

Creative Living

Spring - 2019
April, May, June



Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

haywoodsensors.org



Hello Everyone,

Spring is upon us!!! Let's all hope it's not a wet one. Spring is a time for fresh starts, beautiful blooms, warmer weather (fingers crossed), and more opportunities to be active.

We hope you'll find a class, program, or trip that you want to join in on in the pages of this book.

**-Michelle Claytor
Program Coordinator**

REGISTRATION:

- **STOP BY OR CALL**
- **PAYMENT REQUIRED TO REGISTER FOR TRIP OR PROGRAM WITH A COST.**

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

REFUND POLICY

Refunds for paid programs/trips will be given **ONLY** with the following conditions:

- If your reservation is cancelled up to 5 business days before the program/trip date.
- If the SRC cancels the program/trip.

Refund money will be given no sooner than 3 days after the date of the program/trip.

Senior Games are coming!!!!
Registration deadline: April 5th
Event Dates: April 24th—May 21st
Paperwork available at the
Haywood County Recreation Department

Hiking with the SRC

Trail: Smokemont

Difficulty Level: easy

Roundtrip Hike Length: 5 miles round trip. This is an in and out hike. You can go as far as you like then turn back and wait for the others.

Thursday, April 11th

**We'll leave the Center at 9:00 a.m. and stop for lunch after the hike.*

Cost: \$5.00 plus the cost of your meal

Hike will be lead by John, Kevin & Gina

Stop by the Center to register and pay.

*****Please wear comfortable clothes and shoes and bring a water bottle. You may also bring a walking/hiking stick if you like.*



iPad 101 Class
Thursday, April 11th
2:00—4:00 p.m.

Trip to Basilica of St. Lawrence & Asheville Mall

The Basilica of St. Lawrence is located in the heart of downtown Asheville. The title of Basilica dates back to the early Greek and Roman times and referred to a type of public building. In the 4th century, Basilicas began to be used as places of worship. Today, the term Basilica is a special designation given by the Holy Father to certain churches because of antiquity, dignity, historical important or significance as a place of worship. After a tour, we'll head over to the Asheville Mall (not historical) where you can grab lunch, shop or just rest and do some people watching.

Tuesday, April 16th

We'll leave the Center at 9:00 a.m.

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

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

Bereavement Support Group

For anyone who has suffered loss of a loved one.

Hosted by: SRC

Lead by: Haywood Hospice

Tuesday, April 16th 10:30—11:30 a.m.

Taste Buddies Lunch Group

Wednesday, April 17th

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

Cost: Everyone purchases their own meal.

Register by: Friday, April 12th

Maggie's Galley—Waynesville

B-I-N-G-O

Thursday, April 18th

10—12:00 p.m.

No cost. No registration necessary.



Android Tablet and Phone class:

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

No cost.

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

**The Senior Resource Center
Will be *CLOSED*
Friday, April 19th**

**Come to a meeting with folks
looking to start a singing group.
Tuesday, April 23rd 10:00 a.m.**

Learn to make Butter & Compound Butter

Learn how to make your own butter and then turn it into delicious and creative compound butters! Compound Butter is softened butter, whipped with various sweet or savory ingredients. While the concept is simple, the potential flavor combinations are endless. Pair scones, rolls, pancakes, waffles or cornbread with butters flavored with orange or lemon zest, maple syrup, honey or cinnamon. Pair meat, vegetables, fish and bread with butters mixed with herbs, spices, cheese or citrus zest.

We will be sampling sweet orange honey, and savory smoked paprika and rosemary.

All participants will leave with instructions and recipes!

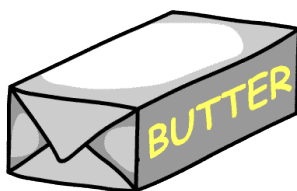
Kathy Olsen is the Adult Services Librarian at the Waynesville Library. Kathy is an avid gardener, crafter and home cook. She has taken many classes on cooking and wants to share that information.

Tuesday, April 23rd 2:00—3:00 p.m.

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

****Class size is limited.**

Cost: \$5.00



Thrifting in the spring!!

Franklin 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.



Wednesday, April 24th

We'll leave the Center at 9:30 a.m. and return around 4:00/4:30 p.m.

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

Stop by the Center to pay & register.

Anyone Can Draw...Yes, Anyone

This is a three day introductory course of black & white pencil drawing. Participants will learn how to translate to paper what they see using form, shading, and light sources. At the end of the sessions you should have a finished drawing to proudly show your friends and family.

*All supplies are included in course fee.

Diana Gordon is a graduate of Rhode Island School of Design with a BFA in Illustration. She has done illustrations from costume jewelry design, display designs, and won many art awards during her career.

