



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

MARCH AND APRIL 2014

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 (2012) 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, Real Estate Taxes, Mortgage 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 4 to April 15, 2014.

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.

Basic Skills Computer Class

Jen Teague will be teaching basic computer classes at the Lois E. Harrill Senior Center. The classes will be held on Wednesday's. See the schedule below for days and computer topics.

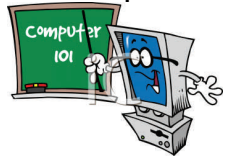
March 12th 2-3 p.m.: Basic Computers (learn how to move icons, change the desktop screen, change volume, how to use the start button and control panels)

March 26th 2-3 p.m.: Microsoft Office Word (learn how to create documents, change fonts, and use Microsoft Word)

April 9th 2-3 p.m.: Microsoft Excel (learn how to create an excel document and save files)

April 23rd 2-3 p.m.: Email (learn how to use your email more effectively and attach files and pictures to send to friends and family)

For questions or to reserve a seat please contact Jen at 265-8090.



Windows 8 Computer Class

Jen Teague will be teaching two basic Windows 8 computer classes at the Lois E. Harrill Senior Center. Only individuals who have their own laptops with Windows 8 should attend class. Both classes will cover basics of navigating between the two screens in Windows 8, as well as using the computer for saving documents, exploring the internet, and checking email. Class dates: **Thursday, March 20, 18, 2-3:30 p.m. and Thursday April 17, 2-3:30 p.m.** For questions or to reserve a seat please contact Jen at 265-8090.

National Healthcare Decision Day

Come learn about living wills, health care power of attorneys, and how to complete these forms. Virginia Peurifoy with Medi Home Hospice will be here from 10:30-12 to assist individuals in completing Health Care Power of Attorney forms. The workshop will be held on Wednesday, April 16, from 10:30 a.m. - 12 p.m. at the L. E. Harrill Senior Center.



LOIS E. HARRILL SENIOR CENTER

March and April 2014



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. Jennifer Teague is the center's director.

Weekly Activities

Monday - Art CLASS (intermediate) -	9 a.m. - 12 noon
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	11 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Tuesday - Exercise - - - - -	10:30 - 11 a.m.
Nutrition/Health Classes- - - -	11 a.m. - 12 noon
Line Dancing (Call prior to attending)-	1:30 - 2:30 p.m.
Rummikub - - - - -	2:30 - 3:30 p.m.
Sewing Classes (\$) - - - - -	6 - 8:30 p.m.
Yoga (\$) - - - - -	6:15 - 7:15 p.m.
Wednesday - Art CLASS (beginner)-	9 a.m. - 12 noon
Indoor/Outdoor Games - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bone Builders - - - - -	11 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Gentle Chair Exercise - - - - -	1 - 2 p.m.
Zumba Gold - - - - -	4 - 5 p.m.
Thursday - Music - - - - -	10 a.m. - 12 noon
Sign Language - - - - -	10 - 11:30 a.m.
Crafts - - - - -	10 a.m. - 1 p.m.
Exercise - - - - -	10:30 - 11 a.m.
Chair Zumba- - - - -	1-1:30 p.m.
Needlework Class (\$) - - - - -	1 - 4 p.m.
Friday - Gardening - - - - -	10 - 11 a.m.
Muscles and More - - - - -	10:30 - 11 a.m.
Bingo - - - - -	11 - 11:45 a.m.

Ongoing Activities each day:

Coffee Time and Talk, 9 - 10:30 a.m.

Rummy Group, 11 a.m.—12 noon.

Wii, 9:30-11 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 * Bocce * Cards * Computer Lab * Copy Machine—see Jennifer for assistance * 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 * Wii *

Congregate Nutrition Program

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

Support Groups:

Grief Support Group -Virginia Peurifoy, Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group for individuals who have experienced the death or loss of someone close. The group will be held Monday March 17, and Monday April 21, from 10 a.m.-11 a.m. The group is free and open to anyone in the public.

