



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

MAY AND JUNE 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.

New River Behavioral Health Geriatric

Specialty Team Education Sessions: These sessions are free and open to everyone, including caregivers and professionals. Each session will begin at 3 p.m. in the dining room of the Harrill Center. Please call to register. Topics are as follows:

Monday, May 23: Cultural Competence

Wednesday, June 15: Late Life Depression

Monday, July 25: Humor and Caregiving



May is Older Americans Month

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities.

Contact your local Area Agency on Aging or your local senior centers to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

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 1:30-2:30p.m. on Monday and Wednesday (16 classes) starting Monday, June 6. 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.

Adult Services Expo on Tuesday, May 3

The 9th Annual Adult Services Expo will be held at the Boone Mall on Tuesday, May 3, from 10a.m.-3p.m. Local agencies will be present to offer information about their services, and door prizes will be awarded. Live entertainment will be scheduled throughout the event with a special recognition ceremony at noon. Everyone is welcome!



High Country Senior Games

Enjoy sports? Write poetry? Like to dance? The High Country Senior Games will be held from May 12 – June 12. Please come by the Senior Center or Watauga County Parks and Recreation to register (deadline May 9). Come out for a special **Field Day** on Wednesday, May 4 at the Senior Center from 10a.m.-Noon. We will enjoy activities which are part of the Senior Games, including horseshoes, football throw and corn hole. Come join us!



Advocacy Corner

Senior Tar Heel Legislators at the Project on Aging – Everyone is invited to join us on Thursday, May 19, at 11 a.m. for a visit from our Senior Tar Heel Legislators, Pat Coley and Ed Rosenberg. The Senior Tar Heel Legislature promotes citizen involvement and advocacy concerning aging issues before the General Assembly. They will be discussing this year's priorities and also are interested in hearing your opinions and concerns. Please plan to attend and have your voice heard!

LOIS E. HARRILL SENIOR CENTER**May and June 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.
 (Changes to Arthritis Exercise June 6)

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.
 Sewing Classes - - - - - 6 - 8:30 p.m.
 Yoga - - - - - 6:15 - 7:15 p.m.

Wednesday - Art Class (beginners)- 9 a.m. - 12 noon
 A Matter of Balance (through May)-10 a.m.- 12 noon
 Gardening Club - - - - - 10 a.m. - 12 noon
 Muscles and More - - - - - 10:30 - 11 a.m.
 Outdoor Fun (weather permitting)-10:30 a.m. - 12 noon
 Rummy Group - - - - - 11 a.m. - 12 noon
 Gentle Exercise - - - - - 1:30 - 2:30 p.m.
 (Changes to Arthritis Exercise June 6)

Thursday - Music - - - - - 10 a.m. - 12 noon
 Sign Language - - - - - 10 - 10:30 a.m.
 California Rummy - - - - - 10 a.m. - 12 noon
 Crafts - - - - - 10 a.m. - 1 p.m.
 Exercise - - - - - 10:30 - 11 a.m.
 Rummy Group - - - - - 11 a.m - 12 noon
 Needlework Class - - - - - 1 - 4 p.m.
 Arthritis Foundation Tai Chi - 4 - 5 p.m.
 Tai Chi - - - - - 5:30 - 7:30 p.m.
 Watauga Photography Club - 7 - 8:30 p.m.

Friday - Fun with Wii - - - - - 9:30 - 11 a.m.
 A Matter of Balance (through May)-10 a.m.- 12 noon
 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.
 Blue Ridge Forum - - - - - 2 - 3:30 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 *

Congregate Nutrition Program

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

Agency Information-

Hunger and Health Coalition - Tuesday, May 24, 11a.m.-Noon.

Department of Veterans' Affairs - Tuesday, June 28, 11a.m.-Noon.

**Special Activities**

Jewelry Workshops, led by Francine Barr - Wire-wrapping IA, May 6, 9 a.m.-12 noon; Wire-wrapping IB, May 20, 9 a.m. - 12 noon. These workshops will include instructions in basic wire-wrapping techniques, handouts, use of tools/supplies, practice kit, and materials to complete two projects per session including wire-wrapped pendants (1 per session, two different styles), pair of earrings (session A) and a ring (session B). Cost is \$40 per session; any additional projects (time permitting) are extra. Please call the Harrill Center to register; payment can be made to Francine Barr on day of session.

Trip to Valdese, NC - Monday, May 16, 8 a.m.-5 p.m. Explore the Trail of Faith (\$8 for tour), Waldensian Heritage Museum (\$2), Sara Lee Bakery, and a stop at the Village Park Mural. \$2 for transportation, picnic lunch provided. Please bring cash on day of trip for Trail of Faith and for Museum. Please call to reserve a seat.



Third Annual Mother's Day Bake-Off - On Thursday, May 5, from 10 a.m.-Noon. The categories are 1)Cakes, 2)Cookies/Brownies, 3) Other desserts. Diabetic desserts are welcome. Please make sure your baked good does not require refrigeration. Anyone 60 years or older can enter the competition. To sign up please call Tabitha at 265-8090. The items will be taste-tested by fellow seniors and staff, who will then vote for the winners. Prizes will be awarded. Please come join us for a morning of delicious fun!

Basic First Aid Class for Seniors - offered by Bayada Nurses. Tuesday, May 17, at 11a.m.

Trip to Lazy 5 Ranch in Mooresville, NC - Thursday, June 16, 8 a.m.-5:30 p.m. Enjoy the petting zoo and a wagon ride to feed the giraffes and other animals. Entrance to the zoo is \$5.00 and a wagon ride is \$2.50 (must pay in cash when we arrive at zoo, no personal checks or credit cards accepted). We will have a picnic lunch on the zoo grounds. Snacks and drinks will be available for purchase at the zoo (cash only). \$2 for transportation.

