



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 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.

Alzheimer's Information Program To Be Offered

On Tuesday, September 27, from 1:30-4:30 p.m. an Overview of Alzheimer's Disease and Related Disorders will be presented at the Lois E. Harrill Senior Center. This program will provide basic information on: signs and symptoms; disease progression; how cognitive and functional abilities are affected and creating a caring environment. Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present this program, which is free and open to the public. It will be of special interest to family caregivers and human service agency staff. For more information or to reserve a space please call the Project on Aging at 265-8090.

Flu and Pneumonia Immunization Clinics Scheduled for Senior Centers



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 and times are:

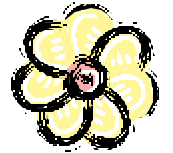
L.E. Harrill Center—Wednesday, October 26, 12:30 - 4:30 p.m.

Western Watauga Center—Wednesday, November 2, 9 a.m. - 4 p.m.

Remember to bring your Medicare card! For more information you may call the Project on Aging at 265-8090.

Wall Hanging to be Ruffled at Harrill Senior Center

A beautiful tapestry wall hanging has been donated to the L.E. Harrill Senior Center. This item will be raffled for \$1.00 per ticket. Money raised will be used to help fund senior center activities. Tickets may be purchased at the center beginning September 1. Drawing will take place in October. You do not have to be present to win.



Memory Walk Scheduled

A memory walk will be held at the Jones House in downtown Boone on Saturday, October 22. This event is to support the Alzheimer's Association and make the community aware of this terrible disease. One way to support Memory Walk is by purchasing a Forget Me Not for \$1.00. They will be available for sale at both senior centers.

Walking Tour of Rosen Outdoor Sculpture Competition

On Tuesday, September 6, 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 and Brooke Greene with the ASU Turchin Center from the Visual Arts will be our tour guides. Ballots for voting for your top three choices will be available. We will return to the center for lunch at 12 noon. The Rosen Sculpture Competition is a national juried event. We can compare our results with the national jurors. Appalcart will provide transportation to and from the senior center to ASU. 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.



LOIS E. HARRILL SENIOR CENTER **September and October 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:
Lap Quilting – Tuesdays, 1 - 4 p.m.
Crafts – Thursdays, 10 a.m. - 1 p.m.

Weekly Activities

Monday - -Art Class - - - - -	9 a.m. – 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall (begins 9/19) -	1 - 2 p.m.
Bridge (thru September) -	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 (begins 9/19)-	1 - 2 p.m.
Bridge (thru September) -	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 (begins 9/19)-	1 - 2 p.m.
Bridge (thru September) -	1:30 - 5:00 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.



Support Groups:

Caregiver Class - Tuesday, September 27, from 1:30-4:30 p.m. Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present a program, which gives an Overview of Alzheimer's Disease and Related Disorders.

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

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

Congregate Nutrition Program

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

Agency Information

Department of Social Services- Energy Assistance and Food Stamp Programs- Tuesday, September 27, 11:15 a.m. – 12 noon.

Watauga County Tax Department - Property Tax Exemption for Elderly/Disabled Persons - Tuesday, October 11, 11 a.m.-12 noon.

Special Activities

Walking Tour of Rosen Outdoor Sculpture Competition - Tuesday, September 6, 10:15 a.m. - 12 noon.

Special Program on “Supporting One Another and Maintaining Mental Health”- Tuesday, September 13, 11 a.m. – 12 noon. Presentation by Barbara Warren and Anne Lethcoe with New River Behavioral Health Care Geriatric Specialty Team.

Turchin Center Classes - All sessions meet 10 a.m. – 12 noon. *Monday and Wednesday, September 19, and 21,- Studies in Value: a drawing workshop with artist Tim Ford. Monday and Wednesday, October 17, and 19, - Inuit Graphics with art educator Millie Starnes.*

Ever wonder about Inuit life and culture? Come view H.G. Jones impressive collection of Inuit visual arts, including stone carvings and lithographs, which present new interpretations of traditional stories and concepts. Then create your own graphic inspired by the Inuit.

See Sherry at the senior center to reserve a space on the van and in the class.



Trip to Asheville Farmers Market

Thursday, September 22, from 8:30 a.m. – 5 p.m. There are two restaurants on site. Everyone is responsible for the purchase of his or her own lunch. There is no charge for transportation. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

Trip and Picnic - Tuesday, October 18, from 10 a.m. – 3 p.m. We will travel along the Blue Ridge Parkway across the viaduct to marvel at autumn's beauty. Price Park will be the destination for our picnic. There is no charge for transportation or picnic lunch. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

WESTERN WATAUGA COMMUNITY CENTER

September and October 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. — 1p.m.

