



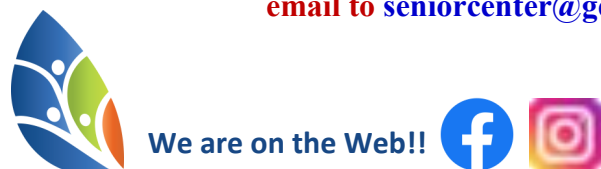
**Ashe County Volunteer Program is in need of Volunteers!**  
Are you retired and tired of sitting at home and looking at the same four walls? Generations Senior Center along with the Ashe County Volunteer Initiative Program is in need of volunteers.

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

may

Senior Center News

2025

**Inside this issue:**

May is Older Americans Month, 35th Annual High Country Senior Games, National Senior Health & Fitness Day

Senior Center Annual Health Fair

Closed for Memorial Day, Cardio Drumming, Happy Mothers Day

Ashe Orthopedic Presentation, Thank You Volunteers

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, Yard Sale

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



FLIP THE SCRIPT ON AGING: MAY 2025

May is Older Americans Month. This is an annual event dating back to 1963 when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring Older Americans and celebrating their contributions to our communities and our nation. The national theme for this year's Older American Month is "Flip the Script on Aging". To celebrate, the Senior Center will ne holding many activities. We will ne holding a Health Fair on Wednesday, May 14th, 2025 from 9:00 am until 1:00 pm at no cost to you. There will be free blood pressure checks and much more. We will have booths with lots of good information for older adults. Those who attend will have the opportunity to win a door prize. We will also have the Shred-It Truck here to dispose of your sensitive mail from 9:00 am -3:00 pm.



**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



**National Senior Health & Fitness Day**

"Move Today for a Better Tomorrow" the theme for this year's Senior Health & Fitness Day.

Generations Senior Center will hold our annual senior health & fitness day on Wednesday, May 28th, 2025 from 10-12 noon. Many activities will be available to enjoy, such as the fun walk, corn hole, horse shoes, croquet, badminton, and more. We will have healthy snacks and water for everyone. Please join is in celebrating Senior Health & Fitness Day!

# HEALTH FAIR

Wednesday, May 14th, 2025

9:00am - 1:00pm

Generations Ashe Senior Center

ENTER TO WIN DOOR PRIZES!!

SHRED-IT will be onsite from 9am - 3pm. Bring your confidential documents that need to be shredded!



### Health Information Includes:

- Generations Ashe
- Home Health Care
- A Safe Home for Everyone
- Best Value Hearing
- Fall Prevention
- Appalachian Senior Programs
- Health Department
- VAYA Health
- Independent Living
- CenterWell
- SHIIP Program
- VA Representative
- And Much More!

180 Chattyrob Lane, WJ, NC 28694  
336-246-4347

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 class	10 Coffee, Art, & Conversation
1-4 Modern Quilting Group 3rd Mondays of the Month			9-12 Cut-Ups Quilting Class	1-4 Basket Weaving w/B. Miller \$
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 (1st Monday's of the Month)	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.*

## SENIOR CENTER CLOSED

May 26, 2025

## MEMORIAL DAY

REMEMBERED AND HONORED

## CARDIO DRUMMING

COMING SOON

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

"A mother's love is patient and forgiving when all others are forsaking, it never fails or falters, even though the heart is breaking." - Helen Rice

Sunday, May 11th, 2025

## Happy Mother's Day!

If you are in need of a watch battery replacement or repair, Ted Urbanek is your guy. For more info please contact the senior center front desk.

## Ashe Orthopedic Surgery & Sports Medicine Presentation

Dan Caputo is a certified physician assistant with more than 15 years of experience in Orthopedic and Trauma Surgery. Dan earned his bachelor's and master's degree in sports science and athletic training from Long Island University in Brooklyn, N.Y., in 2001. In 2007, he earned his bachelor's degree in physician assistant studies from York College in Queens, N.Y.

Services offered at Ashe Orthopedic Surgery & Sports Medicine:

- General Orthopedic Surgery
- Sports Medicine
- Adult Reconstruction including Osteotomies
- Total Joint Replacement (Knee, Hip and Shoulder)
- Arthroscopy (Knee, Shoulder, Elbow and Ankle)
- Regenerative Chondroplasty
- Trauma and Fracture Care
- Chronic Conditions



Please join us on Monday, May 19<sup>th</sup>, 2025 at 11:45 to hear Dan present on Arthritis in the Knees. If you have any questions, please contact the senior center. 336-246-4347

## Ashe County Volunteer Initiative Awards Ceremony

The 40th Annual Ashe County Commissioners' Volunteer Awards Ceremony was held on Thursday, April 17th at the Ashe County High School. Karen Powell was the Emcee and helped us recognize 1100 volunteers.

Ashe County owes a great deal of appreciation to all those who volunteer their time and talents in so many ways to make our county a better place to live and work.

On behalf of the Ashe County Volunteer Advisory Board, we want to say 'Thank You' to all of the wonderful volunteers in Ashe County and to everyone who helped make this event possible. If you are interested in volunteer opportunities, contact Jennifer Richardson, Ashe County Volunteer Coordinator at 336-246-4347



Front Row: Jennifer Richardson, Sheila Ahrens, Dave Ahrens, Terry Monroe, Kristin Howell, Andrea Witherspoon, Dalton Nethery, Tania Rollins, Zoey Lemly

Back Row: William Sands, Mike Eldreth, Russell Killen, Adam Stumb, Wes Greene, Todd McNeill, Kimberly Finnie, Jerry Powers, Wendy Vannoy, Caroline Renfro, Dan Simms, Hannah Marsh, Chloe Henson, John David Lea, Ellie Lemly, Karen Powell, Luke Tracey



## Ina's Travel Club 2025 trips.

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.

