

# 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

Western Watauga Community Center

265-8090

297-5195

SEPTEMBER and OCTOBER 2003



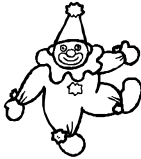
### Mission Statement

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.

### Senior Center Christmas Craft Sale



This year's Christmas Craft Sale will be Wednesday and Thursday, November 19, and 20. CRAFTERS- To sale items one must be aged sixty years or older and items must be handmade. The senior center handles publicity, provides space to display and volunteers to sell items. There is no fee charged--- you get 100% of your asking price! This is a service for the areas older adult crafters. Take advantage of this wonderful opportunity to show off your talents and make some extra money. SHOPPERS- Sale hours will be 9 a.m.-4 p.m.. This is a wonderful opportunity to shop for Christmas decorations and gifts. The sale will be held at the Lois E. Harrill Senior Center.

### AARP Driver Safety Course

Driver safety programs help drivers refresh their skill and adjust driving habits to match changes in physical fitness and reflexes. AARP is offering a class to promote driver safety on Wednesday and Thursday, September 17 and 18, at the Lois E. Harrill Senior Center. Hours for the class are 12:30to 4:30pm on Wednesday and 8am-12noon on Thursday. The cost for this eight (8) hour refresher course is \$10.00. Participants will be given a certificate that can be taken to their auto insurers to request a discount on auto insurance premiums. Please call Ruth Lisk at 264-9439 to register for the class or for more information.



Inventory and registration forms and instruction sheets for participating crafters will be available for pick up at the L.E. Harrill Senior Center or the Western Watauga Community Center by the end of October. For more information please call the senior center.

### Flu and Pneumonia Shots

Vaccinations for flu and pneumonia will once again be given by the Appalachian District Health Department at the Lois E. Harrill Senior Center and the Western Watauga Community Center. Dates for these immunization clinics will be made available as soon as they are scheduled. We will disseminate this information through announcements at both centers and a public service notice in local newspapers, radio and television stations.

### Partners in Wellness Classes

A new series will begin in late October. The topic and dates will be announced at congregate nutrition sites and through local media. Or you may call the L.E. Harrill Senior Center at 265-8090 or the Western Watauga Community Center at 297-5195 for more information.



## **LOIS E. HARRILL SENIOR CENTER** **September and October 2003**



### **Caldwell Community College Classes**

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

The Fall semester schedule is:

Crafts- - - -Thursdays- - - -10 a.m.-1 p.m. -  
(9-4) thru (11-6)

Lap Quilting- - - -Tuesdays- - - -1-4 p.m. -  
(9-9) thru (11-11)

You must register on the first day of class.



### **Weekly Activities**

Monday - -Art Class - - - - 9 a.m. – 12 noon

Bingo - - - - - - - - - - 11 - 11:45 a.m.

Bridge (Sept. Only) - - - - 1:30-5 p.m.

Tuesday –Exercise - - - - 11 - 11:30 a.m.

Bingo - - - - - - - - - - 11 - 11:45 a.m.

Line Dancing - - - - - - 2 - 4 p.m.

Sewing Classes - - - - - 6 - 8:30 p.m.

Wednesday -Art Class - - 9 a.m. – 12 noon

Bingo - - - - - - - - - - 11 - 11:45 a.m.

Bridge (Sept. Only) - - - - 1:30-5 p.m.

Muscles and More - - - - 1:30 - 2:30 p.m.

Bridge - - - - - - - - - - 6:30 - 10 p.m.

Thursday - Music - - - - - 10 a.m. - 12 noon

Exercise - - - - - - - - - - 11 - 11:30 a.m.

Cake Walks - - - - - - - 11:15 - 11:45 a.m.  
(when cakes available)

Needlework Class - - - - 1 - 4 p.m.

Tai Chi Classes - - - - - 5:30-6:30 p.m.

Friday - Ceramics - - - - - 10 a.m. - 1 p.m.

Nutrition/Health Classes- 10.45 - 11:45 a.m.

Bridge (Sept. Only) - - - - 1:30-5 p.m.

### **Support Groups:**

Caregiver Class/Support Group – Will meet in November- Topic and Date to be announced.

