



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



MARCH AND APRIL 2012

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.

Daymark Geriatric Specialty Team

Education Sessions: These sessions are free and open to everyone, including caregivers and professionals. Each session will be held from 3-4 p.m. in the dining room of the Harrill Center. Please call to register. Topics are as follows: Monday, March 5: Substance Abuse in Late Life; Thursday, April 5: Depression and the Elderly.

Alzheimer's Information Session: Thursday, March 22, 2:30-4 p.m. Topic is "Legal and Financial Planning for Alzheimer's Patients." This free session will also include time for caregivers to discuss issues with our presenter and each other. Please call 265-8090 to register.

Living Healthy Program to Begin March 12

The Living Healthy program is a six week education group designed to help people age 60 and over with a chronic condition, such as asthma, diabetes, or fibromyalgia, learn how to live a healthier life. This free program will be held at High Country Council of Governments (New Market Blvd. across from Boone United Methodist) on Tuesdays from 9:30a.m.-12p.m. beginning Monday, March 12. Please call to register. Limited space is available for people under the age of 60.

Free 8 Week Session of Fit and Strong!

Fit and Strong! is an award-winning, evidence-based physical activity/ behavior change program proven to benefit arthritis symptoms and promote an active lifestyle. Classes will be held for 8 weeks on Monday, Wednesday and Friday mornings from 10:30-12 beginning March 12, at the Lois E. Harrill Center. Contact: Tabitha Thomas at 265-8090 for more information or to sign up for Fit and Strong!.

Western Watauga Community Center

297-5195

Income Tax Assistance Available at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue, will again offer free tax preparation for seniors, as well as low and middle income taxpayers. Electronic filing (E-file) is available for safe and accurate preparation and fast refunds.

TAXPAYERS SHOULD BRING THE FOLLOWING DOCUMENTS:

- Social Security cards and identifications for taxpayer and all dependents
- Last year's (2010) tax return
- W-2 forms from each employer
- 1099 forms for Social Security, Pension, Interest and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Charities, Taxes, Interest, if claiming itemized deductions
- A blank check for direct deposit of any refund to your checking or savings account

TO BE ELIGIBLE:

- You should **not** have any of the following types of income: rental, partnership, business requiring Schedule C, royalties, and sale of home or business. If your tax return is relatively complex you will be advised to seek professional tax assistance.
- Will file federal and NC returns. No out of state returns will be done.

The Tax-Aide Program will run through to April 17, 2012.

Counselors will be at the Lois E. Harrill Center on Tuesdays and at the Western Watauga Community Center in Cove Creek on Mondays. Please call for an appointment.



Needlework Class at Senior Center

We are now accepting registration for a new session of needlework class. Classes will meet at the Harrill Senior Center each Thursday from 1-4p.m. beginning Thursday, March 15. The instructor is Marianne Evans and the charge for the 12-week session is \$36.00. Instruction will be available in knitting, needlepoint, embroidery, cross-stitch and hardanger. Class size is limited. Any age may attend but priority is given to persons age sixty and older. The deadline for registration is 5:00p.m., Wednesday, March 14. Please call the Senior Center at 265-8090 for more information.



Registration for Yoga Classes at Senior Centers

The next 12-week session of Yoga classes is scheduled to begin at the Lois E. Harrill Senior Center in Boone on Tuesday, April 3, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on day of class. Classes at the Western Watauga Community Center will begin Friday, March 30, from 10:15-11:15 a.m. (registration deadline is 10 a.m. on March 30). This class is 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. Her classes are a delightful blend of humor, challenge and wisdom. The cost of each 12-week session is \$60.00 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.

Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, April 19, 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 4:30p.m. on the 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. Please come by the center to register.

Project E.M.M.A.

Join us for a special **Gardening Workshop for Seniors** on Tuesday, April 24 from 10a.m.-Noon at the Lois E. Harrill Senior Center. Learn how to garden in small spaces, including in a pot or a raised bed. Everyone is welcome!



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 **Friday, March 30** from 8:30 a.m. -1 p.m. The class will be held at the Lois E. Harrill Senior Center. The cost of the program is \$12 per person for AARP members (\$14 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.



