



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

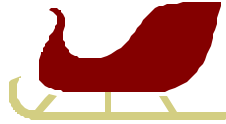
Western Watauga Community Center

297-5195

NOVEMBER AND DECEMBER 2005

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.



Alzheimer's Information Program To Be Offered

On Thursday, November 17, from 1:30-4:30 p.m. a program on enhancing communication skills for working with persons with dementia will be presented at the Lois E. Harrill Senior Center. This program provides a look at what communication is, how it is altered for a person with Alzheimer's, and how care providers can develop skills that compensate for the person's lost abilities. The focus is on how better communication can improve the quality of care, the quality of life for the affected person, and the quality of the environment for staff, families, and persons with dementia. Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present this program, which is free and open to the public. It will be of special interest to family and professional caregivers and human service agency staff. For more information or to reserve a space please call the Project on Aging at 265-8090.

Flu and Pneumonia Immunization Clinics Scheduled for Senior Centers

Clinics scheduled for both the Lois E. Harrill Senior Center and the Western Watauga Community Center have been cancelled. Please call the Appalachian District Health Department at 264-6635 to schedule an appointment for a flu and/or pneumonia vaccine.



Presentation on Medicare Changes to be offered

The North Carolina Seniors' Health Insurance Information Program (SHIIP), a division of the North Carolina Department of Insurance, will offer a presentation for Medicare beneficiaries and their families on Wednesday, November 16 at 1pm at the Lois E. Harrill Senior Center. This presentation will focus on the choices available to NC Medicare beneficiaries for prescription drug coverage benefit that begins January 1, 2006. Beginning November 15, 2005, eligible Medicare beneficiaries can select and enroll in a plan so that coverage will promptly begin on January 1. Trained SHIIP volunteers will be available for the next six months to assist Medicare beneficiaries with these choices. You can call for an appointment by contacting Sherry Harmon or Ashley Hilton at 265-8090. It is important that all Medicare beneficiaries evaluate their current prescription drug needs and coverage options. The presentation will explain the dynamics of the benefit and the available choices for Medicare beneficiaries.

Please call the Project on Aging at 265-8090 to reserve a seat for this very important program.

Fall Festival Scheduled at L.E. Harrill Center

A fall festival will be held on Monday, November 14, from 3-5 p.m. at the Lois E. Harrill Senior Center. We encourage any senior (age sixty and older) who enjoys having fun to come join us for this event. Activities will include pumpkin painting, live music & dancing and an opportunity to wear your best hoedown attire for the costume contest. Refreshments will feature homemade ice cream, popcorn, pizza, apple cider, etc. Prizes will be awarded for the best costumes and best-painted pumpkins. Please call to reserve a space for this fun-filled afternoon.



LOIS E. HARRILL SENIOR CENTER
November and December 2005



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester. The current semester schedule is:
 Lap Quilting – Tuesdays, 1 - 4 p.m.
 Crafts – Thursdays, 10 a.m. - 1 p.m.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 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 - - - - -	6:30 - 7:30 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Cake Walks - - - - -	11:15 - 11:45 a.m.
(when cakes available)	
Needlework Class - - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi Beginners - - - - -	5:30 - 6:30 p.m.
Tai Chi Intermediate - - -	6:30 - 7:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Body Recall - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Sherry or Steve to find our details about reserving a space for a rook card game.

Congregate Nutrition Program

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



Support Groups:

Caregiver Classes-

Thursday, November 10, 1-4 p.m.-Stress Management for Caregivers.

Thursday, November 17, 1:30-4:30 p.m. - Enhancing Communication Skills for working with persons with dementia.

Thursday, December 8, 3-4 p.m. - Dealing with Difficult Behaviors: Bathing Without a Battle.

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.

Blood Pressure Checks

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

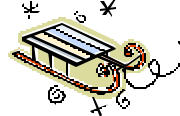
Third Friday each month from 11a.m.-12 noon. Service provided by Watauga County Health Department.



Agency Information

SHIIP (Seniors Health Insurance Information Program- Medicare Prescription Drug Coverage (Medicare D)- Wednesday, November 16, at 1 p.m.

OASIS- Elder Abuse-Tuesday, December 13, 11 a.m. – 12 noon.



Special Activities

Trip - Tuesday, November 8, from 8 a.m. to 5 p.m. Shopping in Hickory- Hamricks, Mall, Shopping Center, Lunch at J&S Cafeteria. Seats are limited –call to reserve a seat on the bus.

AARP Driver Safety Classes for Older

Adults - Tuesday, November 8, from 1-5 p.m. and Wednesday, November 9, from 8:30 a.m.-12:30 p.m. The cost of the program is \$10 per person. Call to reserve a seat.

Fall Festival - Monday, November 14, from 3-5 p.m.. Call to reserve a space.

George and Ray's Trip out West- Tuesday, November 15, at 10:30 a.m.

Turchin Center Classes-All sessions meet 10 a.m.-12 noon. Transportation is provided from the Harrill Senior Center to and from the Turchin Center.

Monday and Wednesday, November 14, and 16 - “Adventure in Mosaic Art” with artist Carrie Finger. All materials will be supplied, but if you have a favorite chipped plate or cup that you would like to add to your shard art piece, bring it with you. It will be a smashing good time!

Monday and Wednesday, December 12, and 14- “Fabric: Design, Dye and Decorate” with fiber artist Jeana Klein. In this two-part class, students will design and create their own fabrics, appropriate for quilting. Each student will be provided with a half-yard of cotton fabric and all supplies necessary to dye and print several swatches of unique fabric. All processes and techniques will be easily repeatable at home.

