



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 2014



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 service 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 photo identifications for taxpayer and all dependents
- Last year's (2012) tax return
- W-2 forms from each employer
- Unemployment compensation statements
- 1099 forms for Social Security, Pension, Interest and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Real Estate Taxes, Mortgage 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, royalties, and sale of home or business. We do prepare Schedule C for self-employment income (1099_Misc) with expenses less than \$10,000.
- We don't prepare returns for complex businesses. 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 4 to April 15, 2013.

Counselors will be at the Lois E. Harrill Center (265-8090) on Tuesdays and at the Western Watauga Community Center (297-5195) on Mondays. Please call for an appointment.

Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, February 6th at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The intermediate class will be held on Thursday evenings in the **Senior Center Dining Room** from 4:30-5:30 p.m. and will be followed by a 5:30-6:30 p.m. class for beginner students. The deadline for registration is 4pm the first day of class. Any age may join but priority will be given to persons aged sixty and older. The cost is \$50.00 per person for either 12 week series. Please come by the center to register.



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 7 and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5pm on first day of class. Classes at the Western Watauga Community Center will begin Thursday, Jan 9 from 10:15-11:15 a.m. (registration deadline is 10 a.m. on January 9). This class is appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher since the 1970s. The cost of each 12-week session is \$62.00 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.



Basic Skills Computer Class

Jen Teague, the Lois E. Harrill Senior Center Director, will be teaching a 6 week basic computer skills class. The class will be held on Wednesday's January 15 - February 19, from 2 -3 p.m. You can bring your laptop/tablet from home or with space permitting you can use one of the computers in the computer lab. She will be available to help individuals learn to use email, search the internet or use Microsoft Office. Individuals are welcome to attend as few or as many classes as they would like. For questions or to reserve a seat please contact Jen at 265-8090.

LOIS E. HARRILL SENIOR CENTER**January and February 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 - - - - -	11 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
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
Indoor/Outdoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	11 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	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.
Chair Zumba- - - - -	1-1:30 p.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.

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.****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 *

Congregate Nutrition Program

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

Support Groups:

NAMI Support Group - Meets monthly the first Monday of the month at 7 p.m. Call the senior center for questions.

Grief Support Group -Virginia Peurifoy, 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 Monday's January 13 and February 17, from 10 -11 a.m.

Agency and Advocacy Information

Tuesday, January 7, 11 a.m., Candy Jones from ARHS and Misty Parsons from the Wellness Center will be talking about Silver Sneakers.

Tuesday, January 14, 11 a.m., Billy Hollman will be talking about Hospice Services.

Tuesday, January 21, 11 a.m., Nutrition education.

Tuesday, February 4, 11 a.m., Candy Jones from ARHS will be presenting on Wear Red-Heart Health.

Tuesday, February 11, 11 a.m., Nutrition education.

Tuesday, February 25, 11 a.m., Nutrition education.

Exercise Classes at the Senior Center

Zumba Gold with Cynthia Carlson: Zumba Gold is easy to follow dance moves and focuses on improving balance, strength and flexibility. Held Mondays & Wednesdays, 4 - 5 p.m.

Chair Zumba with Cynthia Carlson: Chair Zumba allows you to work your upper and then your lower body without over doing it. Held Thursdays, 1pm for 30 minutes.

Gentle Chair Exercise with Cynthia Dillon: Gentle exercises to work your upper and lower body. Held Mondays and Wednesday, 1-2 p.m.

Monday through Friday we offer 30 minute exercise classes. The classes start at 10:30. Each day focuses on a different area of the body.

Special Activities

Valentine Party – Friday, 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 7, 10:00 a.m.-Noon. Wear red to be entered for door prize!!



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.



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.

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

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.

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.

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Special Interests and Services Continued

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

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.

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.

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

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

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.

Book Club - Will be taking a break for the winter months. Will resume In June 2014.

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

High Country Lifelong Learning-Come join us for a variety of lectures, art classes, and nature hikes. Complete class listing available at the Harrill Center.



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

January and February 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 - Walking - - - - -	8 - 11 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Learn Hebrew - - - - -	1:30 - 3 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Wood Carving - - - - -	8 a.m. - 12:30 p.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Beading & Jewelry Making-9:30 a.m. - 12:30 p.m.	
Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m.	
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	8:30 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 - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting - - - - -	9 a.m. - 1 p.m.
Yoga (\$) - - - - -	10:15 - 11:15 a.m.
Watch A Video - - - - -	9:30 - 11:30 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 - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Occupational Therapy Activities -	12 - 1 p.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, 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 *



Support Groups:

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 experience, sadness, fears, challenges, and joys. Each session has a uplifting activity.

Agency Information

Tuesday, January 7, 10:30 a.m. –Andy Bryant, Energy Efficiency Coordinator with WAMY Community Action will discuss how you can save money on energy costs, upgrade or repair heating systems and make your home more comfortable and safe at no cost to you. Expanded eligibility is based on annual income and family size.

Tuesday, January 14, 9:30 a.m. -Patrick Carter, Director of Community Relations with Deerfield Ridge Assisted Living will give an introduction to services and amenities offered by Deerfield Ridge Assisted Living.

Health and Nutrition Activities

Setting the Table for Less - A four week class on healthy eating on a budget beginning Friday, February 14, at 10:15 a.m., presented by Margie Mansure from NC Cooperative Extension. Learn about shelf stable foods that keep well in your pantry and gain tips on meal planning to help stretch the food budget. Taste low cost snacks and learn which frozen meals are most nutritious.



Special Activities

Valentines Party - February 14, 9:30 - 11:30 a.m. Bring in a treasured valentine, story or memory from the past to share with friends. Participants are welcome to bring in a favorite snack food to add to the refreshment table.

Special Interests and Services Cont.

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 9:30 a.m. - 12:30 p.m.

Activities of Daily Living - Each Friday from 12 - 1 p.m. learn new ways to get dressed, bathe, and maneuver better in the home and away. Simple tips to make daily routines and life easier.



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.

Fun Tuesdays with Elizabeth or Patrick from Deerfield Ridge Assisted Living - Second Tuesday of each month from 10:00 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities.

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.

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

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.

Special Interests and Services Cont.

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.

Registration for Yoga Classes at WWCC

The next session on Yoga will begin on Thursday, January 9. This class is appropriate for beginners as well as experienced yoga students. The cost of each 12-week session is \$62.00 per person. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older. Deadline for registration is by 10:00 the morning of first class. Call Toni Wait at the Western Watauga Community Center for more information.

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

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.



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 Wednesday, January 1, 2014, in observance of New Year's Day and Monday, January 20, 2014, in observance of Martin Luther King Jr. Day.

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



Waiting List Update

We still have a waiting list for our congregate nutrition and transportation programs. If you are not currently registered for these programs and would like to be placed on the waiting list, please contact the center's director.

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

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.

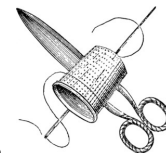
Inclement Weather



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.

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 Elizabeth at 264-0336 for more information.




Registration for Sewing Class

The next 12-week session of sewing is scheduled to begin at the Lois E. Harill Senior Center in Boone on Tuesday, January 7th and will meet each Tuesday from 6-8:30pm. Deadline to register is 5pm on the first day of class. The cost is \$47.00 per person for the 12 week series. Any age may register, but if the class exceeds the attendance limit priority will be given to persons age sixty and older

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.

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

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