



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

MAY AND JUNE 2006



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.

May is Older Americans Month

This May, we will once again celebrate Older Americans Month. This year's theme, *Choices for Independence*, reflects the continued commitment of the U.S. Administration on Aging and the Watauga County Project on Aging to help our nation and county prepare for a larger aging population, and to bolster the efforts of baby boomers and older adults to achieve healthy aging. Independence for adults as they age relies on a balance of important elements: empowerment in consumer choice; healthy lifestyles that emphasize nutrition, physical activity, prevention, and active participation in one's health care; and access to the tools necessary to make informed decisions. Combined, these elements help all adults maintain the dignity they deserve, providing more opportunities to live longer independently while contributing to communities they cherish.

The Project on Aging is one of many organizations working to help older Americans remain vibrant in their communities. If you are seeking more information on how to help, or would like information for yourself or someone you care about, please call us at 265-8090.

Physical Activity and Health

Report of the Surgeon General for Older Adults-Facts:

- The loss of strength and stamina attributed to aging is in part caused by reduced physical activity.
- Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.

Spring Craft Sale

An opportunity to purchase beautiful hand made items will be offered at the Lois E. Harrill Senior Center. Crafters from Brenda Danner's classes held at the L.E. Harrill and Western Watauga Community Centers will participate. Crafters will display and sell their creations from 9 a.m. to 4 p.m. on Friday, June 16. For more information you may call Sherry Harmon at 265-8090.

4th Annual Adult Services Expo to be held at the Boone Mall

On Tuesday, May 16, the Adult Services Coalition of Watauga County will present the fourth annual Adult Services Expo from 10am to 4pm., at the Boone Mall. The expo will feature an array of activities that include agency information, door prizes, entertainment and more. May is Older Americans Month; therefore organizers hope the event will provide valuable information to the public regarding services for senior adults in Watauga County.



AARP Driver Safety Program For Older Adults

The nation's first and largest classroom refresher course geared especially to older adults safety needs will be offered at the Lois E. Harrill Senior Center on Tuesday and Wednesday June 13 & 14 from 8:00 a.m. - 12:00 noon. The cost of the program is \$10 per person. The course will offer information on how to compensate for changes in vision, hearing, and reaction time; What to do if confronted by an aggressive driver; When to use a car phone; How medications may affect driving; and much more valuable information. Auto insurance discounts may be available for participation in this course (ask your auto insurance agent). Call the center at 265-8090 for more information or to reserve a seat.

LOIS E. HARRILL SENIOR CENTER**May and June 2006****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 (May only) -	1 - 2 p.m.
Beginning Art - - - - -	1 - 3 p. m.
Bridge (Begins June 2)- - -	1:30 – 5 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.
Yoga - - - - -	6:30 - 7:30 p.m.
Wednesday -Art Class - - -	9 a.m. - 12 noon
Bingo - - - - -	11 - 11:45 a.m.
Body Recall (May only) -	1 - 2 p.m.
Bridge (Begins June 2)- - -	1:30 – 5 p.m.
Bridge - - - - -	6:30 - 10 p.m.
Thursday - Music - - - -	10 a.m. - 12 noon
Exercise - - - - -	11 - 11:30 a.m.
Needlework Class - - - -	1 - 4 p.m.
Yoga - - - - -	5:15 - 6:15 p.m.
Tai Chi - - - - -	6:30 - 7:30 p.m.
Friday-Nutrition/Health	
Classes - - - - -	10.45 -11:45 a.m.
Body Recall (May only) -	1 - 2 p.m.
Bridge (Begins June 2)- - -	1:30 – 5 p.m.

Rook is an ongoing activity. Call Sherry to find our details about reserving a seat in a rook card game.

Congregate Nutrition Program

Lunch is served Monday - Friday at 12 – 12:30 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

Senior Games-Parks & Recreation - Tuesday, May 9, at 11 a.m.

AARP - Tuesday, June 20, at 11:30 a.m.

Support Groups:

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.

