

Creative Living



Senior Resource Center of Haywood County

81 Elmwood Way, Waynesville, NC 28786

(828) 356-2800

haywoodseniors.org

Winter - 2020

January, February, March

Hello Everyone,

2020 is here! During winter months, we can think of the new year as a fresh start. Time to start a new hobby, learn a new card game, start volunteering, or meet new people.

Make 2020 a year to be more active (physically and/or mentally)! Below is a list of the programs and activities at the SRC that can help with that.

- The Volunteer Center - John 356-2833
- Senior Companion Volunteer Program - Chuck 356-2836
- Foster Grandparent Program - Ashley 356-2834
- Phone Assurance Program - Michelle 356-2813
- Canton, Maggie Valley, or Waynesville Congregate Meal Site - Darlene 356-2838
- Haywood Community Connections Class - John
- Activities: Hand & Foot, Samba, Canasta, Mah Jongg, Pinochle, Mexican Train Dominoes, and Meditation

Call, stop by, or check out our website (www.haywoodseniors.org) for more information on these programs.

**-Michelle Claytor
Program Coordinator**

Cover photograph by Joy Teetsel



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.**



**The Senior Resource Center
Will be CLOSED Wednesday, January 1st**

B-I-N-G-O

Tuesday, January 7th

11:00 —1:00 p.m.

No cost. No Registration required.



Prepared, Not Scared. Be Ready for Disasters

There's no such thing as a calm season when it comes to natural disasters. Do you know what to do? Do you have a plan in place? Do you know who to call or where to go? Join us as we review four easy steps to help protect you and your family when an emergency strikes.

Jeanine Harris, Haywood County HHSA PHSD Preparedness Coordinator, will facilitate the Disaster Preparedness discussion.

Tuesday, January 7th 2:00 p.m. No cost.



**Hand, Foot & Elbow
Card Game**

Tuesdays 12:00—3:30

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, January 8th 10:00-12:00 p.m. No cost.

Overnight Trip Meeting

We're finally going on our first overnight trip!!!! We'll be heading to Charleston, SC for a few days to take in the sights, learn a bit about their history, and grab some good food during one of their cooler months. **TRIP DATES: March 10—12th**

****Space is limited for this trip.**

Those interested **MUST ATTEND THIS MEETING**. We will go over: costs, deposits, sign-ups, special refund policy, answer questions, and other details of the trip.



Wednesday, January 8th 4:00 p.m.

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

iPad 101 Class

Thursday, January 9th 2—4 p.m.

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



Android Tablet and Phone class:

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

No cost.

Call or stop by the center to register.

828-356-2800

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

The Senior Resource Center

Will be CLOSED Monday, January 20th



B-I-N-G-O

Tuesday, January 21st 11:00 -1:00 p.m.

No cost — No registration needed.

Income Tax Preparation

By

Bruce Johnson, BBA, CBA, RTRP
(Registered Tax Return Preparer)

At the Senior Resource Center

By Appointment Only 828-356-2800

Limited to seniors, 60 and older.

Fee: Donation to the Senior Resource Center

Begins Tuesday, February 4th

Through Tuesday, April 14th



Introduction to Windows 10

Basics Class



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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, February 12th 10:00-12:00 p.m. No cost.

iPad 101 Class

Thursday, February 13th 2—4 p.m.

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



Valentine's Day Lunch

Bring a date, bring a friend or just bring your love of a good time. We'll have a nice lunch followed with a sweet treat. The cost is worth it just to have John serve your lunch.

Friday, February 14th

Lunch will be served at 12:00 p.m.

Stop by the center to register and pay.

Cost: \$5.00



DIY Diffuser Bracelets

Join us to make diffuser bracelets for essential oils or perfume. We will be using different beads, including lava beads, which soak in the oils. You'll have your own personal aromatherapy throughout the day. It's easy and fun.

Registration is required. *****Space for this program is limited*****

*Gina is a part-time employee, an active member,
and a great supporter of the SRC.*

Tuesday, February 18th 2:00 p.m.

Cost: \$5.00

Stop by the SRC to pay and register.



Android Tablet and Phone class:

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

No cost.

Call or stop by the center to register.

828-356-2800



B-I-N-G-O

Tuesday, March 3rd

11:00 — 1:00 p.m.

No cost — No registration needed.

Simple Seafood Cooking Class

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.

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, March 5th 2:00 p.m.

Cost: \$5.00

****Class size is limited**

Stop by the Center to pay and register.



Overnight Trip to Charleston, SC

Join the SRC as we take our first overnight trip!
We're heading to Charleston, S.C. to learn a bit of
their history, eat some yummy food, and see the
sights.



Tuesday, March 10—12th

*****YOU MUST ATTEND THE TRIP MEETING IN
JANUARY TO GO ON THIS TRIP*****

*****SPACE IS LIMITED*****

Call Michelle for more information. 828-356-2813

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, March 11th 10:00-12:00 p.m. No cost.

iPad 101 Class

Thursday, March 12th 2—4 p.m.

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



Jeopardy Trivia Tournament

We're stepping up our game!! We're adding a PowerPoint with the "Answers" this time!!!!



If you loooooovvvvvveeee trivia this is the program for you!! We've got the latest Jeopardy board game, we've got our own Alex Trebek (John), we'll have snacks to keep you energized, and there will be a prize for the winning person or team!

Thursday, March 19th 2:00 p.m.

No Cost

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

Android Tablet and Phone class:

Thursday, March 19th 2-4 p.m.

No cost.

Call or stop by the center to register.

828-356-2800

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

B-I-N-G-O

Tuesday, March 24th

11:00 —1:00 p.m.

No cost. No Registration required.



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 Haywood Hospice. Staff will have necessary forms and be able to notarize documents.

Thursday, March 26th 1:00—4:00 p.m.

No cost

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

Learn about the community you live in!!!

Haywood Community Connections Class

Are you new to the area or have you been here a while and want to learn about resources or volunteer opportunities in the area?

The class will visit local community centers, non-profit agencies, county offices and other organizations to hear about what they do and services related to seniors. Class participants will also hear from local speakers.

- Learn about the community you live in.**
- Find out about local volunteer opportunities.**
- Become a resource for information for family, friends, and neighbors.**

This 10-week class will help you learn about the wonderful community we live in.

Class will start in the spring.

Call John at 356-2833 for more information.

PROGRAMS OF THE SENIOR RESOURCE CENTER

PROGRAM	DAYS	TIMES
Brain Gym	M-F	8-5
Caregiver List 356-2813	M-F	8-5
Disability Partners	Tuesdays	10-3
Ensure Program 356-2800	M-F	8-5
Foster Grandparents 356-2834	M-F	8-5
Haywood Community Connections 356-2833	M-F	10-2
Haywood & Jackson Volunteer Center 356-2833	M-F	10-2
In-Home Aide Services 356-2838	M-F	8-5
Information & Assistance 356-2800	M-F	8-5
MemoryCare 828-771-2219	By appt.	By appt.
Mountain Projects Intake 356-2800	W	8-12
Nutrition Meal Site Information 828-356-2838	M-F	8-5
Options Counseling 452-1447	M-Th	8-5
Phone Assurance 356-2813	M-F	8-5
Project Lifesaver	M-F	8-5
Senior Companion Program 356-2836	M-F	8-5
Senior Health Insurance Information Program 356-2800	M-F	10-2
Vaya Health Geriatric Specialty Team 800-893-6246 ext. 1245	Varies	Varies

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