



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

JANUARY AND FEBRUARY 2010



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 Sharon at 264-0336 to reserve respite care or for more information.

Alzheimer's Information Session

An information session about Alzheimer's will be presented by Nicole Rieger Thomas from the Alzheimer's Association on Tuesday, February 2, from 2 p.m.-4p.m. Nicole will be showing the "Caregivers" video from HBO's recent Alzheimer's Project. The seminar will be held at the Watauga County Project on Aging and is open to everyone, including family members, caregivers, and professionals. Please call 265-8090 to RSVP.

Calling All Musicians!

Do you like to play music? Please come join our group of amateur musicians on Thursday mornings for a morning of down-home music and a good time! The group meets each Thursday at the Lois E. Harrill Senior Center from 10 a.m.-Noon to provide entertainment and lunch is available afterward. Musicians of all ages and abilities welcome. Special musical presentations can also be scheduled for anyone interested in sharing their talents individually or in smaller groups. Please call Tabitha at 265-8090 for more information about this special volunteer opportunity.

Seniors of Service (S.O.S.) Advocacy Group

Are you interested in speaking out about issues that directly affect seniors? Would you like to know how to sign petitions online and look up information about issues that matter to you? We are forming a group that meets on a regular basis to advocate for and develop service projects for seniors in the community. The first meeting will be held on Wednesday, January 13, at 1 p.m. Please call Tabitha at 265-8090 if you are interested in joining and/or would like to offer leadership in this area. Thanks!

Western Watauga Community Center

297-5195

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 (2008) 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
- 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, business requiring Schedule C, royalties, and sale of home or business. 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 from February 2, to April 13, 2010.

Counselors will be at the Lois E. Harrill Center on Tuesdays and Mondays for the Western Watauga Community Center in Cove Creek will be announced. You may call after January 18, to make an appointment.



LOIS E. HARRILL SENIOR CENTER
January and February 2010



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
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Card Playing - - - - -	11 a.m - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Card Playing - - - - -	11 a.m - 12 noon
Nutrition/Health Classes - - -	11 a.m. - 12 noon
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
Muscles and More - - - - -	10:30 - 11 a.m.
Indoor Fun - - - - -	10:30 a.m. - 12 noon
Card Games - - - - -	11 a.m. - 12 noon
Gentle Exercise - - - - -	1:30 - 2:30 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Card Playing - - - - -	11 a.m - 12 noon
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class - - - - -	1 - 4 p.m.
Friday- Fun with Wii - - - - -	9:30 - 11 a.m.
Cheer Givers Group - - - - -	10 a.m. - 12 noon
Card Playing - - - - -	11 a.m - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Wii Games are available Friday mornings and other times by appointment. We would like to eventually host a Wii competition. If you are interested in practicing at the center please contact Tabitha to reserve a time to play. A competition will be scheduled when we have an adequate number of interested participants. The games available are: bowling, tennis, baseball, golf and boxing.

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 * 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 –May also be checked out for use at home * wii *

Congregate Nutrition Program

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



Agency Information

Foster Grandparent Program – Tuesday, January 5, 11 a.m.-11:30 a.m.

Reverse Mortgage Counseling — presented by Wilma McDaniel from Northwestern Regional Housing Authority. Tuesday, February 9, 11 a.m.-noon.

Identity Theft Presentation– On Tuesday, February 16, 11a.m. - noon, Nima Burns from the NC Department of Justice will discuss ways to protect yourself from identity theft. All are welcome to attend.

Blood Pressure Checks

Third Wednesday each month from 11 a.m.-12 noon. Service provided by Healthy Carolinians.

Support Groups:

Connections Support Group - NAMI

Connections Support Group meets every Tuesday at the Lois E. Harrill Senior Center from 2:30 p.m-4 p.m. The group is for adults of any age who face the challenges of mental illness, regardless of their diagnosis. The group is led by individuals who are also in recovery, people who understand and can relate to your situation. NAMI Connections offers a flexible and casual environment without an educational format, and no registration or enrollment obligation is required.

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

Grief/Memories Group - Meets the first Friday of each month 10 - 11 a.m.

Special Activities

Memory Lane – Come join us on Wednesday, January 27, from 9:30 a.m.-11 a.m. as we watch videos from past years at the senior center. Popcorn and drinks will be served.

