



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

MARCH AND APRIL 2013



Western Watauga Community 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 Elizabeth at 264-0336 to reserve respite care or for more information.

Smoky Mountain Geriatric Specialty Team

Education Sessions: These sessions are free and open to everyone, including caregivers and professionals. Each session will be held from 3-4p.m. in the dining room of the Harrill Center. Please call to register. Topics are as follows: Wednesday, March 20: Caregivers of Older Adults: Avoiding a Crisis Through Behavioral Supports, Wednesday, April 17: Mental Disorders in Older Adults; and Tuesday, May 14: Walk a Mile in My Shoes-Sensitivity Training for Working with Older Adults.



Health Screenings

The Watauga County Project on Aging and Watauga Medical Center will be offering health screening clinics to residents of Watauga County age sixty and older. There is a \$45 charge for a complete blood work panel. The clinics will be held at the **Western Watauga Community Center** on Tuesday, March 19th and at the **Lois E. Harrill Senior Center** on Thursday, May 2. The screening will consist of a comprehensive metabolic panel, complete blood count (cbc), lipid profile, medical history, teaching breast self-examinations and symptoms of prostate cancer, visual acuity, hearing screening, glaucoma, height, weight, blood pressure, and distribution of educational materials. For an appointment or for more information call Toni at the Western Watauga Community Center at 297-5195 or Tabitha at 265-8090 at the Lois E. Harrill Senior Center. You must have an appointment for the clinic.

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 (2011) 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
- 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 through April 9, 2013.

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

March and April 2013



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. Tabitha Thomas is the center's director.

Weekly Activities

Monday - Art Class (intermediate) -	9 a.m. - 12 noon
E-Reader Club - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1 - 2 p.m.
Tuesday - Chair Yoga - - - - -	10 - 10:30 a.m.
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 (\$) - - - - -	6:15 - 7:15 p.m.
Wednesday - Art Class (beginners)-	9 a.m. - 12 noon
Indoor Games - - - - -	10 a.m. - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
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 - Stretching - - - - -	10 - 10:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
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 11 a.m.—12 noon.

Wii is ongoing activity each morning from 9:30-11 a.m.

Congregate Nutrition Program

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

Project E.M.M.A.

E.M.M.A. stands for “Eat Better, Move More, Age Well.” Join us for the Walking Club, each morning from 9:30-10:30 a.m. Come walk through the building on rainy days or outside when it's nice and track your progress! Check out the bulletin board in the exercise room for more info. Prizes to be awarded. Also our garden will start back in May, come join us!

**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—see Tabitha 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 * 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 *

Agency Information

Tuesday, March 12, 11:15 a.m.-Noon: Bryan Belcher will be here to talk about the new High Country Community Health Clinic, located next door at the health department.

Tuesday, April 16, 11 a.m.-Noon: Dick and Joan Hearn from the End of Life Coalition will talk about Advanced Directives (living wills and health care power of attorneys).

Support Groups:

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

Support Group for Mental Health meets Tuesday from 2-3:30 p.m. in small upstairs meeting room.

**Special Activities**

Shopping Trip to Hickory-Tuesday, April 2, 8 a.m. – 4 p.m. Hamrick's in the morning, J&S Cafeteria for lunch, afternoon at the mall or Target Shopping Center. Please bring lunch money and shopping money. Call to reserve a seat.

Trip to Biltmore House!- Wednesday, May 15, 8 a.m. - 8:30 p.m. **Note: This trip will be an all day affair with lots of walking.** Ticket to Biltmore is \$40, please bring cash on day of trip. You can choose to purchase audio tour headset for \$10. Lunch at McDonald's, dinner at J&S Cafeteria. Please call to reserve a seat.

St. Patrick's Day Fun!- Friday March 15, 10:00 a.m. - Noon. Green punch, dancing, St. Patrick's Bingo!

Spring Fling – Wednesday, March 27, 10 a.m. - Noon. Music, games, refreshments. Come join the fun!

UNC/Legal Aid Will Clinic- Monday, March 11. Assistance available for completion of simple wills and advance directives. Please call Tabitha (265-8090) for appointment.

Harrill Center Special Activities Continued

Billiards Tournaments-Ladies' tournament on Tuesday, April 23, 10am. Gentleman's tournament on Friday, April 26, at 10 a.m. Prizes to be awarded! Please sign up at center.

Wii Bowling Tournament- Join us on Wednesday, March 20, from 10-11 a.m. for a Wii Bowling Tournament! Sign up at center to participate. Prizes will be awarded.



Special Interests and Services

New E-Reader Program - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Monday mornings at 10 a.m., to talk with people about Kindles which can be checked out at the center.

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.

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.

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. Tuesday, March 19, 9:30 - 11:30a.m.



Home Repair – Applications for home repair assistance through WAMY Community Action are available at the center. Please see Tabitha for assistance.

