



# 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

**SEPTEMBER AND OCTOBER 2004**



### 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.

### Memory Walk Scheduled To Fight Against Alzheimer's Disease



On Saturday, October 30, organizations and individuals will gather at Chetola resort in Blowing Rock for a day of awareness, education, advocacy, and fundraising. Please join us in honoring a loved one of yours that has been or is affected by Alzheimer's disease. The event will be hosted at Chetola Inn in Blowing Rock, on October 30th. Registration is at 9:30 a.m.; walk begins at 10:00 a.m. ending at 11:00 a.m. There will be display tables filled with freebies and helpful information. Money raised in this community goes towards, programs, services, and research. To fight against Alzheimer's disease we need to team up. If you are interested in forming a team or need more information please call Sherry Harmon at 265-8090.

### Body Recall Classes To Begin at Senior Center

Would you like to reclaim your variety of movement and gain the strength to make living pleasurable? This program will enhance your ability to perform activities of daily living and challenge you to do more with what you have. Classes begin Monday, September 13 and will meet every Monday, Wednesday and Friday for ten weeks. Class time is 2 to 3pm and meets at the L.E. Harrill Senior Center. Registration fee is only \$1.00 for the entire ten weeks. The instructor will be Kristie Copley. The class is available for persons aged sixty or older. Class size is limited so don't delay. Call the center at 265-8090 to reserve a space.

### Immunizations Scheduled for Senior Centers

Flu and Pneumonia Shots will be given: Lois E. Harrill Senior Center—Wednesday, November 10, 12:30- 4 p.m.

Western Watauga Community Center—Wednesday, November 17, 9 a.m.-1 p.m.



### Personal Safety and Disaster Preparedness For Seniors

Disasters do not wait for us to become prepared; they can strike at any time. There often is not enough time to gather the items we need or develop a response plan when the disaster strikes. Join us to learn more about how to create a personal or family disaster plan. We will identify supplies to assemble for a disaster kit that may be needed in an evacuation or in the event that a disaster leaves you confined to your home. We will also review general safety tips of which we must all be mindful.

This program will be held at the Lois E. Harrill Senior Center on Wednesday, October 20, from 10:30 a.m.-12 noon and at the Western Watauga Community Center on Thursday, October 21, from 10-11:30 a.m. Kelley Davies with the NC Commission on Volunteerism and Community Service will present the program. This presentation, which is free and open to the public, is targeted to senior adults and/or caregivers. Please call the Harrill center at 265-8090 or the WW Community Center at 297-5195 to reserve a seat.

**You don't want to miss this presentation.**

**There will be a drawing for prizes!**



### Christmas Craft Sale

Crafters get ready for another Senior Center Christmas Craft Sale.

The dates for this year's event will be Wednesday and Thursday, November 17 and 18. The sale will be held at the Lois E. Harrill Senior Center located in the Human Services Building at 132 Poplar Grove Connector in Boone. Inventory forms and instruction sheets for participating crafters will be available at the Harrill Senior Center and the Western Watauga Community Center by the end of October. Items must be hand made and crafters must be aged sixty or older. For more information you may call Sherry Harmon at 265-8090.



## **LOIS E. HARRILL SENIOR CENTER** **September and October 2004**



### **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.
Bridge (Sept. only)	-----	1:30 - 5 p.m.
Body Recall (begins 9/13)	---	2 - 3 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.
Bridge (Sept. only)	-----	1: 30 - 5 p.m.
Body Recall (begins 9/13)	---	2 - 3 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 (begins 9/23)	-----	5:15 - 6:15 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.
Body Recall (begins 9/13)	----	2 - 3 p.m.

### **Support Groups:**

Caregiver Class/ Support Group - Thursday, October 21, 3 - 4 p.m. Elder Abuse Training Workshop—Learn the Indicators of Abuse, Neglect and Exploitation and How to Report your concerns. Presented by Alex Jernigan, Regional Long Term Care Ombudsman

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 11 a.m.-12 noon. Service provided by Watauga County Health Department.

### **Agency Information**

Reverse Mortgage Program - Monday, September 20, 11 a.m. - 12 noon.

Friendly Visiting & Telephone Reassurance - Monday, October 11, 11:30 a.m. – 12 noon.

### **Congregate Nutrition Program**

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



### **Special Activities**

**Walking Tour of Rosen Outdoor Sculpture Competition** - Tuesday, September 7, 10:15 a.m. – 12 noon. Call to reserve a space.

**Trip & Picnic to Energy Xchange** - Friday, September 10, 8 a.m. – 4 p.m. Spaces are limited, must reserve a seat on the bus and a picnic lunch.

**Turchin Center Classes** - Mondays and Wednesdays, September 27, & 29, and October 18, and 20, 10 a.m. – 12 noon. See Sherry to reserve a space on the van and in the class.