Health Screenings

The Watauga County Project on Aging and Watauga Medical Center will be offering health screening clinics to residents of Watauga County age sixty and older. There is a \$25 charge for people who have Medicare. There is no charge for people age 60 and over who do not have Medicare insurance, but donations are gladly accepted from anyone participating in the clinics. The clinics will be held at the **Lois E. Harrill Senior Center on Thursday, March 8**, and at the **Western Watauga Community Center on Thursday, April 26**. The screening will consist of a comprehensive metabolic panel, hemoglobin, hematocrit, lipid profile, urine analysis, medical history, teaching breast self-examinations and symptoms of prostate cancer, visual acuity, hearing screening, glaucoma, height, weight, blood pressure, and distribution of educational materials. Eligible persons may participate one time only in a 12-month period (July-June). Call 265-8090 to make an appointment or for more information. You must have an appointment for the clinic.

Come take the EMMA Challenge!!

On Monday, March 19, at 10 a.m. we will kick off the EMMA Challenge. Keep a log of the EMMA events you attend, bring a friend, and earn points toward great PRIZES!! Awards celebration will be held on Wednesday, May 2, at 10 a.m.

LOIS E. HARRILL SENIOR CENTER



March and April 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
Rummy Group - - - - -	10 a.m - 12 noon
The Fit Club - - - - -	10 - 11:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:00 - 2:00 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
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
Rummy Group - - - - -	10 a.m. - 12 noon
The Fit Club - - - - -	10 - 11:30 a.m.
Beginner Ballet - - - - -	10 - 10:30 a.m.
Indoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:00 - 2:00 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
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 – The Fit Club - - - - -	10 - 11:30 a.m.
Exercise w/Richard Simmons -	10 - 10:30 a.m.
Fun with Wii - - - - -	10:30 - noon
Rummy Group - - - - -	10 a.m. - 12 noon
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 * Card Tables * 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 *

Agency Information

Tuesday, March 13, 11a.m.-Noon: Appalcart Services and Forum for Transportation concerns and suggestions.

Tuesday, April 17, 11a.m.-Noon: Hospice information and volunteer opportunities.

Special Activities

St. Patrick's Day Party- Thursday, March 15, 10:30 a.m.-Noon. Green punch, dancing, St. Patrick's trivia.



Spring Fling – Thursday, April 5, 10 a.m.-Noon. Music, games, refreshments. Come join the fun!

Trip to the Barter Theater in Abingdon, Virginia – Wednesday, April 25, 10 a.m.-6 p.m. Join us for lunch at the Cracker Barrel and then a trip to the Barter for the musical, "9 to 5." Tickets for the show are \$26. Checks should be made to the Barter Theater. Please call to reserve a seat and either mail or drop your check to Tabitha. All money is due by April 4 and no refunds are available after that date. We will leave from the Harrill Center and pick up people at the Western Watauga Center on the way to Abingdon.

Spring Jewelry-Making Workshops at Harrill Senior Center –

Friday, March 9, 9 a.m.-Noon: Wire-wrapping a three dimensional object. Learn how to create a wire cage to suspend a gemstone or other three-dimensional object. Class fee of \$25 includes instructions, hand outs, and use of tools/supplies. Participants are encouraged to bring their own item to be wrapped. Cost of materials are \$5 to \$15 based on type of wire, amount of wire used, and choice of an item to wrap (if they do not have a personal selection).

Friday, April 13, 9 a.m.-Noon: Create your own wire-wrapped blister pearl. Class fee of \$25 includes instructions, handouts, and use of tools/supplies. Cost of materials will vary from \$8 to \$15 depending on size of blister pearl and type/amount of wire used.

Please call Tabitha at 265-8090 to register for either class. Registration fee will be collected the day of the class. Instructor: Francine Barr.

Health Fair sponsored by ASU Nursing Students

– Friday, April 27, 10 a.m.-12 p.m. Come have your blood pressure checked, learn about healthy eating and the importance of exercise, all for free! No appointment necessary.



Legal Aid Clinic- Wednesday, March 7.

Assistance available for completion of simple wills and advance directives. Please call Tabitha (265-8090) for appointment.

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

Blood Pressure Checks - last Tuesday of each month from 10-11 a.m. (will be held on Monday, April 23 rather than last Tuesday in April).

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. (Will be last Monday rather than last Tuesday in April only).

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.

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

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

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Special Interests and Services Continued

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 Tuesday of the month from 1:30-3 p.m. All veterans and spouses are welcome to attend. Lunch is available at noon (free for people age 60 and over and for their spouses).

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.

Computer Training - Free computer training is available by appointment.

Book Club - Will take a break for the winter months and then will resume in June 2012.

