

265-8090

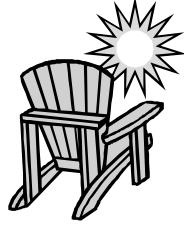
L. E. Harrill Senior Center

Western Watauga Community Center

265-8090

297-5195

JULY AND AUGUST 2004



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.

Smoking Cessation Program offered at Senior Centers

This program is designed to help participants stop smoking by providing them with all of the essential information and strategies needed to direct their own efforts at stopping. The program consists of four one-hour group sessions that take place twice weekly over a two-week period. Studies have demonstrated that a program of this length will yield as many successful Ex-smokers (assessed on a long-term basis) as will a longer program stretched out over many weeks.

The instructor will be Richard Caisse, certified by the American Cancer Society to facilitate these sessions.

This program is free and limited to 15 people. It is open to the public but priority will be given to persons age sixty (60) and older.

The schedule for the Lois E. Harrill Senior Center is: Tuesdays and Thursdays, July 6 & 8 and 13 & 15 from 2-3 p.m.

The schedule for the Western Watauga Community Center is: Mondays and Wednesdays, July 12 & 14 and 19 & 21 from 1-2pm.

Call 265-8090 to reserve a space for the Harrill Center or 297-5195 to reserve a space for the Western Watauga Center

Brown Bag Pharmacy

Brenda Ellis, Registered Pharmacist with Boone Drug, Inc. will be at the L.E. Harrill Senior Center on Friday, July 9, from 11 a.m.-12 noon to answer questions about the drugs you are taking. Come by the center to sign up and get



Trip to Historic Sites in Elizabethton, TN

On Thursday, August 19, we will travel to Elizabethton, Tenn. to visit areas of historic interest. Our first stop will be the Doe River Covered Bridge. Built in 1882, this white clapboard bridge is believed to be the oldest in the state still in use today. It spans 134 feet across the Doe River and is surrounded by a park with walking paths, benches, picnic tables and plenty of ducks. There is shopping and food located within walking distance. Lunch is on your own. During the afternoon we will travel a few miles down the road to the Sycamore Shoals State Historic Area. At this location we will step back in time to the turn of the 18th century with a visit to a reconstruction of Fort Watauga. The original fort was excavated about a mile away on the shores of the Watauga River. The Over mountain Men mustered here in September 1780, before their march to fight the battle of King's Mountain. Here was established the first permanent American settlement outside the original 13 colonies and the Watauga Association - the first majority-rule system of American democratic government-was formed in 1772. There is a visitor center with a museum, bookstore and walking trails.

The bus will leave the Lois E. Harrill Senior Center at 8am and the Western Watauga Community Center at 8:30 a.m.. We will return to the WWCC at 4:30 p.m. and the Harrill Center at 5 p.m. There is no charge for the trip but you must reserve a seat.



The Adult Cognition Lab Needs You!

The Adult Cognition Lab in the Psychology Department at Appalachian State University is looking for adults between the ages of 60-75 to participate in our research studies. You do not need any prior experience with computers or a particular educational background, but should be between the ages of 60 and 75 and in reasonable good health. In addition to being compensated financially for your time, we hope that you will

No classes during July and August. Classes should resume late August or early September. Announcements will be made at senior center or call the center mid-August for updated information.



Weekly Activities

Monday - -Art Class	-----	9 a.m. – 12 noon
Bingo	-----	11 - 11:45 a.m.
Bridge	-----	1:30 - 5 p.m.
Tuesday –Exercise	-----	11 - 11:30 a.m.
Bingo	-----	11 - 11:45 a.m.
Line Dancing	-----	2 - 3:30 p.m.
Sewing Classes	-----	6 - 8:30 p.m.
Wednesday -Art Class	-----	9 a.m. – 12 noon
Bingo	-----	11 - 11:45 a.m.
Muscles and More	-----	1:30 - 2:30 p.m.
Bridge	-----	1: 30 - 5 p.m.
Bridge	-----	6:30 - 10 p.m.
Thursday - Music	-----	10 a.m. - 12 noon
Exercise	-----	11 - 11:30 a.m.
Cake Walks	-----	11:15 - 11:45 a.m.
(when cakes available)		
Needlework Class	-----	1 - 4 p.m.
Tai Chi Classes	-----	5:30-6:30 p.m.
Friday - Ceramics	-----	10 a.m. - 1 p.m.
Nutrition/Health Classes	---	10.45 - 11:45 a.m.
Bridge	-----	1:30 - 5 p.m.