**Trip to Mabry Mill on the Parkway** - Wednesday, October 13, 8 a.m. -5 p.m. No charge for the trip but you must reserve a seat. Everyone is responsible for the purchase of his or her own lunch.

**Personal Safety and Disaster Preparedness For Seniors** - Wednesday, October 20, from 10:30 a.m. -12 noon.

**Halloween Party** - Friday, October 29, 10 a.m. – 12 noon.



**Memory Walk To Fight Against Alzheimer's Disease** - Saturday, October 30, 9:30 a.m. at Chetola resort in Blowing Rock.

### **Special Interests and Services**

**Health Screenings**- Thursdays, September 2, and October 14. By appointment only.

**Free Foot Evaluation with Pedicare** - Second Wednesday each month, 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, September 21, 10 a.m.-12 noon.

**SHIIP** - 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

**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.

## WESTERN WATAUGA COMMUNITY CENTER

September and October 2004



### 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:

Ceramics - Tuesdays, 10 a.m. – 1 p.m.

Crafts – Tuesdays, 10 a.m. – 1 p.m.

Lap Quilting – Thursdays, 10 a.m. – 1 p.m.

### Weekly Activities

Monday - Walking - - - - -	8 - 9 a.m.
Senior Exercise (Intermediate) -	9 - 10 a.m.
Rook - - - - -	10:30 - 11:30 a.m.
Lap Quilting Guild - - - - -	10 a.m. - 1 p.m.
Senior Exercise (Beginners) - -	10:15-11:15 a.m.
Tuesday - Walking, active games -	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.
Senior Exercise (Intermediate) -	9 - 10 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Nutrition / Health Classes - - - -	10 - 11 a.m.
Senior Exercise (Beginners) - -	10:15 - 11:15 a.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Line Dancing - - - - -	9 - 10 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Exercise with light Weights - -	9:30 – 10 a.m.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 9 a.m.
Senior Exercise (Intermediate) -	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.
Tolepainting - - - - -	10 a.m. – 1 p.m.
Senior Exercise (Beginners) - -	10:15-11:15 a.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.

### Blood Pressure Checks

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

### Special Activities

**Trip & Picnic to Energy Xchange** - Friday, September 10, 8 a.m. – 4 p.m. Spaces are limited, must reserve a seat on the bus and a picnic lunch.

**Cove Creek Crafty Critters Meeting** - Monday, September 13, 12 noon -3 p.m. Making Fall decorations—All Welcome!

**Farm Heritage Days Country Fair** - Saturday, September 18, 9 a.m. – 5 p.m. Call Toni at 297-5195 for more information.

**Trip to Mabry Mill on the Parkway** - Wednesday, October 13, 8 a.m. -5 p.m. No charge for the trip but you must reserve a seat. Everyone is responsible for the purchase of his or her own lunch.

**Personal Safety and Disaster Preparedness For Seniors** - Thursday, October 21, from 10 -11:30 a.m.

**Memory Walk Scheduled To Fight Against Alzheimer's Disease** -Saturday, October 30, 9:30 a.m. at Chetola resort in Blowing Rock.



### Special Interests and Services

**Free Foot Evaluation with Pedicare** - Second Thursday of each month from 10 a.m - 1:00 p.m.

**Health Screenings** - Thursdays, September 23, and October 28 . By appointment only.

**Free Hearing Aid Services**— Hearing aide services and otoscopic examination to see if you have excessive earwax that needs to be removed by your doctor - October - Day and time to be announced.

**Fiber Art/Hand Spinning Guild**- Meets first and third Thursday each month from 6:30-8:30 p.m. For more information contact Sandra Basel at 297-3046.

**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 and Croquet available**- 9:00 a.m.— 2:00 p.m., weather permitting. If you wish to play contact a staff member.

**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 home-bound county resident. Call Jackie Cornette at 297-5515, if you are interested in having books delivered to your home on Fridays.



**Lois E. Harrill - Special Interests Cont. 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.

**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.

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



**Western Watauga Community Center Special Interests Continued**

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

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

**Western Watauga Community Center Special Interests Continued**

**Cove Creek Extension club**- Has changed its name to the Cove Creek 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.



**Walking Tour of Rosen Outdoor Sculpture Competition**

On Tuesday, September 7, at 10:15 a.m. interested seniors should meet at the Lois E. Harrill Senior Center for a walking tour of the Rosen outdoor sculpture competition on the ASU campus. Tasha Nunn with the ASU Turchin Center for the Visual Arts will be our tour guide. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12 noon and the winners will be announced. The Rosen Sculpture Competition is a national juried event. We can compare our results with the national jurors. AppalCart will provide transportation to ASU and the return trip to the center. This activity is free and open to any person sixty years of age and older. Please call the senior center at 265-8090 to reserve a space.

**Oral History Project at Senior Centers**

Watauga County senior centers and ASU communication students will provide opportunities for participants to record their oral histories.

