



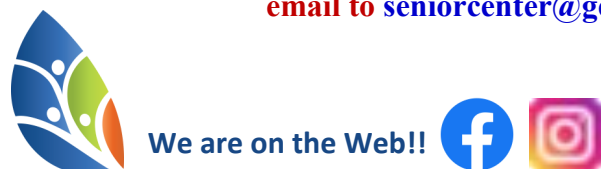
**Ashe County Volunteer Program is in need of Volunteers!**  
Are you retired and tired of sitting at home and looking at the same four walls? Generations Senior Center along with the Ashe County Volunteer Initiative Program is in need of volunteers.

We have a need in our senior center gym for an exercise trainer a couple hours each day. This would be assisting clients with how the machines work, staying hydrated and the proper safety techniques.

We have a **need** for home delivered meal drivers, better known as meals on wheels. Volunteers transport meals from Generations Senior Center, where they are prepared, and then to the homes of qualified individuals within the county. Volunteers are taken on a route with a staff member or another volunteer until they learn the clients, routes, and rules. Volunteers donate about two or three hours per day. Individuals can volunteer one day a week and up to five days a week. You may deliver independently or team up with another volunteer. We are also seeking volunteers for our congregate meals program.

If you would like to volunteer with any of these programs or would like more information about this or any other programs please contact, Jennifer Richardson, Ashe County Volunteer Coordinator, at (336) 246-4347.

If you would like to receive this publication by email, please let us know by sending your email to [seniorcenter@generationsashe.org](mailto:seniorcenter@generationsashe.org) . Or call 336-246-4347. Thank you!



We are on the Web!!

Glenda Luther, Senior Center Director

Senior News

-Generations Ashe-

# April Senior Center News 2025

## Inside this issue:

35th Annual High Country Senior Games, National Volunteer Month, Medicare 101, SPARK the Arts

Thank you Volunteers!

Barn Quilt, Happy Easter, Cardio Drumming

Matter of Balance

Available Programs at Your Senior Center

Lunch Menu's, SPARK Creative Program

Ways You Can Help Out At Your Senior Center

Trips with Ina, Vaya Health Upcoming Webinars, Navigate the Digital World with Fred Wilson, Appalachian Senior Programs

Services, Parent to Parent Support Group, Support Groups, NC Deaf & Hard of Hearing, DAV Support

Exercise, Quilting & Sewing, Cards, Board Games, Faith Based Activities

Volunteers Needed

## NORTH CAROLINA Senior Games



### 35th Annual High Country Senior Games

The Senior Center is participating in the High Country Senior Games this year. If you are interested in participating, please stop by the front desk to pick up your registration form and return it to us. We can turn in for you. Early registration deadline is April 24th with the cost of \$15.00. If you plan to register that day, please bring payment with you. After April 24th, the cost will be \$20.00. You can also register online at: [torch.ncseniorgames.org](http://torch.ncseniorgames.org). The Senior Games Breakfast for Champions will be held on Friday, May 2nd at Appalachian Brian Estates. Opening events will be Bocce & Horseshoes at 10:00 am.



**April is National Volunteer Month.** Generations Ashe would like to "Thank" all of our volunteers. You have put in a lot of hours this past year. From our home-delivered meals drivers to our VITA Tax Aide volunteers and many others. Your caring, passion, and thoughtfulness has not gone unrecognized. Thank you for all that you do!

National Volunteer week is April 20th-26th, 2025.



NC DEPARTMENT OF  
**INSURANCE**  
SENIORS' HEALTH INSURANCE  
INFORMATION PROGRAM

**Medicare 101 Presentation with Billie Lister**, Western Regional Manager SHIIP Division on Friday, April 25th, 2025 at 11:45am.

This event is to educate those who are new to Medicare and anyone who might have questions regarding their Medicare Plans.

Medicare assistance is available on Monday - Friday at the Senior Center.



