

Creative Living



Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

haywoodseniors.org

Fall - 2019
October/November/December

Hello Everyone,

Many of you probably know that fall is my favorite time of year. I love the earthy colors, cooler temperatures, and festivals. All of this makes me appreciate the mountains we live in more every year. I also feel like we have to stop and really appreciate fall before winter (and whatever weather that brings with it) is upon us. So, during fall, take more walks, notice the colors, be a bit more social, and maybe even learn a new hobby to get you through winter.

We 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: Marie Metcalf



REGISTRATION

2 Easy Steps:

- **STOP BY OR CALL**

Senior Resource Center
81 Elmwood Way, Waynesville
828-356-2800

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

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.

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

It's Thrifting Time Again!!!

Franklin here we come—AGAIN!!!

We'll start off with a stop before lunch to energize ourselves to push on the rest of the afternoon. This twice a year trip has become one of our most popular. Sign up soon before space runs out.



Thursday, October 3rd

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

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

Med(iterranean) Instead of Meds

Eating like those who live in the Mediterranean region has been shown to promote health and decrease the risk of many chronic diseases like type 2 diabetes, cardiovascular disease, and high blood pressure. If you are interested in eating the Mediterranean way, but not sure where to start, this class is for you.

The 6-class, hands-on series will cover Med tips, life hacks, and, of course, we will prepare and sample delicious Med Instead of Med recipes that will help you eat the Med way every day.

Fridays, October 4, 11, 18, 25, November 1, and 8th

11:00-1:00 p.m.

Cost: \$20.00 for all 6 classes.

****Class size is limited**

Stop by the Center to pay and register.



Introduction to Windows

10 Basics Class

Did you know that Windows 10 is a combined Windows 7 and 8 operating system? Bring your laptop and let's learn the basics of Windows 10.



If you do not have Windows 10 already installed on your laptop, please come to class at 9:00 a.m. and we can do the install.

Jayne Williams will lead this class. She currently teaches our iPad, iPhone, and Android classes at the SRC.

Wednesday, October 9th 10:00-12:00 p.m.

No cost.

iPad 101 Class

Thursday, October 10th 2—4 p.m.

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



Fall Colors on the Blue Ridge Parkway & Lunch

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. We'll stop for lunch before heading back.

Tuesday, October 15th

*****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.

Stop by the Center to register and pay.



Medicare Prescription Plan

Open Enrollment

October 15th—December 7th

**Call John with SHIP for appointment to
review your plan.**

828-356-2833

Taste Buddies

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

Wednesday, October 16th

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

Cost: Everyone purchases their own meal.

Register by: Friday, October 11th

Angelo's—Waynesville

Android Tablet and Phone class:

2-4 p.m.

Thursday, October 17th

Chocolate Making Class

Learn chocolate making skills with experienced baker and candy maker, Connie York. Participants will learn how to use chocolate molds and how to hand dip using both dark and milk chocolates.



Tuesday, October 22nd 2:00 p.m.

Cost: \$3.00

Stop by the Center to register and pay

Dementia Caregiver's

Support Group

**4:30 p.m. - 4th Tuesday of
each month**

Cook & Critique Cookbook Club

Do you enjoy cooking? Do you enjoy trying new recipes? Then this club is for you!

We will be choosing a different cookbook each month. Participants will select and make a recipe from that cookbook and bring it to our monthly meeting. Club members will all get to taste, critique, and discuss the good, the bad and the miscellaneous notes about recipes and the book overall.

*****The first meeting will be discussion only to go over club details and review and choose recipes for the second meeting in November.***

Gina Mulligan is a Senior Leadership Graduate, SRC volunteer, and Part-time employee of the SRC. Gina loves to cook and try new recipes.

Wednesday, October 23rd 11:30 a.m.

