

Creative Living



Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

haywoodseniors.org


Spring, 2017
April, May, June

Hello Everyone,

Spring has sprung...about one month ago. I do love seeing flowers and plants sprouting here and there. It's nice when you notice something growing in your yard that you may not have noticed last year.

Just like for plants, spring can be a fresh start for us. Learn something new, go somewhere you've never been, or make a new friend. Seniors in Haywood County are very lucky to have so many options for activities. The Senior Resource Center, the Waynesville Recreation Center and Haywood County Recreation Department all have programs that help keep local seniors socially active, and have fun. If you are already familiar with these organizations, share their information with a friend. We're even joining forces to throw a picnic for local seniors in June. Join us for a hot dog and gain information on how to stay busy with fun, informative programs and trips.

**-Michelle Claytor
Program Coordinator**



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

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

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

Cover photo courtesy of: Joy Teetsel



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 class or trip.**

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.**

WNC Nature Center & Asheville Mall

Otters, owls, hawks, snakes, bears, bobcats, fox, and wolves, oh my!

We're headed to the nature center in Asheville to check out all the cute critters. If you've never been or haven't been in a while, come with us to visit animals from the Southern Appalachian Mountain region.

Next we'll head over to Asheville Mall for lunch. There will be time for a little shopping or to grab a smoothie and rest your feet.

Tuesday, April 4th

We'll leave the center at 9:30 a.m.

Cost: \$10.00 plus the cost of your meal and any purchases you might make.

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

Cooking Class

Our friendly WCU students will be back in our kitchen to show us how to make a healthy and delicious quinoa salad.



Thursday, April 6th 2:30 p.m.

No cost.

****Class size is limited**

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

Senior Games are coming!!!!
Registration deadline: April 7th
Event Dates: April 20th—May 11th
Paperwork available at the SRC.

B-I-N-G-O

Tuesday, April 11th

10—12:00 p.m.

No cost

No registration necessary.



iPad 101 Class

Thursday, April 13th

2:00—4:00 p.m.

The Senior Resource Center

Will be *CLOSED*

Friday, April 14th

Taste of Chocolate

Saturday, April 15th at Maggie Valley Country Club

6:00—8:00 p.m.

Tickets: \$12.00 in advance/\$15.00 day of event

Tickets available at the Senior Resource Center

Fundraiser for Haywood/Jackson Volunteer Center



It's Thrifting Time Again!!!

Hendersonville here we come!!!! The thrift stores there may not be ready for us. We know how to spot a deal.

We'll stop at a couple shops then to lunch to energize ourselves to push on the rest of the afternoon.

This twice a year trip to has become one of our most popular. Sign up soon before space runs out.

Tuesday, April 18th

***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.**



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

Your Life, Your Legacy

Most of us plan for important life events, such as weddings, our children's education and retirement. But few of us prepare for the inevitable. This fast-moving program addresses the importance of making your final arrangements in advance and the steps to take.

***This is an information session only. No selling will take place.

*****Lunch will be served***

Wednesday, April 19th

11:00 a.m.

No cost

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

Android Tablet and Phone class:

Thursday, April 20th 2-4 p.m.

No cost.

Jayne Williams will offer tips, tricks and navigation for your Android device.

Diabetes Prevention Program

Prediabetes affects 1 out of 3 American Adults. The CDC has conducted a 3-year study to find ways to prevent or delay a prediabetes diagnosis. Based on study findings, The National Diabetes Prevention Program created a lifestyle change program that can help participants lose weight through eating better and being more physically active. This program is evidence-based.

Participants will have a support system from individuals with the same goals. Meetings will be held weekly for four months then bi-weekly for two months. The last six months of the program will be monthly check-in meetings, either in-person or by phone.

Michelle Claytor is the Program Coordinator at the Senior Resource Center and has been trained as a Lifestyle Coach by the National Diabetes Prevention Program.

Mondays, 10:30—11:30 a.m. beginning April 24th

*****Class size is limited. MUST PRE-REGISTER***

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

No Cost.

SHIIP: Seniors' Health Insurance Information Program

The Welcome to Medicare 101 talk is presented through the North Carolina Seniors' Insurance Information Program and provides non-bias information about Medicare. John Chicoine will speak about everything you need to know when you turn 65.

Topics include:

Supplement plans to Medicare

Advantage Plans

Prescription Plans

Tuesday, May 2nd 10:00—12:00 p.m.

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

No Cost.

Get Your Budget On!

Do you have a financial goal? Are you saving for retirement? Thinking about a dream vacation or just wanting to stretch your dollars a bit more? A budget is a great tool to help you reach your financial goal. This class covers the basics of budgeting using a straightforward, step-by-step approach that can be adapted to any household or lifestyle. Join us and find out how to get started.