Congregate Nutrition Program

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

Support Groups:

Caregiver Class/Support Group- Lori Hankins, RN, Mental Health Nurse with New River Behavioral Healthcare will offer a program on Recognizing Psychological & Behavioral Side Effects of Medication. This includes a video, presentation and Q&A session. Thursday, August 26, from 3-4 p.m. Call to reserve a seat.

Alzheimer’s Support Group - Meets the third Thursday of each month at 1:30 p.m.

Blood Pressure Checks

Third Monday each month from 11 a.m.-12 noon. Service provided by Boone Drug at Deerfield Pharmacy.

Third Friday each month from 11a.m.-12 noon.

SMOKING CESSATION CLASSES - Tuesdays and Thursdays, July 6 & 8 and 13 & 15 from 2-3 p.m.

Brown Bag Pharmacy - Brenda Ellis, Registered Pharmacist with Boone Drug, Inc. will be at the L.E. Harrill Senior Center on Friday, July 9, from 11 a.m.-12 noon.

Meet the Author Program - Author Frances Henson Van Landingham will discuss her book; **Back on Nowhere Road-**Tuesday, July 20, includes picnic lunch and trip to book locations- 10 a.m.-3 p.m. Spaces are limited, must reserve a seat on the bus and a picnic lunch.



8-Ball Tournament - Men’s tournament - Tuesday, July 27, at 10a.m. Women’s tournament - Thursday, July 29, at 10 a.m.

Meet the Author Program - Author Julia Taylor Ebel will discuss her book; **Addie Clawson, Appalachian** Mail Carrier- Friday, August 6, at 10:30 a.m.

Trip to Elizabethton, Tennessee- Thursday, August 19, 8 a.m.-5 p.m. No charge for the trip but you must reserve a seat. Everyone is responsible for the purchase of his/her own lunch.

Special Interests and Services

Health Screenings- Thursdays, July 15, and August 12. By appointment only.

Free Foot Evaluation with Pedicare - Second Wednesday each month, from 11 a.m. - 12 noon.

Free Hearing Aid Services - hearing screenings and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor- Tuesday, September 21, 10 a.m.-12 noon.

SHIIP-Counselors are available to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long-Tem Care insurance questions. Please call the center at 265-8090 to make an appointment. Outreach Counseling for Medicare –approved Discount Card Program Wednesday, July 14, from 10 a.m.-12 noon.

Fit for Life Exercise Program – Monday – Friday 8:00 a.m. – 5:00 p.m. Walk inside or outside. Exercise equipment



Caldwell Community College Classes

No classes during July and August. Classes should resume late August or early September. Announcements will be made at senior center or call the center mid-August for updated information.

Weekly Activities

Monday -Walking - - - - -	8 - 10 a.m.
Senior Exercise (Intermediate) -	9 - 10 a.m.
Monday - Music w/Aristocrats -	10 - 11:30 a.m.
Rook - - - - -	10 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Senior Exercise (Beginners) - -	10:15-11:15 a.m.
Tuesday - Walking, active games -	8 -10 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday- Walking - - - - -	8 - 10 a.m.
Senior Exercise (Intermediate) -	9 - 10 a.m.
Rook - - - - -	10 - 11:30 a.m.
Nutrition / Health Classes - - - -	10:15 - 11:15 a.m.
Senior Exercise (Beginners) - -	10:15 - 11:15 a.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Line Dancing - - - - -	9 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Rook and Games - - - - -	10 - 11:30 a.m.
Scrapbook Workshop - - - - -	10 a.m. - 2 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Senior Exercise (Intermediate) -	9 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 3 p.m.
Live Music - - - - -	10 - 11:30 a.m.
Rook - - - - -	10 - 11:30 a.m.
Senior Exercise (Beginners) - -	10:15-11:15 a.m.