Caregiver Class- Thursday, May 18, from 1:30-4:30 p.m.— Problem Solving for Persons with Dementia.

Special Activities

Turchin Center Classes- All sessions meet 10 a.m. – 12 noon. Transportation is provided from the Harrill Senior Center to the Turchin Center.

Monday and Wednesday, May 8, and 10 - Creating and Composing on Found Object Musical Sculptures. Workshop participants will have the opportunity to compose music in non-traditional styles, primarily using visual arts. In addition, participants will create a found object sound sculpture and will create a composition for it inspired by the works on display from the Artinian Collection and the "See Hear".

Monday and Wednesday, June 12, and 14 – Botanical Illustration. Workshop participants will view the exceptional realistic portraits and still lifes of American artist Ronna S. Harris for inspiration in making their own realistic drawings of fauna and flora. Working from examples, participants will closely observe and record the fascinating intricacies found in leaves, flowers, and grasses. Artists will create their own compositions in a variety of media.

See Sherry Harmon to reserve a space on the van and in the class.

Trip- Thursday, May 25, 8:30 a.m.-5 p.m.- AM at Hickory Museum of Art, Lunch at J&S Cafeteria, PM at Blowing Rock Park. Sherry and Toni have a description of the exhibitions scheduled for that date. Bus seats are limited and must be reserved prior to the trip.



Picnic-Wednesday, June 21, 10:30 a.m. - 1: 30 p.m. - Picnic trip to the Howard's Knob Park. This park is the former location of the Boone Windmill. Enjoy exquisite views while eating a picnic lunch provided by the senior center. See Sherry or Toni to reserve a seat on the bus.

Special Interests and Services

Medicare D, Prescription Drug Plan Assistance- Ongoing- Please make an appointment.

WESTERN WATAUGA COMMUNITY CENTER

May and June 2006



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, 9:45 a.m. — 1:15 p.m.

Lap Quilting – Thursdays, 9 a.m. — 12:30 p.m.

Congregate Nutrition Program

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



Weekly Activities

Monday -Walking - - - - -	8:00 - 10:30 a.m.
Body Recall - - - - -	10 - 11 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.
Wednesday– Walking - - - - -	8 - 9 a.m.
Hand built pottery - - - - -	9 a.m. – 12 noon
Knitting - - - - -	9 a.m.— 12 noon
Body Recall - - - - -	1 - 2 p.m.
Thursday - Walking - - - - -	8:00 - 10:30 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.
Friday - Walking - - - - -	8:00 - 10:30 a.m.
Weaving Guild - - - - -	9 a.m. - 1 p.m.
Body Recall - - - - -	10 - 11 a.m.
Live Music - - - - -	10 - 11:30 a.m.
Yoga - - - - -	1 - 2 p.m.

Rook is an ongoing activity. Call Toni to find our details about reserving a space for a rook card game.

Blood Pressure Checks

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

Support Groups:

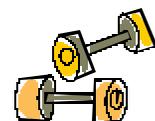
Alcoholics Anonymous-Wednesdays 7-9 p.m.

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.

Agency Information

Division of Services for the Deaf & Hard of Hearing will offer program on services of agency. Assistive devices will be on display and assistance will be provided with applications for obtaining products. - Tuesday, June 20, 10-11:30 a.m.



Special Activities

Low impact senior chair exercise with light hand weights - During May only -Wednesdays 9 - 9:30 a.m. - early bird class.

Wednesdays 10 - 10:30 a.m. - second chance. Instructed by Michael Turbyfill

Trip to Peru Slide Show - Tuesday, May 9, 10-11 a.m. Travel along with Fran Phillips as she relates her dramatic adventures while on an intense mission trip. A very enlightening program!

Mother Appreciation Show & Tell - Thursday, May 11, 9 a.m. – 1 p.m. Bring in photos of mothers or grandmothers and any other memorabilia to share as we honor mothers.

Rook Tournament during May- Date and times to be announced.

