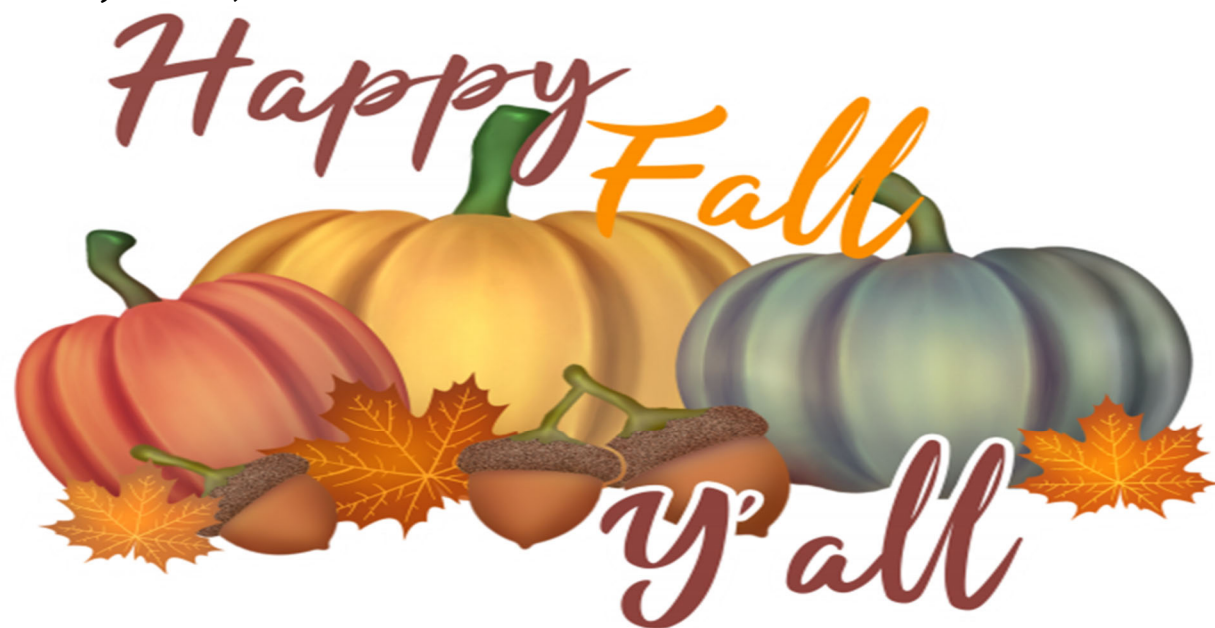




Ashe County Volunteer Program

Volunteers are needed to help at the Happy Trails Music & Food Fest on Saturday, September 19th, at the American Legion Ball Field in Lansing, NC. If you would be interested in helping, contact Jennifer Richardson at 336-246-4347 or jenniferrichardson@ashecountygov.com. All proceeds from this event will go to the Happy Trails Cowboy Church, as they continue raising money for construction of their new church facility.

The Blue Ridge Brutal was held on Saturday, August 15, 2026 with almost 400 riders. This annual fundraising event for the Ashe Advantage Project raises money for scholarships for our graduating seniors and could not happen without the help of 100+ volunteers. I'd like to send out a special "Thank You" to everyone who volunteered and made this another successful event.

St. Jude Children's Research Hospital

St. Jude specializes in care for pediatric patients, all while investing in resources & technologies for cutting-edge scientific research. Families NEVER receive a bill from St. Jude for treatment, travel, housing, or food, so they can focus on helping their child live.

Due to repairs to the Lansing Creeper Trail Park, the St. Jude's Family Fun Day event scheduled for September 19th has been canceled for this year. While we are saddened by this, we are not letting it stop us from continuing to raise funds for St. Jude's. We are partnering with WSKS on Friday, September 18th to do an all-day pledge drive for St. Jude's. If you would like to make a donation, checks can be made out to St. Jude's and mailed to P.O. Box 326 Lansing, NC 28643. Thank you for supporting this great cause!

Jennifer Richardson

Ashe County Volunteer Initiative
336-246-4347
jenniferrichardson@ashecountygov.com



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

We are on the Web!!



Glenda Luther, Senior Center Director

Senior News

September Senior Center News 2026

Inside this issue:

September is Fall Prevention Month

First Day of Fall, Feather Mountain Massage, Schuster Physical Therapy, CenterWell Presentation, Upcoming Classes

Yard Sale, SPARK the Arts Hand Building with Clay Workshop, & SPARK the Arts Water Color Workshop, Closed for Labor Day-Happy Labor Day

Save the Date-Murder Mystery Dinner Theatre

Available Programs at Your Senior Center

Free Medicare Seminar-State Retiree and Medicare Updates, Lunch Menu

Ways You Can Help Out At Your Senior Center

Trips with Ina, Vaya Health Upcoming Webinars, Navigate the Digital World with Fred Wilson, September is Health Aging Month

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

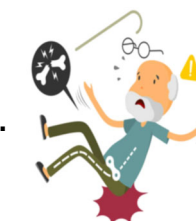
Exercise, Quilting & Sewing, Cards, Board Games, Faith Based Activities

Volunteer Updates

September is Fall Prevention Month with September 21st - 25th being Fall Prevention week. Among older adults, falls are the leading cause of injury deaths, unintentional injury, and hospital admissions for trauma.

