



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

JULY AND AUGUST 2013



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 to reserve respite care or for more information.

“Medicare 101” Seminar

Approaching 65? Confused about Medicare? Work with older folks? Join us for an information session about Medicare, supplements and drug plans. The workshop will be held at the Harrill Center on Thursday, July 11, from 2:30-4:00pm. Please call the center to register. Sponsored by the SHIIP Program, a division of the NC Department of Insurance. For more information on SHIIP, please call 1-800-443-9354.

Bone Builders Program

Join us on Monday and Wednesday mornings from 10:30-11:30a.m. for exercise which strengthens your bones! Gradually build up your strength with this class, taught by certified instructor Marie Schaedler. Class begins July 8 and will be held in the upstairs conference room. Please call the center to register.



Tai Chi Classes

New sessions of Tai Chi will begin at the Harrill Center on Thursday, August 15, and will run for 12 weeks. Beginner class meets from 5:30-6:30pm and Intermediate class meets from 4:30-5:30 p.m. Cost is \$48 for each session. Please come by the center to register by 5 p.m. on August 15. Open to people under age 60 if space allows.



Needlework Class

Next 12 week session starts Thursday, August 8 1-4 p.m. at the Harrill Center. New members welcome! \$36 for the session. Please register at the center by August 8, at 1p.m. Open to people under 60 if space allows.

Western Watauga Community Center

297-5195

Farmers’ Market Program

We will once again be participating in the USDA Farmers’ Market Coupon Program. Eligible participants will receive \$21 in coupons to use at the Watauga County Farmers’ Market. To be eligible you must be:

- A currently registered congregate nutrition participant at either the L.E. Harrill or Western Watauga Senior Centers.
- A resident of Watauga County.
- Age sixty or older.
- Monthly income limit of \$1772 for an individual and \$2392 for a couple.



We will start taking applications and distributing coupons in mid July. The coupons will be distributed at both centers (see Toni for times/dates to be held at Western Watauga Center).

AARP Driver Safety Class Offered for Older Adults

Friday, July 19, from 8:30 a.m.-1 p.m. at the Lois E. Harrill Senior Center in Boone. Cost of program is \$12 per person for AARP members (\$14 for non-members). Please bring AARP membership card. Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



New Lois E. Harrill Senior Center Director

Tabitha Thomas and her family will be relocating due to her husband’s job. Her last day at the Harrill Center will be July 31. She has enjoyed her time here tremendously and will definitely be back to visit! A new director will be hired soon.

Love Games? Let us know!

We are coordinating groups for Bridge and Mahjong for the summer. Pinochle and Canasta are also possibilities. Please call senior center director if interested in attending.

LOIS E. HARRILL SENIOR CENTER**July and August 2013**

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. 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.
Bone Builders (starts July 8) - -	10:30-11:30a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation Exercise - -	1 - 2 p.m.
Zumba - - - - -	4 - 5 p.m.
Tuesday - Chair Yoga (July only) -	10 - 10:30 a.m.
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 (\$) (will resume in September) - -	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 (starts July 8)- - -	10:30-11:30a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation Exercise - -	1 - 2 p.m.
Zumba - - - - -	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.
Chair Yoga (July only) - - - - -	10-10:30 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Tai Chi I & II (\$) - - - - -	4:30 - 6:30 p.m.
Friday - Gardening - - - - -	10 - 11 a.m.
Kindle Instruction- - - - -	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.****Congregate Nutrition Program**

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

Writers' Workshop Series

Are you a writer or have you ever wanted to try it? Writer/humorist Vicki Wentz will be leading a four class series called "Write Your Way" on Tuesdays and Thursdays from 1:30-3p.m. starting July 9 and ending July 18. Learn skills for writing memoirs, creative writing, and humor, depending upon your interest. Pre-registration required by 1:30p.m. on July 9. Cost is \$30 for the 4 class session.

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 Tabitha 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 *

**Agency Information**

Tuesday, July 9, 11 a.m. – Bryan Belcher from High Country Community Health will discuss the new health clinic located at the Health Department and Tabitha Thomas will discuss Elder Abuse and how to report it.

Tuesday, August 6, 11 a.m. – Shawn Lane from the Division of Deaf and Hard of Hearing will discuss how to get a free hearing aid or other assistive devices.

Support Groups:

The **NAMI** support group will not be meeting during July. Check back to see if the group will be meeting in August. The regular monthly meeting should resume in September on the first Monday of each month at 7 p.m.

Support Group for Mental Health meets Tuesday from 2-3:30 p.m. in small upstairs meeting room.

