

# Creative Living



## Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

[haywoodseniors.org](http://haywoodseniors.org)

**Fall, 2016**

**October, November, December**

Hello Everyone,

Fall is here!!! This is my favorite time of year. The colors and smells of fall (aside from the onslaught of pumpkin spice) remind me of why my family moved to the mountains 14 years ago. I love to make an occasional trip to Barbers Orchard for apple cider and apple cider doughnuts. I love the cool mornings and cool evenings. I love the fall decorations that pop up around town. Fall brings baking (I'm a BIG fan of baked goods), sweaters (an obsession of mine), football games, and Sunday drives to check out foliage.

Winter will be here before we know it, and who knows whether it will be mild or rough, so take time to really enjoy all that fall has to offer. There will be plenty of opportunity to run out in a panic for bread and milk in a few months. Stop and enjoy a pumpkin spice something before it's too late.

**-Michelle Claytor  
Program Coordinator**



**Check out our art gallery on  
the walls of our left corridor.**

**We feature a new artist  
every 30 days.**

**\*\*Ask us how to get YOUR  
art on OUR walls.**



# **REGISTRATION**

## **2 Easy Steps:**

- **STOP BY OR CALL**

Senior Resource Center

81 Elmwood Way, Waynesville

828-356-2800

- **PAY at least 1 week before the trip or class starts.**

### Refund Policy

Classes are 100% refundable when the class is cancelled by the Center. A student wishing to withdraw from a class that has not been cancelled by the Center must request a refund at least five (5) business days before the start date.

**Classes will be held at the  
Senior Resource Center  
unless otherwise noted.**

# It's Thrifting Time Again!!!

We'll head over to Franklin to hit up as many thrift stores as we can. We'll stop at a couple then to lunch to energize ourselves to push on the rest of the afternoon. This twice a year trip to Franklin has become one of our most popular Senior Center Trips. Sign up soon before space runs out.

***Tuesday, October 4th***

***We'll leave the Center at 9:00 a.m. and return around 4:00.***

**Cost: \$5.00 plus the cost of your meal and any purchases you might make.**

Stop by the Center to register and pay.  
828-356-2800



## Beginning Meditation

In this 6-week course participants will explore different forms of meditation as well as ways meditation can bring more serenity, health and insight into one's life. Studies have shown practicing meditation can reduce high blood pressure, relieve pain, reduce chronic anxiety and even help in the treatment of addiction. Participants report they feel happier and more content in their daily lives. Those interested in continuing will be welcome in the ongoing meditation class.

*Melissa Moss has studied meditation for 35+ years. She has studied the Buddhist approach, emphasizing a body-centered avenue. She has experience in concentrative, awareness and surrender types of meditation.*

***\*This is a 6 week program***

***Thursday, October 6th—November 10th 9:30 a.m.***

**No cost**

***\*\*Class size is limited—Must pre-register. 828-356-2800***

# Q & A with Mountain Projects and Haywood Transit

Have you ever wondered about all the programs offered through Mountain Projects? Ever wondered if you might qualify for any of them?

Do you have questions, comments or suggestions for Haywood Public Transit?

In-Home Services/Senior Companion Program/Foster Grandparent Program/Self-Help Housing/MPI In-Take/SHIIP/Congregate Meal Sites/Transit.

Now's your chance to ask away and get all information in one session.

*Tuesday, October 11th 2:30 p.m.*

**No cost**

Call or stop by the center to register. 828-356-2800

## iPad 101 Class

*Thursday, October 13th 2—4 p.m.*

Call or stop by the center to register. 828-356-2800



**Android Tablet and Phone class:**

**2-4 p.m.**

**Thursday, October 20th**

# Fall Colors, Folk Art Center & Asheville Mall

The Folk Art Center in Asheville is home to the Southern Highland Craft Guild. The center showcases the finest in traditional and contemporary crafts of the Southern Appalachians. In addition to an Eastern National bookstore and Blue Ridge Parkway information desk, the center also houses three galleries, a library and Allanstand Craft Shop. The Southern Highland Craft Guild hosts daily craft demonstrations.

After a morning at the folk art center, we'll leave the parkway for lunch before heading back to the SRC.



