



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

NOVEMBER AND DECEMBER 2009



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.

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

Are you interested in speaking out about issues that directly affect seniors? Would you like to know how to sign petitions online and look up information about issues that matter to you? We would like to form a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. Please call Tabitha at 265-8090 if you are interested in joining and/or would like to offer leadership in this area. Thanks!

Advanced Directives Workshop

On Tuesday, December 1, the local Legal Aid Office will be hosting an Advanced Directives Workshop at the Lois E. Harrill Senior Center from 10 a.m.-1 p.m. Attorneys will meet with individuals to help them prepare living wills, health care power of attorney documents and traditional wills. Please call the senior center to make an appointment. Sample documents will be available for pick up prior to December 1, so clients will be ready to finalize the documents with the attorney during their appointment time.



Volunteer Opportunity

High Country HOSPICE VOLUNTEER TRAINING - Fall Training dates are: Saturdays, November 7, and 15, from 9 a.m.-3 p.m. Volunteers are needed to help with office tasks, fundraising events and patient care. Applications and volunteering information can be found at www.highcountryhospice.org or at the High Country Hospice office at 136 Furman Road. If you have questions call 828-265-3926.

Vendors – Get Ready! Christmas Craft Sale is Coming to Senior Center

If you are a crafter age 60 or older and interested in earning extra money then make plans to participate in this year's senior center craft sale. The dates for this year's sale are Wednesday November 18, and Thursday November 19, from 9 a.m.-3 p.m. each day at the Lois E. Harrill Senior Center. Inventory forms and instruction sheets for participating crafters will be available at both the Harrill Center and the Western Watauga Center. Items must be hand made and crafters must be age 60 or older. Crafters get 100% of their asking price.



2009 Medicare Part D Open Enrollment, November 15 – December 31

Now is the time for people with Medicare to review the changes being made by their current prescription drug plan and compare it to others to make sure it still meets their needs. Medicare beneficiaries who don't have prescription drug coverage can also enroll in a drug plan during open enrollment. Take the time to see if your plan still works for you. Review your plan and act early to avoid any inconvenience at the pharmacy counter in January. Volunteer counselors are available at the Project on Aging to discuss your options and help you review/ make changes to your current plan. Please call 265-8090 to make an appointment.

Calling All Musicians!

Do you like to play music? Please come join our group of amateur musicians on Thursday mornings for a morning of down-home music and a good time! The group meets each Thursday at the Lois E. Harrill Senior Center from 10 a.m.-Noon to provide entertainment and lunch is available afterward. Musicians of all ages and abilities welcome. Special musical presentations can also be scheduled for anyone interested in sharing their talents individually or in smaller groups. Please call Tabitha at 265-8090 for more information about this special volunteer opportunity.



LOIS E. HARRILL SENIOR CENTER
November and December 2009

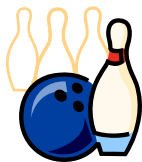


To receive more information or to register for a service or activity at the Harrill Senior Center please call 265-8090. Tabitha Thomas is the center's director.

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.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
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
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun - - - - -	10:30 - 12 noon
Card Games (call prior to attending) -	1:00 - 4:00 p.m.
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	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 (beginners) - - - - -	5:30 - 6:30 p.m.
Tai Chi (intermediate) - - - - -	6:30 - 7:30 p.m.
Friday- Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Wii Games are available Friday mornings and other times by appointment. We would like to eventually host a Wii competition. If you are interested in practicing at the center please contact Tabitha to reserve a time to play. A competition will be scheduled when we have an adequate number of interested participants. The games available are: bowling, tennis, baseball, golf and boxing.



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 * Croquet * Electric typewriter * Exercise Equipment * Exercise Your Brain Mental Adventures (Variety Puzzles) * Karaoke Machine * Library (Books and Audio books) –May also be checked out for use at home * Piano * Photo Smart Printer - .50 cents per 4x6 photo * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/ VCR and DVD Players * Video Library –May also be checked out for use at home * wii *

Congregate Nutrition Program

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



Agency Information

Heating Assistance Program – Tuesday, November 3, 11 - 11:30 a.m.