Congregate Nutrition Program

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

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.

Caregivers Support Group/Class—Second Tuesday each month, 1:30 - 3:00 p.m. Pamphlets and Hand-outs available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-390

Watauga County Branch Library free for all ages.

Smoking Cessation Classes - Mondays and Wednesdays, July 12 & 14 and 19 & 21 from 1-2 p.m.



Amazing Animals - Tuesday, July 16, from 1-3 p.m. See interesting live animals from the NC Museum of Natural Science. Sponsored by Watauga County Branch Library free for all ages.

Meet the Author Program - Author Frances Henson Van Landingham will discuss her book; **Back on Nowhere Road**-Tuesday, July 20, includes picnic lunch and trip to book locations- 10 a.m.-3 p.m. Spaces are limited must reserve a seat on the bus and a picnic lunch.

Trip to Elizabethton, TN - Thursday, August 19, 8 a.m.-5 p.m. No charge for the trip but you must reserve a seat. Everyone is responsible for the purchase of his/her own lunch.



Special Interests and Services

Free Foot Evaluation with Pedicure - Second Thursday of each month from 10 a.m - 1:00 p.m.

Health Screenings - Thursdays, July 22, and August 26. By appointment only.

Free Hearing Aid Services—Hearing aide services and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor - Tuesday, July 27, 10 a.m. – 1 p.m.

Fiber Art/Hand Spinning Guild- Meets first and third Thursday each month from 6:30-8:30 p.m. For more information contact Sandra Basel at 297-3046.

Cove Creek Extension Club—Meeting the third Monday of each month from 12:00 noon to 3:00 p.m.

Walking Program and Fit for Life Exercise Program-Monday - Friday, 8 a.m. - 4 p.m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

Sherry Harmon for more information or to make an appointment.

Book Discussion Group - A Book Discussion Group meets the fourth Wednesday of each month at 1:30 p.m., at the Lois E. Harrill Senior Center. For more information you may call Beverly DeBenedictis at 264-2718.

Computer Training-Free computer training is available for seniors. Please call the L.E. Harrill Senior Center to make a reservation. Computers are also available for use Monday through Friday 8 a.m.-5 p.m.

Prescription Drug Assistance



Resources- There are resources available to assist North Carolina's older adults with the purchase of prescription medication. Please call the Lois E. Harrill Senior Center at 265-8090 for assistance with finding affordable prescription medications.

Quilt Guild - Mountain Laurel Quilt Guild meets the first Thursday of each month from 1:30- 4 p.m. and 6-8 p.m. at the senior center. For more information you may call Jera Unglesbee at 265-3656.

Social Security - A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center the first Wednesday of each month from 9 a.m.—12 noon.

Watauga Amateur Radio Club - Meets second Monday of each month, 6 - 7:30 p.m.

Weaving Guild—Donna Duke is offering weaving instruction by appointment at the Senior Center. Anyone interested may call Sherry Harmon, at the center.

Volunteer Opportunities- Both Senior Centers have listings of volunteer job positions. See Sherry Harmon or Toni Wait for more information or placement assistance.

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

Cove Creek Community Council- 1st Tuesday of each month, 6-8 p.m. Meetings open to the public.

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:30 p.m. Friday-Closed. The Bookmobile is available to any homebound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.



TIME FOR A CHANGE----ALL FOODS CAN FIT

Eating well means eating smart for life:

- * Enjoy a variety of foods.
- * Eat more fruits, vegetables and grains.
- * Choose lower-fat milk, and dairy products more often.
- * Choose poultry, fish and lean cuts of meat as well as beans and lentils.
- * There are no good or bad foods.

What matters is how you balance what you eat over several days. Be flexible. You do not need to track every morsel. For foods you eat most of the time, read the Nutrition Facts label. Check the %DV (Daily Value) and balance foods higher in fat and sodium with foods lower in fat and sodium. Be sure to include foods that are excellent sources (20% DV) of calcium, vitamins A and C, iron and zinc frequently. Enjoy more of the best and eat less of the rest.