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

### **Blood Pressure Checks**

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

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

### **Special Activities**

Free Foot Evaluation with Pedicare - Wednesdays, September 10, and October 8, from 11 a.m.-12 noon.

Driver Safety Classes- September 17, and 18. Pre-registration required.

Museum/Shopping Trip- Monday, September 15, 8 a.m.-5 p.m. AM--Country Music Museum, Lunch at Piccadilly Cafeteria, PM—Shop at Bristol Mall.

Health Screenings- Thursday, September 18, and Thursday, October 16. By appointment only.

Trip and Picnic to view the Autumn Leaves- Wednesday, October 15, 10 a.m.-3 p.m..

Lunch will be provided. There is no charge for the trip or lunch. Seats are limited. Call to reserve a seat.

ASU Art Education classes-Monday, October 20, and Wednesday, October 22, 10 a.m.-12 noon.

Self-Advocacy Classes - Friday, October 17, 11 a.m.—12 noon. Tips and strategies for effective advocacy on issues affecting older adults.

Halloween Party - Friday, October 31, 10 a.m.-12 noon. Games and Refreshments. Prize for best costume.



### **Congregate Nutrition Program**

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

### **Agency Information**

Friday, September 5, 11:30 a.m.-12 noon- Becky Greene, Outreach Coordinator with Avery Health Care, will discuss depression & anxiety in older adults and the services available through the Outpatient Behavioral Health Program at Cannon Memorial Hospital.

Thursday, October 16, 11 a.m.- 12 noon the weatherization coordinator, will discuss the services offered through WAMY Community Action, Inc. and take applications for the weatherization program.

### **Special Interests:**

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

**WESTERN WATAUGA COMMUNITY CENTER**

**September and October 2003**



**Caldwell Community College Classes**

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

Lap Quilting - - Thursdays - - - 10am-1pm - - (9-4) thru (11-6)

Ceramics - - Tuesdays - - - 10am-1pm - - (9-9) thru (11-11)

Crafts - - Tuesdays - - - 10am-1pm - - (9-9) thru (11-11)

You must register on the first day of class.



**Weekly Activities**

Monday -Exercise/Walking - 9 - 10 a.m.

Aristocrats Live - - - - - 10 - 11:30 a.m.

Rook - - - - - 10 - 11:30 a.m.

Lap Quilting Guild - - - - - 10 a.m. - 1:00 p.m.

Tuesday - Walking, active games - 9 - 10 a.m.

Ceramics Class - - - - - 10 a.m. - 1 p.m.

Wednesday- Walking/Exercise - 9 - 10 a.m.

Pottery Class (Intermediate) - 9 a.m. - 1 p.m.

Card Game - - - - - 10 - 11 a.m.

Nutrition / Health Classes - 10 - 11 a.m.

Thursday - Line Dancing - 9 - 10 a.m.

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

Rook - - - - - 10 - 11:30 a.m.

Rook - - - - - 1 - 2 p.m.

Friday - Walking - - - - - 9 - 9:30 a.m.

Weaving Guild - - - - - 9 a.m. - 12 noon

Area Musicians - - - - - 10 - 11:30 a.m.

Rook/card games - - - - - 10 - 11:30 a.m.

Tole Painting - - - - - 10 a.m - 1 p.m.

Rook/card games - - - - - 1 - 2 p.m.

**Congregate Nutrition Program**

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

**Blood Pressure Checks**

Friday, September 12, and Friday, October 10, from 10:30 - 11:30 a.m.



**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.

**Special Activities**

Free Foot Evaluation with Pedicare - Thursday, September 11 and Thursday, October 9, from 10:30 a.m - 1:00 p.m.

Museum/Shopping Trip- Monday, September 15, 8 a.m.-5 p.m. AM--Country Music Museum, Lunch at Piccadilly Cafeteria, PM—Shop at Bristol Mall.

Health Screenings - Thursday, September 25, and Thursday, October 23. By appointment only.

Trip and Picnic to view the Autumn Leaves - Wednesday, October 15, 10 a.m.-3 p.m. Lunch will be provided. There is no charge for the trip or lunch. Seats are limited. Call to reserve a seat.

