



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

297-5195

Western Watauga Community Center

JANUARY AND FEBRUARY 2011



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 Sharon at 264-0336 to reserve respite care or for more information.

Food Drive for Community

In honor of the Martin Luther King Jr. Holiday, The Lois E. Harrill Senior Center and Appalachian Senior Programs are partnering to collect food for local food pantries during the month of January. The collection box is located in the living room of the Senior Center. Please bring your nonperishable canned and boxed goods to benefit needy people in our area.



Blue Ridge Forum Class Series

Please call the Harrill Center about January events, which may include programs about High Country community-supported agriculture groups and on homeopathic alternatives to traditional medicines. All programs are free and open to the public.

February events will be held from 2-3:30 p.m. on Fridays and are as follows:

- February 4: Frank Griffin: The national debate in the United States in the 1820s over the "Indian Problem"
- February 11: Frank Griffin: James Fennimore Cooper's *Last of the Mohicans*, chapters 1-17 (There are lots of copies of this novel around in the library or used or it can be ordered at Black Bear or the bookstore in the mall)
- February 18: Frank Griffin: Cooper's *Last of the Mohicans*, chapters 18-33
- February 25: Final Discussion of *Last of the Mohicans*

Beginning Bridge Group

The Blue Ridge Forum Beginning Bridge Group will be meeting at the Harrill Center during the winter months and welcomes new players. Please call if you are interested in joining the group.

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 (2009) 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.

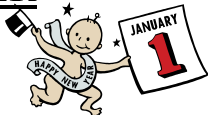
The Tax-Aide Program will run from February 1, to April 12, 2011.

Counselors will be at the Lois E. Harrill Center on Tuesdays beginning February 1, 2011, and at the Western Watauga Community Center in Cove Creek Mondays beginning February 21, 2011. Call Tabitha Thomas at 828-265-8090 for appointments at the Lois E. Harrill Senior Center and Toni Wait at 828-297-5195 for appointments at the Western Watauga Community Center.



LOIS E. HARRILL SENIOR CENTER

January and February 2011



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	
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	11 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	2:30 - 4:00 p.m.
Arthritis Tai Chi - - - - -	4 - 5 p.m.
Sewing Classes - - - - -	6 - 8:30 p.m.
Yoga - - - - -	6:15 - 7:15 p.m.
Watauga Photography Club -	7 - 8:30 p.m.
Wednesday - Art Class (beginners)- 9 a.m. - 12 noon	
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun - - - - -	10:30 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Rummy Group - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 a.m - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Arthritis Tai Chi - - - - -	4 - 5 p.m.
Tai Chi - - - - -	5:30 - 7:30 p.m.
Friday - Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Rummy Group - - - - -	11 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 -May also be checked out for use at home * Wii *

Advocacy Corner

Our advocacy group, S.O.S., will resume our meeting schedule in January. We will meet on the 1st and 3rd Tuesdays of each month at 1:00 p.m., weather permitting. If you want to make a difference for seniors in the community, come join us!!

**Support Groups:**

“The Art of Living”, a reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the first Friday of each month from 10 a.m.-12 p.m.

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m.

NAMI Connections meets every Tuesday from 2:30-4p.m. and is open to anyone who struggles with mental illness or addiction of any kind.

In Our Own Voice- New class series meets every third Thursday from 1 p.m.-3 p.m. in the dining room of the Harrill Senior Center. This class is an opportunity for those who have struggled with mental illness to gain confidence and to share their individual experiences of recovery and transformation.

Agency Information

Tuesday, January 11, 11 a.m. – David Hancock from Emergency Management will talk about disaster preparedness, including ways to protect yourself and loved ones in times of severe weather and power outages.

Tuesday, February 8, 11 a.m. – Steve Moeller will discuss NAMI (the National Alliance on Mental Illness), which meets at the center monthly. He will also discuss the Connections Support Group and the new monthly meeting, “In Your Own Voice.”

Blood Pressure Checks

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

**Special Activities**

Valentine Party – Monday, February 14, 10:00 a.m. – Noon. Come join us for dancing, refreshments, and the crowning of our Valentine King and Queen.

Memory Lane – Join us on Tuesday, January 18, from 10 a.m.-11 a.m. as we watch videos from past senior center events. Refreshments will be served.

Special Interests and Services

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, January 5, 2011, from 9 a.m.-12 noon.

AARP- Will resume meetings in March 2011.

Advocacy Opportunities- The center provides information on advocacy opportunities, "Effective Advocacy" training and Voter registration forms.



Amateur Radio Club - Meets the first Monday of each month from 6 - 8 p.m.

Book Discussion Group - Will resume the third Wednesday in May 2011.

Computer Training - Free computer training is available by appointment.

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.

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

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.

Free Hearing Aid Services- Hearing screenings; Otoloscopic 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, March 22, 10 a.m.-Noon.

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

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 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 each day. Schedules for both centers are listed in each newsletter.

Special Interests and Services Continued

Coupon Swap – Drop off the coupons you don't need and pick up ones you can use. Available anytime during operating hours.