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.

Special Interests and Services

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, July 6, 2011, from 9 a.m.-12 noon.

AARP- Will meet third Tuesday of each month from 10:30 a.m. - noon in upstairs conference room of Human Services Building.

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.

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.

Free Hearing Aid Services- Hearing screenings; Oscopic 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, June 14, 9:30 - 11:30 a.m..

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.

Special Interests and Services Continued**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 Thursday of the month at 1 p.m.

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.



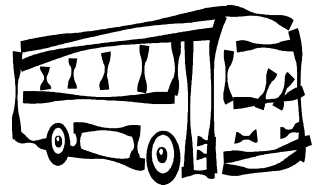
SHIIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

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

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

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

WESTERN WATAUGA COMMUNITY CENTER

May and June 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	-----	8:00 - 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.
Shopping Van	-----	9 a.m. - 3 p.m.
Thursday - Walking	-----	8 - 11 a.m.
Art Class	-----	9:30 a.m. - 1 p.m.
Lap Quilting Guild	-----	9 a.m. - 1 p.m.
Friday - Walking	-----	8 - 11 a.m.
Weaving Guild	-----	9 a.m. - 1 p.m.
Yoga	-----	10:15 - 11:15 a.m.
Decorative Beading	-----	6 - 8 p.m.

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

Congregate Nutrition Program

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

Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 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 *



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.

Diabetic Education and Support Group - Meets every Thursday morning, beginning May 5, from 9:30 - 11:30 a.m and Thursday evening, beginning May 9, from 6:30 - 8:30 p.m. Will have guest speakers, basic nutrition and education, exploring alternative foods and identifying additives. Space may be limited, please call in advance to reserve a seat.



Health and Nutrition Education

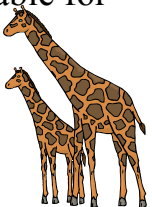
First Aid Training for Caregivers, Thursday, May 26, 10 - 11:30 a.m. Sponsored by Bayada Nurses.

Special Activities

Book Reading and Class of 52 Reunion - Kate Clay Bodeen will review her new book, “Pat Crisp, Like a Moth to a Flame”, Wednesday, May 11, 10:30 - 11:30 a.m. She extends a special invitation to her former classmates of Cove Creek’s class of 1952 to attend.

Trip to Valdese, NC – Monday, May 16, 8 a.m.-5 p.m. Explore the Trail of Faith (\$8 for tour), Waldensian Heritage Museum (\$2), Sara Lee Bakery, and a stop at the Village Park Mural. \$2 for transportation, picnic lunch provided. Please bring cash on day of trip for Trail of Faith and for Museum. Please call to reserve a seat.

Trip to Lazy 5 Ranch in Mooresville, NC – Thursday, June 16, 8 a.m.-5:30 p.m. Enjoy the petting zoo and a wagon ride to feed the giraffes and other animals. Entrance to the zoo is \$5.00 and a wagon ride is \$2.50 (must pay in cash when we arrive at zoo, no personal checks or credit cards accepted). We will have a picnic lunch on the zoo grounds. Snacks and drinks will be available for purchase at the zoo (cash only). \$2 for transportation.



Special Interests and Services

Creative Card Making Workshops - Will begin Monday, May 16, from 9 - 11:30 a.m.. Topics are origami, rubber stamping, iris folding, gift boxes, and assorted greeting cards. Sign-up sheets are at the senior center. Rene’ Pike is the instructor.

Special Interests and Services Continued

Fiber Art/Hand Spinning Guild — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m.

Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

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.



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.

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

Special Interests and Services Continued

Book Discussion Club - Will meet the fourth Thursday of each month. The meeting will be from 7 - 8:30 p.m. and is sponsored by the Branch Library. The Book in May is *Maggie Bishop*. Call the library at 297-5515 for June’s book title 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.

Monday and Friday— 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

Tuesday and Thursday— 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. To ride the van on the day they come to your area, just call 264-2278 by 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.

Volunteer Opportunities

The Western Watauga Community Center needs the following volunteers: indoor plant caretaker, home delivered meals substitute driver, office assistant, grant writer, party decorator/activity planner, and exercise leader. Please call Toni Wait at 297-5195 for more information.

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.



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 Monday, May 30, 2011, in observance of the Memorial Day holiday.

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



Blue Ridge Forum Class Series

All programs are free and open to the public. March/April events will be held from 2-3:30p.m. on Fridays at the Lois E. Harrill Senior Center and are as follows:

Friday, May 20, The Church in the Middle Ages, presented by Dr. Josette Maxwell

Friday, May 27, The Knights Templar and Cathars, presented by Keith Cloyd

Call about other topics in June.

A Matter of Balance Class to begin May 4

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. The class is open to anyone concerned about falls, anyone interested in improving balance, anyone who has fallen in the past, or anyone who has restricted activities because of falling concerns. The class will be held at the Lois E. Harrill Senior Center in Boone on Wednesdays and Fridays from 10am-4pm for 4 weeks beginning Wednesday, May 4. The program is free, but please call 265-8090 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.



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.

New Tai Chi classes to Begin

Once again Tim Winecoff will be teaching Tai Chi classes, including beginner, intermediate and Arthritis Foundation certified, all of which will begin on Thursday, May 12. The cost is \$48 for a 12 week session. The schedule for classes is as follows:

Arthritis Foundation Tai Chi -Thursday afternoons, 4-5pm

Beginner Tai Chi -Thursday evenings at 5:30

Intermediate Tai Chi -Thursday evenings at 6:30

The registration deadline is Wednesday, May 11; please come by the Lois E. Harrill Senior Center in Boone to register.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195