



# 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

### **JANUARY AND FEBRUARY 2009**

#### **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 (2007) 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, Charities, Taxes, Interest, if claiming itemized 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, Business requiring Schedule C, Royalties, and Sale of home or business. 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 through April 14, 2009.

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

**L.E. Harrill Center-----265-8090**

**Western Watauga Center----297-5195**

#### **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.

A Caregiver class will be offered at the Lois E. Harrill Senior Center on Tuesday, April 7, from 2:30 - 4 p.m. **We Need to Talk Seminar Offers Tips for Talking with Older Drivers** - Area caregivers, families, and concerned friends are invited to attend an informational session hosted by AARP, Alzheimer's Association, and Watauga Project on Aging. Nicole Reiger Thomas from the Western Chapter of the Alzheimer's Association will be presenting the free seminar. The goal is to help participants learn to talk with their loved ones about remaining active and participating in the community when it is time to limit or stop driving. To RSVP please call Tabitha at 265-8090.

#### **Census Bureau Seeking Applicants to Fill Jobs in Area**

The U.S. Census Bureau is looking for qualified applicants to help prepare for the 2010 Census. The Charlotte Regional Census Center has opened 15 local census offices in the five-state region to carry out a pre-census operation called Address List Development. Positions include address listers, office clerks, recruiting assistants, crew leaders and field operations supervisors. Those interested in applying for these jobs can go to [www.2010censusjobs.gov](http://www.2010censusjobs.gov) for job descriptions, qualifications and applications. Potential applicants also can call toll free 1-866-861-2010. Applicants must be U.S. citizens, age 18 and older, have a valid Social Security number, and pass a basic aptitude test. Most jobs require a driver's license and use of a car. The Harrill Senior Center is a census partner and may be able to provide additional assistance if needed.



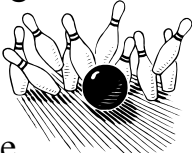
**LOIS E. HARRILL SENIOR CENTER****March and April 2009**

**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 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.
Exercise with Candy - - - - -	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 - 3:30 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.
Bingo - - - - -	11 - 11:45 a.m.
Exercise with Candy - - - - -	1:30 - 2:30 p.m.
Bridge - - - - -	6:30 - 10 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 (Begins 3/19) - - - - -	5:30 - 6:30 p.m.
Friday- 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. 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:

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

**Congregate Nutrition Program**

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

**Agency Information**

Recovery Education Center – Daniel Platt  
Tuesday, March 24, at 11 a.m.

Reverse Mortgage Counseling – Wilma McDaniel, Tuesday April 14, at 11 a.m.

**Blood Pressure Checks**

Third Friday each month from 11 a.m.-12 noon. Service provided by Watauga County Health Department.

**Support Groups:**

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

Diabetes Support Group - Meets the first Thursday of each month at 12 noon.

Caregiver Class - Tuesday, April 7, from 2:30 - 4 p.m. The topic will be Tips for Talking with Older Drivers.

**Special Activities**

**Easter Party** – Thursday, April 9, from 10 a.m.-12 p.m. Light refreshments, music, basket walk. Seniors can sign up to bring an item to help offset the cost of the party. Please see Tabitha for more information.

**Shopping trip to Hickory** – Tuesday, April 21, from 8 a.m.-5 p.m. Shop at Hamrick's in the morning, have lunch at J & S Cafeteria, shop at the mall or shopping center in the afternoon. Seats are limited – call to reserve.

**Special Interests and Services**

**Health Screenings** - March 26 and April 30 at the Lois E. Harrill Senior Center. Call for an appointment. One screening per fiscal year (July-June) is allowed.

**Anger Management Seminar** - Thursday, April 16, New River Behavioral Health Care will present a free training on Anger Management from 3 p.m.-4 p.m. The training is open to the public. Please call Tabitha Thomas to RSVP.

**Social Security**- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, April 1, 2009 from 9 a.m.-12 noon.

**Tax Assistance**– Every Tuesday through April 14. Call to make an appointment.

### Special Interests and Services Continued

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

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

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

**Book Discussion Group**– Will not meet during the winter months. Will resume monthly meetings on Wednesday, May 27, 2009, at 1:30 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.

**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. Tuesday, March 17, 10 a.m. - 12 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 - 8 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.

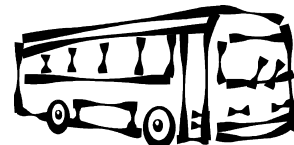
### Special Interests and Services Continued

**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



**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



### 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.

### Tai Chi Classes scheduled for next session

This next 12 week-session of Tai Chi classes is scheduled to begin at the Lois E. Harrill Senior Center on Thursday, March 19, 2009, and will meet each Thursday from 5:30 p.m.-6:30 p.m. Deadline to register will be 5 p.m. Wednesday, March 18, 2009. The instructor is Tim Winecoff. The cost of the 12-week session is \$48.00 per person. Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call 265-8090 with any questions.



### New Session of Needlework Classes to Begin

The next 12 week session of needlework class will be held at the Lois E. Harrill Senior Center beginning Thursday, March 19, from 1 p.m. - 4 p.m. Deadline to register will be 5 p.m. on Wednesday, March 18, 2009. The instructor is Maryanne Evans. The cost of the 12 week session is \$27.00. Any age may register but if the class exceeds the attendance limit, priority will be given to persons age sixty and older. You may call 265-8090 with any questions.



## WESTERN WATAUGA COMMUNITY CENTER

March and April 2009



To receive more information or to register for a service or activity at the Western Watauga Center please call 297-5195. Toni Wait is the Director.