See Sherry Harmon to reserve a space on the van and in the class.

WESTERN WATAUGA COMMUNITY CENTER

November and December 2005



Caldwell Community College Classes

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

The current semester schedule is:

Crafts- Tuesdays, 10 a.m. — 1 p.m.

Lap Quilting – Thursdays, 9 a.m. — 12:30 p.m.

Congregate Nutrition Program

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

Weekly Activities

Monday -Walking - - - - -	9:30 - 10:30 a.m.
Body Recall - - - - -	8:30 - 9:30 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.
Chair dancing - - - - -	10 – 11 a.m.
Wednesday– Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9 a.m.— 12 noon
Thursday - Walking - - - - -	9:30 - 10:30 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
Friday - Walking - - - - -	9:30 - 10:30 a.m.
Body Recall - - - - -	8:30 - 9:30 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Live Music - - - - -	10 - 11:30 a.m.

Rook is an ongoing activity. Call Toni to find our details about reserving a space for a rook card game.



Blood Pressure Checks

Second Friday of each month from 10:30 - 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. Pamphlets and Handouts available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

Agency Information

Department of Social Services - Energy Assistance and Food Stamp Programs- Tuesday, November 15, 10:30-11:30 a.m.

Special Activities

Rook Tournaments - Wednesday, November 23, and Thursday, December 22, 9 a.m. - 2 p.m. Must sign up in advance.

Trip - Tuesday, November 8, from 8 a.m. to 5 p.m. Shopping in Hickory- Hamricks, Mall, Shopping Center, Lunch at J&S Cafeteria. Seats are limited –call to reserve a seat on the bus.

Meet the Author Program - Thursday, November 17, from 10:30-11:30 a.m. the Watauga County Library Branch is sponsoring a program featuring Orville Hicks sharing his colorful life growing up in the Western North Carolina mountains. Julia Taylor Ebel is the author of a book about Orville Hicks titled “Mountain Stories/Mountain Roots”

Thanksgiving Festivities - Monday, November 21, from 9:30-11:30 a.m. Entertainment and party will be given by the Valle Crucis Elementary school kids.

Surprise Gift Drawing - You may put your name in the bucket once for a drawing to be held on Wednesday, December 21, at 12 noon. You do not need to be present to win. You must put your own name in! Entries will be accepted beginning Monday, November 28.

Holiday Tree Trimming- Deck the Halls on Monday, December 5, from 9 to 11:30 a.m. Bring an ornament if you like and join in on the fun of decorating the senior center tree.

Christmas Past Memories Show and Tell- Tuesday, December 13, 9-11 a.m. Bring in your nostalgic Christmas time memorabilia to share with others.

Christmas Celebrations - Monday-Thursday, December 19-22, from 9-11:30 a.m.-Bingo, Refreshments, holiday music, singing carols.

Special Interests and Services

Health Screening — Mondays, November 28, and December 19. By appointment only.

Fiber Art/Hand Spinning Guild — Spinners meet first Saturday of each month 9 a.m. - 12 noon.

Fiber Guild Meets third Saturday of each month 9 a.m. - 12 noon. For more information contact Sandra Basel at 297-3046.

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



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

Special Program on Stress Management for Seniors- Tuesday, November 22, 11a.m. – 12 noon. Presented by Barbara Warren and Anne Lethcoe with New River Behavioral Health Care Geriatric Specialty Team.

Christmas Party- Tuesday, December 20, from 10 a.m.-12 noon.



Special Interests and Services

Health Screenings— Mondays, November 14, and December 12. By appointment only.

Free Hearing Aid Services - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor- Tuesday, January 24, 2006, 10 a.m.— 12 noon.

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). Please call the center at 265-8090 to make an appointment.

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

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 Beverly DeBenedictis at 264-2718.

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



Special Interests and Services - Cont.

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

Computer Training-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

VHS Movies Available - May be checked out or reserve a TV/VCR and watch at the senior center.

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 Jera Unglesbee at 265-3656.

Social Security - A representative from the Social Security Administration will be at the Lois 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.

Volunteer Opportunities— The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.



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 Special Interest Continued

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

Crafty Critters Club- Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.

Horseshoes and Croquet available

Attention Croquet fans! We are planning to build a sand bottom croquet court in Cove Creek for tournaments and fun. Anyone interested in joining the croquet club or anyone interested in assisting with the design of the court contact Toni Wait at WWCC 297-5195.

Job Placement, Job Training and Volunteer Opportunities - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

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

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:00 p.m. Friday- Closed. The 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. Pay a visit to your branch library and see what they have to offer.



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.



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

George and Ray's Trip out West

Back by popular demand George & Pauline Berry and Ray & Carolyn Tester will share more experiences from their traveling adventures in the western part of the USA. This program will feature Yellowstone and the Grand Teton National Parks. Join us at the L.E. Harrill Senior Center on Tuesday, November 15 at 10:30am for this entertaining program.



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.

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 the following dates:

Veterans Day - Friday, November 11, 2005

Thanksgiving - Thursday, November 24 and Friday, November 25, 2005

Christmas - Friday, December 23, and Monday, December 26, 2005

New Year's Day - Monday, January 2, 2006.

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



AARP Driver Safety Program For Older Adults

The nation's first and largest classroom refresher course geared especially to older adults safety needs will be offered at the Lois E. Harrill Senior Center on Tuesday, November 8, from 1-5 p.m. and Wednesday, November 9, from 8:30 a.m.-12:30 p.m. The cost of the program is \$10 per person. The course 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). Call the center at 265-8090 for more information or to reserve a seat.

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.

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.



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