



The Young at Heart News

WATAUGA COUNTY PROJECT ON AGING

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

265-8090

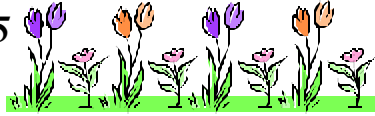
L. E. Harrill Senior Center

265-8090

Western Watauga Community Center

297-5195

MAY AND JUNE 2005



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.

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.

Information Program to be offered on Medicare Part D Drug Benefit Program

Beginning January 1, 2006, the new Medicare Part D prescription drug plans will be available to people with Medicare. Representatives from Social Security will be at the L.E. Harrill Senior Center on Wednesday, June 1, at 10:30 a.m., to offer an information program on the new Medicare Part D Drug Benefit Program. One component to this program is an assistance program for low-income Medicare beneficiaries. People with low incomes and limited assets may qualify to receive extra help to pay for prescription drugs. Applications for the assistance part of the Medicare Drug Benefit Program will be available at this time. Please call Sherry Harmon at 265-8090 to reserve a seat for this very important program.

HAPPY MOTHER'S DAY!

Sunday, May 8, 2005



MAY IS OLDER AMERICAN'S MONTH!!!!

Our nation is in the midst of a boom in the aging population. Older people are living longer and staying healthier and more active much later in life. In 2011 the first wave of the 78 million baby boom generation turns 65. The 2005 Older Americans Month theme, "Celebrate Long-Term Living" was selected by the Administration on Aging (AoA) to recognize and honor the valuable contributions of older persons to their communities as they age. There are many opportunities for involvement for persons aged sixty and older at the senior centers in Watauga County. If you are interested in learning more about services and activities available to senior adults please call or come by one of the centers.

3rd Annual Adult Services Expo to be held at the Boone Mall

On Tuesday, May 10, the Adult Services Coalition of Watauga County will present the third annual Adult Services Expo from 10 a.m. to 4 p.m., at the Bone Mall. The expo will feature an array of activities that include agency information, door prizes, entertainment and more. May is Older Americans Month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.



Managing Chronic Pain With Exercise

How does flexibility training help sufferers of chronic pain?

One of the hallmarks of arthritis and other causes of chronic pain is stiffness, or difficulty in moving smoothly through a motion. Range-of-motion activities-such as gentle stretching in yoga, a form of flexibility training- will improve the circulation to the joint and prevent severe loss of motion that can occur when someone tries to 'protect' a joint by not moving it. Flexibility training will also decrease pain, probably due to the changes in circulation.

LOIS E. HARRILL SENIOR CENTER

May and June 2005



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:

Crafts - Thursdays, 10 a.m. – 1 p.m.

Lap Quilting - Tuesdays, 1 – 4 p.m.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall (May only)-	2 - 3 p.m.
Bridge (begins June 1st)-	1:30 - 5:00 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.
Body Recall (May only)-	2 - 3 p.m.
Bridge (begins June 1st)-	1:30 - 5:00 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.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi Classes - - - - -	5:30 - 6:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Body Recall (May only)-	2 - 3 p.m.
Bridge (begins June 1st)-	1:30 - 5:00 p.m.

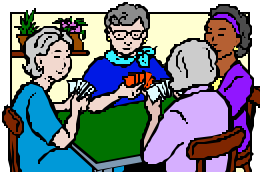
Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 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. Service provided by Watauga County Health Department.



Agency Information

To be announced.

Support Groups:

Family/Caregiver Support Group - Meets the third Thursday of each month at 1:30 p.m.

Caregiver Class- Thursday, June 9, 2:30 – 4 p.m. Presenter will be Alex Jernigan, Regional Long Term Care Ombudsman at High Country Council of Governments.

Caregiver Class- Thursday, July 14, 2-4 p.m. “Understanding Late Life Depression”. Presented by Crossroads LME/New River Behavioral Health Care Geriatric Specialty Team

Special Activities

Turchin Center Classes- May 16 and 18 — Powerful Impressions taught by artist Una Pett. Degas called a picture something, which calls for as much cunning, trickery and vice as the perpetration of a crime. Inspired by the Impressionists, who often experimented with powerful compositions, we will explore the potentially potent element of composition. How can this tool help us express a particular mood or emotion? Bring ideas for an image you would like to develop. We will begin using charcoal, and explore other media as desired.