**SPARK**  
CREATIVE AGING  
PROGRAM

Due to the overwhelming response SPARK the Arts with Florence Thomas Art School is holding a 2nd Sunflower Barn Quilt Class on Monday, April 14th at 10:00 am. If you missed the sign-up for the first class you can sign-up for this one. Please stop by the Senior Center front desk or call, as space is limited.



We



Our Volunteers

National Volunteer Week is April 20-26th, 2025. Help us celebrate our Volunteers here at Generations Ashe.

Eric Bare

Ina Barnes

Elexis Barrett

Carol Bennett

Gale Bennett

Gary Bennett

Linda Bennett

Kathy Bower

Lois Brantley

Charles Caudill

Louise Caudill

Archie Corbett

Linda Coldiron

Reid Craig

Judy Davis

Docia Denny

Dale Evans

Robert Harper

Ed Jones

Thomas Korevec

Deborah Long

Janet Manchette

Joy McClure

Brenda Osborne

Dolly Osborne

Sandi Park

Midge Presnell

Joanne Reid

Thelma Roland

Ruby Sexton

Butch Siders

Pamela Stamper

Vicki Steele

Carolyn Trinkle

JC Trivette

Grover Trivett

Greg Topezewski

Luis Torres

Neal Vann

Linda Wilson

Kathy Baldwin

Lanny Ballou

Larry Ballou

Judy Bowman

Cathy Butler

Haddon Campbell

Pam Campbell

Alice Collins-Sharp

Harry Corpening

Diane Dallas

Scott Dallas

Cynthia Easley

Neil Elam

Jim Green

Laura Green

Carrie Grzymalski

Amy Heflin

Phillip Holland

David Hoyle

Barb Hyson

Paul Hyson

Gary Isaacs

Barbara Johnson

Clint Johnson

Robyn Krider

Jeff Land

Michele Lemly

Jeff Long

Becky Marsten

Kent Marsten

Nancy McKenna

Bobby Moon

Ellen Pesko

Walt Petersen

Richard Roten

Rick Scibek

Nancy Shoemaker

Judy Shemshock

Ralph Sorrell

Larry Stanley

Elisa Thompson

Shirley Vestal

Lisa West





Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00	Gym 7:30-5:00
10 Exercise w/Janet		10 Exercise w/Janet	Yoga 9:00 & 10:30	10 Exercise w/Janet
1:00 Line Dancing \$	10 Chair Yoga w/ Debbie		5:30 Cardio Drumming \$	
5:30-6:30 Zumba \$		5:30-6:30 Zumba \$		

Art, Quilting, Sewing & Basket Weaving

		8-1 Quilt Guild Class	9-12 Quilting w/ Doris	10 Coffee, Art, & Conversation
		1-4 New Quilting Girls	9-12 Cut-Ups Quilting Class	1-4 Basket Weaving w/B. Miller \$
1-4 Modern Quilting Group 3rd Mondays of the Month			2-4 Quilt Guild Meeting 2nd Thursday's of the Month	

Faith Based Activities

	10 Bible Study w/ JC Trivette	10:30 DVD Based Bible Study w/Greg T.		12:30 Happy Heart Choir
7:00 pm Ashe County Bible Study & Devotional	11:45 Gospel Singing Musicians	6:30 Appalachian Church Bible Study		

Cards, Board games & Other Games

10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook	10-12 Rook
8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards	8-5 Billiards
10-12 Game Club	1:00 Scrabble (CR1)	12:30 Cards-Samba (Women's Only)		12:30-1:30 Bingo
	9:30-3:00 Ladies Bridge Group			12:30-3 Mahjong Card Game

Drop In's 8:00-5:00 M-F

Horseshoes

Shuffleboard

Book Exchange

Computer Lab

Exercise Room

Walking Trail

Chair Volleyball

Piano

Billiards

Bingo

Rook

CornHole

\$ Fee Associated with Class



## SERVICES



For an appointment:

1-828-322-9323

Or 336-838-8886

Wednesday & Thursday 9-4

By appointment only

Now helping veterans with their hearing needs through Community Cares

### PARENT TO PARENT

Family Support Network

High Country

Ashe County Coffee Connection Caregiver Group

Meetings are the Last Tuesday of the Month from 6-8 pm

Child Care Provided, Pizza and drinks for the kids.