Halloween Party - Friday, October 31, 9-11:30 a.m. Costume Contest with prizes & Refreshments



**Agency Information**

Wednesday, September 10, 10-11a.m. Watauga County Sheriff's Dept. will present an information session to educate the public about the construction of Meth Labs and items used to make the drug. Other topics: Avoiding potentially hazardous conditions, and identifying persons who may be using or manufacturing the drug. There will be a question and answer session. This program, which is sponsored by Western Watauga Branch Library at the Western Watauga Community Center, is free and open to the public. For more information call the Branch Library at 297-5515 or the Community Center at 297-5195

**Special Interests**

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

**Walking Program and Fit for Life Exercise Program**

Monday—Friday, 8 a.m.—4 p. m. Walk inside or outside. Exercise equipment and class. See Toni Wait to register.

**Horseshoes available-** 9:00 a.m.—2:00 p.m., weather permitting. If you wish to form a horseshoe-pitching club contact a staff member.

**Hunger Coalition Mobile Pharmacy** - Second Thursday of each month, 11 a.m.-3 p.m.



### **Lois E. Harrill Special Interests Continued**

**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.

**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.

**Job Placement and Job Training—** See Sherry Harmon for more information or to make an appointment.

### **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.

**SHIIP-** A SHIIP counselor will be available at the L.E. Harrill Senior Center Tuesdays, September 16, and October 21, at 11 a.m., to provide assistance with Medicare, Medicare supplements, Medicare Lookout and Long -Term Care insurance questions. By appointment only.



**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.

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

**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.



### **Western Watauga Community Center Special Interests Continued**

**Computer Training-** Free computer training is available for seniors. Please call the Western Branch of the County Library at 297-5515 to make a reservation.

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

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

**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.

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

**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



**AppalCart Schedule**  
**Western Watauga Community Center**

**Monday** - Cove Creek areas, Mabel, Silverstone, Rush Branch, Pottertown.  
**Tuesday - Wednesday - Thursday** - Cove Creek areas, Bethel, Beaver Dam, Mabel, Silverstone, Zionville.  
**Friday** - Matney, Rominger, Laurel Creek, 321 North and Cove Creek areas.  
**Thursday** is shopping day in Boone. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:00 a.m. on the morning you wish to ride.

**Seniors Farmers' Market Nutrition Program**

Current congregate nutrition program participants who have not picked up their farmers' market coupons may still do so. Eligible seniors may receive one set of coupons worth \$15 to spend during the 2003-growing season (July-October). Please call Sherry Harmon at 265-8090 if you have questions.



**Trip to Bristol, TN/VA**



On Monday, September 15, the senior centers will offer a trip to Bristol, TN/VA to spend the day at the Bristol Mall. At the mall we will tour the Birthplace of Country Music Museum during the morning, have lunch at Piccadilly cafeteria and spend the afternoon shopping or just hanging out in the mall. The museum was formed to bring national and international recognition to the people of the Southern Appalachian region, the musical and cultural heritage of the region, the region's role in the development of country music, and the region's influence on music around the world.

The trip is open to persons sixty years and older. Seats are limited and will be filled on a first come first serve basis. The bus will leave the L.E.Harrill Senior Center at 8 a.m. and return at 5 p.m.. At the Western Watauga Community Center you will be picked up at 8:15 a.m. and return at 4:45 p.m.

There is no admission charge for the museum or the trip but everyone is responsible for purchasing his or her own meal.



**Yoga for Seniors**

A Yoga class is scheduled to begin Thursday, September 11, at the Lois E. Harrill Senior Center. The class will meet from 5:15 to 6:15 p.m. each Thursday for 12 weeks. The class will be appropriate for beginners as well as experienced yoga students. The instructor will be Akal Dev Sharonne. Akal Dev has been a yoga practitioner for more than 30 years, and a teacher for 25 years. Her classes are a delightful blend of challenge, humor and wisdom. The cost of a 12-week session is \$60.00 per person and class size is limited to 12. Any age may attend but priority will be given to persons age sixty and older. The registration deadline is 5 p.m. Monday, September 8.

**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 Monday, September 1, in observance of Labor Day.

In addition to these closings Home

**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



- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. No me, I want people to know “why” I look this way. I’ve traveled a long way and some of the roads weren’t paved.



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