June 13 and 15--Creating and Composing on Found Object Musical Sculptures taught by Music Educator and Music Therapist Dr. Liz Rose. Workshop participants will have the opportunity to compose music in non-traditional styles, primarily using visual arts. These compositions will in turn be performed on found object musical instruments provided by Dr. Rose. In addition, participants will create a found object sound sculpture and will create a composition for it based on the works on display from the Artinian Collection. All sessions meet 10 a.m.-12 noon. See Sherry at the senior center to reserve a space on the van and in the class.

Trip to Abington, Virginia- Monday, May 16, 8 a.m.-5 p.m. Shopping, Lunch at Cracker Barrel, Ice cream in Damascus. Must reserve a seat on the bus.

Senior Health & Fitness Day- Wednesday, May 25, 10 a.m. – 12 noon. Walk on the Greenway. (Weather permitting).

Rook Card Game- Persons interested in playing Rook should call Sherry or Steve at the Harrill Center at 265-8090. We are looking for players with any skill level. Beginners will receive instruction.

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WESTERN WATAUGA COMMUNITY CENTER

May and June 2005



Caldwell Community College Classes

Classes are free for persons 65 and older. The fee for persons under 65 is \$45.00 per semester.

The current semester schedule is:
 Crafts – Tuesdays, 10 a.m. – 1 p.m.
 Lap Quilting – Thursdays, 10 a.m. – 1 p.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 Handouts available. Including a resource guide for caregivers.

Weight Loss Club - Mondays 7 – 8 p.m. For information call Connie Trivette at 297-3909.

Weekly Activities

Monday -Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	9 - 10 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Exercise with light weights -	9:30 – 10 a.m.
Chair dancing - - - - -	10 – 11 a.m.
Rook - - - - -	10 - 1 p.m.
Wednesday– Walking - - - -	8 - 9 a.m.
Body Recall - - - - -	9 - 10 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9:30 a.m. - 1 p.m.
Nutrition / Health Classes -	10:30 - 11 a.m.
Thursday - Walking - - - -	8 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights -	9:30 – 10 a.m.
Art Class - - - - -	10 a.m. - 2 p.m.
4th Thursday - - - - -	12 - 3 p.m.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	9 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 2 p.m.
Rook - - - - -	9 - 11:30 a.m.
Live Music - - - - -	10 - 11:30 a.m.

Blood Pressure Checks

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

Agency Information

To be announced.

Special Activities

Mother’s Day Rook Tournament- Friday, May 6, from 9 a.m. – 2 p.m. Interested persons should call Toni Wait at 297-5195.

Trip to Abington, Virginia- Monday, May 16, 8 a.m. – 5 p.m. Shopping, Lunch at Cracker Barrel, Ice cream in Damascus. Must reserve a seat on the bus.



National Senior Health & Fitness Day- Wednesday, May 25, 9 a.m. – 2 p.m. Walking, exercise, outdoor sports (weather permitting).

Vegetarian Workshop/Recipe Exchange- On Thursday, May 26, from 10-11 a.m. join us for tasting, information about vegetarian cooking and recipe exchange. Bring a recipe or favorite dish, or come learn to cook tasty, nutritious vegetarian meals.

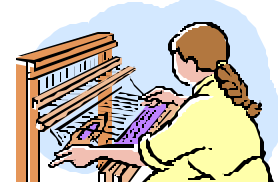
Presentation: “Our Exciting Trip to Morocco”- Tuesday, June 7, 10-11:30 a.m. Sue Spirit and Marcia Hickman will show and tell about their adventures while traveling through Morocco.

Youth Singing- Thursday, June 23, 10-10:30 a.m. Mary Harmon and her youth group will perform harmonious, uplifting songs.

Special Interests and Services

Fiber Art/Hand Spinning Guild- Spinners meet first Thursday of each month 6:30-9 p.m. Fiber Guild meets third Thursday of each month 6:30-9 p.m. For more information contact Sandra Basel at 297-3046.