Agency and Advocacy Information

Tuesday, March 4, 11 a.m., Candy Jones from ARHS.
Tuesday, March 18, 11 a.m., Nutrition education.
Tuesday, March 25, 11 a.m. Nutrition education.
Tuesday, April 1, 11 a.m., Candy Jones from ARHS.
Tuesday, April 8, 11 a.m., Nutrition education on benefits of eggs.

Special Activities

St. Patty's Day Fun-Monday, March 17, 10 a.m. -Noon. Wear green and join us for green foods, punch and St. Patrick's Day trivia!

Spring Fling – Friday, March 28, 10:00 a.m. – Noon. Join us for games, music, food, and fun!

Shopping Trip to Hickory-Tuesday, March 11, 8 a.m.-4 p.m. Hamrick's in the morning, J&S Cafeteria for lunch, afternoon at the mall or Target Shopping Center. Please bring lunch money and shopping money. Call to reserve a seat. (Weather Permitting)

Easter Party – Friday, April 11, 10:00 a.m.- Noon. Join us for food, games, and dying Easter eggs!



Special Interests and Services

High Country Lifelong Learners - will be starting their new session of classes in March. Please come by the senior center for a list their of spring classes.

Free Hearing Aids and Other Equipment - Please call the of Hearing toll-free number of the NC Division of Deaf and Hard to register for an appointment (800-999-8915) at the Lois E Harrill Senior Center.

Blood Pressure Checks - First Tuesday of each month from 10:00—11:00 a.m.

Special Interests and Services Continued

Line Dancing - Held every Tuesday from 1:30-2:30. Music of all genres is played. You never need a partner but you can bring all your friends and have a lot of fun.

E-Reader Program - Kindles available for check out. User support/assistance available. Variety of books available and new books can be downloaded.



Advocacy Opportunities- The center provides information on advocacy opportunities, 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.

SHIP - Counselors are available to provide assistance with Medicare, Medicare Supplements, and counseling for Medicare Prescription Drug Benefit Plans (Part D), including low income subsidy applications.

Free Hearing Aid Services- Free hearing screening, exam 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.



Computer Training - Free computer training, assistance with online job searches and resume assistance available by appointment.

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

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.

Box Tops for Education-The collection box is in the front room. Box tops go to local schools.

Food Distribution - A list of local food pantries is available at the center. We also distribute donated food during our bingo games. Garden on site. Please contact Jennifer for more information.

Information and Assistance - Available at the senior center for the following services: home repair, housing, disaster planning, and job placement/training.

Book Club - 3rd Wednesday of each month, 1:30 -2:30 p.m. New members welcome.

3

Special Interests and Services Continued

Transportation- The Project on Aging contracts with AppalCart to provide transportation to county residents for attending the senior centers, shopping and appointments. Service is available in different sections of the county every day Monday-Friday, except Thursday. Schedules for both centers are listed in each newsletter. Currently we have a waiting list for transportation services. Call if you would like to be placed on the wait list.

Medicare and Medicaid Enrollment - Medicare online enrollment available at the center. To apply for Medicaid, please visit the Department of Social Services on the 2nd floor of our building.

Legal Aid Helpline - 1-877-579-7562. Legal aid clinics offered during the year at center; call for more information.



Veterans Group at Senior Center - First Friday of the month from 1-2:30 p.m. All veterans and spouses are welcome to attend.

Social Security - Online services available as well as assistance with contacting office in Wilkesboro.

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.

High Country Lifelong Learning-Come join us for a variety of lectures, art classes, and nature hikes. Complete class listing available at the Harrill Center.



AppalCart Schedule

Appalcart Phone Number 297-1300

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

SAVE THE DATE

The 12th Annual Adult Services Expo will be held at the Boone Mall on Friday, May 9, from 9 a.m.-2 p.m. Come learn about services in the community, enjoy the entertainment, and enter to win door prizes.