**3 series class—Thursdays, April 25th, May 2nd, and May 9th
10:00-12:00 p.m.**

Cost: \$5.00 for all 3 sessions

Stop by the Center to register and pay

****Class size is limited.**





Taste of Chocolate

*Thursday, April 25th at Waynesville Inn
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

DNA Cancer Screening Tests

Does Cancer run in your family? Am I at risk for passing on a cancer to my kids or grandkids? 1.7 Million patients are diagnosed with Cancer and 10% of all Cancer patients have a Genetic Marker for specific Cancer type which most people don't realize until they're diagnosed.

The test is done with a simple, easy and non-invasive cheek swab. 2-3 week turnaround time with a comprehensive report.

My DNA Cancer Testing will be administering the screenings.

****No selling takes place for this program.**

****Please bring Medicare red, white, and blue card and Driver's License.**

Tuesday, April 30th appointments available from 9:30-12:30 p.m.

No cost

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



Senior Expo for Haywood County

Friday, May 3rd 9:00—2:00 p.m.

***At the Folkmoot Building—112 Virginia Ave.,
Waynesville***

Bingo, Speakers, Scam Jam, and Vendors

Tryon International Equestrian Center

Let's try this again. We're heading to Tryon, NC to check out the brand new equestrian center. Best thing is that we get to miss the 400,000 people that were there for the Equestrian Games. This place has it all—shops, cafes, and horse shows. We'll get a tour of the new facility then we can split up to eat, shop, or watch the event.

Wednesday, May 8th

We'll leave the Center at 9:30 a.m. and return around 3:30.

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

Stop by the Center to register and pay.



iPad 101 Class
Thursday, May 9th
2:00—4:00 p.m.



NIGHT B-I-N-G-O

Thursday, May 9th

5:00—7:00 p.m.

No cost

No registration necessary

Hiking with the SRC

Trail: Deep Creek

Difficulty Level: easy

Roundtrip Hike Length: 6 miles round trip. This is an in and out hike. You can go as far as you like then turn back and wait for the others.

*Friday, May 10th **Departure time TBD*

Cost: \$5.00 plus the cost of your meal

Hike will be lead by John, Kevin & Gina

Stop by the Center to register and pay.

******Please wear comfortable clothes and shoes and bring a water bottle. You may also bring a walking/hiking stick if you like.**



Loneliness Discussion

with Larry Reeves

The presentation will examine some of the negative personal impacts on the aging experience that result from loneliness and social isolation. We will identify some of the causes of loneliness and social isolation, the challenges that result, and some possible strategies that may be developed to overcome them. The program will be interactive and engaging.

Larry Reeves is the Certified/Designated Regional Long-Term Care Ombudsman for Region A (consisting of the seven counties in southwestern NC). Previously, he was a staff member of the Alzheimer's Association, and Silver Bluff Village in Canton. Larry is a Haywood County native, graduate of Berea College, co-facilitator of the Haywood County Dementia Caregivers' Support Group and is working with a committee to develop a non-profit group to help folks respond to the challenges of dementia.

Tuesday, May 14th 2:00 p.m.

No cost.

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

Taste Buddies Lunch Group

Wednesday, May 15th

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

Cost: Everyone purchases their own meal.

Register by: Friday, May 10th

Bocelli's - Waynesville

Android Tablet and Phone class:

Thursday, May 16th 2-4 p.m.

No cost.

Bereavement Support Group

For anyone who has suffered loss of a loved one.

Hosted by: SRC

Lead by: Haywood Hospice

Tuesday, May 21st 10:30—11:30 a.m.

Advance Funeral Planning Q & A

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 informational program will help you find answers to the questions you may have for making your final arrangements in advance and the steps to take. Bring any questions you may have.

Tony Silver with Dignity Memorial will be leading this program.

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

***Refreshments will be served—Please register*

Wednesday, May 22nd 11:30 a.m.

No cost

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

**The Senior Resource Center
Will be *CLOSED*
Monday, May 27th**

B-I-N-G-O

Tuesday, May 28th

10—12:00 p.m.

No cost. No registration necessary.



Learn How to Enhance & Improve Your Brain Health!

BrainHQ is an online brain-training system that represents the culmination of 30 years of research in neurological science and related medicine. This is cognitive training that is tailored to YOU since no two brains are the same. Changing your brain takes some work so while the exercises in BrainHQ are fun, they are challenging! Each exercise adapts in difficulty as you work so that you are always training at the optimum level for you.

This program made possible by your local library. Kathy Vossler, Library Director and Kathy Olsen, Adult Services Librarian, will lead this program.



Tuesday, May 28th 2:00—3:00 p.m.

