



# 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

**MAY AND JUNE 2012**



### Caregiver Information

**Caregiver Support Group**- meets at 1 p.m. the first and third 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: “Anxiety and the Elderly”**- presented by Jayme Larick from the Smoky Mountain Center. Thursday, June 14, 3-4 p.m. This session is free and open to everyone, including caregivers and professionals. Please call Tabitha at 265-8090 to register.

### **Alzheimer’s Informational Training -**

Thursday, May 24, from 2:30 p.m.-4 p.m., presented by Nicole Rieger Thomas of the Alzheimer’s Association. The topic is “Enhancing Mealtimes.” This free training is open to everyone, including caregivers and professionals. There will be time at the end for caregivers to share concerns and offer support to one another. Please RSVP to Tabitha Thomas at 265-8090.

### **“Welcome to Medicare” Seminar**

Approaching 65? Confused about Medicare? Join us for a “Lunch-and-Learn” at the Lois E. Harrill Senior Center in Boone on Thursday, May 10, from 1-2:30 p.m. We’ll discuss the basics of Medicare, supplements, and drug plans. Please call Tabitha Thomas to register at 265-8090. Lunch and beverages will be provided. This event is part of the SHIIP Program (Seniors’ Health Insurance Information Program) and is not sponsored by any insurance company or agent. For more information about the N.C. SHIIP program, please call 1-800-443-9354.



Western Watauga Community Center

297-5195

### **May is Older Americans Month**

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—*Never Too Old to Play!*—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life. Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved.

As George Bernard Shaw said, “We don’t stop playing because we grow old; we grow old because we stop playing.” Join us this month at the senior center for an exercise class, a card game, or our **Over 50 Challenge** on Wednesday, May 2, where you can try a game of bocce, horseshoes or corn hole!

### **Adult Services Expo on Tuesday, May 1**

The 10<sup>th</sup> Annual Expo will be held at the Boone Mall on Tuesday, May 1, from 10 a.m.-3 p.m. Agencies will offer information about their services, and door prizes will be awarded. Join us for a very special recognition ceremony at noon. Everyone is welcome!

### **Reverse Mortgage Counseling**

A certified Reverse Mortgage Counselor will be available at the Senior Center on Wednesday, May 9. Counseling is legally required before a reverse mortgage loan can be completed. Please call for an appointment—times available between 10 a.m. and Noon.

**LOIS E. HARRILL SENIOR CENTER**

May and June 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**

|  |                   |
|--|-------------------|
| <b>Monday</b> - Art CLASS (intermediate) - | 9 a.m. - 12 noon  |
| Rummy Group - - - - -                      | 10 a.m - 12 noon  |
| Muscles and More - - - - -                 | 10:30 - 11 a.m.   |
| Bingo - - - - -                            | 11 - 11:45 a.m.   |
| Gentle Exercise - - - - -                  | 1:00 - 2:00 p.m.  |
| (Changes to Arthritis Exercise June 4 -    | 1:30 - 2:30)      |
| <b>Tuesday</b> - Exercise - - - - -        | 10:30 - 11 a.m.   |
| Rummy Group - - - - -                      | 10 a.m - 12 noon  |
| 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.  |
| <b>Wednesday</b> - Art CLASS (beginners)-  | 9 a.m. - 12 noon  |
| Rummy Group - - - - -                      | 10 a.m. - 12 noon |
| The Fit Club - - - - -                     | 10 - 11:30 a.m.   |
| Outdoor 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.  |
| (Changes to Arthritis Exercise June 4 -    | 1:30 - 2:30)      |
| Zumba Gold - - - - -                       | 4 - 5 p.m.        |
| <b>Thursday</b> - 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.  |
| <b>Friday</b> - Rummy Group - - -          | 10 a.m. - 12 noon |
| Exercise w/Richard Simmons -               | 10 - 10:30 a.m.   |
| Fun with Wii - - - - -                     | 10:30 - 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**

Northwest Regional Housing Authority - Tuesday, May 15, 11 a.m.-Noon.

WAMY Home Repair and Weatherization - Tuesday, June 5, 11 a.m.-Noon.

**Special Activities**

**Mother's Day Art Project-** Join us on Friday, May 4, from 10 a.m.-Noon to make a beautiful frame for a mother in your life. All materials will be provided. The instructor is Jennifer Fogel. Please call Tabitha at the Harrill Center to register.



**Fourth Annual Mother's Day Bake-Off** - Friday, May 11, from 10 a.m.-Noon. Diabetic desserts are welcome. Please make sure your baked good does not require refrigeration. Anyone 60 years or older can enter the competition. To sign up please call Tabitha at 265-8090. The items will be taste-tested by fellow seniors and staff, who will then vote for the winners. Prizes will be awarded. Please come join us for a morning of delicious fun!