Weaving Guild- Donna Duke and Ruth Smith are offering weaving instruction by appointment at the Western Watauga Community Center. Anyone interested may call Toni Wait at the center.



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Lois E. Harrill - Special Interests Cont.



Special Interests and Services

Health Screenings- Thursdays, May 12. By appointment only.

Free Foot Evaluation with Pedicare - Wednesday, May 11, 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, June 14 10 a.m.-12 noon.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, Medicare Lookout, Long-Term Care Insurance and counseling for Medicare-Approved Discount Card Program. Please call the center at 265-8090 to make an appointment.

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

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon at the Lois E. Harrill Senior Center. For more information contact Louise Harris at 264-6616.

Job Placement and Job Training - See 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.

VHS Movies Available - May be checked out or reserve a TV/VCR and watch at the senior center.

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.



AppalCart Schedule

L. E. Harrill 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

Western Watauga Community Center Special Interest Continued

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.

Crafty Critters Club- Their purpose is to assist with programs and supplies for the Branch Library and Senior Center and Home Delivered Meals programs. New members are invited to join the group to share in fellowship, fun activities, charitable endeavors, and creative projects. There is a \$10.00 fee to join, then a \$2.00 per month supply fee. Reap the benefits of giving! For more information call Toni at the center.

Horseshoes and Croquet available- Attention Croquet fans! We are planning to build a sand bottom croquet court in Cove Creek for tournaments and fun. Anyone interested in joining the croquet club or anyone interested in assisting with the design of the court contact Toni Wait at WWCC 297-5195.

Western Watauga Branch of the Watauga County Library- Monday and Wednesday- 10 a.m.-5 p.m. Tuesday and Thursday- 10 a.m.-7:00 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. Pay a visit to your branch library and see what they have to offer.

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

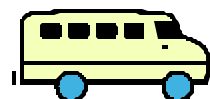
AppalCart Schedule -Western Watauga Community Center

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

Thursday 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. 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 Has Two Special Employees

For those of you who have been to the WWCC you probably already know Cecile Rominger and Shirley Scott. They are senior center aides working with center director Toni Wait. Cecile and Shirley work very hard to help make the Western Center a very warm and fun place to be. They stay busy assisting Toni with the many services and activities that are available at the center. For those of you who have never visited the Western Watauga Center Toni, Cecile and Shirley extend an invitation to come for a tour and discover the many opportunities



offered for older adults.

Welcome Steve Moeller!

We would like to welcome Steve Moeller to the staff at the L.E. Harrill Senior Center. Steve is serving at the center through the Experience Works training program. Steve will be assisting with services and activities at the center and the congregational nutrition program.

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 Friday, May 30 for Memorial Day Holiday. In addition to these closings Home Delivered Meals will not be served.

**High Country Senior Games**

Get ready for the 16th annual High Country Senior Games. If you participated last year you should receive your registration packet in the mail. If this is your first year we are excited that you are considering signing up for the upcoming games and ask that you pick up a registration packet at the Parks and Recreation office or the Project on Aging office. The registration deadline is 5:00 p.m., Wednesday, May 18.

Senior Artist of the Month

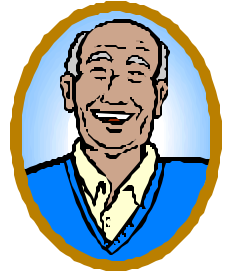
The Watauga County Arts Council is recognizing a senior artist each month at the Jones House Community Center located in downtown Boone. Mary Foreman was the first to be honored as featured artist during April. Polly Miller will be the featured artist for the month of May. A reception for Polly will be Friday, May 6, at 6:30 p.m., at the Jones House. The public is invited to attend. It will be a great time to congratulate Polly and view her work and to enjoy all the art displayed at the Jones House.

A New Way to Receive Your "Young at Heart" Newsletter

In an effort to cut back on mailing and copying costs we are now offering another way to receive your bimonthly senior center newsletter. We will send the newsletter via email to persons choosing this option. All you need to do is send a message to sherry.harmon@ncmail.net requesting this method of delivery. Be sure to include the email address you want the newsletter delivered to in the message. If you are presently on the mailing list you will be deleted and added to the email list.

HAPPY FATHER'S DAY!

Sunday, June 19, 2005



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