"

Book Presentation

Watauga County Extension and Community Association are honored to present copies "Ordinary Women, Extraordinary Service" to the Western Watauga Community Center and to the Western Branch of the Watauga County Library. The presentation will take place on Wednesday, September 19th, at 11:00 a.m.

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, 2012, in observance of Labor Day.

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

**Gentle Yoga**

The next 12-week session of Yoga classes instructed by Akal Dev Sharonne will begin at the Harrill Senior Center on Tuesday, September 11, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on first day of class. Classes at the Western Watauga Community Center will begin Friday, September 14, from 10:15-11:15 a.m. (registration deadline is 10 a.m. on first day of class). The cost of each 12-week session is \$60.00. 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.

**Newsletter Special Note**

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.

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.

**Tai Chi**

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, October 18, at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The intermediate class will be held on Thursday afternoons 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 4:30 p.m. on first day of class. Any age may join but priority will be given to persons aged sixty and older. The cost is \$48.00 per person for either 12-week series.

**Wii Bowling Tournament**

Come join us at the Lois Harrill Center for a morning of fun on Wednesday, October 10, 10 a.m. - 11 a.m., contest open to men and women age 60 and over. Prizes will be awarded!

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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195