



# 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

**JANUARY AND FEBRUARY 2012**

Western Watauga Community Center



### 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.

### Registration for Yoga Classes at Senior Centers

The next 12-week session of Yoga classes is scheduled to begin at the Lois E. Harrill Senior Center in Boone on Tuesday, January 3, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on Friday, December 30. Classes at the Western Watauga Community Center will begin Friday, January 6, from 10:15-11:15 a.m. (registration deadline is 10 a.m. on January 6). This class is 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. Her classes are a delightful blend of humor, challenge and wisdom. The cost of each 12-week session 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. Please call 265-8090 with any questions.



### Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, January 26, at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The beginner class will be held on Thursday evenings from 5:30-6:30 p.m. and will be followed by a 6:30-7:30 p.m. class for intermediate students. The deadline for registration is 5 p.m., Wednesday, January 25. Any age may join but priority will be given to persons aged sixty and older. The cost is \$48.00 per person for either 12-week series. Please come by the center to register.

### 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 (2010) 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 7 to April 17, 2012.

Counselors will be at the Lois E. Harrill Center on Tuesdays and at the Western Watauga Community Center in Cove Creek on Mondays. Please call for an appointment.

### Advocacy Corner

Please join us at the Lois E. Harrill Senior Center on Tuesday, February 21, at 11 a.m. when we will be joined by a Watauga County law enforcement officer who will share info about new laws, ways to stay safe, and also listen to your concerns.

**LOIS E. HARRILL SENIOR CENTER****January and February 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
The Fit Club - - - - -	10 - 11:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
(Will change to 1 - 2 p.m. in February)	
<b>Tuesday</b> - Exercise - - - - -	10:30 - 11 a.m.
Rummy Group - - - - -	10 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
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.
Indoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
(Will change to 1 - 2 p.m. in February)	
Zumba Gold - - - - -	4 - 5 p.m.
<b>Thursday</b> - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 10:30 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 - - - - -	5:30 - 7:30 p.m.
<b>Friday</b> - Fun with Wii - - - - -	9:30 - 11 a.m.
The Fit Club - - - - -	10 - 11:30 a.m.
Rummy Group - - - - -	10 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 \* Wii \*

**Agency Information**

Tuesday, January 10, 11 a.m. - A speaker 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 21, 11 a.m. - Watauga County Sheriff's Office will discuss new laws, safety issues, and listen to your concerns.

**Special Activities**

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

**National Wear Red Day** - Friday, February 3, 10:00 a.m.-Noon. Join us for information about heart health, heart healthy snacks, and Red Bingo at 11 a.m.! Please wear red to be entered for door prize!!

**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. and **NAMI Connections** meets every Tuesday from 2:30 - 4 p.m.

**Special Interests and Services**

**Blood Pressure Checks** - last Tuesday of each month from 10-11 a.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).

**NC Services for the Deaf and Hard of Hearing** - A representative is here the first Tuesday of the month from 9 - 11 a.m. Services available include hearing aids, CapTel telephones, and other assistance and equipment. Please call the Morganton Center to make an appointment. Toll-free number is 1-800-999-8915; TTY: 1-800-205-9920.

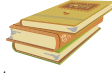


**Food Distribution** - A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Please contact Tabitha for more information.

### **Special Interests and Services Continued**

**Legal Aid Helpline** – 1-877-579-7562. Legal Aid Office in Boone is closed; 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.

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



**Book Club** - Will take a break for the winter months and then will resume in June 2012.

**Advocacy Opportunities**- The center provides information on advocacy opportunities, “Effective Advocacy” training as requested, and Voter registration forms.

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

**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.

**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.

**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.

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

**Quilt Guild** - Meets the first Thursday of each month from 1:30 - 4 p.m.

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

### **Special Interests and Services Continued**

**Free Hearing Aid Services**- Hearing screenings; otoscopic 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. April’s Date to be announced in next newsletter.

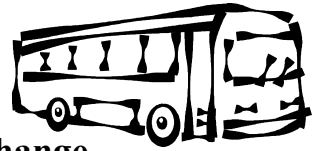
**Social Security** - Online services available as well as assistance with contacting office in Wilkesboro. Transportation to Social Security Office in Wilkesboro can be arranged if needed through public transit. Please call Tabitha for more information.

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

### **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

### **Project E.M.M.A.**

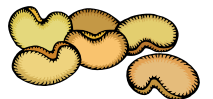
E.M.M.A. stands for “Eat Better, Move More, Age Well.” Upcoming EMMA events:

Zumba Gold, every Wednesday from 4-5 p.m.;

National Wear Red Day celebration, Friday,

February 3, from 10 a.m.-Noon. Plans for the

spring: gardening at the senior center. Stay tuned 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 items for our soldiers during the month of January. The collection box is located in the living room of the Harrill Senior Center. Please bring items such as shaving gel, razors, toothpaste, wash cloths, nuts, beef jerky, playing cards, Rook or Uno Cards, shampoo, conditioner, etc. Please do not bring items that will melt.





**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 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.
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.
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.
<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 sports
- \* Wireless Internet

**Support Groups:**

**Alcoholics Anonymous**-Wednesdays 7-9 p.m.

**Alanon**-Wednesdays 7-9 p.m.

**Grief Workshops** - Third Friday each month from 9:30 - 11:30 a.m. Jennifer Johnson, a representative from High Country Hospice will be offering an uplifting group session in which to honor and remember loved ones and pets.

**Diabetic Education and Support Group** - Meets every Friday morning, from 9:30 - 11:30 a.m. Space may be limited, please call in advance to reserve a seat.

**Health and Nutrition Education**

Friday, February 3, is Wear Red - Heart Health Day. Everyone is encouraged to wear something red to promote lifesaving awareness and urging women to protect their heart, as heart disease is the number one killer of women. There will be handouts and information available.

**Blood Pressure Checks**

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



**Special Activities**

**Martin Luther King Jr.** - In honor of Martin Luther King Jr., we will be showing the 2011 movie: “The Help”, Friday, January 13, 9:30 - 11:30 a.m. There will be a 10 minute intermission half way through the movie.

**Valentine Party** - Tuesday, February 14, 10 a.m. - 1 p.m. Refreshments, games and prizes. Bring in your favorite cookies or cake to share!

**Special Interests and Services**

**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.

**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.



## Special Interests and Services Continued

**Cove Creek Community Council-** 1<sup>st</sup> 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.

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

**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.

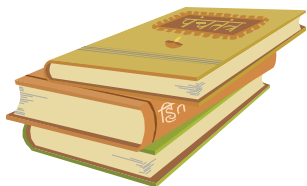
**Information and Referral-** Available at the senior center for services not provided by the Project on Aging.

**Fiber Art/Hand Spinning Guild** — Spinners will meet first Saturday of each month from 9:30 - 11:30 a.m. Fiber Guild will meet the third Saturday of each month from 9:30 - 11:30 a.m.

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

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

**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.



## 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



## Extra Help With Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don't even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to [www.ssa.gov](http://www.ssa.gov) to complete an application.



## Newsletter Availability

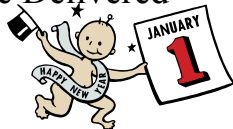
There are four ways to obtain a senior center newsletter:

- Pick up at Western Watauga Community Center or L.E. Harrill Senior Center.
- E-mail- Send a message to [karin.bare@watgov.org](mailto: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.

### **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, January 2, 2012, in observance of New Year's Day and on Monday, January 16, in observance of Martin Luther King Jr. Day.

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



### **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](mailto: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.

### **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.



132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

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