



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

JANUARY AND FEBRUARY 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.

Income Tax Time Again!!!!



The Watauga County Project on Aging will once again offer free tax assistance at the senior centers. The Internal Revenue Service (IRS) and the American Association of Retired Persons (AARP) with the purpose of providing free tax counseling for low-income taxpayers jointly sponsor the Tax-Aide program. 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.
- Your income for 2004 must be less than \$40,000.
- You must be a Watauga County resident.
- Will file federal and NC returns. No out of state returns will be done!

All ages meeting this criteria are eligible but preference is given to persons sixty years of age and older.

The Tax-Aide program will run from February 1 to April 12, 2005. Tax counselors are available to file returns electronically or by traditional method.

Counselors will be at the Lois E. Harrill Senior Center in Boone and the Western Watauga Community Center in Cove Creek. You may call after January 15, 2005 to make an appointment.

L.E. Harrill Center-----265-8090

Western Watauga 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.

Creative Music Group—Music as Therapy

A new activity is being offered at the L.E. Harrill Senior Center! Participants of the creative music group will explore making music together as a group, utilizing, both well known songs and group and individual song writing experiences. A variety of hand percussion (drum, marimba, cabassa, shakers, etc.) will be used as well as an emphasis on vocal work. Movement to music and relaxation techniques will be addressed as well. This activity will be offered each Monday for 10 weeks beginning January 10 from 1-2pm.

Classes are free for persons aged sixty and older and class size is limited to 10 persons. No musical experience is necessary to participate.

Melody Schwantes, Board Certified Music Therapist, will lead the activity. For more information or to reserve a seat call Sherry Harmon.



Program on Diabetic Foot Care

Many of the complications of Diabetes mellitus affect the foot. The impact of DM on health, and in particular the foot, is immense. Subsequently, diabetic foot care is a critical part of overall diabetic care.

Dr. Paul Zimmerman, D.P.M. will present a program on diabetic foot care at the Lois E. Harrill Senior Center on Monday, January 24 from 10:30-11:30am. This presentation is open to the public. You may call the senior center at 265-8090 to reserve a seat.

LOIS E. HARRILL SENIOR CENTER**January and February 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 - Thursdays, 10 a.m. – 1 p.m.
 Lap Quilting - Tuesdays, 1 – 4 p.m.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Creative Music Group - -	1 - 2 p.m.
Body Recall - - - - -	2 - 3 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.
Wednesday -Art Class - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall - - - - -	2 - 3 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 Classes - - - - -	5:30 - 6:30 p.m.
Friday - Ceramics - - - - -	10 a.m. - 1 p.m.
Nutrition/Health Classes-	10.45 - 11:45 a.m.
Body Recall - - - - -	2 - 3 p.m.

Congregate Nutrition Program

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

Support Groups:

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class - Thursday, March 10, 3 – 4 p.m. “The Care-Griever: Helping Caregivers Cope with Grief.” Crossroads LME/New River Behavioral Health Care Geriatric Specialty Team.

**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

Date and time to be announced.
 Weatherization Program -WAMY
 Community Action, Inc.

Tuesday, February 15, 11:30 a.m. – 12 noon
 Evelyn Johnson - Watauga County Library

**Special Activities**

Basket Weaving Workshop - Tuesdays & Thursdays, January 4 & 6 and 11 & 13. Will meet 1:30-5pm each day. There is no charge for the workshop but you must reserve a space.

Turchin Center Classes - Monday, January 17 and Wednesday, January 19 - “Visualizing Movement” with Ivette Rubio, Joanna Olivier, and Emily Daughtridge. Do something good for your heart while exploring Latino/Hispanic art. View the exhibition and be inspired to try on Caribbean and Flamenco dance styles. On Monday we feature the steps of Salsa and on Wednesday discover the graceful gestures and rich rhythms of Flamenco.

Monday, February 21, and Wednesday, February 23 - These classes will emphasize Impressionism and will be taught by Dr. Gayle Marie Weitz’s ART 4421 students. Students will be painting a lampshade in Impressionist style.

All sessions meet 10 a.m.-12 noon. See Sherry at the senior center to reserve a space on the van and in the class.

Diabetic Foot Care Program – Monday, January 24, 10:30 - 11:30 a.m.

AARP Tax Assistance - Tuesdays February 1 – April 12, by appointment only.

Valentine’s Day Party - Monday, February 14, 10 a.m.-12 noon. Refreshments, games and crowning of the King and Queen.

**Special Interests and Services**

Health Screenings- Thursdays, January 13, and February 10. By appointment only.

Free Foot Evaluation with Pedicare - Second Wednesday each month, from 11 a.m. - 12 noon.

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, March 8, 10 a.m.-12 noon.

**WESTERN WATAUGA COMMUNITY
CENTER**

January and February 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:

Ceramics - Tuesdays, 10 a.m. – 1 p.m.

Crafts – Tuesdays, 10 a.m. – 1 p.m.

Lap Quilting – Thursdays, 10 a.m. – 1 p.m.

Congregate Nutrition Program

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

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.



Weekly Activities

Monday -Walking - - - - -	8 - 9 a.m.
Exercise with Shirley - - - -	9:30 - 10 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Body Recall - - - - -	12:30 - 1:30 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday– Walking - - - -	8 - 9 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Nutrition / Health Classes -	10:30 - 11 a.m.
Body Recall - - - - -	12:30 - 1:30 p.m.
Thursday - Walking - - - -	8 - 9 a.m.
Line Dancing - - - - -	9 - 10 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.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Rook - - - - -	9 - 11:30 a.m.
Live Music - - - - -	10 - 11:30 a.m.
Tolepainting - - - - -	10 a.m. – 1 p.m.
Body Recall - - - - -	12:30 - 1:30 p.m.