*Wednesday, October 19th*

**\*\*We will leave the center at 9:00 a.m.**

**Cost: \$5.00 plus the cost of your meal and any purchases you might make.**

Call or Stop by the Center to register.  
828-356-2800

**\*\*Trip size is limited**



## B-I-N-G-O

*Tuesday, October 25th*

10—12:00 p.m.

**No cost**

***\*Space will be limited\****



# Fall Baking with Rachel and Chelsea

We are so grateful and lucky to have our lovely WCU nutrition students back to do more cooking. This time they'll be making a couple of different kinds of fall pies.



*Rachel and Chelsea are Nutrition and Dietetics program students at WCU.*

**Wednesday, October 26th 2:00 p.m.**

**No Cost**

**\*\*Class size is limited—Must pre-register. 828-356-2800**

# Make an Essential Oil Reed Diffuser

Essential oils are often referred to as oil of the plant from which they are extracted. An oil is “essential” in the sense that it contains the “essence of” the plant’s fragrance—the characteristic fragrance of the plant from which it is derived. They are used in perfumes, cosmetics, soaps and other products, for flavoring food and drink, and for adding scents to household cleaning products.

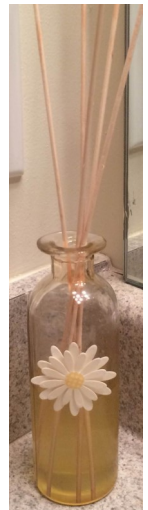
Class participants will get to mix ingredients (one being an essential oil fragrance of their choice) and make a diffuser.

*Carolyn Burton has been using Essential Oils for more than 10 years. She loves to share the benefits with friends and family.*

**Wednesday, November 2nd 2:00 p.m.**

**Cost: \$5.00**

**Stop by the center to register and pay.**



# Greeting Card Making Class

Kathy Wiley hopes you will join her in this easy card making class. You will make Thanksgiving, Christmas or non-holiday cards (total of two per person) with matching envelopes to take home with you .

*Kathy is a graduate of our Senior Leadership program and a Taste of Chocolate volunteer. Kathy loves to travel, take photos and is always up for learning new things.*

**Thursday, November 3rd 10:00—12:00 p.m.**

**Cost: \$5.00 \*\*Supplies will be provided**

Call or Stop by the Center to register and pay.

828-356-2800



# Fall Prevention Program

This program will teach seniors, and caregivers of seniors, signs to look for in their own environment and how to change or modify any hazards. This class will benefit seniors and caregivers in order to prevent falls.

Christine Kunz will lead this program. She is a graduate of AB Tech Nursing program and is currently working on her Bachelor's in nursing Degree from Gardner Webb University.

**Tuesday, November 8th 9:30 a.m.**

**No cost.**

Call or Stop by the Center to register.

828-356-2800







**American  
Red Cross**

**Blood Drives  
Are held at the  
Senior Resource Center  
Check with us for  
upcoming dates.**

## Table Décor For The Holidays

Have a holiday party coming up and want some new and exciting ways to decorate a dining table or buffet? This program will show you creative and festive ways to entertain this holiday season.

*Yvonne Gold will lead this class. She loves to decorate and entertain. She also loves to share her passion for these things with others.*

**Call or Stop by the Center to register.**

**828-356-2800**

***Wednesday, November 9th, 2:00 p.m.***

No cost.

# Carl Sandburg Home National

## Historic Site

Located in Flat Rock, NC, Carl Sandburg's homestead includes his home, Connemara Goat Farm, several trails and a bookstore.

Mr. Sandburg was known as a "Poet of the people." He found subjects for his poems and writing in the American people and the American landscape. He won three Pulitzer Prizes in his lifetime.

*Thursday, November 10th*

**\*\*We'll leave the center at 11:00 a.m., stop for lunch in Asheville then on to Carl Sandburg Home.**

**Cost: \$5.00** plus the cost of your meal and any purchases you might make.

Stop by the center to register and pay.

828-356-2800

## iPad 101 Class

*Thursday, November 10th 2—4 p.m.*

Call or stop by the center to register. 828-356-2800



**The Senior Resource Center**

**Will be closed**

**Friday, November 11th**

**&**

**Friday, November 18th**

# Hooked on American Classics

What do Rhapsody in Blue, Porgy and Bess, Our Town and An American in Paris have in common? They represent the outstanding works of two of America's greatest composers, George Gershwin and Aaron Copland. Join us as we take a look at-and a listen to-these and other American composers.