Students will meet with participating seniors individually three to four times in order to gather the needed information for their project. The sessions will begin in late September. By late November participants will be presented with a copy of their story. The goal is to provide them with their completed oral history before Thanksgiving so they can share it with their family at that time. If you are sixty or older and interested in participating please contact Sherry at the Harrill Center or Toni at the Western Watauga Center.

**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.

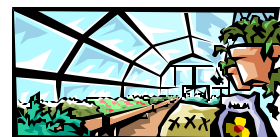
**Thursday** is shopping day in Boone. The van leaves Cove Creek at 10:00 a.m. The AppalCart will take you to dental, doctor, hair appointments, drug store, grocery shopping, etc. Lunch will be served at the Lois E. Harrill Senior Center at 12 noon. After shopping the van will take you home. To ride the van on the day they come to your area, just call 264-2278 by 8:30 a.m. on the morning you wish to ride.

**Leaf Looking Trip to Mabry Mill**

On Wednesday, October 13, we will journey to Virginia to visit Mabry Mill, one of the most photographed features on the Blue Ridge Parkway. At Mabry Mill you will find The Mountain Industry Trail, which is an easy educational walk of less than a half of a mile. During your hike you will find buildings, farm implements, a whiskey still, and other displays that illustrate what rural life was like in the Appalachia and other rural areas of the eastern United States. This is one trail where you will want to take your camera. The trip should be a spectacular ride with autumn leaves at their peak. We will leave the L.E. Harrill Senior Center at 8 a.m. and return by 5 p.m. There is no admission charge at the Mill and no charge for the trip. Everyone is responsible for the purchase of his/her own lunch. There is a restaurant located at the mill. Sherry and Toni have a copy of the menu for you to check out. Call to reserve a space on the bus, as seats are limited.

**Trip to Energy Xchange in Yancey County**

The flora of the Southern Appalachians is among the most diverse in the Western hemisphere. Project Branch Out is designed to both preserve and profit from this extremely diverse flora by producing for sale plants that have been under intense pressure from wild harvest. Project Branch Out is the greenhouse component of Energy Xchange. In the greenhouses they propagate native ornamentals like rhododendrons, azaleas, and others. The greenhouses are heated with boiler water circulating through radiant heat flooring. Boilers are powered by landfill gas. The program also includes a demonstration site for aquaponic production. From a Noxious Landfill to a Nurturing Colony for Artisans the Energy Xchange Incubator program was established to support entrepreneurs in starting, managing and operating new businesses in the crafts of glass blowing and pottery. According to glassblower John Geci this is the first glass shop in history that hasn't been harmful to the environment. There is a gift shop on premises and demonstrations of glass blowing and pottery. The trip is scheduled for Friday, September 10. We will leave the Harrill center at 8 a.m. and the WWCC at 8:30 a.m. We should return to the WWCC by 3:30 and the Harrill center by 4 p.m. The trip includes a picnic meal. There is no charge for the trip but you must reserve a seat and a lunch. Seats are limited.



**Reverse Mortgage Program At Senior Center**

Wilma McDaniel, Special Projects Manager for Northwestern Regional Housing Authority and certified reverse mortgage counselor will provide information on reverse mortgages at the Lois E. Harrill Senior Center on Monday, September 20, at 11 a.m. The program is free and open to interested persons age sixty and older. There will be an opportunity for questions. We request that you call to reserve a space so that adequate materials will be available. To reserve a space or for further information call 265-8090.



**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 Monday, September 6, in observance of Labor Day.

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

**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.

**Reminder**

Classes and Activities are scheduled two months in advance, therefore cancellations and re-scheduling 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

**Farm Heritage Days Country Fair**

Attention Crafters, Canners, bakers, artists, farmers, etc. You may sign-up now to sell your wares or demonstrate a craft in the senior citizen tent during the annual Farm Heritage Days Country Fair. The fair will be located at the old Cove Creek school grounds. This years date and time is Saturday, September 18, from 9 a.m.-5 p.m. There will be arts & crafts, food, historic farm demonstrations, art show, horse pull, antique car show, livestock, storytelling, youth games, music/clogging and lots more. Meet people and enjoy the old time fun! To sign up or for more information call Toni Wait at 297-5195.

**Hand Built Pottery Class to Begin at Western Watauga Center**

Cindy Pacileo will be teaching a hand built pottery class beginning Wednesday, September 8. Classes will continue for 13 weeks (until December 8) meeting every Wednesday morning from 9 a.m.-12 noon.

There will be a minimal fee for materials but classes are free for persons aged sixty and older. There is a \$3.00 charge per class for persons under age sixty. There is limited space therefore registering in advance is advised. If there are openings you may register on the first day of class. Call Toni at the center, 297-5195, for more information or to pre-register.



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

L. E. Harrill Senior Center  
265-8090

Western Watauga Community Center  
297-5195