Congregate Nutrition Program

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

Weekly Activities

Monday -Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 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 - - - - -	8:30 - 9:30 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9 a.m.— 12 noon
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.
Rook and Games - - - - -	12 - 2 p.m.
Friday - Walking - - - - -	8 - 9 a.m.
Body Recall - - - - -	8:30 - 9:30 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.



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.

Special Activities

Rook Tournaments- Fridays, September 2 and October 28, 9 a.m.-3 p.m. Must sign up in advance.

Slide Show Adventure - Monday, September 12, 10:30-11:30 a.m. “A Man, A Plan, A Canal; Panama” is about the history, construction and operation of the Panama Canal. Presented by Bill Imperatore.

Honey Uses and Recipes- Tuesday, September 13, 10-11a.m. September is National Honey Month- Bee Healthy!



Heritage Days Seniors Booth- Saturday, September 17, 1-5 p.m.

Trip to Asheville Farmers Market - Thursday, September 22, from 8:30 a.m.-5 p.m. There are two restaurants on site. Everyone is responsible for the purchase of his or her own lunch. There is no charge for transportation. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

Food Safety Class- Monday, October 10, 10-10:30 a.m.

Trip and Picnic - Tuesday, October 18, from 10 a.m. – 3 p.m. We will travel along the Blue Ridge Parkway across the viaduct to marvel at autumn’s beauty. Price Park will be the destination for our picnic. There is no charge for transportation or picnic lunch. Seats are limited and must be reserved through Toni at the Western Center or Sherry at the Harrill Center.

Halloween Party- Monday, October 31, 9 a.m.-11:30 a.m. - Games, refreshments & fun. Dress up in a costume and be eligible to win a prize.



Special Interests and Services

Health Screening — Monday, September, 26 and October 24. By appointment only.

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.

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.

Lois E. Harrill -**Special Activities - Continued**

Memory Walk to Fight Against Alzheimer's Disease- Saturday, October 22, at the Jones House in downtown Boone.

Flu and Pneumonia Vaccination

Clinic- Wednesday, October 26, from 12:30-4:30 p.m.

Halloween Party - Monday, October 31, 10 a.m.—12 noon.

**Special Interests and Services**

Health Screenings— Mondays, September 12, and October 10. By appointment only.

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, October 25, 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 Prescription Drug Benefit Plans (Part D). 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.

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.

Special Interests and Services - Cont.**Job Placement and Job Training** -

See Sherry Harmon for more information or to make an appointment.

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.

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



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— The Senior Center has listings of volunteer job positions in the county. See Sherry Harmon for more information or placement assistance.

AppalCart Schedule**L. E. Harrill Senior Center**

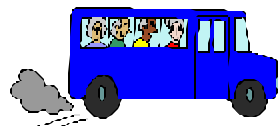
Monday - Intown and Foscoe

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

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.

Job Placement, Job Training and Volunteer Opportunities - Check out the Employment and Volunteer Opportunities bulletin board at the WWCC. See Toni for more information or placement assistance.

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.-7:00 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

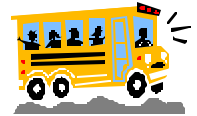
Classes and Activities are scheduled two months in advance, therefore cancellations and rescheduling can occur. If you are coming in for a specific activity call first to verify.

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.



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. Fran Supina was featured in August and Helen Carroll will be honored during the month of September. A reception for Helen will be Friday, September 2, at 6:30 p.m. at the Jones House. The public is invited to attend.



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 sherry.harmon@ncmail.net requesting this method of delivery.
- Mailed.
- Located on agency's web site at www.wataugacounty.org. Under departments go to Project on Aging- then newsletter on side bar. You can view or print it from this site.



Grandpa's Advice

Life ain't about how fast you run, or how high you climb, but how well you bounce.

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 5th, for the Labor Day Holiday.

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.

Farm Heritage Days Country Fair

Attention crafters/vendors age sixty and older! Sign up for a free space to display, demonstrate or sell your "Country wares" in the Senior Tent at the Farm Heritage Days Fair on Saturday, September 17, from 9 a.m. – 5 p.m.

Contact Toni Wait at the Western Watauga Community Center, 297-5195, to reserve a space or for more information.

**Medicare Part D Low Income Subsidy Sign up Assistance Available**

Beginning January 1, 2006, the new Medicare Part D prescription drug plans will be available to people with Medicare. 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. S.H.I.I.P. volunteers and Project on Aging staff are available at both senior centers to assist in filling out applications. You may call the Project on Aging at 265-8090 to make an appointment. We would like to welcome Ashley Hilton as a temporary member of the Project on Aging staff. Ashley will be assisting with the Medicare D subsidy assistance program.



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