Presentation- “Diet for Preventing and Controlling Diabetes”- Monday, May 22, 9:30 - 10:30 a.m. This program is designed to assist participants in managing over all health, weight, and insulin imbalances. Presented by Margie Mansure, Extension Agent, Family and Consumer Sciences.

Trip- Thursday, May 25, 8:30 a.m. – 5 p.m. - AM at Hickory Museum of Art, Lunch at J&S Cafeteria, PM at Blowing Rock Park. Sherry and Toni have a description of the exhibitions scheduled for that date. Bus seats are limited and must be reserved prior to the trip.

Father Appreciation Day- Thursday, June 15, 9 a.m. – 1 p.m. Bring in photos of fathers or grandfathers and share remembrances as we honor fathers.

Picnic- Wednesday, June 21- a picnic trip is planned to the Howard’s Knob Park. This park is the former location of the Boone Windmill. Enjoy exquisite views while eating a picnic lunch provided by the senior center. See Sherry or Toni to reserve a seat on the bus.



Lois E. Harrill -
Special Interests and Services - Cont.

Free Hearing Aid Services- Hearing screenings; Otosopic 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, July 25, 10 a.m.-12 noon.



Division of Services for the Deaf and Hard of Hearing Outreach Clinic- Applications will be available for assistance with the agency's services such as hearing aids and telecommunications equipment. Information will be available to instruct interested participants in how to obtain these items. Thursday, June 15, 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 Martha Garvin at 264-8915.

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.

Watauga Amateur Radio Club - Meets second Monday of each month, 6 - 7:30 p.m.

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.

Job Placement and Job Training - See Sherry Harmon for more information or to make an appointment.

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.

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.

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

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
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 Interests and Services

Medicare D, Prescription Drug Plan Assistance - Ongoing - Please make an appointment.

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

Division of Services for the Deaf and the Hard of Hearing Outreach Clinic - Tuesday, June 20, 10 - 11:30 a.m.

Fiber Art/Hand Spinning Guild — Spinners meet first Thursday of each month, 6 - 8 p.m.

Fiber Guild Meets third Thursday of each month, 6 - 8 p.m. For more information contact Sandra Basel at 297-3046.

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

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! Meets first Monday of each month from 12:00 - 3:00 p.m.

Weaving Guild- Donna Duke and Sandy Basel 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- 10:00 a.m.-5:00 p.m. Tuesday and Thursday- 10:00 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.

Special Interests and Services cont.

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.

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.

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.

HAPPY MOTHER'S DAY

Sunday, May 14, 2006



HAPPY FATHER'S DAY

Sunday, June 18, 2006

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 Monday, May 29, 2006, in observance of Memorial Day.

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



Disclaimer

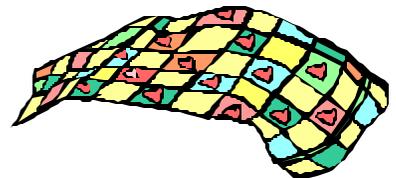
The Senior Center does not endorse or recommend the services of any for profit group that may provide information programs at the center. We strive to make older adults aware of services available in the area. It is solely the decision of the individual as to their participation. Information only, not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

Caregiver Training To Be Offered

Thursday, May 18, from 1:30-4:30 p.m. Nicole Riger Thomas from the Western Carolina Chapter of the Alzheimer's Association will present a training program on "Problem Solving for Persons with Dementia". This training is an interactive approach to developing the necessary skills for handling difficult situations of all types. Attendees will submit stories and scenarios from their experiences for the class to discuss and analyze. This session will include role playing games, small group discussions, and extended periods for questions and answers. This is an **advanced** course, which builds on knowledge gained in previous sessions.

Quilt Raffles Will Raise Money for Senior Center

The drawing for the first quilt made and donated by Rhoda Oesher was held on Monday, April 24 at the Harrill Center. The winner was Amanda Grace Hicks and \$390 was raised to help with the expense of monthly trips scheduled at the senior centers. Details regarding the drawing for a second quilt made and donated by Ms. Oesher will be announced in the July-August edition of the Young at Heart Newsletter.



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