No cost



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

Morning Coffee with a Great View

We're heading up to Waterrock Knob on the Blue Ridge Parkway to enjoy the fall colors. We'll have coffee, warm cider and pastries from Barber Orchard to keep us warm. Bring a chair to sit and relax. Those interested, can choose to hike the trail instead of sitting.

***Bring a sweater, jacket, blanket or all three.
It will most likely be cold.***

Friday, October 25th

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

Cost: \$5.00 *Includes beverages and pastries

Stop by the Center to register and pay.



SHIIP: Seniors' Health Insurance Information Program Talk

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, October 29th 10:00 a.m.

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

No Cost.

Haywood Home Care Services Informational Program

Celebrate your independence with healthy aging!

Do you need help with managing your medications, managing diabetes or COPD, or do you have trouble walking? Are you at home much of the time and not able to get out because you don't drive?

Haywood Home Care services may be able to help you or a loved one!

Deborah Russell Haywood Home Care Services, Account Executive and Community Relations Liaison, will explain, step by step, how to qualify for home health, paid by your insurance, by asking your doctor.



Tuesday, October 29th 2:00 p.m.

No cost. Call or Stop by the Center to register. 828-356-2800

**Parkinson's Support Group
Meets at the SRC
2:00 p.m.
Last Wednesday of each month**

Chair & Mat Yoga Classes

Whether you are new to yoga, or have practiced before, this class will offer an accessible way to experience the benefits of a yoga practice. From breath awareness to various poses, we will explore how moving our bodies can not only help with strength and flexibility, but also connect us to a sense of well-being. All levels are welcome.

****yoga mats are not provided**

Kirstin Batchelor is in the process of completing a 200-Hour Yoga Teacher Training with Waynesville Yoga Center, and is enjoying learning about all that yoga can offer us. She has been practicing yoga for 10 years.



Wednesdays, November 6, 13, 20, December 4, and 11th

2:00—3:00 p.m.

Cost: \$2.00 per class

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

Rehab and Nursing Home Q & A

Kim Mathis and April Barker, from Maggie Valley Nursing and Rehabilitation, will go over the therapies they offer and explain the differences in Short term and long term. They will also talk about Medicare and Managed Medicare coverages after a hospital stay and the criteria one has to meet.

Kim Mathis (Admissions & Marketing Director, Payroll/AP/HR Director, and the supervisor for the HR and Administrative Assistant employees) and April Barker (Therapy Director) are from Maggie Valley Nursing and Rehabilitation. Kim has been with them for almost 20 years.

Thursday, November 7th 10:00 a.m.

No cost.

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

Night B-I-N-G-O & Pizza

Thursday, November 7th

5:00—7:00 p.m.

Cost: \$2.00 per person

*****MUST REGISTER*****

Stop by the Center to register and pay.



Friday, November 8th

**★ HAPPY ★
BIRTHDAY!**

Ms. Odile!!!!

The Senior Resource Center

Will be *CLOSED*

Monday, November 11th

Introduction to Windows 10

Basics Class

Did you know that Windows 10 is a combined Windows 7 and 8 operating system? Bring your laptop and let's learn the basics of Windows 10.



If you do not have Windows 10 already installed on your laptop, please come to class at 9:00 a.m. and we can do the install.

Jayne Williams will lead this class. She currently teaches our iPad, iPhone, and Android classes at the SRC.

Wednesday, November 13th 10:00-12:00 p.m.

No cost.

Cook & Critique Cookbook Club

Do you enjoy cooking? Do you enjoy trying new recipes? Then this club is for you!

*****Those interested in joining this monthly club must call the SRC for more information. 828-356-2800*****

Gina Mulligan is a Senior Leadership Graduate, SRC volunteer, and Part-time employee of the SRC. Gina loves to cook and try new recipes.

Wednesday, November 13th 11:30 a.m.

No cost



iPad 101 Class

Thursday, November 14th 2—4 p.m.

