



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 2012



Caregiver Information

Caregiver Support Group- meets at 1 p.m. the first and third 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.

Alzheimer's Information Session -

“Recognizing Pain in People with Dementia”, Thursday, August 30 from 2:30-4pm. This free session is open to everyone, including caregivers and professionals. There will be a time of sharing and discussion at the end of the session. Please call to register.



Farmers' Market Program

Watauga County 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 during the summer and early fall months. To be eligible you must be

- A current 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 limits similar to 2011 (no greater than \$1,679 for an individual and \$2,268 for a couple).



Tabitha will start taking applications and distributing coupons on Monday, July 2, in Boone and will be at the Western Watauga Center from 10 a.m.-11:30 a.m. on the following dates: Monday, July 23 and Thursday, July 26.

Billiards Tournaments

We will be having both a Men's tournament and Ladies' tournament in July. Any age may participate. The men will play on Wednesday, July 11, and the ladies will play on Friday, July 20, 10 a.m. - Noon each day. Please sign up at front table of Harrill Center or call to sign up.



Western Watauga Community Center

297-5195

AARP Driver Safety Class Offered for Older Adults- \$5 special for school/college employees and retirees in July!

Friday, July 20 from 8:30a.m.-1p.m. at the Lois E. Harrill Senior Center in Boone. Cost of program is \$12 per person for AARP members (\$14 for non-members) or if you are an employee/retiree/volunteer of a school system or college/university system, the charge is \$5 during July! Discount also applies to current and former Sunday School teachers! Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Coffee, water, and a light snack will be provided. Call the center at 265-8090 for more information, or to reserve a seat.



EMMA Program - Hwy. 64 Walking Tour- starts Monday, July 9

Come join us as we “walk” across the state of North Carolina, beginning in the far west part of the state in Murphy, NC and heading to the east coast to Nags Head! Every twenty minutes will equal one mile, and everyone's distance will be tracked on a large map of NC, where participants will be able to pin their distance to show how far they have walked. This can be done in teams, and “souvenirs” will be given out when destination stops are met along the way. The goal is to walk across the state in 64 days or less! Those that succeed in walking across North Carolina will receive an award upon completion. Join us on Monday, July 9, for our official kick-off at 10 a.m.!

Bridge at the Harrill Senior Center- Anyone interested in playing Party Bridge is welcome to join us on Monday afternoons from 1-4 p.m.

Needlework Class

Next 12 week session starts Thursday, July 19, 1-4 p.m. at the Lois E. Harrill Senior Center. New members welcome! \$36 for the session. Please stop by current class one Thursday from 1-4 p.m. to talk with instructor and observe class. It's a fun time of fellowship while students work on a variety of projects. Please register at the center by July 19, at 1 p.m.

LOIS E. HARRILL SENIOR CENTER

July and August 2012



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.
 Bridge - - - - - 1 - 4 p.m.
 Arthritis Exercise - - - - - 1:30 - 2:30 p.m.
 (Changes to Gentle Exercise in August - 1:30 - 2:30)

Tuesday - Exercise - - - - - 10:30 - 11 a.m.
 Nutrition/Health Classes- - - 11 a.m. - 12 noon
 Rummikub - - - - - 1 - 2:30 p.m.
 Line Dancing (Call prior to attending)- 2:30 - 4:00 p.m.
 Sewing Classes - - - - - 6 - 8:30 p.m.
 Yoga (Will resume in Fall) - - - - - 6:15 - 7:15 p.m.

Wednesday - Art Class (beginners)- 9 a.m. - 12 noon
 The Fit Club - - - - - 10 - 11:30 a.m.
 Gardening/Outdoor Games - - - 10 - 12 a.m.
 Muscles and More - - - - - 10:30 - 11 a.m.
 Bingo - - - - - 11 - 11:45 a.m.
 Arthritis Exercise - - - - - 1:30 - 2:30 p.m.
 (Changes to Gentle Exercise in August - 1:30 - 2:30)

Thursday - Music - - - - - 10 a.m. - 12 noon
 Sign Language - - - - - 10 - 11 a.m.
 Crafts - - - - - 10 a.m. - 1 p.m.
 Exercise - - - - - 10:30 - 11 a.m.
 Needlework Class - - - - - 1 - 4 p.m.
 Tai Chi I & II - - - - - 4:30 - 6:30 p.m.