Special Activities

Field Trips-to resume in September. Details in next newsletter.

Independence Day Party – Wednesday, July 3, 10 a.m.-12 p.m. Refreshments, music, fun! Wear your red, white and blue to show your patriotic spirit! Snack and drink donations are greatly appreciated.



Horseshoe Tournament – Come join us for a morning of fun on Friday, July 12, 10 a.m.-noon, contest open to any age. Prizes will be awarded!

Annual Talent Show-Come on, come all! Friday, July 26, 10-Noon. Singers, poets, dancers, musicians welcome. Sign up at front desk.



Special Interests and Services

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.



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.

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. Tuesday, August 13, 9:30-11 a.m.

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 - Last Tuesday of each month from 10:30—11:15a.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 school.

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

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 Tabitha for more information.

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Special Interests and Services Continued

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.

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.

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

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.

Congregate Nutrition Volunteer Training

If you volunteer with our lunch program or would like to be a volunteer, please come to one of the following training sessions: Friday, July 19, or Monday, July 22, at 10 a.m. One training per year is required for our lunch volunteers. Thanks for your service!



AppalCart Schedule

New 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

July and August 2013



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
Arthritis Exercise - - - - -	12:15 - 1:15 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.
Self Defense Class - - - - -	9:30 - 11 a.m.
Music and Memories - - - - -	9:30 - 11:30 a.m.
Beading & Jewelry Making-9:30	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.
Arthritis 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
Self Defense Class - - - - -	9:30 - 11 a.m.
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting - - - - -	9 a.m. - 1 p.m.
Yoga (\$) - - - - -	10:15 - 11:15 a.m.
After Lunch Walk - - - - -	12:15 - 1:30 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.
Eating Well Healthy Weight Loss -	9:30 - 11:30 a.m.
Tai Chi - - - - -	10 - 11 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.

One on one Computer classes each Tuesday from 9:30 - 11 a.m. By appointment only.



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.

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.

Transitions Life Support Group - A weekly “group therapy” for adults 50 years old and older. During confidential work sessions participants may share their personal feelings and experiences, fears, challenges, and joys. An uplifting activity will follow the sessions.

Agency Information

Friday, July 26, 10 - 11:15 a.m. Disaster Preparedness program presented by Marguerite Davis with the American Red Cross.

Salvation Army representatives will be here in August to discuss the many aspects of the organization. The date and time will be announced at the center.



Special Activities


Grandma and Me Jewelry Making Workshops - Tuesdays, July 2, July 9, and July 16 from 9:30-11:30 a.m. Cost \$35 for all three workshops or \$15 each. Fee covers instructions, tools, and materials for each project. Projects include knotted friendship bracelet, jeweled bracelet, floating bead or magnetic necklace depend on skill of the student. Call Toni at 297-5195 for more information or to register.

Special Interests and Services

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

Special Interests and Services Continued

Fiber Art/Hand Spinning Guild — Hand spinning meets the first Thursday evening from 6:30 - 8:30 p.m. and second Sunday afternoon of each month from 2 - 4 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30p.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. 

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.

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

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

Fun Tuesdays with Jennifer Teague, MA, Director of Community Relations for Deerfield Ridge Assisted Living - Each month from 10:30 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities. Tuesday, July 9, and Tuesday, August 13.

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

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

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

Scam and Fraud Awareness Discussion Group- Each month seniors will be informed about the latest scams targeting older adults and how they can protect themselves. Thursday, July 18, and Wednesday, August 28, from 10 - 11 a.m.

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

Participants Birthday Party

Birthday parties are held the third week each month to celebrate with folks who have a birthday that month. Tuesday, July 16, and Wednesday, August 21, 9:30 - 11:30 a.m. There will be refreshments, games and music. Participants are welcome to bring in party snacks.

**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 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 on Thursday, July 4, in observance of Independence Day Holiday.

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.

Arthritis Foundation Exercise/Health Education Program

The Harrill Senior Center is once again offering a program developed for people with arthritis. This low-impact, joint-safe program has been proven to reduce arthritis pain and increase activity. The program will be offered from 1-2 p.m. on Mondays and Wednesdays starting Monday, July 1. No charge to attend. Open to any age but priority given to persons 60 and over if needed. Call 265-8090 with any questions and to register.

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.

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, September 10, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on first day of class. Classes at the Western Watauga Community Center will begin Thursday, September 12, from 10:15-11:15 a.m. (registration deadline is 10 a.m. on the first day of class). 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. 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.



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.