According to the U.S. Centers for Disease Control and Prevention:

- Fourteen million, or 1 in 4 Americans age 65+, fall each year.
- Falls are the leading cause of fatal and non-fatal injuries among older adults.
- In 2021, falls caused 38,000 deaths among those age 65+, and emergency departments reported 3 million visits due to older adult falls.
- The cost of treating injuries caused by falls among older adults is projected to increase to over \$101 billion by 2030.
- Among older adults who fall, over half receive care in a hospital; the estimated annual average cost per inpatient visit for falls injuries is \$18,658 and \$1,112 per emergency department visit.
- Based on data from 2020, the total health care cost of non-fatal older adult falls is \$80 billion per year, up from \$50 billion in 2015. Sixty-seven percent of fall-related cost are paid for by Medicare, 4% by Medicaid, and 29% is paid privately/out-of-pocket by older adults and families.



Falls, with or without injury, also carry a heavy quality of life impact. A growing number of older adults fear falling and, as a result, limit their activities and social engagements. This can result in further physical decline, depression, social isolation, and feelings of helplessness. To recognize this critical issue, the Senior Center has several evidence based programs that can help people at any age be more stable and less fearful of falling. We are currently holding A Tai Chi for Arthritis and Fall Prevention class until the end of September. We will have an information table set up in the lobby the whole month of September to help aid you in making your home fall free and safe. Please go by the information table and get information on how you can prevent falls in your home and more.

Please join us for our fall prevention presentations listed in this newsletter.

Fall Prevention Week: Tai Chi Demo, A Matter of Balance Exercises Demo, Spot the Hazards with Glenda Luther, and a Falls Prevention Basket Raffle.

Study up on your falls prevention for some giveaways.





Nicholas Vannoy owner and operator of Feather Mountain A&M will be here on Friday, September 11, at 11:30.

In this presentation, Nicholas answers the questions he frequently hears from working with older adults regarding massage therapy. Seniors who are interested in receiving massage will become more informed about and confident in seeking out massage services in order to meet their unique needs.

New Classes Coming to the Senior Center

Learn How to play Mahjong
Monday's 1-3 (CR 2)
Starting August 31st –October 26th

Kingdom Basics Bible Study
Wednesday's & Friday's
September 9th , 11th, 16th, &18th
1-2 pm (MPR)

Les Miller
Fall into Gardening
September 21st, 2026 at 10:00 am (CR 1)
Sign up at front desk Cost is \$5.00



Jacob Culler, PT, DPT from Schuster Physical Therapy will be here on Thursday, September 24th, 2026 at 11:40, 2026 to do a Falls Prevention Presentation. Please join us and learn how you can prevent falls in the home and outside.



Robin Tobin from CenterWell will be here on Thursday, September 10th 2026 at 11:30 to do a Safe Strides presentation. Through Safe Strides, CenterWell Home Health clinicians evaluate the patient's medical condition, functional status and ability to perform self-care to identify contributors to balance impairment and fall risk. They will then develop and individualized care plan-incorporating skilled nursing care, physical therapy and occupational therapy as needed.

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 \$	
2-5 Ballroom Dancing \$ By Appt. Only	6-8 Line Dancing \$			
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			12:30 Happy Heart Choir
	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:

1-828-979-0464

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.

Cell: 1-828-406-0980

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.

Generations ASHE

Yard Sale

Open from 8 am till 4 pm
Thursday & Friday
September 24th - 25th, 2026
180 Chattyrob Lane, WJ, 28694

SPARK CREATIVE AGING PROGRAM

WATERCOLOR WORKSHOP

The SPARK Creative Aging Program engages older adults in the arts to promote social connection and self expression that combat social isolation as we age.

MONDAY, OCTOBER 5 | 1-2:30PM
GENERATIONS ASHE

Florence Thomas ART SCHOOL

Contact Generations Ashe to register!
(336) 246-4347
info@generationsashe.org

Generations ASHE

SPARK CREATIVE AGING PROGRAM

The SPARK Creative Aging Program engages older adults in the arts to promote social connection and self expression that combat social isolation as we age.

