



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 2015



Affordable Care Act Appointments

Trained ACA volunteers will be on site at the Lois E. Harrill Senior Center to assist individuals with enrolling in insurance plans through the marketplace. Volunteers will be able to answer questions and assist individuals in completing applications for enrollment. Appointments are available Tuesdays and Fridays running till January 27th, please call Jen Teague for an appointment 265-8090. Trained ACA volunteers will also be available at the Western Watauga Community Center on January 6, from 10 a.m. – 5 p.m., please call Toni Wait for an appointment 297-5195.



Tai Chi Registration

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, February 19th 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 4 p.m. 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.



“Medicare 101” Seminar

Approaching 65? Confused about Medicare? Work with individuals turning 65? Join us for an information session at the Lois E. Harrill Senior Center in Boone on Tuesday January 27th, 3-4:30. We'll discuss the basics of Medicare, Medicare supplements, and drug plans. Please call Jen Teague to register at 265-8090. This event is part of the SHIP Program (Seniors' Health Insurance Information Program) and is not sponsored by any insurance company or agent. For more information about the N.C. SHIP program, please call 1-800-443-9354.

Income Tax Assistance Available at Senior Centers

The AARP Tax-Aide Program, in cooperation with the IRS and N.C. Dept. of Revenue, will again offer free tax preparation for seniors, as well as, low and middle income taxpayers. Electronic filing (E-file) is available for safe and accurate preparation and fast refunds.

TAXPAYERS SHOULD BRING THE FOLLOWING DOCUMENTS:

- Social Security cards and identifications for taxpayer and all dependents
- Last year's (2013) tax return
- W-2 forms from each employer
- 1099 forms for Social Security, Pension, Interest and Dividends, Broker/Mutual Fund income
- Detailed list of expenses for Medical, Real Estate Taxes, Mortgage Interest, if claiming itemized deductions
- Detailed list of charitable contributions even if you are not itemizing 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 3 to April 14, 2015.

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



LOIS E. HARRILL SENIOR CENTER

January and February 2015



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 - - - - -	10:30 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation- - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Tuesday - Brain Games - - - - -	10 - 11 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Sit and Knit- - - - -	1 - 4 p.m.
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
Life Long Artists - - - - -	1 - 4 p.m.
Indoor/Outdoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	10:30 - 11:30 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Arthritis Foundation - - - - -	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.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Friday - Wii Bowling- - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Congregate Nutrition Program

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

Drop in Activities

The following are available for use at the center by persons 60 and older: * Balance Beam Scales for checking weight * Bocce * Cards * Computer Lab * Copy Machine (\$0.05/copy)—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 * Pool Table * Sewing Machines * Table Games, Jig Saw Puzzles, and Cards * Televisions/VCR and DVD Players * Video Library * Wii *



Ongoing Activities each day:

Coffee Time and Talk - 9 - 10:30 a.m.

Rummy Group - 10 a.m. - 12 noon.

Wii - 9:30-11 a.m.



Support Groups:

Grandparents Raising Grandchildren: - High Country Caregiver Foundation holds their monthly grandparents raising grandchildren meeting at the Harrill Center on the last Tuesday of the month from 5:30-7:30 p.m. Individuals need to RSVP to Brenda Reece 265-5434 ext 128 before attending.

Grief Support Group - Bob Richardson, 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, January 12, and Monday, February 16, from 10 a.m.-11 a.m. The group is free and open to anyone in the public.

Agency and Advocacy Information

Each presentation will be at 11 a.m. unless noted. Tuesday, January 6th, Agency Information. Tuesday, January 13th, Candy Jones from ARHS. Tuesday, January 27th, Nutrition education. Tuesday, February 3rd, Candy Jones from ARHS. Tuesday, February 10th, Diane Trainor for Senior Medicare Patrol.



Special Activities

National Wear Red Day – Friday, February 6th, 10:00 a.m.-Noon. Wear red to be entered for door prize!!

Valentine Party – Friday, February 13, 10:00 a.m. – Noon. Come join us for dancing, refreshments, and the crowning of our Valentine King and Queen.

Special Interests and Services

Computer Assistance –Staff will be available Thursday, January 8, 15, and 29 from 2-3pm to meet with individuals and answer questions about using the computer. Drop-ins welcome.

Using your Smartphone -Do you have a Smartphone and have some questions about how to use it? If you have questions, join the Smartphone training, Tuesday, January 20, at 2 p.m. or Wednesday February 18, at 1 p.m. Make sure to bring your Smartphone with you! Drop-ins welcome. Contact Jen at 265-8090 with questions.

Using your Tablet - Do you have questions about using your Kindle or Ipad? Staff will be available to answer basic tablet questions on Wednesday January 14, at 2 p.m. and Tuesday, January 17, at 2 p.m. Make sure to bring your tablet with you! Drop-ins welcome.

Special Interests and Services Continued

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.



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

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.

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.

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.

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.

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.



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Special Interests and Services Continued

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.

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.

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.

High Country Lifelong Learners-High Country Lifelong Learners will have a new schedule of classes for the spring in March. Please contact the Senior Center for a list of classes.

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

Weaving Instruction- The center has table and floor looms. If interested come by on Mondays from 9 a.m. to noon.

Box Tops for Education-The collection box is in the front room. Box tops go to local schools.