Michael Brown from the DAV will be here at the senior center every Tuesday from 10:00 -12:00 noon to help assist veterans with VA Claims. He will also help veterans and veterans families who are in need.

### Support Groups



Caregiver Support Group @ Generations Ashe

3rd Wednesdays of the Month @ 9:00 am

Helping Hands Grief Support at the Senior Center

2nd & Last Thursdays of the Month from 3-5:00

R.A.P.P. (Relatives as Parents Program) 3rd of Thursday's of the Month



### A.S.H.E.

A Safe Home for Everyone

2nd Friday of the Month from 10-11:30

Supportive Journal Group for Survivors, Family Members, and Caregivers of Sexual Violence



Services for the Deaf and the Hard of Hearing  
HEALTH AND HUMAN SERVICES



Jessica Sanders with the North Carolina Deaf and Hard of Hearing is here at the Senior Center every 2nd Tuesday of the month.

## BARN QUILT CLASS

2 - day class

April 28th, 2025  
10am-4pm  
April 30th, 2025  
1-5pm  
\$125 per person  
(includes all supplies and materials)

SPACES ARE LIMITED  
SIGN UP TODAY

Join us as we create a 2X2 barn quilt.  
Registration Deadline: April 21st. For more information, call 336-246-4347.



Come join in on the Fun for a 2-day

### Barn Quilt Class!

Taught by Cindy Strickland

(Springhill Barn Quilts)

Monday, April 28th, 10am-4pm

&

Wednesday, April 30th, 1-5pm

You will design and PAINT your own 2x2 Barn Quilt! Each Barn Quilt is painted on professional grade sign-board using exterior paints. At the end of the class, your Barn Quilt is ready to hang outside on your garage, shed, barn or your favorite spot in the house! Come paint the quilt block of your choice.

\$125.00 ALL SUPPLIES for your Barn Quilt are INCLUDED

(Wear an apron or old shirt and bring your hair dryer)

Class location is at Generations Ashe Senior Center,

180 Chattyrob Lane, West Jefferson, NC 28694

Call Generations Senior Center to sign-up at 336-246-4347



## CARDIO DRUMMING



COMING SOON

Call Generations Ashe for more information or to sign-up  
336-246-4347



"May the spirit of Easter bloom in your heart like spring flowers."





# DO YOU HAVE **concerns** about **falling?**



**A MATTER OF  
BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

## **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



**Generations**  
— ASHE —  
*Where Age is Just a Number*

**180 Chattyrob Lane  
West Jefferson, NC 28694**

**KICKS OFF April 22<sup>nd</sup> through  
May 15<sup>th</sup>, 2025  
Tuesdays and Thursdays  
1:30 pm TILL 3:30 pm**

Classes are held twice a week for 4 weeks for 2 hours each.

**FREE**

**For more information or to register for the class stop by the Senior Center Desk or call  
Generations Ashe Senior Center  
At  
336-246-4347**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

*Ina's Travel Club 2025 trips.*

**June 23-27 Savannah, Jekyll Island,  
& Beaufort, SC, \$725 pp dbl,  
Deadline is April 16th**



**August 9-17, New Hampshire & the  
White Mountains, \$1299 pp dbl,  
Deadline June 2nd**

**If you are interested in going on any of these trips, please call the senior center to sign up. \$75 Deposit is required at the time of sign-up. 35 individuals are needed for these trips to go. If you need more information please contact Ina Barnes: 336-940-9043.**



**VAYA Health 2025 Webinar  
schedule is now available.**

## **April Webinars:**

### **April 11th, 2025**

**10-11am Bipolar Disorder: Creating Balance  
11:15-12:15am Facing the Emotional Challenges  
of Chronic Illness**

### **April 15th, 2025**

**1:30-2:30pm Bipolar Disorder: Creating Balance  
2:45-3:45pm Facing the Emotional Challenges  
of Chronic Illness**

**To register: go to [Vayahealth.com/calendar](https://vayahealth.com/calendar)  
Click on desired class to register.**

**For more information:**

**Email: [jefferydula-brown@vayahealth.com](mailto:jefferydula-brown@vayahealth.com)**

**Or call: 828-225-2785 ext. 3346**

## **NAVIGATE THE DIGITAL WORLD WITH FRED WILSON**



Group classes and one-on-one sessions in:

