



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 2014



Western Watauga Community Center

297-5195

September is National Senior Center Month: Experts at Living Well

Join us at the Lois E. Harrill Senior Center during the month of September to celebrate National Senior Center Month. We will kick off the month with a party on Friday September 5, 10 a.m.-12 p.m. Refreshments, music and fun! Snack and drink donations are greatly appreciated. We will also have our Annual **Walk-a-Thon** on Wednesday, September 10, from 10 a.m.-Noon.

Community Health and Mobility Partnership (CHAMP)

The Lois E. Harrill Center is excited to be partnering with Appalachian State University to offer CHAMP. This program is designed to help older adults avoid falls and stay independent and active for life. Monthly screenings appointments are available and screenings will include fall risk and balance testing, balance and strengthening exercises, a review of medical history, education about assistive devices and appropriate community referrals. Screenings will be completed by the CHAMP Team, including a nurse, physical therapist, and EMS First Responder. Screening dates will run April to November with appointments on Fridays: September 19, October 17, and November 7. Call 262-7674 for an appointment.

Health Screenings

The Lois E. Harrill Senior Center will have a health fair and screening on Tuesday November 4th. Height, weight, blood pressure, hearing and vision screenings will be available.



Flu Shot Clinics

Clinics will be held at the Lois E. Harrill Center on Monday October 13, and Tuesday, November 4, from 10 a.m. - 12:30 p.m. 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 2014 Part D Plans will begin on October 15, 2014 and end on December 7, 2014. 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.



Affordable Care Act Open Enrollment

If you are under the age of 65 and not on Medicare you may need to speak with someone about the Affordable Care Act. Open enrollment for the Affordable Care Act will be November 15-February 15. We will have a volunteer here to help answer questions. If you have questions about the Affordable Care Act call us at 265-8090.

State Health Plan

For individuals on Medicare who have retired from the State of North Carolina, you can change your Medicare plan from October 1-October 31. You do not have to make changes unless you are unhappy with your current coverage. Please call the Harrill Senior Center with questions.

Falls Prevention Week, September 21-26.

National Falls Prevention Day is September 23. Join us at the Lois E. Harrill Center for special activities to raise awareness about falls prevention. Home safety checklists will be available. All those who complete the checklist will be given an incentive prize and will be entered for a drawing for a door prize!

Arthritis Foundation Exercise Class

This is a GENTLE exercise class sponsored by the Arthritis Foundation. Whether you have arthritis or not, one of the most helpful things you can do for your general health is to be physically active. This is a recreational group exercise and health education class. Join us and strengthen your muscles, maintain or improve mobility, reduce pain/stiffness and have some fun!! Individuals from basic to advanced capabilities will benefit from this class. Class meets at the Lois E. Harrill Center Monday and Wednesdays from 1-2 p.m.

LOIS E. HARRILL SENIOR CENTER**September and October 2014**

The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

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

Weekly Activities

| | |
|--|--------------------|
| Monday - Art Class (intermediate) - | 9 a.m. - 12 noon |
| Muscles and More - - - - - | 10:30 - 11 a.m. |
| Bone Builders - - - - - | 10:30 - 11:30 a.m. |
| Bingo - - - - - | 11 - 11:45 a.m. |
| Arthritis Foundation- - - - - | 1 - 2 p.m. |
| Zumba Gold - - - - - | 4 - 5 p.m. |
| Tuesday - Brain Games - - - - - | 10 - 11 a.m. |
| Exercise - - - - - | 10:30 - 11 a.m. |
| Nutrition/Health Classes- - - - | 11 a.m. - 12 noon |
| Sit and Knit- - - - - | 1 - 4 p.m. |
| Line Dancing (Call prior to attending)- | 1:30 - 2:30 p.m. |
| Rummikub - - - - - | 2:30 - 3:30 p.m. |
| Sewing Classes (\$) - - - - - | 6 - 8:30 p.m. |
| Yoga (\$) - - - - - | 6:15 - 7:15 p.m. |
| Wednesday - Art Class (beginner)- | 9 a.m. - 12 noon |
| Life Long Artists - - - - - | 9 a.m. - 12 noon |
| Indoor/Outdoor Games - - - - - | 10 - 11 a.m. |
| Muscles and More - - - - - | 10:30 - 11 a.m. |
| Bone Builders - - - - - | 10:30 - 11:30 a.m. |
| Bingo - - - - - | 11 - 11:45 a.m. |
| Arthritis Foundation - - - - - | 1 - 2 p.m. |
| Zumba Gold - - - - - | 4 - 5 p.m. |
| Thursday - Music - - - - - | 10 a.m. - 12 noon |
| Sign Language - - - - - | 10 - 11:30 a.m. |
| Crafts - - - - - | 10 a.m. - 1 p.m. |
| Exercise - - - - - | 10:30 - 11 a.m. |
| Needlework Class (\$) - - - - - | 1 - 4 p.m. |
| Friday - Gardening - - - - - | 10 - 11 a.m. |
| 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 * Cards * Computer Lab * Copy Machine—see Jennifer for assistance * 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 *

Ongoing Activities each day:

Coffee Time and Talk - 9 - 10:30 a.m.