*****This is an information session only. No selling will take place.**

Lynn Heinrichs is a retired business educator and co-founder of the Appalachian Financial Institute, a local non-profit supporting lifelong financial independence through education and coaching.

Wednesday, May 3rd 9:30—11:30 a.m.

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

No Cost

Counted Cross Stitch w/Ginger

Learn the basics of counted cross stitch! You will become familiar with the tools and instructions to complete a small item for the home. Participants will make either a pin cushion or an ornament.

***Supplies will be provided.**

Ginger Szenas like to keep her hands busy with needlepoint, crocheting, afghans, and cross stitching fancy linens. She is a SRC regular visitor as well.



shutterstock · 168422354

****This is a 4 week program.**

Thursday, May 4th, 11th, 18th and 25th 1:00—2:00 p.m.

Cost: \$5.00 for all 4 classes.

****Class size is limited.**

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

Basic Yoga Classes - Karen's Back!!!

Yoga is proven to help increase muscle strength, energy, and flexibility. While improving balance and blood flow, yoga can also lower your blood pressure. The breathing done while practicing yoga can help us cope with stress. This basic Hatha flow yoga class can be done in a chair or on a mat. Classes can be attended individually. For maximum benefit, try to attend all classes.

Karen has been a chair yoga and SilverSneakers exercise instructor for years and is currently working on her 200 hour Yoga certification in Asheville.

Thursday, May 4th, 11th, 18th and 25th

2:00—3:00 p.m.

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

Cost: No charge for Silver Sneakers members

\$2.00 per class for others

****yoga mats are not provided**



Zumba Gold® and Membership Information with HRMC

Zumba Gold® is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come to sweat, and prepare to leave empowered and feeling strong.

Sussy Huskey and Shelby Cannon are with HRMC. Sussy fell in love with fitness in 2011. She is certified in multiple Zumba formats as well as Strength Training and Dance. Shelby has a strong passion for fitness and feels it is a vital part in our everyday and long term health.

Tuesday, May 9th 9:30 a.m.

No cost.

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

iPad 101 Class

Thursday, May 11th

2:00—4:00 p.m.

Android Tablet and Phone class:

Thursday, May 18th 2-4 p.m.

No cost.

Jayne Williams will offer tips, tricks and navigation for your Android device.

The Carson House

The Historic Carson House, located in Marion, NC, was built in 1793 by Colonel John Carson and was home to the Carson family until well after the Civil War.

An Irish immigrant, Carson amassed a fortune as a plantation owner and became a leader in Western North Carolina. The Carson family entertained famous Americans such as David Crockett, Sam Houston, and Andrew Jackson in the Carson House, which was also once used as a stagecoach inn. The house has been lovingly restored, and its collections include period furnishings, ornaments and textiles, some items original to the house and the Carson family.

Thursday, May 18th

We'll leave the Center at 9:30 a.m.

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



B-I-N-G-O

Tuesday, May 23rd

10—12:00 p.m.

No cost

No registration necessary.

Spring Cleaning the Non-Toxic Way (that won't break your budget)

The biggest pollutants in our home are cleaners with ingredients that we can't even pronounce like cleaners we use for kitchen counters and bathrooms. Essential oils offer a healthier solution. They are totally chemical free, steam distilled or cold pressed from plants. Come to this class and make your own cleaning solution and learn how to kick the chemicals in your home to the curb.



Carolyn Burton has been using Essential Oils for more than 10 years. She loves to share the benefits.

Tuesday, May 23rd 2:00—3:30 p.m.

Cost: \$5.00

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

Arboretum, Moose Café & Farmer's Market

We'll head over to the North Carolina Arboretum for "Winged Wonders," an indoor butterfly exhibit. Then a walk to see what's in bloom. Next it's over to the Moose Café for lunch. Last, we'll walk off lunch at the WNC Farmer's Market.

Thursday, May 25th

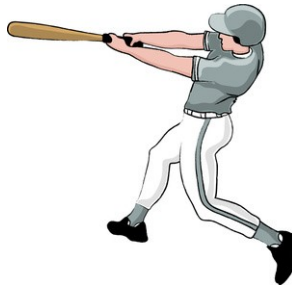
***We will leave the Center at 9:30 a.m.**

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

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



**The Senior Resource Center
Will be *CLOSED*
Monday, May 29th**



Let's Go Out to the Ball Game!

Come with us to the Asheville ballpark and grab yourself some peanuts, popcorn and maybe a \$1.00 hotdog.

