

Creative Living



Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

haywoodseniors.org

Fall - 2017
October/November/December

Hello Everyone,

Pumpkin spice lattes, Barbers Orchard, and fall decorations are upon us!!! Along with it comes the cool mornings and cool evenings. The lovely weather of fall guides us into the holiday season and is something to treasure and savor.

I hope you'll slow down and take in the colors, temperatures, and holiday offerings that fall brings. Most of all, I hope you'll find a program, trip or activity in this book to take part in. Our main goal and constant focus at the SRC is to provide services, information and fun for local seniors.

**-Michelle Claytor
Program Coordinator**



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 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.**

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.

Tuesday, October 3rd 2:00 p.m.

No cost.



Homemade Frozen Yogurt

The best frozen yogurt is also the easiest to make. It's just full-fat yogurt and sugar, and churns up into a creamy yet fresh-tasting frozen dessert that does justice to all of yogurt's natural tangy flavors. It has just enough sweetness and a texture you can scoop just like ice cream. Lightly probiotic and much cheaper than buying it from those frozen yogurt places. It's fun and easy to make.

*****Class size is limited.***

Kathy Olsen is the Adult Services Librarian at the Waynesville Library. Kathy is an avid gardener, crafter and home cook. She has taken many classes on cooking and wants to share that information. Learn from her how easy it is to incorporate 'homemade' into your life.

Wednesday, October 4th 11:00 a.m.

No cost

*****Class size is limited—Must pre-register.***

828-356-2800



Learn German

Learning a new language is great exercise for the brain. This beginner class will cover basic German grammar rules and vocabulary. You will also learn a bit about German history for a well-rounded experience. The class will continue as long as students are interested.

Burton Flanagan is a retired lawyer with a love for German history and culture. He studied German at the University of Alabama and lived in Switzerland for a year and a half where he renewed his study of the German language.

Tuesday, October 10th 10:00 a.m.

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

No cost

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

iPad 101 Class

Thursday, October 12th 2—4 p.m.

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



Allison-Deaver House & Brevard

The Allison-Deaver house is the oldest standing frame house in WNC. In 1815, when most mountain dwellings were log cabins, Benjamin Allison built a two-story frame house based on the design of row houses in England and America's east coast. The home was sold to William Deaver in 1830. Mr. Deaver more than doubled the size of the house. Today the property is part of the NC Civil War Trails Program.

After touring the house and grounds, we'll head into Brevard for lunch.

Thursday, October 12th

*****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



Taming the Paper Monster with Your Smartphone

Do you have a paper monster in your home? Whether it's recipes, magazine clippings, or personal records, attacking a pile of paper clutter is as easy as using your smartphone. This session will introduce apps for both Android or iOS smartphones that can be used to scan, store, search and share paper documents. Join us to get started.

*A hands-on follow up session can be scheduled at this session.

Lynn Heinrichs is a retired business educator and co-founder of the Appalachian Financial Institute, a local non-profit. She loves to stay organized.

Wednesday, October 18th 10:00 a.m.

No cost

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

B-I-N-G-O

Wednesday, October 18th

10—12:00 p.m.

No cost

Space will be limited— Must pre-register



Android Tablet and Phone class:

2-4 p.m.

Thursday, October 19th

Healthy Cooking—Mediterranean Style with Julie

The most recently released dietary guideline for Americans includes the healthy Mediterranean-style eating pattern among its recommendations. This eating pattern has been shown to promote health and decrease the risk of many chronic diseases. This class will highlight the healthy Mediterranean style eating pattern. The hands on class will focus on incorporating more vegetables and seafood into the diet as well as chicken, turkey and plant based proteins. We will explore replacing saturated fats with olive oil and canola oils as well as learning to incorporate nuts, seeds and whole grain into our menus.



Julie Sawyer is a graduate of the University of Tennessee . She is on the staff of Haywood Cooperative Extension where her focus is on food safety, preservation and nutrition, as well as healthy lifestyles.

Thursday, October 19th 10:00—12:00 p.m.

No cost:

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

Fall Colors on the Blue Ridge Parkway & Asheville Mall

We'll drive along the Blue Ridge Parkway to take in the lovely fall colors of our area. We'll make stops along the way at the most picturesque locations. After that, we'll head to the Asheville Mall for folks to grab lunch, shop or sit a bit.