You can sign-up at the senior center front desk, packets for the trips will be available soon for pick up.

336-246-4347



VAYA Health 2025 Webinar schedule is now available.

## May Webinars:

### May 9th, 2025

10-11am An Overview of Mental Health Part 1  
11:15-12:15pm An Overview of Mental Health Part 2

### May 10th, 2025

1:30-2:30pm An Overview of Mental Health Part 1  
2:45-3:45pm An Overview of Mental Health Part 2

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

Medical ID Presentation  
May 2<sup>nd</sup>, 2025 at 11:30 am

Tech Days will be offered on the 4th Monday's of the month at the Senior Center from 11-1 pm. Next Tech Day is May 19<sup>th</sup>, 2025 from 11-1 pm.



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

## Generations ASHE Yard Sale

Open from 8 am till 4 pm  
Thursday & Friday  
May 29<sup>th</sup> - May 30<sup>th</sup>, 2025  
180 Chattyrob Lane, WJ, 28694

**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**



May 1<sup>st</sup> – May 31<sup>st</sup>, 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Nutrition May 9<sup>th</sup>, 2025</i>	<b>HAPPY</b> <i>Mother's Day</i>		1 Pinto Beans Stewed Tomato Cole Slaw Peach Cobbler Cornbread	2 Hamburger Patty w/gravy Boiled Red Potato Steamed Green Beans Yellow Cake Roll
5 Baked Chicken Leg Mashed Potato Steamed Green Beans Brownie Roll	6 Pork Tenderloin w/gravy Lima Beans Pickled Beets Fruit Cocktail Roll	7 Meatloaf Mashed Potato Steamed Mixed Vegetables Pineapple Roll	8 Baked Tilapia Filet Whole Kernel Corn Cole Slaw Yellow Cake Cornbread	9 Chicken Salad Potato Salad Carrot Raisin Salad Grape Tomato Peaches Unsalted Crackers <i>Happy Mother's Day</i>
12 Hamburger Steak w/gravy Steamed Rice Steamed Mixed Vegetables Peaches Roll	13 Baked Chicken Tender w/gravy Mashed Potato Steamed Green Beans Yellow Cake Roll	14 Pinto Beans Steamed Cabbage Steamed Tomato Peach Cobbler Cornbread	15 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crookneck Squash Applesauce Roll	16 Baked Whiting Fish Filet Whole Kernel Corn Slaw Pears Baked Hushpuppy
19 Baked Chicken Breast Boiled Red Potato Steamed Green Beans Brownie Biscuit	20 BBQ Pork Whole Kernel Corn Cole Slaw Pineapple Roll	21 Spaghetti w/ meat sauce Tossed Salad Salad Dressing Peaches Roll	22 Salisbury Steak w/gravy Mashed Potato Steamed Mixed Vegetables Berry Cobbler Roll	23 Ham Salad Macaroni Salad Copper Pennies Grape Tomato Fruit Cocktail Roll
26 Baked Pork Patty Green Beans Carrot Devil's Food Cake Roll <b>CLOSED</b> <i>Closed for Memorial Day</i>	27 Meatloaf Steamed Rice Steamed Broccoli Devil's Food Cake Roll	28 Baked Chicken Tenders Lima Beans Steamed Squash w/ onion Brownie Roll	29 Pinto Beans Stewed Tomato Cole Slaw Peach Cobbler Cornbread	30 Hamburger Patty w/gravy Boiled Red Potato Steamed Green Beans Yellow Cake Roll

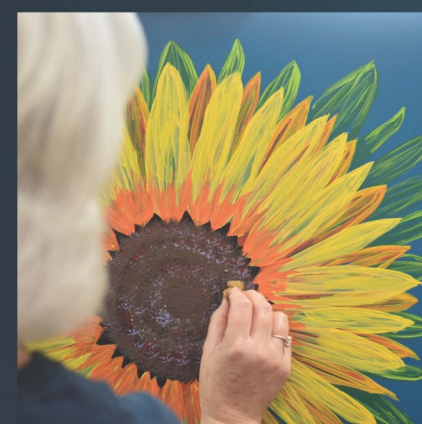
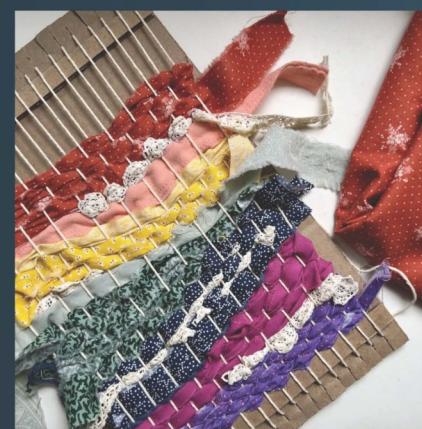
Dessert may be a choice of canned fruit, fresh fruit in season, cake, brownie, pudding or yogurt as available.  
Menu is subject to change due to availability of product.

\*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](mailto:info@generationsashe.org)