Friday - Exercise w/Richard Simmons - 10 - 10:30 a.m.
 Fun with Wii - - - - - 10:30 - noon
 Muscles and More - - - - - 10:30 - 11 a.m.
 Veteran's Video Viewing - - 10:30 a.m. - 12 noon
 Bingo - - - - - 11 - 11:45 a.m.

Coffee Time and Talk each morning from 9 - 10 a.m.



Rummy Group is an ongoing activity Monday - Friday, from 10 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 * Bocce * Cards * 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

Tuesday, July 10, 11a.m. – Anita Lowe from Division of Workforce Solutions (formerly the Employment Security Commission) will discuss employment services available.

Tuesday, August 7, 11a.m. – Dayna Price from High Country Hospice/Transitions will be here to discuss services.

**Special Activities****Trip to Watauga Lake (Pending Funding)-**

Tuesday, August 14, 9 a.m.-3:30 p.m. Picnic lunch will be provided. Stroll by the lake, play horseshoes and bocce ball. Call to reserve a seat.

Trips to Watauga County Farmers' Market – 10:15-11:45a.m., Appalcart van will transport from Harrill Center. Wednesday, July 25 and Wednesday, August 22. Let Tabitha know if you would like to reserve a seat on the van.

Independence Day Party – Tuesday, 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.

Computer Workshops –“Basics of Using a Computer” – Friday, July 6, from 12:30-2 p.m. “Facebook, Email and other Social Media” – Friday, July 20, 12:30 - 2 p.m. “Basics of Digital Photography” – Friday, July 27, 10 a.m.-Noon. Please call to sign up for any of these sessions; space is limited.

Special Craft Workshop –Victorian Doll

Frame - Tuesday, July 24, 10 a.m.-Noon. Come help make a paper doll with ribbon, lace, or silk flowers. The doll is then placed in a frame for display. All you have to bring is a frame (8x10 or 8 1/2 x 11) and \$5 for materials which will be provided. Please make sure each side on the back of the frame has at least one fastener (at least 4 fasteners total). Stop by the Harrill Center to see an example. Please call to reserve a spot.

Scrapbooking Afternoon and Tea-Join us on Friday, August 3, from 1-4 p.m. for an afternoon of scrapbooking. Please bring your own book and whatever supplies you have. The center has some supplies available for use, including blank “Creative Memories” 12 x 12 pages, markers, and stamps. Door prize drawing will be held for brand new scrapbook!!!

Horseshoe Tournament – Come join us for a morning of fun on Friday, July 6, 10 a.m.-Noon, contest open to any age. Prizes will be awarded!

Support Groups:

NAMI (National Association for Mental Illness) Support Group - Meets the first Monday of each month at 7 p.m. and **NAMI Connections** meets every Tuesday from 2:30 - 3:30 p.m. **Peer to Peer** meets every Thursday from 2 - 3:30 p.m.

**Special Interests and Services**

Advocacy Opportunities- The center provides information on advocacy opportunities, "Effective Advocacy" training as requested, 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.

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.

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 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, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

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.

Free Hearing Aid Services- Hearing screenings; 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. Call for September's Date.

Computer Training - Free computer training is available by appointment.

Special Interests and Services Continued

Social Security - Online services available as well as assistance with contacting office in Wilkesboro. Transportation to Social Security Office in Wilkesboro can be arranged if needed through public transit. Please call Tabitha for more information.

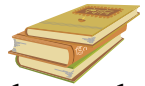
Blood Pressure Checks - last Tuesday of each month from 10-11a.m.

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.

Veterans Group at Senior Center - The High Country WWII Roundtable is now meeting at the Harrill Senior Center on the first Friday of the month from 1:30-3 p.m. All veterans and spouses are welcome to attend. Lunch is available at noon (free for people age 60 and over and for their spouses).