Rummy Group - 11 a.m. - 12 noon.

Wii - 9:30-11 a.m.

**Support Groups:**

Grandparents Raising Grandchildren: - High Country Caregiver Foundation holds their monthly grandparents raising grandchildren meeting at the Harrill Center on the last Tuesday of the month from 5:30-7:30 p.m. This is a supportive group whose mission is to improve the quality of life for kinship caregivers and those they care for. Individuals need to RSVP to Brenda Reece 265-5434 ext 128 before attending.

Grief Support Group – The Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group for individuals who have experienced the death or loss of someone close. The group will be held the third Monday of the month, September 15 and October 20. The group is free and open to anyone in the public.

Agency and Advocacy Information

Each presentation will be at 11 a.m.
 Tuesday, September 2 - Candy Jones from APPRHS, will be talking about Fall Prevention.
 Tuesday September 9 - 1 Nutrition Education
 Tuesday September 23 - Nutrition Education
 Tuesday October 7 - Candy Jones from APPRHS.
 Tuesday October 14 - Nutrition Education
 Tuesday October 21 - Medi Home Health and Hospice.
 Tuesday October 28 - Nutrition Education.

Special Activities

Pool Tournaments - The Men's Tournament will be held on Monday October 20th from 10 a.m.- Noon and the Women's Tournament will be October 27, from 10 a.m.- Noon. Should we need to carry over it will be held on Wednesday. Participants in the tournament must be at least age 60.



Field Trips-We are still working out the details for a possible trip in October. Call the senior center for more information.

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



Gentle Yoga Class-Twelve week session taught by Akal Dev Sharonne will start Tuesday, September 9. \$72 for 12 week session, meets every Tuesday from 6:15-7:15pm. Please register by 5pm on first day of class. Open to people under 60 if space allows.

Special Interests and Services

Line Dancing - Held every Tuesday from 1:30-2:30. Music of all genres is played. You never need a partner but you can bring all your friends and have a lot of fun. 

Blood Pressure Checks - First Tuesday of each month from 10:00—11:00 a.m.

E-Reader Program - Kindles available for check out. User support/assistance available. Variety of books available and new books can be downloaded.

Advocacy Opportunities- The center provides information on advocacy opportunities, 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.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

Free Hearing Aid Services— Free hearing screening exam 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.

Computer Training - Free computer training, assistance with online job searches and resume assistance available by appointment.

Housing Needs – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

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.

Box Tops for Education-The collection box is in the front room. Box tops go to local schools.

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Garden on site. Please contact Jennifer for more information.

Information and Assistance - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training. 

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

3

Special Interests and Services Continued

Transportation- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter.

Currently we have a waiting list for transportation services. Call if you would like to be placed on the wait list. 

Free Hearing Aids and Other Equipment - Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.

Medicare and Medicaid Enrollment – Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Legal Aid Helpline – 1-877-579-7562. Legal aid clinics offered during the year at center; call for more information.

Veterans Group at Senior Center - First Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro.

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

Weaving Instruction- The center has table and floor looms. If interested come by on Mondays from 9am to noon.

High Country Lifelong Learners-High Country Lifelong Learners have a new schedule of classes for the fall. Please contact the Senior Center for a list of classes.



AppalCart Schedule

Appalcart Phone Number 297-1300

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 2014



The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.

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** - Sewing Class - - - - - 9 a.m. - 12 noon
- Rug Hooking Class - - - - - 10 a.m. - 1 p.m.
- Gentle Exercise - - - - - 12:15 - 1:15 p.m.
- Tuesday** - Low Impact Exercise - - - - 10 - 11 a.m.
- Wood Carving (call prior to attending) - 8:30 a.m.-12:30 p.m.
- Beading & Jewelry Making-9:30 a.m. - 12:30 p.m.
- Mental Improvement Games - 10:30 - 11:15 a.m.
- Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m.
- Wednesday**- Knitting - - - - - 9 a.m. - 12 noon
- 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.
- Thursday** - Art Class - - - - - 9:30 a.m. - 1 p.m.
- Lap Quilting - - - - - 9 a.m. - 1 p.m.
- Watch A Video - - - - - 9:30 - 11:30 a.m.
- Yoga (\$) - - - - - 11 a.m. - 12 noon
- Mental Improvement Games - 10:30 - 11:15 a.m.
- After Lunch Walk - - - - - 12:15 - 1:30 p.m.
- Throwing Darts - - - - - 12 - 2 p.m.
- Outside Fitness (Weather Permitting) -12:30 - 2:30 p.m.
- Friday** - Outdoor Recreation - - - 9 - 10 a.m.
- Dancercise (exercise to music) - - - - 10 - 11 a.m.
- Low Impact Exercise - - - - - 10 - 11 a.m.
- Weaving Guild - - - - - 9 a.m. - 1 p.m.