Angel Food Ministries – Tuesday, December 1, 11 - 11:30 a.m.

Blood Pressure Checks

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

Support Groups:

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

Grief Support Group - Meets the first Friday of each month 10 - 11 a.m.

Special Activities



Sports Spectacular – Come join us on Friday November 20, from 10 a.m. - noon for a celebration of sports in true tailgating style. We'll play corn hole (bean bag toss), lawn golf, have special refreshments and a sports themed cake walk. Please wear clothing/hats representing your favorite team!

Christmas Party – Friday, December 18, 10 a.m.-Noon. Please come help us celebrate the season!



Special Interests and Services

Health Screenings - Thursday, December 3. Please note that the screening for December is full. Another screening will be available on February 4, 2010. You must have an appointment for the screening.

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, January 6, 2010, from 9 a.m.-12 noon.

AARP– Meets the third Tuesday of each month from 10 a.m.-12 noon.

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

Book Discussion Group - Will not meet during Winter months. Will resume in May.

Computer Training - Free computer training is available by appointment.

Special Interests and Services Continued

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



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

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.

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. December 15, 10 a.m.-Noon.

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



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

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

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.

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.

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

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, Meat Camp, and Western Watauga Community Center

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

Wednesday - Meat Camp, Todd and Intown

Thursday - Intown, Cove Creek, Foscoe and Matney

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

Alzheimer’s Information Session

An information session about Alzheimer’s will be presented by Nicole Rieger Thomas from the Alzheimer’s Association on Tuesday, November 17, from 2 p.m.-4 p.m. Nicole will be showing “The Memory Loss Tapes” video from the recent HBO Alzheimer’s Project with discussion to follow. The seminar will be held at the Watauga County Project on Aging and is open to everyone, including family member, caregivers, and professionals. Please call to RSVP.

Getting Through the Holidays, sponsored by Hospice

The Holiday Season can be a difficult time for those who have lost a loved one. Attend this workshop and learn creative ways and strategies for dealing with grief around the Holiday Season. We will also be doing expressive art activity to honor and remember those we have lost while getting the chance to talk with others who have lost someone. Date: Saturday, November 14, 12:00-2 p.m., Watauga High Country Hospice Office. Please call 265-3926 for more information.

Watauga Chapter of the NC Council of the Blind (NCCB)

This group is a non-profit organization to support and assist visually impaired people in Watauga County. They meet the second Friday of each month in the Fellowship Hall of Grace Lutheran Church in Boone from 10 a.m.-noon. Sighted volunteers are welcome and are needed to assist with transportation needs. Please call 297-3169 for more information.

Three Cups of Tea Project “Let’s Hold Hands”

On Friday, November 13, from 10 a.m. - 12 noon, join us for paper doll making. The dolls will be on display at the Children’s Museum of Manhattan and will serve as ambassadors of friendship to children around the world.



WESTERN WATAUGA COMMUNITY CENTER

November and December 2009



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

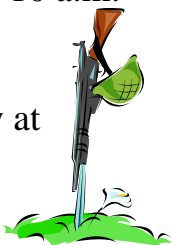
Monday - Walking - - - - -	8 - 10:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Muscles and More - - - - -	10 - 10:30 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Woodcarving Guild - - - - -	8 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 11:30 a.m.
Wednesday - Walking - - - - -	8 - 10 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Hand built pottery - - - - -	10 a.m. - 1 p.m.
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Art Class - - - - -	10 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 10 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.

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 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 *
- 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 *

Agency Information

Turning Point Services - Thursday, November 5, from 10 - 11:30 a.m. Martie Tafoy, employment specialist, will be available to share information about the agency that places clients with disabilities into jobs or volunteer positions.

Health and Nutrition Education

Osteoporosis Education Seminar - Tuesday, November 17, 12 - 1 p.m. Candy Jones with Healthy Carolinians will present a video, handouts, and information on who is at risk and ways to prevent and treat it.

Cope with Stress and Sleep Better -

Wednesday, December 9, 12 - 1 p.m. Learn relaxation techniques that are proven to melt stress and improve sleep patterns.