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



Fossil Museum and Lunch in TN

The Gray Fossil Site and Museum in Gray, TN gives a firsthand look back at the late Miocene Period—a time when the Appalachian region was home to rhinos, tapirs and short-faced bears. The Museum features massive skeletons and interactive displays. There is also an observation lab where visitors can watch paleontologists examine recently discovered remains.

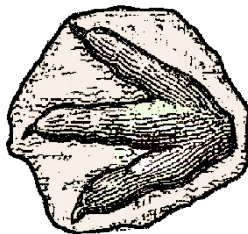
We'll tour the museum and then head to lunch at a unique restaurant with key lime pie so good they ship it out of state all the time!

Thursday, November 14th

We will leave the center at 8:30 a.m.

Cost: \$10.00

Stop by the Center to register and pay.



B-I-N-G-O

Tuesday, November 19th

10—12:00 p.m.

No cost



Taste Buddies

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

Wednesday, November 20th

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

Cost: Everyone purchases their own meal.

Register by: Friday, November 15th

Haywood 209 Café—Hwy 209

Android Tablet and Phone class:

2-4 p.m.

Thursday, November 21st

**The Senior Resource Center
Will be CLOSED
Thursday, November 28th
Friday, November 29th**

December Chair & Mat Yoga

Thursdays, December 4th and 11th

2:00—3:00 p.m.

Cost: \$2.00 per class

Stop by the Center to register and pay.



Christmas Tree Craft

Make and decorate your own tree out of wire hangers. Great for indoor or outdoor decoration without the fuss of a full-size tree.

Paullena Estes will lead this program. She is great supporter of the SRC, likes to play cards and games, and loves crafting.

Thursday, December 5th 1:00—4:00 p.m.

****Class size is limited.**

All supplies are provided.

Cost: \$5.00

Stop by the Center to register and pay.



**The Senior Resource Center
Will be CLOSED
Friday, December 6th for Staff Day**

B-I-N-G-O

Tuesday, December 10th

10—12:00 p.m.

No cost



Introduction to Windows 10

Basics Class

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Jayne Williams will lead this class. She currently teaches our iPad, iPhone, and Android classes at the SRC.

Wednesday, December 11th 10:00-12:00 p.m.

No cost.



Christmas Wonderland Light Show

Tryon Equestrian Center is hosting Shadrack's Light Show this year!!! They will have all their restaurants and shops open late so it will be a fun time. We'll head straight to the equestrian center where everyone can choose a restaurant for dinner and have a stroll around before we load up to go through the lights.

Stop by the Center to register and pay.

Thursday, December 12th

**We'll leave the Center at 3:30 p.m.*

Cost: \$8.00 plus the cost of your meal and any purchases you might make.



iPad 101 Class

Thursday, December 12th 2—4 p.m.

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



Taste Buddies

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

Wednesday, December 18th

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

Cost: Everyone purchases their own meal.

Register by: Friday, December 13th

Willie Brooks—Maggie Valley

Android Tablet and Phone class:

2-4 p.m.

Thursday, December 19th

**The Senior Resource Center
Will be CLOSED**

Monday, December 24th

Tuesday, December 25th

Wednesday, December 26th



From:

John Ashley Odile Larry

Darlene Michelle Chuck

Ongoing Activities at the Center

Games:

Mah Jongg call the SRC at 828-356-2800

Mexican Train Dominoes call Betty 452-6398

Pinochle call Bruce at 246-8655

Social Bridge call Candy at 456-9790

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

Brain Gym:

Machines available Monday-Friday 8:30-4:30

Let us know if you need a instruction.

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.

Dementia Caregivers Support Group

Meets the 4th Tuesday of every month at 4:30 p.m.

Laptop Assistance: Call the SRC 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 356-2833 | 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 356-2833 | M-F | 10-2 |
| Options Counseling 492-4098 | M-F | 8-5 |
| Disability Partners | Varies | Varies |
| MemoryCare—828-771-2219 | 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 |