Valentine Party – Friday, February 12, 10 a.m.- Noon. Refreshments, cake walk, crowning of the king and queen. Please see Tabitha if you would like to donate refreshments items.



Special Interests and Services

Health Screenings - Thursday, February 4. You must have an appointment for the screening.

Special Interests and Services Continued

Social Security- A representative from the Social Security Administration will be at the Lois E. Harrill Senior Center on Wednesday, January 6, 2010, from 9 a.m.-12 noon.

AARP- Meets the third Tuesday of each month from 10 a.m.-12 noon.

Advocacy Opportunities- The center provides information on advocacy opportunities, "Effective Advocacy" training and Voter registration forms.

Amateur Radio Club - Meets the second Monday of each month from 6 - 8 p.m.

Book Discussion Group - Will not meet during Winter months. Will resume in May.

Computer Training - Free computer training is available by appointment.



Coupon Swap – Drop off the coupons you don't need and pick up ones you can use. Available anytime during operating hours.

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.

Free Hearing Aid Services- Hearing screenings; Otitic 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. March 23, 10 a.m.-Noon.

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

Job Placement and Job Training- Employment bulletin board lists job and training opportunities. One on one assistance is available by appointment.

Quilt Guild - Meets the first Thursday of each month from 1:30 - 4 p.m.

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.



Special Interests and Services Continued

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 each day. Schedules for both centers are listed in each newsletter.

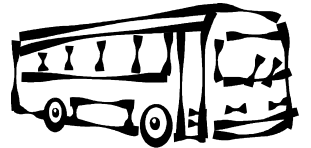
Volunteer Opportunities- Volunteer bulletin board lists volunteer opportunities in the county. Placement assistance is available.

Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.

AppalCart Schedule

L. E. Harrill Senior Center

Days/Routes are subject to change.



Monday - Intown, Foscoe, Meat Camp, and Western Watauga Community Center

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

Extra Help With Prescription Drug Cost

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.

Watauga Chapter of the NC Council of the Blind (NCCB)

This group is a non-profit organization to support and assist visually impaired people in Watauga County. They meet the second Friday of each month in the Fellowship Hall of Grace Lutheran Church in Boone from 10am-Noon. Sighted volunteers are welcome and are needed to assist with transportation needs. Please call 297-3169 for more information.

WESTERN WATAUGA COMMUNITY CENTER

January and February 2010



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 - 10:00 a.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Muscles and More - - - - -	10 - 10:30 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Tuesday - Walking - - - - -	8 - 10 a.m.
Woodcarving Guild - - - - -	8 - 11:30 a.m.
Beading and Jewelry Making -	9:30 - 11:30 a.m.
Wednesday - Walking - - - - -	8 - 10 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Hand built pottery - - - - -	10 a.m. - 1 p.m.
Rook (call after 1pm to reserve a seat) -	5 - 9 p.m.
Thursday - Walking - - - - -	8 - 10 a.m.
Art Class - - - - -	10 a.m. - 1 p.m.
Lap Quilting Guild - - - - -	9 a.m. - 1 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Friday - Walking - - - - -	8 - 10 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Live Music - - - - -	10 - 1 p.m.

Rook is an ongoing activity Monday - Friday.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 10 a.m.

Congregate Nutrition Program

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

Blood Pressure Checks

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

Support Groups:

Alcoholics Anonymous-Wednesdays 7-9 p.m.

Alanon-Wednesdays 7-9 p.m.



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 * Wireless Internet *

Agency Information

NC Services for the Deaf and Hard of Hearing -
 Tuesday, January 12, from 9:30 - 11:30 a.m.
 Tom Bryan BC-HIS will conduct individual
 hearing and hearing aide evaluations, and discuss
 the newest equipment available and programs
 offered.

Health and Nutrition Education

Free Arthritis Exercise and Health Program will
 be offered at the Western Watauga Community
 Center. Exercises are low-impact, joint-safe
 exercises led by Arthritis Foundation certified
 instructors can be taken either sitting down or
 standing. This program has been proven in
 research studies to reduce arthritis pain and
 improve ability to do more daily activities. The
 program will be offered from 12 - 1 p.m. each
 Monday and Wednesday (16 classes) beginning
 Wednesday, January 20, 2010. There is no charge
 to attend. We request you reserve a space so that
 adequate materials will be available. Any age
 may attend but persons aged sixty and older will
 be given priority if class size exceeds space
 available. Call 297-5195 with any questions or
 to reserve a space.



