



# 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 2013*

Western Watauga Community Center

297-5195

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

Caregiver trainings to be held in the spring. See March/April newsletter for more information.

### Tai Chi Registration Underway

Two 12-week sessions of Tai Chi (Beginner and Intermediate) will begin on Thursday, January 17 at the Lois E. Harrill Senior Center, instructed by Tim Winecoff. The intermediate class will be held on Thursday evenings in the **Senior Center Dining Room** from 4:30-5:30 p.m. and will be followed by a 5:30-6:30 p.m. class for beginner students. The deadline for registration is 4 p.m. the first day of class. Any age may join but priority will be given to persons aged sixty and older. The cost is \$48.00 per person for either 12 week series. Please come by the center to register.

### Registration for Yoga Classes at Senior Centers

The next 12-week session of Yoga classes is scheduled to begin at the Lois E. Harrill Senior Center in Boone on Tuesday, January 8, and will meet each Tuesday from 6:15 to 7:15 p.m. Deadline to register is 5 p.m. on first day of class. Classes at the Western Watauga Community Center will begin Thursday, January 3, from 10:15-11:15 a.m. (registration deadline is 10 a.m. on January 3). This class is 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. Her classes are a delightful blend of humor, challenge and wisdom. The cost of each 12-week session 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. Please call 265-8090 with any questions.



### 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 (2011) 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
- Detailed list of charitable contributions even if you are not itemizing 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, royalties, and sale of home or business. We do prepare Schedule C for self-employment income (1099\_Misc) with expenses less than \$10,000. We don't prepare returns for complex businesses. 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 5, to April 9, 2013.

Counselors will be at the Lois E. Harrill Center on Tuesdays and at the Western Watauga Community Center in Cove Creek on Mondays. Please call for an appointment.



**LOIS E. HARRILL SENIOR CENTER**

January and February 2013



The Senior Center is open Monday-Friday from 8 a.m.-5 p.m. with evening hours for designated classes and groups.

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**

<b>Monday</b> - Art Class (intermediate) -	9 a.m. - 12 noon
E-Reader Club - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1 - 2 p.m.
<b>Tuesday</b> - Chair Yoga (Starts Feb.)-	10 - 10:30 a.m.
Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Rummikub - - - - -	1 - 2:30 p.m.
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.
<b>Wednesday</b> - Art Class (beginners)-	9 a.m. - 12 noon
Indoor Games - - - - -	10 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.
Gentle Exercise - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
<b>Thursday</b> - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Tai Chi I & II (\$) - - - - -	4:30 - 6:30 p.m.
<b>Friday</b> - Fun with Wii - - - - -	9:30 - 11 a.m.
Stretching - - - - -	10 - 10:30 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

**Coffee Time and Talk** each morning from 9 - 10 a.m.



**Rummy Group** is an ongoing activity Monday - Friday, from 11 a.m.—12 noon.

**Congregate Nutrition Program**

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

**Project E.M.M.A.**

E.M.M.A. stands for “Eat Better, Move More, Age Well.” Upcoming EMMA events: Zumba Gold, every Wednesday from 4-5 p.m.; EMMA Healthy Holiday Challenge Celebration, Tuesday, January 15, 10 a.m. National Wear Red Day celebration, Friday, February 3, from 10 a.m.-Noon. Plans for the spring: gardening at the senior center. Stay tuned for more information!

**Drop in Activities**

The following are available for use at the center by persons 60 and older: \* Balance Beam Scales for checking weight \* Bocce \* Cards \* 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 \* wing Machines \* Table Games, Jig Saw Puzzles, and Cards \* Televisions/VCR and DVD Players \* Video Library \* Wii \*

**Agency Information**

Tuesday, January 15, 11 a.m. – Lieutenant Michal Chapman with Salvation Army Service Center will be with us to discuss their services including heating and rent assistance.

Tuesday, February 5, 11 a.m. - Officer Redmon from the Watauga County Sheriff's Office will be here to discuss crime and fraud prevention. He will be listening to your concerns so please join us and have your voice heard!

**Support Groups:**

**NAMI (National Association for Mental Illness) Support Group** - Meets the first Monday of each month at 7 p.m. and **NAMI Connections** meets every Tuesday from 2:30 - 3:30 p.m. **Peer to Peer** meets every Thursday from 2 - 3:30 p.m.

**Special Activities**

**Valentine Party** – Thursday, February 14, 10:00 a.m. – Noon. Come join us for dancing, refreshments, and the crowning of our Valentine King and Queen.

**National Wear Red Day** – Friday, February 1, 10:00 a.m.-Noon. Join us for information about heart health, heart healthy snacks, and Red Bingo at 11am! Please wear red to be entered for door prize!!

**Special Interests and Services**

**Medicare and Medicaid Enrollment** – Medicare online enrollment available at the center. Please call Tabitha for an appointment. To apply for Medicaid, please visit the Department of Social Services on the 2<sup>nd</sup> floor of our building.