### Caldwell Community College Classes

#### Spring Schedule

Sewing & Crafts - - Tuesdays - - - 9:45 a.m.- 1:15 p.m.

Lap Quilting - - Thursdays - - 9 a.m.-12:30 p.m.

Classes will go through April 16, 2009.

#### Weekly Activities

Monday -Walking - - - - - 8 - 10:00 a.m.

Shopping Van - - - - - 9 a.m. - 3 p.m.

Rug Hooking Class - - - - - 10 a.m. - 1 p.m.

Lap Quilting Guild - - - - - 10 a.m. - 1 p.m.

Tuesday - Walking - - - - - 8 - 10 a.m.

Wednesday- Walking - - - - - 8 - 10 a.m.

Hand built pottery - - - - - 9 a.m. - 1 p.m.

Knitting - - - - - 9 a.m. - 12 noon

Rook (call after 1pm to reserve a seat) - 5 - 9 p.m.

Thursday - Walking - - - - - 8 - 10 a.m.

Shopping Van - - - - - 9 a.m. - 3 p.m.

Art Class - - - - - 9 a.m. - 1 p.m.

Friday - Walking - - - - - 8 - 10 a.m.

Weaving Guild - - - - - 9 a.m. - 1 p.m.

Live Music - - - - - 10 - 1 p.m.

Yoga - - - - - 12 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Walking in the gym: Old Cove Creek School--- Monday-Friday from 8-10 a.m. Everyone must register the first time to participate. Basket balls are available upon request.

### Congregate Nutrition Program

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



#### Drop in Activities

The following are available for use at the center by persons 60 and older:

Piano \* Card Tables \* Exercise Equipment \*

Computer Lab-Watauga Branch Library \*

Table games, jig saw puzzles, and cards \*

Television/VCR and DVD player \* Library

(Books, videos, books on tape) – Watauga

Branch Library \* Sewing Machines \* Balance

Beam Scales for checking weight \* Exercise

Your Brain Mental Adventures - (Variety

Puzzles) \* Horseshoes \* Croquet \* Wireless

Internet \*

### Blood Pressure Checks

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



### Health and Nutrition

Arthritis Exercise and Health Education

Program - Tuesdays and Thursday, March 10, through April 30, 2009 from 1– 2 p.m. Call Toni Wait to reserve a space.

### Agency Information

Watauga County Sheriff Dept.-Kelly Redmond will present a program on Safety for Older adults. Topics: Community Watch and protecting yourself and your property from vandalism and larceny-Date TBA

Appalachian Regional Behavioral Health- Thursday, April 23, 2009, from 12 - 1 p.m.

Rebecca Greene will give a brief program for seniors, and also be available for information and referral each quarter. This is an adult specialty outpatient service, with a focus on geriatric psychiatry, serving older adults who are experiencing life crisis issues as a result of changing lifestyles, declining health, loss and grief.

### Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



### Special Activities

**St. Patrick's Day Party** - Tuesday, March 17, from 9:30 - 11:30 a.m. Light refreshments and bingo. Senior can sign up to bring an item to help offset the cost of the party. Please see Toni for more information.

**Easter Party** – Thursday, April 9, from 9:30 - 11:30 a.m. Light refreshments and cake walk. Seniors can sign up to bring an item to help offset the cost of the party. Please see Toni for more information.

**Shopping trip to Hickory** – Tuesday, April 21, from 8 a.m.-5 p.m. Shop at Hamrick's in the morning, have lunch at J & S Cafeteria, shop at the mall or shopping center in the afternoon. Seats are limited – call to reserve.

### Special Interests and Services

**Cove Creek Grange**- 2<sup>nd</sup> Tuesday of each month, 7-9 p.m.

**Tax Assistance**– Every Monday through April 13. Call to make an appointment.

## Special Interests and Services Continued

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

**Bluegrass/Gospel Music Jam Sessions** - Meets the first and third Friday of each month from 7 - 10 p.m. Bring the family for a night of fellowship and great music and singing.



**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-** 1<sup>st</sup> Thursday of each month, 6-8 p.m. Meetings open to the public.

**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.

**Fiber Art/Hand Spinning Guild** — Spinners meet first Saturday of each month, 9 a.m. - 12 noon.

Fiber Guild meet the third Saturday of each month, 9 a.m. - 12 noon.

**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.

**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.



## Special Interests and Services Continued

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

### AppalCart Schedule -Western Watauga Community Center



**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.

### Western Watauga Community Center to Offer Arthritis Exercise/Health Education Program

The program developed specifically for people with arthritis. Low-impact, joint-safe exercises led by AF-certified instructors can be taken either sitting down or standing. This program has been proven in research studies to reduce arthritis pain and improve ability to do more daily activities. The program will be offered from 1 - 2 p.m. Tuesdays and Thursdays (16 classes) during March and April. There is no charge to attend. We request you reserve a space so that adequate materials will be available. Any age may attend but persons aged sixty and older will be given priority if class size exceeds space available. Call 297-5195 with any questions or to reserve a space.



### 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 Friday, April 10, 2009, in observance of the Easter Holiday.

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

### 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.

**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.

**Food Bank Box at the Western Watauga Community Center**

The Watauga Hunger Coalition has placed a Food Bank Box in the lobby of the Western Watauga Community Center. They are collecting nonperishable food for families with children in the county who have lost jobs and/or experiencing hardships. You may donate food items during business hours.

**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](mailto:karin.bare@ncmail.net) requesting this method of delivery.
- Mailed.
- Located on agency's web site at [www.wataugacounty.org](http://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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