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 2015



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** - Sewing Class - - - - - 9 a.m. - 12 noon
- Rug Hooking Class - - - - - 10 a.m. - 1 p.m.
- Tuesday** - Low Impact Exercise - - - - 10 - 11 a.m.
- Wood Carving (call prior to attending) - 8:30 a.m.-12:30 p.m.
- Beading & Jewelry Making - - 10 a.m. - 1 p.m.
- Mental Improvement Games - 10:30 - 11:15 a.m.
- Outside Fitness (Weather Permitting)-12:30 - 2:30 p.m.
- Wednesday**- Knitting - - - - - 9 a.m. - 12 noon
- Hand Built Pottery - - - - - 10 a.m. - 1 p.m.
- Shopping Van - - - - - 9 a.m. - 3 p.m.
- Thursday** - Art Class - - - - - 9:30 a.m. - 1 p.m.
- Lap Quilting - - - - - 9 a.m. - 1 p.m.
- Yoga (\$) - - - - - 11 a.m. - 12 noon
- After Lunch Walk - - - - - 12:15 - 1:30 p.m.
- Outside Fitness (Weather Permitting) -12:30 - 2:30 p.m.
- Friday** - Outdoor Recreation - - - 9 - 10 a.m.
- Dancercise (exercise to music) - - - - 10 - 11 a.m.
- Low Impact Exercise - - - - - 10 - 11 a.m.
- Weaving Guild - - - - - 9 a.m. - 1 p.m.

Ongoing Activities Each Day:

- Rook** - 8 a.m. - 2 p.m.
- Party Bridge** - 9 a.m. - 3 p.m.
- Walking** (inside Old Cove Creek Gym or Outside) - 8 - 11 a.m.
- Fitness equipment** is available to those age 60+ 8 a.m. - 4 p.m. with staff present.



Support Groups:

- Weight Loss** - Mondays 6-8 p.m.
- 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 experiences, sadness, fears, challenges, and joys. Each session has an uplifting activity.

Agency Information

Janie Trivette, with Watauga County Department of Social Services will discuss the Heat and Energy Assistance Programs for low income seniors. Date and time to be announced.

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 *



Health and Nutrition Activities

“Better Choices” - A 10 week Nutrition Program will be offered each Thursday, beginning January 29. Sponsored by Margie Mansure, Extension Agent/Registered Dietitian with NC Cooperative Extension.

Blood Pressure/Blood Oxygen Levels Checks - Thursday, January 13, and Tuesday, February 10, from 9:30 - 11:30 a.m.

Special Activities

Attire with a Theme Day - Each month the center will pick a theme or colors for folks to wear to the center on a specific day. Thursday, January 15, wear plaids and Friday, February 13, wear something with hearts, or wear red and white.

Valentine’s Party - Friday, February 13, 9 a.m. - 11:30 a.m. Participants may bring in goodies and refreshments to share. Refreshments served from 9 - 10:30 a.m. and games from 10:30 - 11:30 a.m.



Special Interests and Services

Art Class Workshops - Four week series of workshops will be offered by Pegge Laine of the Appalachian Turchin Center for Visual Arts beginning February 4, from 12 - 2 p.m. Each workshop will focus on specific technique and artist medium. The first class will offer alcohol inks. All materials will be provided for the first class. Please call Toni at 297-5195 to register for the class.

Fiber Art/Hand Spinning Guild — Hand spinning meets the first Sunday from 2 - 4 p.m. through April. Fiber Guild will meet the third Saturday of each month from 10:30 a.m. - 1:30 p.m.

Special Interests and Services Cont.

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.

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.

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.

Book Discussion Club - Will meet the third Wednesday of each month. The meeting will be from 6:30 - 8:30 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.

Sewing Classes - Mondays from 9 a.m. - 12 noon. Learn basic sewing techniques using our sewing machines, or bring you own. Instruction is free to seniors but all participants must pay for cloth or materials needed for each project. Sign up at the senior center to assure there is space. Mayselle Hagaman an experienced seamstress and teacher will be instructing the class.

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



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



Hunger Coalition

In order to better serve needy families in the western end of the county, the Watauga County Hunger & Health Coalition will have an Extension site each Thursday, from 1 - 6 p.m. at the Western Watauga Community Center, beginning in February 2015. A free meal will also be offered on site on specific dates which will be posted and announced beforehand.

The purpose is to provide free non-perishable and fresh foods for eligible clients to take home for themselves and their families! Everyone must be signed up beforehand, please call their staff at 828-262-1628 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



EMAIL!!!

Activities, classes and trips are subject to change and often new activities are added in during the month. Should you be interested in getting Senior Center updates please email Jen Teague at Jennifer.teague@watgov.org or Toni Wait at toni.wait@watgov.org with your email address. Updates will be sent as needed.

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 6 and will meet each Tuesday from 6:15 to 7:15 pm. Deadline to register is 5 p.m. on first day of class. Classes at the Western Watauga Community Center will begin Thursday, January 8 from 11 a.m.-noon (registration deadline is 10am on January 8). 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 \$74.00 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.



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 Deerfield Ridge at 264-0336 for more information.

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.

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:

Thursday, January 1, 2015, in observance of New Year's Day.

Monday, January 19, 2015, in observance of Martin Luther King, Jr. Day.

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



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.

Exercise Classes at the Harrill Senior Center

Zumba Gold with Cynthia Carlson: Zumba Gold is easy to follow dance moves and the moves focus on improving balance, strength and flexibility, while raising your heart beat and improving cardiovascular ability. Held Mondays and Wednesdays, 4 p.m. for 1 hour.

Line Dancing with Jack Love: Basic line dances focus on movements of the legs and feet. Held Tuesdays, 1:30-2:30pm.

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

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