**Disaster Planning** – Home Safety checklists and registry forms for the county are available. If you have oxygen at home or other essential needs that may be affected in a storm, please contact Tabitha to have items included in the county registry in case of a weather emergency.

### **Special Interests and Services Continued**

**New E-Reader Program** - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Monday mornings at 10 a.m. beginning January 7, to talk with people about Kindles which can be checked out at the center.

**Advocacy Opportunities**- The center provides information on advocacy opportunities, “Effective Advocacy” training as requested, and voter registration forms.

**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.



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

**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 every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter.

**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.



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

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

**Free Hearing Aid Services**- Hearing screenings; 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. Tuesday, March 19, 9:30 - 11:30.

**Social Security** - Online services available as well as assistance with contacting office in Wilkesboro. Transportation to Social Security Office in Wilkesboro can be arranged if needed through public transit. Please call or stop by for more information.

**Home Repair** – Applications for home repair assistance through WAMY Community Action are available at the center. Please see Tabitha for assistance.

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### **Special Interests and Services Continued**

**Housing Needs** – Need a new place to live? A list of local senior housing apartments and individual assistance are available at the center.



**Blood Pressure Checks** - last Tuesday of each month from 10:30—11:15a.m.

**Computer Training** - Free computer training is available by appointment.

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

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

**Veterans Group at Senior Center** - The High Country WWII Roundtable is now meeting at the Harrill Senior Center on the first Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

**Legal Aid Helpline** – 1-877-579-7562. Please call helpline number for legal assistance. For emergencies please call Tabitha who can arrange for you to meet with a local attorney on-site. Legal aid clinics offered during the year at center; call for more information.

**Book Club** - Will be taking a break for the winter months. Will resume In June 2013.

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

**Food Distribution** – A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Gardening to resume in Spring. Please contact Tabitha for more information.

**AppalCart Schedule**  
**L. E. Harrill Senior Center**  
**Days/Routes are subject to change.**



**Monday** - Intown, Foscoe, Meat Camp, and Todd  
**Tuesday** - Deep Gap, Stoney Fork, Blowing Rock, and Intown

**Wednesday** - Cove Creek, Intown, Foscoe, Meat Camp, and Todd

**Thursday** - No Routes Available

**Friday** - Deep Gap, Stoney Fork, Blowing Rock, and Intown

### **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



**WESTERN WATAUGA COMMUNITY CENTER**

**January and February 2013**



The Community Center is open Monday-Friday from 8 a.m.-4 p.m. with evening and weekend hours for designated classes and groups.

**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**

<b>Monday</b> - Walking	-----	8 - 11:00 a.m.
Rug Hooking Class	-----	10 a.m. - 1 p.m.
Bridge	-----	9:30 - 11:30 a.m.
Arthritis Exercise	-----	12:15 - 1:15 p.m.
<b>Tuesday</b> - Walking	-----	8 - 11 a.m.
Beading and Jewelry Making	-	12 - 3 p.m.
Computer Classes	-----	12:30 - 1:30 p.m.
Outside Fitness (Weather Permitting)	-	12:30 - 2:30 p.m.
<b>Wednesday</b> - Walking	-----	8 - 11 a.m.
Knitting	-----	9 a.m. - 12 noon
Bridge	-----	9:30 - 11:30 a.m.
Hand Built Pottery	-----	10 a.m. - 1 p.m.
Arthritis Exercise	-----	12:15 - 1:15 p.m.
Shopping Van	-----	9 a.m. - 3 p.m.
<b>Thursday</b> - Walking	-----	8 - 11 a.m.
Art Class	-----	9:30 a.m. - 1 p.m.
Lap Quilting	-----	9 a.m. - 1 p.m.
Yoga (\$)	-----	10:15 - 11:15 a.m.
After Lunch Walk	-----	12:15 - 1:30 p.m.
Outside Fitness (Weather Permitting)	-	12:30 - 2:30 p.m.
<b>Friday</b> - Walking	-----	8 - 11 a.m.
Weaving Guild	-----	9 a.m. - 1 p.m.
Healthy Weight Loss	-----	9:30 - 11:30 a.m.
Tai Chi	-----	10 - 11 a.m.

Rook is an ongoing activity Monday - Friday, from 8 a.m. - 2 p.m. and Party Bridge from 9 a.m. - 2 p.m.

Fitness equipment is available to those age 60+ on Monday - Friday from 8 a.m. - 4 p.m. with staff present.

Walking Program is inside the Old Cove Creek School Gym, Monday - Friday, from 8 - 11 a.m.