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. Thursday, March 8, 10a.m.-Noon.



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.

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. 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

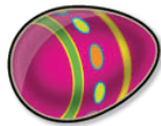
Wednesday - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

Thursday - No Routes Available

Friday - Deep Gap, Stoney Fork, Blowing Rock,

WESTERN WATAUGA COMMUNITY CENTER

March and April 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.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:00 - 11:30 a.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Beading and Jewelry Making -	9:30 - 12:30 a.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	9:30 - 11:30 a.m.
Gentle 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.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.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.

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

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 my be limited, please call in advance to reserve a seat.

Health and Nutrition Education

Health Screening , Thursday, April 26. There is a \$25 charge for people who have Medicare. There is no charge for people age 60 and over who do not have Medicare insurance, but donations are gladly accepted from anyone participating in the clinics. Call Tabitha at 265-8090 to make an appointment.

Blood Pressure Checks

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

Special Activities

Legal Aid Clinic- Wednesday, March 5. Assistance available for completion of simple wills and advance directives. Please call Toni (297-5195) for appointment.



St Patrick's Day Party - Friday, March 16th 9am-11:30 Refreshments, leprechaun games, And prizes. Wear something green to qualify for a surprise. Bring in your favorite snack, cookies or cake to share!

Easter Party- Thursday April 5th 9am-11: Refreshments, indoor egg hunt and Prizes Bring in your favorite snack, cookies or cake to share!

Trip to the Barter Theater in Abingdon, Virginia – Wednesday, April 25, 10 a.m.-6 p.m. Join us for lunch at the Cracker Barrel and then a trip to the Barter for the musical, “9 to 5.” Tickets for the show are \$26. Checks should be made to the Barter Theater. Please call to reserve a seat and either mail or drop your check to Tabitha. All money is due by April 4 and no refunds are available after that date. We will leave from the Harrill Center and pick up people at the Western Watauga Center on the way to Abingdon.

Special Interests and Services

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.



Special Interests and Services Continued

Cove Creek Community Council- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

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



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

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

Fit for Life Program- Register to earn points for incentive gifts when you participate in the walking program, exercise classes and exercise equipment.

Crafty Critters Club- Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

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 Saturday of each month from 9:30 - 11:30 a.m. Fiber Guild will meet the third Saturday of each month from 9:30 - 11:30 a.m.

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

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.

Special Interests and Services Continued

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

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

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

**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. You can view or print it from this site.

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 Friday, April 6, 2012, in observance of the Easter Holiday.

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



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.




Extra Help With Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to www.ssa.gov to complete an application.

10th Annual Adult Services Expo

SAVE THE DATE: The 10th Annual Adult Services Expo will be held at the Boone Mall on Tuesday, May 1 from 10a.m.-3p.m. Come learn about services in the community, enjoy the entertainment, and enter to win door prizes.

Inclement Weather

Meals and activities will continue as  scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.

Free Arthritis Pain Management Seminar

An informative and empowering presentation will be held at the Western Watauga Community Center for those who suffer from arthritis pain, decreased mobility or frequent falls, and seek a higher quality of living on Tuesday, March 13, 10 a.m.-1 p.m. with a lunch break from 11:30 a.m.-12 p.m. Presented by Larry Moore, Patient Care Specialist and Certified Pain Management Expert.

Some topics of discussion:

- Complications and health risks caused by arthritis, and early prevention
- Alternative pain management solutions and maintaining a healthy, active life
- Medicare Modernization Act and the good news it means for seniors with Medicare covered products
- Fall prevention /mobility issues
- Diabetic and bunion foot care

Question and Answer session and individual consultations will follow the discussion. Refreshments and door prizes will be provided.

Call Toni at 297-5195 to pre- register or for information.

Heavenly Blueberry Smoothie

From www.allrecipes.com



"This blueberry smoothie is to die for! It tastes so good, you forget that it's good for ya!"

Ingredients

- 1 frozen banana, thawed for 10 to 15 minutes
- 1/2 cup vanilla soy milk
- 1 cup vanilla fat-free yogurt
- 1 1/2 teaspoons flax seed meal
- 1 1/2 teaspoons honey
- 2/3 cup frozen blueberries

Directions

Cut banana into small pieces and place into the bowl of a blender. Add the soy milk, yogurt, flax seed meal, and honey. Blend on lowest speed until smooth, about 5 seconds. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been incorporated, increase speed, and blend to desired consistency.



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