Ongoing Activities Each Day:

- Rook** - 8 a.m. - 2 p.m.
- Party Bridge** - 9 a.m. - 3 p.m.



Walking (inside Old Cove Creek Gym or Outside) - 8 - 11 a.m.

Fitness equipment is available to those age 60+ 8 a.m. - 4 p.m. with staff present.

Support Groups:

- Weight Loss** - Mondays 6-8 p.m.
- Alcoholics Anonymous**-Wednesdays 7-9 p.m.
- Treasured Memories** - Meets fourth Monday each month from 10 - 11 a.m. During secure group sessions, participants may share their personal feelings and experiences, sadness, fears, challenges, and joys. Each session has an uplifting activity.

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



Health and Nutrition Activities

Powerpoint Presentation on Osteoporosis - Tuesday, September 9, 10 - 11:30 a.m. Lynn Gilbert, Physician Assistant with Ortho Spine will discuss prevention and cures of the disease.

Blood Pressure/Blood Oxygen Levels Checks - Tuesdays, September 9, and October 14 , from 9:30 - 11:30 a.m. Will include a 30 minute health program for seniors. Topics to be announced at senior center.

Agency Information

Monday, October 6, 10 a.m. Scams, Fraud and Medicare Presentation will be presented by Diane Trainor from the NC Department on Insurance.

Special Activities

Attire with a Theme Day - Each month the center will pick a theme or colors for folks to wear to the center on a specific day. Wednesday, September 17, wear a leaf motif, pin or other jewelry, article of clothing or fabric with leaves pattern, and Friday, October 31, animal Halloween costume.

Gentle Yoga Class-Twelve week session taught by Akal Dev Sharonne will start Thursday, September 11. \$74 for 12 week session, meets every Tuesday from 11 a.m. - noon. Please register by 10 a.m. on first day of class. Open to people under 60 if space allows.

Halloween Party - Friday, October 31, 10 - 11:30 a.m. Dress in a Halloween costume of an animal. Prizes, games and refreshments available. Bring in your favorite treat to share.

Field Trips-We are still working out the details for a possible trip in October. Call the senior center for more information.

Special Interests and Services

Creative Writing and Discussion Group -

Meets the first and third Friday each month from 10 - 11:30 a.m. This group is intended to stimulate thought and conversation during friendly informal sessions. No literary or experience is required and no evaluation of work. Just bring a notebook and pen or pencil. Facilitated by Emery Pavel.



Fiber Art/Hand Spinning Guild —

Hand spinning meets the first Saturday from 9:30 a.m. - 12:30 p.m. Fiber Guild will meet the third Saturday of each month from 10:30 a.m. - 1:30 p.m.



Transportation- The Project on Aging contracts with AppalCart Transportation Authority to provide transportation to county residents for the purpose of attending the senior centers, shopping and appointments. The service is available in different sections of the county Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

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

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

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

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

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



Scam and Fraud Awareness Discussion

Group— Meets the third Tuesday each month from 10 - 11 a.m., seniors will be informed about the latest scams targeting older adults and how they can protect themselves.

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.

Special Interests and Services Cont.

Sewing Classes - Mondays from 9 a.m. - 12 noon, beginning Monday, October 6th. Learn basic sewing techniques using our sewing machines, or bring you own. Instruction is free to seniors but all participants must pay for cloth or materials needed for each project. Sign up now at the senior center to assure there is space. Mayselle Hagaman an experienced seamstress and teacher will be instructing the class.

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

AppalCart Schedule -Western Watauga Community Center



AppalCart Phone Number - 297-1300

Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 297-1300 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



The Warming Tree

Is a community supported charitable program sponsored by Baird’s Creek Presbyterian Church that provides families in need with warm clothing and blankets. The tree will be located in the front desk area of the Western Watauga Community Center for individuals to donate items.

Food Bank Drop Off

Non-perishable foods will be collected throughout the winter beginning in October to be picked up by the Hospitality House and Hunger Coalition. The box will be located in the front lobby at the Community Center.



Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed Monday, September 1, 2014, in observance of Labor Day.

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

**Art Show and Open House**

Our Art Class students, crafters and weavers will be showing off their work during the month of September at the Lois E. Harrill Senior Center. We will be having a reception and open house on **Thursday, September 11, at 3 p.m.**

If you are thinking about taking one of the art classes, crafting class or the weaving class this is a great opportunity to come and see the work and talk with students and teachers.

**Annual Craft Sale**

The Lois E. Harrill annual craft sale will be held November 18-20. If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's sale.

There is a \$5.00 entry fee for vendors. Vendors will keep 100% of their sales. Please contact Jen Teague to register.

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 Deerfield Ridge at 264-0336 for more information.

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

**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.

EMAIL!!!

Activities, classes and trips are subject to change and often new activities are added in during the month. Should you be interested in getting Senior Center updates please email Jen Teague at Jennifer.teague@watgov.org or Toni Wait at toni.wait@watgov.org with your email address. Updates will be sent as needed.

 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