WESTERN WATAUGA COMMUNITY CENTER

March and April 2014



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

Monday - Walking - - - - -	8 - 11 a.m.
Rug Hooking Class - - - - -	10 a.m. - 1 p.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Tuesday - Walking - - - - -	8 - 11 a.m.
Wood Carving (call prior to attending) -	8:30 a.m.-12:30 p.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Beading & Jewelry Making-	9:30 a.m. - 12:30 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Wednesday - Walking - - - - -	8 - 11 a.m.
Knitting - - - - -	9 a.m. - 12 noon
Bridge - - - - -	8:30 a.m. - 12 noon
Hand Built Pottery - - - - -	10 a.m. - 1 p.m.
Gentle Exercise - - - - -	12:15 - 1:15 p.m.
Shopping Van - - - - -	9 a.m. - 3 p.m.
Thursday - Walking - - - - -	8 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 12 noon
Art Class - - - - -	9:30 a.m. - 1 p.m.
Lap Quilting - - - - -	9 a.m. - 1 p.m.
Yoga (\$) - - - - -	10:15 - 11:15 a.m.
Watch A Video - - - - -	9:30 - 11:30 a.m.
After Lunch Walk - - - - -	12:15 - 1:30 p.m.
Throwing Darts - - - - -	12 - 2 p.m.
Outside Fitness (Weather Permitting)-	12:30 - 2:30 p.m.
Friday - Walking - - - - -	8 - 11 a.m.
Low Impact Exercise - - - - -	10 - 11 a.m.
Bridge - - - - -	8:30 a.m. - 2:30 p.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Occupational Therapy Activities -	12 - 1 p.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.



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, Kindles and laptop check-out) – 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.

Treasured Memories - Meets fourth Monday each month from 10 - 11 a.m. During secure group sessions, participants may share their personal feelings and experiences, sadness, fears, challenges, and joys. Each session has an uplifting activity.

Health and Nutrition Activities

Monday, March 3, 9:30 a.m. - ASU Community Nutrition Class will be doing a presentation on nutrient dense power foods. Free tasting samples will be provided.

Fridays, March 7 and March 14, 10:15-11:15 a.m.—Setting the table for less. A nutrition series focusing on eating healthy on a budget.

Agency Information

Tuesday, March 11, 9-11:30 a.m. - Linda Bretz, RN from Gentiva Home Health will host a free blood pressure and blood sugar clinic, and will have information about Gentiva Home Health. Complementary handouts will be given to participants.



Special Activities

St. Patrick's Day Party - Monday, March 17, 9:30-11:30 a.m. Wear green to be entered into a special drawing. Games, celtic music, and refreshments. Sponsored by ASU service learning students. Participants may bring in a snack to help with costs.

Shopping Trip to Hickory-Tuesday, March 11, 8 a.m.-4 p.m. Hamrick's in the morning, J&S Cafeteria for lunch, afternoon at the mall or Target Shopping Center. Please bring lunch money and shopping money. Call to reserve a seat. (Weather Permitting)

Spring / Easter Party - Thursday, April 17, 9:30 - 11:30 a.m.

Special Interests and Services

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

Activities of Daily Living - Each Friday from 12 - 1 p.m. learn new ways to get dressed, bathe, and maneuver better in the home and away. Simple tips to make daily routines and life easier.



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.

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

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

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

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



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.

Scam and Fraud Awareness Discussion

Group— Meets the third Tuesday each month from 10 - 11 a.m., seniors will be informed about the latest scams targeting older adults and how they can protect themselves.

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.

Special Interests and Services Cont.

Creative Writing and Discussion Group - Meets the first and third Friday each month from 9:30-11 a.m. This group is intended to stimulate thought and conversation during friendly informal sessions. No literary or experience is required and no evaluation of work. Just bring a notebook and pen or pencil. Facilitated by Emery Pavel.

Wills and Advance Directives Clinic

UNC Spring Break pro bono law students are offering free Wills and Advance Directive clinic on Wednesday, March 12, by appointments only. They will be able to create wills and advance directives for those who do not have one and also make changes or additions to existing documents. Call 297-5195 to set up an appointment at the WWCC.



AppalCart Schedule -Western

Watauga Community Center

AppalCart Phone Number - 297-1300

Days/Routes are subject to change.

To ride the van on the day they come to your area, just call 297-1300 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

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@watgov.org 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.



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 Friday, April 18, 2014, in observance of the Easter Holiday.

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

**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

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.

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.


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 for more information.

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.

 **Watauga County Project on Aging**
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