Spend An Afternoon At The Movies!

We have recently had several VHS movies donated to the senior center. These are available for seniors to check out to watch at home or you may reserve a TV/VCR and a room and watch a movie at the senior center.

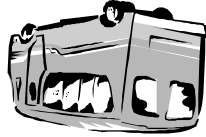
Monday - Intown and Foscoe

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



AppalCart Schedule
Western Watauga Community Center

Monday - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.

Tuesday - Wednesday - Thursday - Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.

Friday - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.

Thursday is shopping day in Boone. 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.

Partners In Wellness Nutrition Classes

Where's The Fat? The next topic for nutrition classes at the senior centers discusses the benefits of a diet that is low in saturated fat, transfat, and cholesterol, and moderate in total fat. Such a diet helps to prevent, delay or control chronic diseases. Six sessions will be offered:

Western Watauga Community Center- Wednesdays- July 28, through September 1, from 10:15-11:15 a.m.

L. E. Harrill Center- Fridays- July 30, through September 3, from 10:45-11:45

On Tuesday, July 20, we will leave the Harrill Center at 10 a.m. and the Western Watauga Center at 10:30 a.m. to travel to Elk Mills Picnic area. There we will enjoy a picnic lunch and visit with author Frances Henson Van Landingham. She will discuss her book; ***Back on Nowhere Road***. After lunch we will travel to the Poga community and visit locations from the book. The book is based on true events. It is the story of a girl, born in the Southern Appalachian Mountains and the joys and sorrows of mountain life during the Great Depression. It tells the story of leaving the mountains and living in other places but never escaping the pull of the mountains. It covers a full circle of life from Frances' birth to the present. Please call the center to reserve a seat on the bus and a picnic lunch.

On Friday, August 6, at 10:30 a.m. at the L.E. Harrill Senior Center author Julia Taylor Ebel will discuss her book; ***Addie Clawson, Appalachian Mail Carrier***. This book is about Addie Hardin Clawson, her husband's great aunt. In 1936, she became a rural mail carrier for Route 1, Boone, but the odds were against her. First, she was the only female mail carrier in the area. Second, she didn't have a car. Neither did she know how to drive. That was on a Friday. By Monday she had a car, and she drove it on her mail route. Mountain roads on her route crossed several streams. Addie's car couldn't travel the roughest roads, so her husband met her with a horse partway through her mail route. Addie swapped the car for the horse and later met her husband to swap back before finishing the day's run. Bets were wagered across the county as to how long Addie could hold the job. A petition was signed to remove her from the job simply because she was a woman. Even postal officials doubted that this petite former teacher could manage the route, especially in winter, but she proved them wrong. She retired after 30 years.



If you would like to read these books prior to the programs you can check out a copy at the Watauga Library (main and branch) and at the senior centers

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



the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

Reminder

Classes and Activities are scheduled two months in advance, therefore cancellations and re-scheduling 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



Billiards Tournament

An 8-ball tournament will be held at the Lois E. Harrill Senior Center. The men's tournament is scheduled for Tuesday, July 27, at 10 a.m. and the women's tournament will be played Thursday, July 29, at 10 a.m. Richard Caisse, a Health Promotion intern from ASU, will be the game officiator. The winner of each tournament will be awarded a trophy and proclaimed the reigning senior center men's or women's champion. If you are age sixty or older and wish to compete you should come to the center to sign up.

Outreach Counseling for Medicare –approved Discount Card Program

On Wednesday, July 14, from 10 a.m.-12 noon, SHIIP volunteers will be available at the L.E. Harrill Senior Center to assist qualified Medicare beneficiaries in applying for the \$600 credit for prescription drug coverage and to provide information that will assist them in choosing a prescription discount card. Please call the center at 265-8090 if you plan to attend.



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

L. E. Harrill Senior Center
265-8090

Western Watauga Community Center
297-5195