Tuesday, October 24th

*****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**



The Taste Buddies

Join other local seniors to try a local restaurant or just for some food and laughs.

Wednesday, October 25th

Frankie's—Maggie Valley

**We'll meet at the restaurant at 11:30 a.m.*

Cost: Everyone purchases their own meal.

Register by: Friday, October 20th

Medicare Prescription Plan Open Enrollment

October 15th—December 7th

**Call John at SHIIP for appointment to
review your plan.**

828-356-2833

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***

Thursdays, November 2nd—December 14th 9:00—10:00 a.m.

(*No class November 23rd)

No cost

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

Historic Johnson Farm

Johnson Farm is located in Hendersonville. During the first half of the 20th century, Johnson Farm was a summer boarding house and tourist retreat. Mrs. Sallie Johnson and her sons treated summer visitors to 3 meals a day at their lovely home and farm. At the sons' deaths, the property was given to the schools with the dream of a heritage education facility.

After touring the farm, we'll travel to downtown Hendersonville. You'll be able to pick your lunch place from several downtown options.

Tuesday, November 7th

****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



Advance Directives

This session will provide an overview of advance directives and answer the 5 W's (who, what, when, where and why) related to advanced directives and will briefly introduce the following documents:

- The MOST form
- 5 Wishes
- Do Not Resuscitate Order
- Living Will
- Healthcare Power of Attorney

Following the session, staff will be on hand to answer questions and assist with execution of documents. Individuals will need photo ID plus another form of identification for notary and will need names, addresses and phone numbers of beneficiaries. It is also helpful to know the funeral home of choice.

This session is being offered in collaboration with Four Seasons. Staff will have necessary forms and be able to notarize documents.

Wednesday, November 8th 1:00—4:00 p.m.

No cost

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

iPad 101 Class

Thursday, November 9th 2—4 p.m.

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



Learn to Play Cornhole

Cornhole is a lawn game whose origins seem to be unknown; however, there is now an association (ACA-American Cornhole Association) and official rules. The game has really caught on in our area. It is a game everyone from children to seniors can enjoy. It is easy to learn and will be fun for the entire family.

Bruce Johnson is an avid cornhole player as well as a great volunteer and supporter of the SRC.

Tuesday, November 14th 10:00—12:00 p.m.

No cost

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



Android Tablet and Phone class:

2-4 p.m.

Thursday, November 16th

B-I-N-G-O

Tuesday, November 21st

10—12:00 p.m.

No cost

No registration necessary.



The Senior Resource Center

Will be CLOSED

Thursday, November 23rd

Friday, November 24th

The Taste Buddies

Join other local seniors to try a local restaurant or just for some food and laughs.

Wednesday, November 29th

Blue Rooster—Clyde

**We'll meet at the restaurant at 11:30 a.m.*

Cost: Everyone purchases their own meal.

Register by: Wednesday, November 29th

The Senior Resource Center

Will be CLOSED

Friday, December 1st for Staff Day

Healthy Cooking—Mediterranean Style with Julie—Part 2

This class will build on the 7 simple steps to eating the Med Way with a focus on “Changing your Protein” by replacing red meat with plant-based proteins, such as beans and legumes and eating more seafood. This class will address methods and techniques for preparing seafood, revealing just how easy this can be in a home kitchen. We will also focus on preparing fall vegetables to compliment the seafood dish.

Julie Sawyer is on the staff of Haywood Cooperative Extension where her focus is on food safety, preservation and nutrition, as well as healthy lifestyles.

Thursday, December 7th 10:00—12:00 p.m.

No cost.

Call or Stop by the Center to register.

828-356-2800

*****Class size is limited**



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

Tuesday, December 12th

****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.



B-I-N-G-O

Thursday, December 14th

10—12:00 p.m.

No cost



iPad 101 Class

Thursday, December 14th 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 21st

The Senior Resource Center

Will be CLOSED

Monday, December 25th

Tuesday, December 26th

Wednesday, December 27th



From:

John

Torrie

Odile

Larry

Darlene

Michelle

Chuck

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

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.
Vaya Health Geriatric Specialty Team 800-893-6246 ext. 1245	Varies	Varies
Nutrition Meal Site Information 356-2838	M-F	8-5