No cost

Registration is required. Call or stop by the center. 828-356-2800

Parkinson's Support Group

Meets at the SRC

**2:00 the last Wednesday of
each month**

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, and Prescription Plans.

Wednesday, May 29th 10:00 a.m.

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

No Cost.

Blue Ghost Fireflies at Cradle of Forestry

The Blue Ridge is home to a very unique creature that some say resembles a tribe of fairies carrying blue candles through the forest. The Blue Ghost firefly is a hard-to-find native insect that calls our area home, and for a very short amount of time in early summer, they inhabit our surrounding woodlands. On the tour, you'll be lead by a trained naturalist and use the cover of darkness to learn about these unique fireflies. You'll hike a paved trail.

*Please note that there is no guarantee that we'll see these special creatures, but fingers crossed.

*This is a rain or shine event.

Thursday, May 30th

We'll leave the Center at 7:00 p.m.

Cost: \$20.00 plus any purchases you might make.

Stop by the Center to register and pay. *****Space is limited*****



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.

Tuesday, June 4th 1:00—4:00 p.m.

No cost

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

iPad 101 Class

Thursday, June 13th

2:00—4:00 p.m.

Elder Abuse Awareness Walk

Monday, June 17th

Free Giveaways and Prize Drawings from our Sponsors

Walk begins at 5:45 - Rain or Shine

*Location: Downtown Waynesville
Courthouse*

To Register early or to Volunteer call:

Anna Rogers 828-452-1447 ext. 127



Haywood Community Connections Class

Throughout the class, we will visit local agencies, organizations and groups. A majority of these exist because of volunteers. We hope class graduates will find a connection to one, or more, of these organizations and support them by volunteering. If not, just helping spread the word about area local events, announcements, and resources is a huge help to seniors in our community.

After graduation, we will invite you to join us quarterly for a meeting and meal that will provide an opportunity for you to continue to learn and share with others.

Tuesdays, June 18th—August 13th 9:00—2:00 p.m.

**This is a 9 week program*

For more information or to register for the class

call John Chicoine at 828-356-2833

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

Bereavement Support Group

For anyone who has suffered loss of a loved one.

Hosted by: SRC

Lead by: Haywood Hospice

Tuesday, June 18th 10:30—11:30 a.m.

Taste Buddies Lunch Group

Wednesday, June 19th

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

Cost: Everyone purchases their own meal.

Register by: Friday, June 14th

Frankie's—Maggie Valley

Android Tablet and Phone class:

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

No cost.

B-I-N-G-O

Friday, June 21st

10—12:00 p.m.

No cost



Trip to Round Mountain

Creamery

Round Mountain Creamery is located in Black Mountain. With plenty of grit and a whole lot of love, Round Mountain Creamery was founded in 2002 by Linda Seligman. Now with over 60 goats, they produce a wide variety of soft and aged goat cheeses for both home and wholesale use.

We'll stop for lunch after visiting the creamery.

Wednesday, June 26th

We'll leave the Center at 9:30a.m. and return around 3:30/4:00 p.m.

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

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

Hiking with the SRC

Trail: Mingus Creek

Difficulty Level: moderate

Roundtrip Hike Length: 6 miles round trip. This is an in and out hike. You can go as far as you like then turn back and wait for the others.

*Friday, June 28th **Departure time TBD*

Cost: \$5.00 plus the cost of your meal

Hike will be lead by John, Kevin & Gina

Stop by the Center to register and pay.

******Please wear comfortable clothes and shoes and bring a water bottle. You may also bring a walking/hiking stick if you like.**



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 356-2833 | 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 356-2813 | M-F | 8-5 |
| Senior Health Insurance Information Program 356-2800 | M-F | 10-2 |
| Options Counseling 452-1447 ext. 127 | M-F | 8-5 |
| Disability Partners | Varies | Varies |
| MemoryCare— 828-771-2219 | By appt. | By appt. |
| Vaya Health | Varies | Varies |
| Geriatric Specialty Team 800-893-6246 ext. 1245 | | |
| Nutrition Meal Site Information 828-356-2838 | M-F | 8-5 |

Ongoing Activities at the Center

Games:

Mexican Train Dominoes call Betty 452-6398

Pinochle call Bruce at 246-8655

Social Bridge call Candy at 456-9790

Misc. Games call Paulina at 828-564-3754

Mah Jongg call the SRC at 828-356-2800

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

Brain Gym Machines:

Machines available Monday-Friday 8:30-5:00.

Book Club: Meets the third Wed. at 2 p.m.

Call 356-2800 for more information or stop by the SRC to get a copy of the book.

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

Laptop Assistance: Call the SRC at 356-2800

Dementia Caregivers Support Group: Meets the 4th Tuesday of every month at 4:30 p.m.

Find us on Facebook:

Haywood County Senior Resource Center