Seniors of Service (S.O.S.) Advocacy Group

We have formed a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The meetings will be held the first and third Tuesdays of the month at 1 p.m.

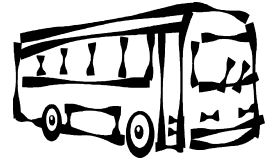
Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

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

AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.



Monday - Intown, Foscoe, and Meat Camp

Tuesday - Deep Gap, Stoney Fork, Blowing Rock, and Intown

Wednesday - Cove Creek, Meat Camp, Todd and Intown

Thursday - Intown, Foscoe and Matney

Friday - Blowing Rock, Deep Gap, Intown, and Stoney Fork

Yoga Classes scheduled for next session

This next 12-week session of Yoga classes is scheduled to begin at the Harrill senior center on Tuesday, January 4, 2011 and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register will be 5 p.m. Monday, January 3, 2011. At the Western Watauga Center class will begin on Friday, January 7, 2011, and will meet each Friday from 10:15 - 11:15 a.m.. Deadline to register will be 4 p.m. Thursday, January 6. These classes are 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. The cost of the 12-week sessions 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. You may call Harrill Center at 265-8090 or the WWCC at 297-5195 with any questions.



WESTERN WATAUGA COMMUNITY CENTER

January and February 2011



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.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	9:30 - 11:30 a.m.
Sewing Class - - - - -	9:30 - 11:30 a.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Woodcarving Guild - - - - -	8:30 - 11:30 a.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.
Thursday - Walking - - - - -	8 - 11 a.m.
Art Class - - - - -	10 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Strength Training - - - - -	10 a.m. - 12 noon
Live Music - - - - -	10 - 1 p.m.
Yoga - - - - -	10:15 - 11:15 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m.

Bridge card games Monday - Wednesday, from 9:30 - 11:30 a.m.

Fitness equipment is available to those age 60+ population 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.

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 * Wireless Internet *



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.

“The Art of Living” -A reminiscence group led by Jennifer Johnson, Hospice Bereavement Coordinator, is held the third Friday of each month from 9:30 - 11:30 a.m.

Blood Pressure Checks

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



Special Activities

Valentine's Day Party - Monday, February 14, from 9 a.m. - 11:30.

Special Interests and Services

Fiber Art/Hand Spinning Guild — Spinners will meet first Saturday of each month from 9:30 a.m.—12:30 p.m.

Fiber Guild will meet the third Saturday of each month from 9:30 a.m. - 12:30 p.m.

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

Book Discussion Club - Will meet in January and February. Dates will be posted at Senior Center and Branch Library. The meeting will be from 6 - 7 p.m. and is sponsored by the Branch Library. The Book in January is *The Guernsey Literary and Potatoe Peel Pie Society* by Mary Ann Shaffer and February's book is *The Secret Life of Bees* by Sue Monk Kidd.

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

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.

Special Interests and Services Continued

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



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

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.

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 each day. Schedules for both centers are listed in each newsletter.

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

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

Volunteer Opportunities

Available at the Western Watauga Community Center include: Grant writer, indoor plant caretaker, home delivered meals substitute drivers, office assistant, party decorator/activity planner, and exercise leader. Call Toni Wait for more information at 828-297-5195 from 8 a.m. - 4 p.m.

Fundraising and donations needed are: one or two small book shelves, a recumbent bike, several portable or folding six foot tables, and a guitar case in usable condition.

AppalCart Schedule -Western Watauga Community Center



Days/Routes are subject to change.

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

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. 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.

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.



Turkey Chili

Yield: 4 servings

Ingredients:

- 2 cups Chopped cooked turkey
- 1 Garlic clove, minced
- 1 medium Onion, chopped
- 17 ounces Can red kidney beans
- 6 ounces Can tomato paste
- 28 ounces Can tomatoes
- 1 Bay leaf
- 1 tablespoon Chili powder (or 2 to taste)
- 1/2 teaspoon Cumin



1. Combine the turkey, garlic, onion, and green pepper in a nonstick skillet. Saute until the vegetables are soft. Add the remaining ingredients and cover.

2. Simmer over low heat for 30 to 60 minutes or until the flavors are blended.

1/4 recipe - 340 calories, 3 lean meat, 1 bread, 2 vegetable exchanges 33 grams carbohydrate, 30 grams protein, 10 grams fat, 355 mg sodium, 1211 mg potassium, 60 mg cholesterol. Source: Am. Diabetes Assoc. Holiday Cookbook by Betty Wedman 1986

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 the following holidays:

Friday, December 31, 2010 in observance of New Year's Day.

Monday, January 17, 2011, in observance of Martin Luther King Jr. Day

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

**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.

**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.

Local Veterans Video Museum

Every veteran's life is an important contribution to American history. The veteran community is proud of your contribution and wants it documented and placed in a Local Veterans Video Museum and become a part of the community's heritage. Video interviews are being conducted every Friday at the Senior Center in Boone by Ken Wiley, WW II Veteran. There is no cost to the veteran and he/she will receive a copy of the resulting Life Story DVD. Please call Ken Wiley at 264-4724 or email at veteranken@att.net to discuss the project and make an appointment.

**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.



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