Special Interests and Services Continued

Housing Needs – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.

Blood Pressure Checks - Last Tuesday of each month from 10:30—11:15a.m.

Computer Training - Free computer training is available by appointment.

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 1-2:30 p.m. All veterans and spouses are welcome to attend.

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 - Will be taking a break for the winter months. Will resume In June 2013.

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. Gardening to resume in Spring. Please contact Tabitha for more information.

Medicare and Medicaid Enrollment – Medicare online enrollment available at the center. Please call Tabitha for an appointment. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Disaster Planning – Home Safety checklists and registry forms for the county are available. If you have oxygen at home or other essential needs that may be affected in a storm, please contact Tabitha to have items included in the county registry in case of a weather emergency.

Box Tops for Education-We have a collection box for General Mills Box Tops and for Campbell's soup labels. The box tops and labels are given to Valle Crucis School who will use them to earn money for new school equipment. The collection box is in the front room.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2013



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 -Walking - - - - -	8 - 11 a.m.
Music and Memories w/Haley -	9 - 11 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	9:30 - 11:30 a.m.
Arthritis Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Lean to Read Hebrew - - - - -	9 - 11 a.m.
Music and Memories - - - - -	9:30 - 11:30 a.m.
Beading and Jewelry Making -	12 - 3 p.m.
Computer Classes - - - - -	12:30 - 1:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.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.
Arthritis 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.
Yoga (\$) - - - - -	10:15 - 11:15 a.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.
Healthy Weight Loss - - - - -	9:30 - 11:30 a.m.
Tai Chi - - - - -	10 - 11 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.

One on one Computer classes each Tuesday from 9:30 - 11 a.m. By appointment only.

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 *

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

Transitions Life Support Group - a weekly “group therapy” for adults 50 years old and older that is designed to promote mental and physical well being as we maneuver through the changes that occur as years go by. The group will meet Thursdays from 12 noon till 1 p.m. During confidential work sessions participants may share their personal feelings and experiences, fears, challenges, and joys. An uplifting activity will follow the sessions.

Special Activities

UNC/Legal Aid Will Clinic– Wednesday, March 13. Assistance available for completion of simple wills and advance directives. Please call Toni (297-5195) for appointment.



Spring Fling/Easter Party - Wednesday, March 27, 10 - 11:15 a.m. Enjoy special games, prizes, refreshment and music. Donations of small prizes are appreciated or you may bring in your favorite treat for the snack table.

Shopping Trip to Hickory-Tuesday, April 2, 8a.m. – 4 p.m. Hamrick’s in the morning, J&S Cafeteria for lunch, afternoon at the mall or Target Shopping Center. Please bring lunch money and shopping money. Call to reserve a seat.

Trip to Biltmore House!- Wednesday, May 15, 8a.m. - 8:30 p.m. **Note: This trip will be an all day affair with lots of walking.** Ticket to Biltmore is \$40, please bring cash on day of trip. You can choose to purchase audio tour headset for \$10. Lunch at McDonald’s, dinner at J&S Cafeteria. Please call to reserve a seat.

Western Watauga Special Activities continued

Card Workshops - Learn to make your own greeting cards while having fun and fellowship. \$5 fee for each workshop includes instruction and supplies and envelope. Mondays from 9:30 - 11:30 a.m. Dates to be posed at center.



Special Interests and Services

Health Screening - Tuesday, March 19th. Cost will be \$45 for a complete blood work panel. Must be 60 and over to attend. Call Toni at 297-5195 for an appointment or more information. You must have an appointment for the clinic.

E-Reader Program - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Wednesdays from 10 a.m. - 1 p.m. to talk with people about Kindles which can be checked out at the library.

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

Fiber Art/Hand Spinning Guild — Spinners will meet first Saturday and second Sunday of each month from 9:30a.m. - 12:30p.m. Fiber Guild will meet the third Thursday of each month from 6:30-8:30p.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.

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



Special Interests and Services Continued

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

Fun Tuesdays with Jennifer Teague, MA, Director of Community Relations for Deerfield Ridge Assisted Living - Each month from 10 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities. Tuesday, March 12th, and Tuesday, April 9th.

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.

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

Cove Creek Rug Hooker Featured in Local Gallery

The Cove Creek Rug Hookers will be the main featured artists in March at the Watauga County Arts Council Gallery on King Street. They will have numerous hand hooked items on display and for sale including rugs, wall hangings, chair pads, etc.



Photo Board

The Western Watauga Community Center needs photos of seniors for a “beauty shot” collection. Participants can bring in a favorite picture of themselves at any age during business hours to be copied and returned immediately unharmed to its owner. Copied pictures will then be displayed on a large bulletin board for other to guess who they are by a list of names that will be available. Pictures will be collected through the month of March.