Friday, June 2nd

****We will leave the Center at 5:00 p.m.***

Cost: \$12.00 plus the cost of your meal and any purchases you might make.

Our seats are located in the Press Row section which offers in-seat ordering for food and drinks.

Call or Stop by the Center to register and pay.

828-356-2800

Beginner & Intermediate Watercolor Class

If you have tried watercolor painting or wanted to try it but were intimidated or frustrated with your efforts, this is the class for you. We will do a painting while learning the various methods and techniques of watercolor painting.



We will discuss color mixing problems (the most common frustration), mixing colors on paper versus on the palette, masking white areas, backgrounds and more.

Barbara Brook began watercolor painting in 1991 after many years of painting with oils. Her paintings have earned numerous awards and recognition. The SRC was lucky enough to have her artwork on display recently. Her paintings come from photos taken during travels.

Tuesday, June 6th 2:00—4:00 p.m.

Cost: \$5.00

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

iPad 101 Class

Thursday, June 8th

2:00—4:00 p.m.

Parkinson's Support Group

Meets at the SRC

2:00 the last Wednesday of each month

Local Seniors Cookout

The Senior Resource Center, Haywood County Recreation and Parks, and the Waynesville Recreation Center are joining forces to throw a cookout filled with food, information and fun. All three organizations will have information on their senior programs.



*Thursday, June 8th 11:30—1:30 p.m. *rain or shine*

Location: Vance Street Park

Cost: Guests are asked to bring a dessert or salad (of some kind)

***All other food and drinks will be provided.*

MUST RSVP TO MICHELLE CLAYTOR by JUNE 1ST

828-356-2813 or mclaytor@mountainprojects.org



B-I-N-G-O

Tuesday, June 13th

10—12:00 p.m.

No cost

No registration necessary.

Android Tablet and Phone class:

Thursday, June 15th 2-4 p.m.

No cost.

Jayne Williams will offer tips, tricks and navigation for your Android device.



Elder Abuse Awareness Walk

Thursday, June 15th

Registration for Prize Drawings: 5:00-6:00 p.m.

Walk begins at 6:00 - Rain or Shine

Location: Downtown Waynesville Courthouse

To Register early or to Volunteer call:

Anna Rogers 828-356-2816 or 356-2800

Picnic Lunch at Oconoluftee Visitor Center & Mingus Mill

We'll head into the Great Smoky Mountains National Park towards Cherokee to Oconoluftee Visitor Center and Mingus Mill. We'll set up lunch at the Mill site then head over to Oconoluftee Farm and Visitor Center. There you can explore the farm or bring a camp chair and hang out in the shade.



Thursday, June 29th

We'll leave the Center at 10:30 a.m.

Cost: \$10.00

**This includes lunch, drink and a sweet treat*

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

Senior Leadership Class - XVI

Our mission for this program: "To train, equip and empower volunteers to serve older adults in their communities."

It is our hope that the knowledge you gain from your class experience will translate into volunteer work in the community. After graduation, we will invite you to join us quarterly for a breakfast that will provide an opportunity for you to continue to learn and share with others.

For more information call John Chicoine at 828-356-2833

*****Program lasts 10 weeks***

Classes are held one day per week from 9:00—2:00 p.m.

Weekly classes will start in July. **Exact date TBD

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
- 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



PROGRAMS OF THE
SENIOR RESOURCE CENTER

PROGRAM	DAYS	TIMES
iPads/Laptops	M-F	8-5
Brain Gym	M-F	8-5
Senior Leadership/Resource Team	M-F	8-5
Ensure Program	M-F	8-5
Foster Grandparents	M-F	8-5
Senior Companion Program	M-F	8-5
Haywood & Jackson Volunteer Center	M-F	10-2
Information & Assistance	M-F	8-5
In-Home Aide Services	M-F	8-5
Mountain Projects Intake	W	8-12
Project Lifesaver	M-F	8-5
Caregiver List	M-Th	8-5
Phone Assurance	M-F	8-5
Senior Health Insurance Information Program	M-F	10-2
Options Counseling	M-F	8-5
Disability Partners	Wed	10-2
MemoryCare— Lisa Verges M.D.	By appt.	By appt.
Vaya Health Geriatric Specialty Team	Varies	Varies
Nutrition Meal Site Information	M-F	8-5

Ongoing Activities at the Center

Games:

Pinochle/Hearts call George at 400-3173

Social Bridge call Candy at 456-9790

Mexican Train Dominoes call Betty at 452-6398

Mah Jongg groups call 356-2800

Hand & Foot or misc. games call Joy at 316-7216

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 Assistance: Call the center at 356-2800

Find us on Facebook:

Haywood County Senior Resource Center