- Basic Digital Skills
- Email, text, and password security
- Learn to recognize and avoid digital scams
- Find the lowest cost internet service plan
- Get to know your smartphone or tablet
- What to look for when shopping for a computer
- Acquire low cost smartphones & computers
- Prepare for telehealth appointments
- Learn to use health care portals, such as MyChart
- Tech setup including Smart TVs and internet access

**Tech Days will be offered on the 4th Monday's of the month at the Senior Center from 11-1 pm.**

**Phishing and Spoofing Presentation on April 11th at 11:45 am.**



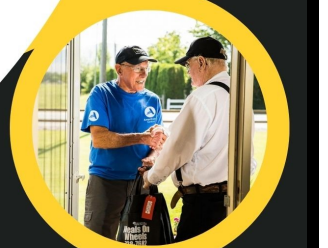
180 Chattyrob Lane,  
WJ, NC 28694  
Contact Us @  
336-246-4347

## **APPALACHIAN SENIOR PROGRAMS**



Appalachian Senior Programs (ASP) is a volunteer driven organization primarily funded by AmeriCorps Seniors which provides companionship, guidance and assistance to children and older adults in the local area through two different grant-funded programs; the Foster Grandparent program and the Senior Companion program.

Please join us on April 9th, 2025 at 11:40 at Generations Ashe Senior Center for a presentation on this program with Debbie Wellborn.



### **CONTACT US:**

**Generations Ashe Senior Center  
180 Chattyrob Lane  
West Jefferson, NC 28694**

Phone: 336-246-4347

[appsenioprograms@appstate.edu](mailto:appsenioprograms@appstate.edu)

**Generations Ashe Senior Center has lockers for rent on a monthly and 6 month bases. If you are interested in renting a locker, please see someone at the senior center front desk.**



## Ways You Can Help Out At Your Senior Center

### FINANCIAL SUPPORT

#### LEGACY GIFT PROGRAM

Generations Senior Center is committed to bring quality programs and services to older adults in Ashe County. It is also our mission to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home. Most if not all of our services are provided to our older adults at no charge. We are also committed to planning ahead to meet future needs of our senior centers needs. To do this, donations are needed and appreciated. Legacy gifts are our term for these charitable contributions that help in both the long and short term. Individuals and organization can contribute in the following areas:

**Outright Gifts:** - donations of cash, property or certain securities

**Bequests** - name Generations Senior Center in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate

**Insurance Policy Beneficiary** - Name Generations Senior Center as beneficiary of death benefit

**Retirement Plan/IRA** - Name Generations Senior Center as beneficiary of death benefit

Endowment Fund - Make any of the above gifts through the Generations Senior Center or through our Foundation to provide permanent financial support from programs and services

Please contact us for more information about donating to Generations Senior Center. Legacy Gifts received will be recognized on our wall in the Senior Center on the Family Tree wall.

***Donations are tax deductible.***



### VOLUNTEERING

**SHIIP Program** - Seniors' Health Insurance Information Program

SHIIP Coordinator: Glenda Luther

The Senior Health Insurance Program (SHIIP) is a division of the NC Department of Insurance. They train coordinators and volunteers at partnering agencies across the state to provide free, unbiased counseling about Medicare in the community. Come join our team in helping others navigate through Medicare. Volunteers will need to complete an initial online training & attend quarterly trainings. Volunteers must perform at least 40 hours of service each year and stay current in Ship Talk.