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

L. E. Harrill Special Interests and Services Continued from page 3

Health Screening –Thursday, May 2nd. Cost will be \$45 for a complete blood work panel. Must be 60 and over to attend. Call Tabitha at 265-8090 for an appointment or more information. You must have an appointment for the clinic.

Food Drive-We are still collecting canned goods for local food pantries. Drop off box is in front room.

Free Hearing Aids and Other Equipment - A representative from the NC Division of Deaf and Hard of Hearing meets with people at the Harrill Senior Center on the first Tuesday of each month. A free hearing aid is available to people who qualify. Other types of assistive devices are also available. Please call the toll-free number of the Morganton Office to register for an appointment (800-999-8915).

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 or stop by for more information.

Information and Assistance - 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.

Newsletter 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.

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.

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

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

End of Life Coalition Workshop

Come learn about living wills, health care power of attorneys, and how to register these documents with the state. The workshop will be held on National Healthcare Decisions Day at the Lois E. Harrill Senior Center on Tuesday, April 16, from 2-3:30 pm.



Welcome to Medicare Seminar:

Are you new to Medicare? Come join us for an information session about the basics of Medicare. The seminar will be held at the Lois E. Harrill Senior Center on Monday, April 8 from 2:30-4 p.m. Please call Tabitha to register.

SAVE THE DATE:

The 11th Annual Adult Services Expo will be held at the Boone Mall on Friday, May 10, from 9 a.m.-2 p.m. Come learn about services in the community, enjoy the entertainment, and enter to win door prizes.

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, March 29, in observance of the Easter Holiday.

In addition to this closing Home Delivered Meals will not be served.



ASU Lifelong Learning Programs

The Harrill Center is now hosting ASU Lifelong Learning Programs. Come learn about ancient civilizations or dabble in painting. Full class schedule available at center. March/April events include “Reader’s Theatre: Shakespeare’s Late Romances,” Watercolor class, and discussions on Ancient Civilizations. For ASU Lifelong class info, please call Mike Duus at 262-6690.

Needlework Class at Harrill Senior Center

We are now accepting registration for a new session of needlework class. Classes will meet at the Harrill Senior Center each Thursday from 1-4 p.m. beginning Thursday, March 28 (date subject to change based on weather closings). The instructor is Marianne Evans and the charge for the 12-week session is \$36.00. Instruction will be available in knitting, needlepoint, embroidery, cross-stitch and hardanger. Class size is limited. Any age may attend but priority is given to persons age sixty and older. The deadline for registration is 12:30 p.m. on first day of class. Please call the Senior Center at 265-8090 for more information.



Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, May 2, (date subject to change based on weather closings) 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 4:30 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 \$48.00 per person for either 12 week series. Please come by the center to register.

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.

Extra Help With Prescription Drug Costs

Some people with limited income and resources are eligible for Extra Help to pay for the costs—monthly premiums, annual deductibles, and prescription co-payments—related to a Medicare prescription drug plan. Many people qualify for these big savings and don’t even know it. To find out if you qualify, please call the Project on Aging at 265-8090 for more information. We can help you fill out an application online. You may also call Social Security at **1-800-772-1213** (TTY **1-800-325-0778**) to apply over the phone or to request that an application be mailed to you, or go to www.ssa.gov to complete an application.



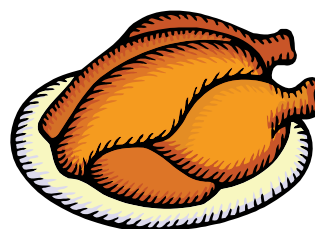
Lemon Rosemary Chicken

Time: Prep 10 minutes, bake 20 minutes

- Four 6 oz. boneless, skinless chicken breast halves
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon salt-free lemon-pepper seasoning
- 1 teaspoon salt-free citrus-herb seasoning, Spice Islands® Salt (optional)
- 3 lemons, thinly sliced
- Fresh rosemary sprigs
- 1 ¼ cup low sodium chicken broth
- ½ tsp. crushed garlic

Preheat oven to 375 degrees F. Brush both sides of chicken pieces with olive oil and sprinkle with lemon-pepper seasoning, citrus-herb seasoning and salt (optional); set aside. In a baking dish, arrange 2 to 3 slices of lemon and a sprig of rosemary for each chicken piece. Place chicken, smooth sides up, on lemon and rosemary. Top each chicken piece with another sprig of rosemary and 2 to 3 slices of lemon. Bake in preheated oven for 20 to 25 minutes or until chicken is no longer pink (165 degrees F). Remove chicken to platter and cover with aluminum foil to keep warm.

In a small saucepan, combine half of the rosemary from the baking dish and any browned bits from baking dish. Add chicken broth and garlic. Bring to a boil over medium-high heat; cook until mixture is reduced by half. Using a fine-mesh strainer, strain mixture. Discard solids. Serve mixture with chicken. Garnish with additional lemon slices and rosemary sprigs. Servings: 4





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