**Flower Pounding Class with Rheta Kirk**

Friday, May 11, 2012, 10 A.M. to 3 P.M. Class Fee: \$25 (includes a fat quarter of PFD fabric). Flower pounding is a wonderful technique - using live flowers and foliage - that makes an impression of your floral design on fabric. All you need is a hammer, flowers, and a few other materials! The natural dyes in the plant material are literally pounded into the fabric. Please call Tabitha Thomas at the Harrill Center for more information and to register (265-8090).



**Trip to Hickory, NC (if funding allows)** - Tuesday, May 22, 8:00 a.m.-4:30 p.m. Hamrick's in the morning, lunch at the J&S Cafeteria, and the Valley Hills Mall or Target Shopping Center in the afternoon. Please bring lunch money and shopping money. Please call to reserve a seat.

**Billiards Tournament** - Tuesday, June 19, 10 a.m.-Noon. Open to men and women age 60 and over. Please see Tabitha to sign up or call 265-8090. Prizes will be awarded!!!

**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 Continued

**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.

**SHIIP** - 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. Tuesday, June 26, 9:30 - 11:30 a.m..

**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.

**Computer Training** - Free computer training is available by appointment.

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### Special Interests and Services Continued

**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 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.

**Book Club** - 3<sup>rd</sup> Wednesday of each month, 1:30-2:30 p.m. beginning in June. 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. 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



**HAPPY  
MOTHER'S  
DAY**

**WESTERN WATAUGA COMMUNITY CENTER**

**May and June 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**

|                                       |                    |
|---------------------------------------|--------------------|
| <b>Monday</b> -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.  |
| <b>Tuesday</b> - 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.  |
| <b>Wednesday</b> - 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.   |
| Gentle Exercise - - - - -             | 12:15 - 1:15 p.m.  |
| Shopping Van - - - - -                | 9 a.m. - 3 p.m.    |
| <b>Thursday</b> - 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.  |
| <b>Friday</b> - 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

**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**

Eating Well Program “Trying New Types of Food” - Friday, May 18, and Friday June 15, 9:30 – 11:30 a.m. Explore alternative wholesome foods and identify additives in processed foods. Lean about ancient grains, exotic fruits and vegetables, and share recipes using nutritious ingredients. Facilitated by Martie Tafoya.

**Agency Information**

NC Division Services for the Blind - Friday, May 4, 9:30 - 11:30 a.m. Beth Berry will be at the Western Watauga Community Center with information about qualifications and services that are available to those with low vision or blindness. She will also explain assistive equipment and make referrals.

NC Department of Insurance Senior - Medicare Patrol Outreach Specialist Diane Trainor will present “Don’t be a Victim of Crime”, Thursday, May 24, 10 a.m.

**Blood Pressure Checks**

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



**Special Activities**

**Trip to Hickory, NC (if funding allows)** – Tuesday, May 22, 8:00 a.m.-4:30 p.m. Hamrick’s in the morning, lunch at the J&S Cafeteria, and the Valley Hills Mall or Target Shopping Center in the afternoon. Please bring lunch money and shopping money. Please call to reserve a seat.

**Theatrical Youth Performance** - An adaptation of “The Emperor’s Clothes” will be presented on Thursday, June 7, 10:30 a.m. – 11:30 a.m. Visible Theater is a locally based company with professional actors and youth acting outreach programs. They perform older plays in a new way and develop new plays. The Youth Company will be performing all around western North Carolina. Sponsored by the Branch Library.

**Intergenerational Fun Days** - Friday, June 22 and Friday, June 29, 10 - 11 a.m. Sponsored by ASU Upward Bound. Student volunteers will lead recreational activities, provide entertainment and music for a dance for seniors.

**Special Interests and Services Continued**

**Cove Creek Grange-** 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.

**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 Grange-** 2<sup>nd</sup> 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.

**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.

**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.

**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](http://www.wataugacounty.org). Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



**HAPPY  
FATHER'S  
DAY**

**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, May 28, in observance of the Memorial Day 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**

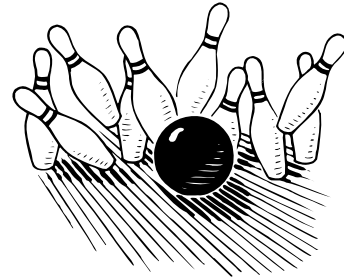
The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

**Arthritis Foundation Exercise/Health Education Program –**

The Harrill Senior Center is once again offering a program developed for people with arthritis. This low-impact, joint-safe program has been proven to reduce arthritis pain and increase activity. The program will be offered from 1:30-2:30p.m. on Mondays and Wednesdays (16 classes) starting Monday, June 4. No charge to attend. Open to any age but priority given to persons 60 and over if needed. Call 265-8090 with any questions and to register.

**High Country Senior Games**

Enjoy sports? Write poetry? Like to dance? The High Country Senior Games will be held from May 10 – June 10. Please come by the Senior Center or Watauga County Parks and Recreation to register (early bird deadline May 7). Come out for a special **Over 50 Challenge** on Wednesday, May 2, at the Senior Center from 11 a.m.-2 p.m. We will enjoy activities which are part of the Senior Games, including horseshoes, football throw and corn hole. Come join us!



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

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