**Tax Aide Volunteers** - VITA Tax Program Coordinator - Glenda Luther

Volunteers help fill out taxes with IRS software from Feb. 1st—Apr. 15 each year. They are trained in the new tax laws each year. The training that VITA volunteers undergo helps prevent the IRS from performing additional verification and reduces the time taxpayers spend to get tax filing mistakes corrected. If you would like to volunteer, please come by the senior center and speak to Glenda Luther.

**Home Delivered Meals Volunteers** - Volunteer Coordinator—Jennifer Richardson

**Our Home Delivered Meals Program is in need of drivers to volunteer to deliver meals to those that are homebound. You will ride with someone until you learn the route. You can volunteer 1 or 2 days a week or more, a couple of hours a day.**

**Senior Center Volunteer Needs:**

Home Delivered Meal Drivers, Exercise Trainer, SHIIP Program, Arts & Crafts, Line Dancing, Jewelry Making, Couponing, Flower Arranging, Stained Glass, Journaling (Leaving your legacy).

## Available Programs at Your Senior Center

#### Mission Statement

The mission of the Generations Senior Center is to provide services, activities, socialization and intergenerational opportunities to older adults of Ashe County that enhance their dignity and help them maintain their independence at home.

#### Vision Statement

To foster community power by mobilizing the strengths and resources of seniors and community leaders in a community empowered to welcome life's opportunities for seniors. It is believed that the needs of older adults can best be met by the efforts of interested public and private citizens working together toward this goal. Therefore, it shall be the philosophy of this organization that the needs of older adults, are to be found, recognized and reviewed and that every effort shall be made to promote health and well being within the means and abilities available thorough the senior center.

### SERVICES AVAILABLE

**ACTA - Transportation Shuttle Services Available at Senior Center!**

If you are 60 or older and live within the Jefferson/West Jefferson City Limits. The Senior Center can provide tickets for you to ride the shuttle free of charge. If you would like more information on how to apply for this service please contact the senior center at 336-246-4347.

Note: Must apply in person at the Senior Center, cannot apply over the phone and no one can apply for some one else.

**Meals on Wheels/Home Delivered Meals** - Have trouble making your own meals? Call Generations Ashe and see if you qualify for our Home Delivered meals program and see if we can provide to your area. Call 336-246-4347.

#### Other Services

**Medi-Home Health Promotions w/ Rachael Johnston—Blood Pressure Checks—2nd Monday's of the month**

**Center Well Home Health—Blood Pressure Checks—2nd Thursday's of the month**

### SHIIP INFORMATION

#### The Road to Medicare

It is very important for everyone becoming eligible for Medicare to get accurate information about coverage and delivery options, including supplemental health insurance, Medicare health plans and prescription drug coverage. Attention to these issues will help you avoid serious and costly problems later.

The Senior's Health Insurance Information Program (SHIIP) provides FREE, unbiased information about Medicare and other insurance related issues, and the Senior Center has SHIIP volunteers to help you navigate the world of Medicare.

SHIIP has created a handout "The Road to Medicare: Planning Your Drive Toward 65." It outlines the decisions you'll need to make and what options are available through the Medicare System.

The Road to Medicare handout includes the following:

- \* **Caution: Slippery Road Ahead** - Ways to Prepare for Medicare
- \* **Green Light: Enrollment** - When and how you need to enroll in Medicare
- \* **Detour: Working Past 65** - Information for beneficiaries who plan to work beyond age 65
- \* **Which Way to Supplemental Coverage?** - Choices in health insurance to supplemental Medicare
- \* **Stop: Get Help** - Resources for further information and assistance on the road to Medicare

Please don't wait to make your Medicare decisions. Please contact Generations Senior Center and speak with a certified SHIIP Volunteer Counselor to discuss your Medicare options. For those who are new to Medicare or if you have questions about Medicare, please call the senior center to arrange an appointment with a SHIIP Volunteer Counselor, contact the Senior Center at 336-246-4347.