Legal Aid Helpline – 1-877-579-7562. Please call helpline number for legal assistance. For emergencies please call Tabitha who can arrange for you to meet with a local attorney on-site. Legal aid clinics offered during the year at center; call for more information.



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

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

Food Distribution – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. We are currently growing a vegetable garden and anyone 60 and over is welcome to participate and take food that we grow. Please contact Tabitha for more information.

**AppalCart Schedule****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 2012



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.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	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.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.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.
Hand Built Pottery - - - - -	10 a.m. - 1 p.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 - - - - -	9 a.m. - 1 p.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.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Tai Chi - - - - -	10 - 11 a.m.
Yoga - - - - -	10:15 - 11:15 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.

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 *

Health and Nutrition Education

Eating Well Programs - Explore alternative wholesome foods and identify additives in processed foods. Learn about ancient grains, exotic fruits and vegetables, and share recipes using nutritious ingredients. Facilitated by Martie Tafoya.



“Fresh Versus Processed” - Friday, July 20, 2012, 9:30 - 11:30 a.m.

“How to Use Probiotics, and Other Natural Nutritional Supplements” Friday, August 17, 9:30 – 11:30 a.m. .



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 my be limited, please call in advance to reserve a seat.

Blood Pressure Checks

Second Thursday each month from 10:30 - 11:30 a.m.



Special Activities

Independence Day Celebration - Tuesday, July 3, from 9 a.m. - 1 p.m. Refreshments, games, outdoor activities. Bring in you favorite treat to share. Wear red, white, and blue to qualify to win a flag.

Card Making Workshops - Monday, July 16, 9:30 - 11:30 a.m. “Iris Folding method and using rubber stamps.”

Monday, August 13, 9:30 - 11:30 a.m. “Learn to make two types of decorative folded paper boxes.”

Fee is \$5 per class which includes all materials needed. Instructor: Rene’ Pilker

Art and Craft Projects - Monday, July 30, 9:30 - 11:30 a.m. “Fun with Paper”

Monday, August 24, 9:30 - 11:30 a.m. “ Embossed Decorative Card”.

Fee is \$5 per class which includes all material needed and instructions. Instructor: Gail Gross

Trip to Watauga Lake (Pending Funding)-

Tuesday, August 14, 9 a.m.-3:30 p.m. Picnic lunch will be provided. Stroll by the lake, play horseshoes and bocce ball. Call to reserve a seat.

Special Interests and Services

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

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.



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.

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

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

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.

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.

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

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



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

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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 264-2278 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



Senior Center Exercise Classes

There is a qualified instructor available to teach senior center exercise classes at the Western Watauga Community Center. She is certified in the following exercise programs: Yoga, Chair Yoga, Pilates, and Silver Sneakers range of motion, strength training and cardio. If you are interested in any of these exercise routines, please call Toni Wait at 828-297-5195.

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.



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 on Wednesday, July 4, 2012, in observance of Independence Day.

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

**Tai Chi Classes**

New sessions of Tai Chi will begin at the Lois E. Harrill Senior Center on Thursday, July 26 and will run for 12 weeks. Beginner class meets from 5:30-6:30 p.m. 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 July 26.

ASU Research Study

Monday, August 6, 10a.m.-Noon or Friday, August 10 a.m.-Noon at the Lois Harrill Senior Center. Come volunteer your time to participate in an ASU study about moods. The study involves filling out questionnaires and is confidential. The center will give an incentive prize to each person who participates. You only have to attend one session. Call Tabitha to sign up.

“Welcome to Medicare” Seminar


Approaching 65? Confused about Medicare? Join us for an information sessions at the Lois E. Harrill Senior Center in Boone on Thursday, August 23, from 1:30-3pm. We’ll discuss the basics of Medicare, supplements, and drug plans. Please call Tabitha Thomas to register at 265-8090. Refreshments will be provided. This event is part of the SHIIP Program (Seniors’ Health Insurance Information Program) and is not sponsored by any insurance company or agent. For more information about the N.C. SHIIP program, please call 1-800-443-9354.

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.



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

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