Program participants may sign up to attend the Asheville Symphony's Orchestra's dress rehearsal of Rhapsody in Blue. \*\*Trip details available at class.



*Dr. Susan Huckaby, choral director and music instructor, will lead this program.*

**Call or Stop by the Center to register. 828-356-2800**

***Tuesday, November 15th 9:30-11:30 a.m.***

No cost.

## B-I-N-G-O

***Wednesday, November 16th***

10—12:00 p.m.

**No cost**

No registration necessary.



**Android Tablet and Phone class:**

**2-4 p.m.**

**Thursday, November 17th**

**The Senior Resource Center  
Will be CLOSED  
Thursday, November 24th  
Friday, November 25th**

## B-I-N-G-O

*Thursday, December 8th*

10—12:00 p.m.

**No cost**

**No registration necessary.**



## iPad 101 Class

*Thursday, December 8th 2—4 p.m.*

Call or stop by the center to register. 828-356-2800



**Android Tablet and Phone class:**

**2-4 p.m.**

**Thursday, December 15th**

# Christmas Wonderland Light Show

We'll head over to Asheville for dinner at Apollo Flame then off to the Shadrack's Light Show at the WNC Ag Center. The world's largest drive-through synchronized light and music show. This is sure to get you in the holiday spirit.

**Call or Stop by the Center to register. 828-356-2800**

*Thursday, December 15th*

*We'll leave the Center at 4:30 p.m.*

**Cost: \$5.00** plus the cost of your meal and any purchases you might make.



**The Senior Resource Center  
Will be CLOSED  
Thursday, December 23rd  
Monday, December 26th  
Tuesday, December 27th**

# Let Us Know Where You Want To Go or What You Want To Learn

We want your suggestions for trips and classes. We will gather information and try to make the trip or class happen. There are several ways to get us your suggestions.

- Email Michelle Claytor at [mclaytor@mountainprojects.org](mailto:mclaytor@mountainprojects.org)
- Fill out the log sheet on our front counter.
- Call Michelle at 828-356-2813



## Sign Up For Email Notifications

We often send out news and information about the SRC and area agencies through email. If you would like to get emails with area information, send me your email address and I'll add you to our list.

**Send me an email at:**

**[mclaytor@mountainprojects.org](mailto:mclaytor@mountainprojects.org)**



# Ongoing Activities at the Center

## **Games:**

Mah Jongg call SRC at 356-2800

Hand & Foot call Joy at 316-7216

Pinochle/Hearts call George at 400-3173

Social Bridge call SRC at 356-2800

**Meditation:** Meets every Thursday at 10:30 a.m.

## **Brain Gym/X box:**

You may come in Monday-Friday, 9-5; however, if you need instruction, please call Bruce at 926-7478 prior to coming in.

**Book Club:** Meets the third Wednesday at 2 p.m.

Call 356-2800 for more information on copies of the book.

**Parkinson's Support Group:** Meets the last Wednesday of every month at 2 p.m.

**Laptop/Tablet/Phone Assistance:** Jayne Williams at 734-8353

**Find us on Facebook:  
Haywood County Senior Resource Center**

## PROGRAMS OF THE SENIOR RESOURCE CENTER

PROGRAM	DAYS	TIMES
iPads/Laptops	Varies	Varies
Brain Gym	M-F	8-5
Senior Leadership Program 356-2833	M-F	10-2
Ensure Program 356-2800	M-F	8-5
Foster Grandparents 356-2834	M-F	8-5
Senior Companion Program 356-2836	M-F	8-5
Haywood & Jackson Volunteer Center 356-2800	M-F	10-2
Information & Assistance 356-2800	M-F	8-5
In-Home Aide Services 356-2838	M-F	8-5
Mountain Projects Intake 356-2800	W	8-12
Project Lifesaver	M-F	8-5
Caregiver List 356-2813	M-Th	8-5
Phone Assurance 356-2816	M-F	8-5
Senior Health Insurance Information Program 356-2800	M-F	10-2
Options Counseling 356-2816	M-F	8-5
Disability Partners	Varies	Varies
MemoryCare— 828-771-2219 Lisa Verges M.D.	By appt.	By appt.
Smoky Mountain Geriatric Specialty Team 800-893-6246 ext. 1245	Varies	Varies
Nutrition Meal Site Information 356-2838	M-F	8-5