**Congregate Nutrition Program**

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



**Blood Pressure Checks**

Second Thursday each month from 10:30 - 11:30 a.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 \* Wii sports \* Wireless Internet \*



**Support Groups:**

**Alcoholics Anonymous**-Wednesdays 7-9 p.m.

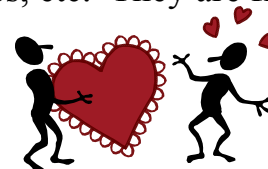
**Alanon**-Wednesdays 7-9 p.m.

**Diabetic Education and Support Group** - Meets every Friday morning, from 9:30 - 11:30 a.m. Space may be limited, please call in advance to reserve a seat.

**Agency Information**

Wednesday, January 30, at 10 a.m., Amber Bateman with Quiet Givers will give a presentation on the organization. Quiet Givers is a group created to serve the people of Watauga County and surrounding area. It is meant to be a source for people to share and find out about needs in the community and do something about them.

Information about qualified leads are obtained from community workers, school systems, local non-profits, churches, etc. They are filtered and researched.



**Special Activities**

**Valentine Chocolate Party** - Thursday, February 14, 10 - 11:15 a.m. Enjoy special games and prizes, refreshments and music. Donations of (sealed) regular and sugar free chocolate items are appreciated, or you may bring in your favorite treat for the snack table.

**Arts and Crafts** - Projects with Gail Gross will continue on Mondays in January. Dates and time will be announced at center.

**E-Reader Program** - Come learn about Kindles and the convenience of reading with an e-reader! Nicole Fynn from the county library will be here on Wednesday, February 6, and Wednesday, February 20, from 10 a.m. - 1 p.m. to talk with people about Kindles which can be checked out at the library or senior center.

## Special Interests and Services

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

**Fun Tuesdays with Jennifer Teague, MA, Director of Community Relations for Deerfield Ridge Assisted Living** - Each month from 10 - 11:30 a.m. Will play bingo and other games, make crafts, and host parties or activities. Tuesday, January 15 (activity to be announced at a later date) and Tuesday, February 12, folded paper heart project.



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

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

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

**Fiber Art/Hand Spinning Guild** — Spinners will meet first Thursday of each month from 6:30 - 8:30 p.m. Fiber Guild will meet the third Thursday of each month from 6:30 - 8:30 p.m.

Beginning in November the Spinners will meet the first Saturday of each month from 9 a.m. - 12 noon. Fiber Guild will meet the third Saturday of each month from 9 a.m. - 12 noon.

**Book Discussion Club** - Will meet the fourth Thursday of each month. The meeting will be from 6 - 8 p.m. and is sponsored by the Branch Library. Call the library at 297-5515 each month for book title/author or for more information.

**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 Monday-Friday except Thursday. Schedules for both centers are listed in each newsletter.

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



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

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## Special Interests and Services Continued

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

### AppalCart Schedule -Western Watauga Community Center



**Days/Routes are subject to change.**

To ride the van on the day they come to your area, just call 264-2278 between 7 -8:30 a.m. on the morning you wish to ride. The farther out you live the earlier you should call in order for drivers to leave earlier.

**Monday** - 321 North, Beaver Dam, Bethel, Cove Creek areas, Mast Gap, Matney, Rominger / Laurel Creek, Rush Branch

**Tuesday** - Hwy. 421, Cove Creek areas, Mabel, Mast Gap, Old Hwy. 421, Pottertown, Silverstone, and Zionville

**Wednesday** 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.

**Thursday** - No Routes Available

**Friday** - 321 North to Howard Edmisten Rd., Cove Creek areas, Mast Gap, Old Hwy. 421, Mabel, and Silverstone

### 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.

### 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 the following holidays:

Tuesday, January 1, 2013, in observance of New Year's Day and Monday, January 21, 2013, in observance of Martin Luther King Jr. Day.

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



### **Food Drive for Community**

In honor of the Martin Luther King Jr. Holiday, The Lois E. Harrill Senior Center and Appalachian Senior Programs are partnering to collect non-perishable items for local food pantries during the month of January. The collection box is located in the living room of the Harrill Senior Center. All donated items are greatly appreciated.



### **ASU Lifelong Learning Programs**

The Harrill Center is now hosting ASU Lifelong Learning Programs. Come learn about ancient civilizations or dabble in painting. Full class schedule available at center; membership fee required or you may pay one-time fees to attend individual classes. January events include "Lifelong Artists" classes on the last two Wednesdays of January, 9am-12pm. For ASU Lifelong membership info, please call Mike Duus at 262-6690.

### **Advocacy Corner**

Please join us at the Lois E. Harrill Senior Center on Tuesday, February 5, at 11 a.m. when we will be joined by a Watauga County law enforcement officer who will share info about new laws, ways to stay safe, and also listen to your concerns.


### **Extra Help With Prescription Drug Costs**

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](http://www.ssa.gov) to complete an application.



### **Newsletter 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.

 **Watauga County Project on Aging**  
132 Poplar Grove Connector, Suite A, Boone, N.C. 28607

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265-8090

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297-5195