Blood Pressure Checks

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

Special Activities

Rubber Stamp Workshops- Mondays and Wednesdays during January, 10 a.m. – 1 p.m.

AARP Tax Assistance- Dates to be announced, by appointment only.

Valentine's Day Party- Monday, February 14, 10-11:30 a.m.

Special Interests and Services

Free Foot Evaluation with Pedicare - Second Thursday of each month from 10 a.m - 1:00 p.m.

Health Screenings - Thursdays, January 27, and February 24. By appointment only.

Free Hearing Aid Services— Hearing aide services and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor - January - Day and time to be announced.

Fiber Art/Hand Spinning Guild- Meets first and third Thursday each month from 6:30-8:30 p.m. For more information contact Sandra Basel at 297-3046.



Walking Program and Fit for Life Exercise Program - Monday - Friday, 8 a.m. - 10 a.m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

Horseshoes and Croquet available- 9:00 a.m.—2:00 p.m., weather permitting. If you wish to play contact a staff member.

Weaving Guild- Donna Duke and Ruth Smith 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.-7:30 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.

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

Lois E. Harrill - Special Interests
Cont.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare-Approved Discount Card Program. 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.

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

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.

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.

Prescription Drug Assistance

Resources- There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

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.

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

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- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

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

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.

Cove Creek Extension club- Has changed its name to the Cove Creek 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.



Wise Sayings-

- A jitterbug is not an insect—just a human being acting like one.
- Two of the hardest things in the world to keep clean are a white vest and a spotless reputation.
- If you must drown yourself, pull off your clothes; they may fit your wife's second husband.

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**AppalCart Schedule****Western Watauga Community Center****Monday** - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.**Tuesday - Wednesday - Thursday** - Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.**Friday** - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

Thursday is shopping day in Boone. 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.

Yoga Class Begins New Session

A new session of Yoga classes will begin on Thursday, January 6, 2005 at the Harrill Senior Center in Boone. The class will meet from 5:15 to 6:15pm each Thursday for 12 weeks. This class is appropriate for beginners as well as experienced yoga students. The instructor is Akal Dev Sharonne. The cost of the 12-week session is \$60.00 per person and class size is limited to 12. Any age may attend but priority will be given to persons age sixty and older. The registration deadline is 5 p.m., Friday, December 31, 2004. Please call Sherry Harmon at 265-8090 if you are interested or for more information.

**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.

Tai Chi Class Begins New Session

A new session of Tai Chi classes will begin on Thursday, January 6, 2005, at the Harrill Senior Center in Boone. The class will meet from 5:30 - 6:30 p.m. each Thursday for 12 weeks. The instructor is Tim Winecoff. The cost of the 12-week session is \$36.00 per person and class size if limited to 9. Any age may attend but priority will be given to persons age sixty and older. The registration deadline is 5 p.m., Friday, December 31, 2004. Please call Sherry Harmon at 265-8090 if you are interested or for more information.

Body Recall Classes Offered at Senior Centers

Would you like to reclaim your variety of movement and gain the strength to make living pleasurable? This program will enhance your ability to perform activities of daily living and challenge you to do more with what you have. A new series of classes begins Monday, January 10, and will meet every Monday, Wednesday, and Friday for ten weeks. Classes will meet at the Western Watauga Community Center from 12:30-1:30 p.m. and at the L.E. Harrill Senior Center from 2 to 3 p.m. Registration fee is only \$1.00 for the entire ten weeks. The instructor is Kristie Copley. The class is available for persons aged sixty or older. There must be a minimum of 5 students and the maximum number is 20. Call the WWCC at 297-5195 and the Harrill Center at 265-8090 to reserve a space.

Rubber Stamp Workshops

Create decorative greeting cards, scrap-book pages, bookmarks, and other artistic home décor items. Each workshop will offer a different craft project. The Western Watauga Community Center will offer a rubber stamp workshop every Monday and Wednesday during the month of January, beginning Wednesday, January 5. Workshops will meet from 10 a.m.-1 p.m. There is no charge for persons aged sixty and older. Persons under the age of sixty may join, if there is available space, for a fee of \$3.00 per class. Each participant will be responsible for providing his/her own supplies. A supply list will be made available when you reserve a seat for the workshop. For more information or to reserve a space you may call: Toni at 297-5195 or Aletia at 297-6597.

Managing Chronic Pain With Exercise

Many chronic pain conditions affect a large number of older adults. Common chronic pain complaints include headache, low back pain and neurogenic pain.

How can exercise help alleviate some symptoms of chronic pain? Exercise increases circulation to the affected tissues, which helps those tissues to heal. In addition, it's important to know that the only way for a joint to get nutrients is through movement of the joint.

This is the first in a series of exercise information we will include in the center newsletter on chronic pain and exercise.

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

Basket Weaving Workshop

A four-day basket-weaving workshop taught by Cyndi Rapenske will be offered at the L.E. Harrill Senior Center. Dates for the workshop are Tuesdays & Thursdays, January 4 & 6 and 11 & 13. It will meet from 1:30-5pm each day. There is no charge for the workshop and materials will be provided at no cost. It is a great opportunity for beginning basket weavers. The class size is limited to six (6) persons and you **must** be sixty years of age or older to participate. You can see examples of the baskets that will be made in the workshop at the Harrill center. See Sherry Harmon for more information or to register for the workshop. You must reserve a seat to be enrolled!



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