Special Activities

Valentine Party - Friday, February 12, 9:30 -
 11:30 a.m. Refreshments, music, prizes

Special Interests and Services

AARP Tax Assistance - Every Monday
 beginning February 15 - April 12. You must have
 an appointment.

Advocacy Opportunities- The center provides
 information on advocacy opportunities,
 "Effective Advocacy" training and voter
 registration forms.

Health Screenings - Thursday, January 7, 2010.
 Please note that the screening for November is
 full. Additional screenings will be available on
 March 4, 2010. You must have an appointment
 for the screening.

Crafty Critters Club- Meets the first Monday of
 each month 12 - 3 p.m. Enjoy fellowship and
 creative projects while assisting with programs
 and supplies for the Branch Library and Senior
 Center special occasions. Always open to
 newcomers. If interested in joining call Toni at
 297-5195.

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

Special Interests and Services Continued

Computer Training- The Branch Library is offering one on one instruction for persons sixty and older. Call the library at 297-5515 to schedule an appointment.

Cove Creek Community Council- 1st Thursday of each quarter, 6-7 p.m. Meetings open to the public. Call Toni at 297-5195 for the schedule.

Fiber Art/Hand Spinning Guild — Spinners will meet January 9, and February 6, from 9:30 - 11:30 a.m.

Fiber Guild meet the third Saturday of each month from 9:30 - 11:30 p.m.

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

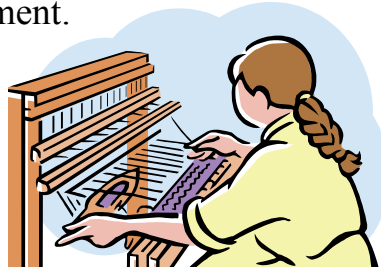
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Weaving Instruction- The center has table and floor looms. Free weaving instruction is available by appointment.



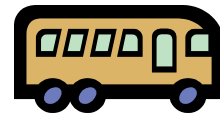
Reminder

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

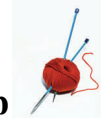


Days/Routes are subject to change.

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

Monday and Thursday are shopping days 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.



Knitting Workshop

A knitting workshop will be offered on Saturday, January 23, from 10 a.m. - 3 p.m. at the Western Watauga Community Center. Call Sandra for more information at 297-3046.

Hunger Coalition Food Bank Box

The Watauga Hunger Coalition has placed a Food Bank box in the lobby (Ongoing) to share with those less fortunate especially during winter months and Holidays.

They are collecting nonperishable foods for families with children in this county who have lost jobs and or experiencing hardships. You may donate food items during business hours. Crucial need: baby food, juice, cereal, canned milk, and all types of canned goods, and special holiday foods.

Yoga Classes scheduled for next session

This next 12 week-session of Yoga classes is scheduled to begin at the Harrill senior center on Tuesday, January 5, 2010 and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register will be 5 p.m. Monday, January 4, 2010. At the Western Watauga Center class will begin on Friday, January 8, and will meet each Friday from 12 noon to 1 p.m. Deadline to register will be 4 p.m. Thursday, January 7. These classes are appropriate for beginners as well as experienced yoga students. The instructor, Akal Dev Sharonne, has been a yoga practitioner and teacher for more than 30 years. The cost of the 12-week sessions is \$60.00 per person. Any age may register but if the class exceeds the attendance limit priority will be given to persons age sixty and older. You may call Harrill Center at 265-8090 or the WWCC at 297-5195 with any questions.

Disclaimer

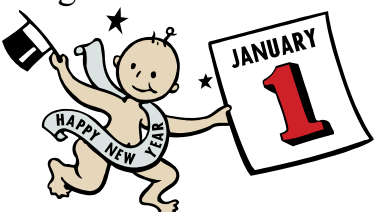
The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not actual services will be offered at the center by any for profit business.

Call the senior centers with any questions.

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, January 1, 2009, for New Year's Day and Monday, January 18, for Martin Luther King's Day.

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



Inclement Weather

Meals and activities will continue as scheduled as long as road conditions are safe for travel. When road conditions are dangerous, meals and activities will be canceled. A decision on cancellations will be made and announced on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.



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.

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 **karin.bare@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.



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.



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