Special Activities

Thanksgiving Party - Tuesday, November 24, 9 - 11:30 a.m.



Christmas Holiday Activities:

Pippin the Santa Dog "Show" - Thursday, December 10, 9:30 - 11:30 a.m.

Bingo - Monday, December 14, 10 - 11:30 a.m.

Traditional Holiday Music - Friday, December 18, 10 - 11:30 a.m. Sing along.

Christmas Party - Tuesday, December 23, 9 - 11:30 a.m.

Special Interests and Services

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

Health Screenings - Thursday, November 5, 2009. Please note that the screening for November is full. Additional screenings will be available on January 7, and March 4, 2010. You must have an appointment for the screening.

Crafty Critters Club- Meets the first Monday of each month 12 - 3 p.m. Enjoy fellowship and creative projects while assisting with programs and supplies for the Branch Library and Senior Center special occasions. Always open to newcomers. If interested in joining call Toni at 297-5195.

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

Special Interests and Services Continued

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.

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

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

Fiber Guild meet the third Saturday of each month from 9:30 - 11:30 p.m.

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

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

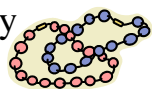
Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

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.

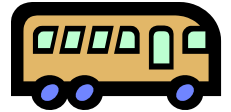
Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

Introductory Jewelry Making Workshop

A jewelry making workshop will be held on Tuesday, November 10, 2009, from 9:30 - 11:30 a.m. The class which is co-sponsored by the Branch Library, will be taught by Melody Haven. She is experienced in teaching handmade fashion jewelry using semi-precious jewels, stones, venetian glass, and silver wire. A \$5 fee includes instruction and everything needed to make a unique, colorful venetian glass key chain. Please call Toni Wait at 297-5195 before 4:00 p.m. on Monday, November 9, to sign up for the class. Similar classes will continue each Tuesday from 9:30-11:30 a.m.



AppalCart Schedule - Western Watauga Community Center



Days/Routes are subject to change.

Monday and Wednesday— Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

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

Monday and Thursday are shopping days in Boone, for all routes. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:30 a.m. on the morning you wish to ride.

Arthritis Exercise and Health Program at Western Watauga Community Center

This eight week exercise program is designed specifically for people with arthritis, or other physical limitations. Exercises are low impact, joint safe, and are led by Arthritis Foundation certified instructors. This program, which is performed twice per week for eight weeks has been proven to strengthen muscles, reduce pain, improve circulation, and range of motion. Most participants experienced increased energy and well-being as well. Relaxation, endurance, and health information are included in every session.

The program which will begin in December, is free to the public and any age may participate, but priority is given to the 60+ population. Dates and times to be announced. Call Toni at 297-5195 for more information.



Hunger Coalition Food Bank Box

The Watauga Hunger Coalition has placed a Food Bank box in the lobby (Ongoing) to share with those less fortunate especially during winter months and Holidays.

They are collecting nonperishable foods for families with children in this county who have lost jobs and or experiencing hardships. You may donate food items during business hours. Crucial need: baby food, juice, cereal, canned milk, and all types of canned goods, and special holiday foods.

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

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.

Holiday Closing

The Watauga County Project on Aging, which includes the Lois E. Harrill Senior Center and the Western Watauga Community Center, will be closed the following holidays:

Wednesday, November 11, 2009 in observance of Veterans Day; Thursday, November 26, and Friday, November 27, 2009 in observance of the Thanksgiving Holiday; and Thursday, December 24, and Friday, December 26, in observance of the Christmas Holiday.

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

Inclement Weather

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.

Mission Statement

The mission of the Lois E. Harrill Senior Center and the Western Watauga Community Center is to create an environment that encourages independence in older adults and promotes their active participation in all aspects of their lives.

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@ncmail.net** 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.



Special Note:

Due to increasing costs and budget concerns, we are no longer mailing the newsletter to participants who come to the center(s) on a regular basis. If you have received this newsletter via postal mail and would be able to pick up the newsletter at one of the centers, please let us know so we can adjust the mailing list accordingly. We appreciate your assistance. The Project on Aging does accept donations as well as memorials. All monies collected are used to help fund the services we provide.



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