**8-4 Mon—Fri**

**Medicare Part D, Supplements & LIS Assistance**





April 1<sup>st</sup> – April 30<sup>th</sup>, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Nutrition April 11<sup>th</sup>, 2025</i>	1 Meatloaf Steamed Rice Steamed Broccoli Devil's Food Cake Roll	2 Baked Chicken Tenders Lima Beans Steamed Squash w/ onion Brownie Roll	3 Pinto Beans Stewed Tomato Cole Slaw Peach Cobbler Cornbread	4 Hamburger Patty w/gravy Boiled Red Potato Steamed Green Beans Yellow Cake Roll
7 Baked Chicken Leg Mashed Potato Steamed Green Beans Brownie Roll	8 Pork Tenderloin w/gravy Lima Beans Pickled Beets Fruit Cocktail Roll	9 Meatloaf Mashed Potato Steamed Mixed Vegetables Pineapple Roll	10 Baked Tilapia Filet Whole Kernel Corn Cole Slaw Yellow Cake Cornbread	11 Chicken Salad Potato Salad Carrot Raisin Salad Grape Tomato Peaches Unsalted Crackers
14 Hamburger Steak w/gravy Steamed Rice Steamed Mixed Vegetables Peaches Roll	15 Baked Chicken Tender w/gravy Mashed Potato Steamed Green Beans Yellow Cake Roll	16 Pinto Beans Steamed Cabbage Stewed Tomato Peach Cobbler Cornbread	17 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crookneck Squash Applesauce Roll	18 Whiting Fish Filet Whole Kernel Corn Slaw Peaches Baked Hushpuppy <i>CLOSED</i> <i>GOOD</i> <i>Friday</i>
21 Baked Chicken Breast Boiled Red Potato Steamed Green Beans Brownie Biscuit	22 BBQ Pork Whole Kernel Corn Cole Slaw Pineapple Roll	23 Spaghetti w/ meat sauce Tossed Salad Salad Dressing Peaches Roll	24 Salisbury Steak w/gravy Mashed Potato Steamed Mixed Vegetables Berry Cobbler Roll	25 Ham Salad Macaroni Salad Copper Pennies Grape Tomato Fruit Cocktail Roll
28 Baked Pork Patty Green Peas Carrots Devil's Food Cake Roll	29 Meatloaf Steamed Rice Steamed Broccoli Devil's Food Cake Roll	30 Baked Chicken Tenders Lima Beans Steamed Squash w/ onion Brownie Roll	<i>Happy Easter!</i>	

Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.  
Menu is subject to change due to availability of product.

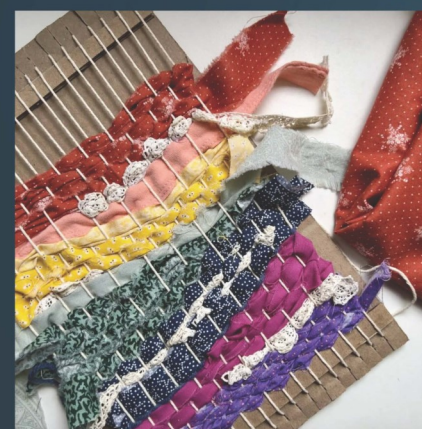
\*Generations Ashe is an equal opportunity employer and provider.\*

Florence Thomas **ART** SCHOOL

# SPARK CREATIVE AGING PROGRAM



With a generous donation from the Haven Foundation, Florence Thomas Art School is relaunching the SPARK Creative Aging Program that engages older adults in the arts to promote social connection and self expression that combat social isolation as we age.



Join us every first  
Monday of the month in  
2025 from 1-2:30pm at  
Generations Ashe!

January 6: Heart Collage  
February 3: Watercolor Painting  
March 3: Close Looking & Storytelling  
April 7: Sunflower Barn Quilt  
May 5: Movement & Dance  
June 2: Fiber Landscape  
July 7: Abstract Painting  
August 4: Labyrinth and Journaling  
September 8: Loom Weaving  
October 6: Pinch Pots  
November 3: Nature Mosaic Suncatcher  
December 1: Poinsettia Barn Quilt

**SPACE IS LIMITED – BOOK YOUR PLACE NOW**

Contact Generations Ashe to register!  
(336) 246-2461  
info@generationsashe.org