HANDBUILDING with CLAY

Monday, September 14
1 - 2:30pm

with Pat Kincheloe-Morrison

Contact Generations Ashe to register!
(336) 246-4347
info@generationsashe.org

Florence Thomas ART SCHOOL

Generations ASHE

Generations Ashe Senior Center will be Closed Monday, September 7th, 2026.

Have a wonderful weekend! —★—

HAPPY LABOR DAY

—★—



Save the Date

MURDER MYSTERY Dinner Theatre

A murder has been committed... and we need your help to solve the case.

OCT 17, 2026

**MATINEE 2:00 PM
& DINNER 6:30 PM**

180 Chattyrob Lane, WJ, NC 28694

For more Information Call:
336-246-4347

Dinner, Drinks, & Dessert
Additional clues will come.



Ina's Travel Club 2026 trips.



Memphis—Home of Elvis and the Blues
\$810 pp/Double Occupancy
6 Days & 5 Nights
October 5th-10th, 2026

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



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

N.C. Department of Insurance • Mike Causey, Commissioner
855-408-1212 (toll free) • www.ncdoi.com

SEPTEMBER IS HEALTHY AGING MONTH

Now is the time to focus your attention on the positive aspects of growing older.

Talk to your doctor about health screenings in September.

If you or someone you love is on Medicare, take advantage of Medicare-covered preventive services.

Medicare covers a number of preventive services to help keep people with Medicare healthy, including mammograms, cardiovascular screenings and a yearly wellness visit.

Ask a SHIIP counselor for more information.

FOR MORE INFORMATION CONTACT: GLENDA LUTHER @ 336-246-4347



VAYA Health 2026 Webinar
schedule is now available.

September Webinars:

September 11th, 2026

10-11am Facing Substance Use and Misuse in Your World
11:15-12:15 Suicide and Aging...Conversations for Life!

September 15th, 2026

1:30-2:30 pm Facing Substance Use and Misuse in Your World
2:45-3:45 pm Suicide and Aging...Conversations for Life!

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

Or call: 828-463-8369

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

Next Tech Day is
September 18th, 2026
from 11-1 pm.



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



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.

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.

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. Our volunteers can help you navigate through Medicare. Appointments can be made Monday-Friday from 8-4pm and they can assist you with Medicare Part D plans, Supplements and LIS Applications.



FREE MEDICARE SEMINAR

SHIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIP will be conducting a free seminar entitled:

State Retiree Health Plan and Medicare Updates Seminar

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

Friday, September 25th, 2026

5:30pm-dinner included free for registered participants

Generations Ashe Senior Center

**180 Chattyrob Lane
West Jefferson, NC**



To register, call:
336-246-4347
For additional information, contact:
Glenda Luther-Generations Ashe

1-855-408-1212 • www.ncshiip.com
North Carolina Department of Insurance
Mike Causey, Commissioner

SEPTEMBER

September 1st – September 30th, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
 Monday, Sept 7, 2026	1 Baked Chicken Tender w/gravy Mashed Potatoes Steamed Green Beans Yellow Cake Roll	2 Pinto Beans Steamed Cabbage Stewed Tomato Peach Cobbler Cornbread	3 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crookneck Squash Applesauce Roll	4 Baked Whiting Fish Filet Whole Kernel Corn Slaw Pears Baked Hushpuppy Roll
7 Baked Chicken Breast Boiled Red Potato Steamed Green Beans Brownie Biscuit	8 BBQ Pork Whole Kernel Corn Cole Slaw Pineapple Roll	9 Spaghetti w/ Meat Sauce Tossed Salad Salad Dressing Peaches Roll	10 Salisbury Steak w/gravy Mashed Potato Steamed Mixed Vegetables Berry Cobbler Roll	11 Ham Salad Macaroni Salad Copper Pennies Grape Tomato Fruit Cocktail Roll
14 Baked Pork Patty Green Peas Carrots Devil's Food Cake Roll	15 Meatloaf Steamed Rice Steamed Broccoli Florets Yogurt Roll	16 Baked Chicken Tenders Lima Beans Steamed Squash w/onion Brownie Roll	17 Pinto Beans Stewed Tomato Cole Slaw Peach Cobbler Cornbread	18 Hamburger Patty w/gravy Boiled Red Potato Steamed Green Beans Yellow Cake Roll
21 Baked Chicken Leg Mashed Potato Steamed Green Beans Brownie Roll	22 Pork Tenderloin w/gravy Lima Beans Pickled Beets Fruit Cocktail Roll	23 Meatloaf w/ gravy Mashed Potato Steamed Mixed Vegetables Pineapple Roll	24 Baked Tilapia Filet Whole Kernel Corn Cole Slaw Yellow Cake Cornbread	25 Chicken Salad Potato Salad Carrot Raisin Salad Grape Tomato Peaches Unsalted Crackers
28 Hamburger Steak w/gravy Steamed Rice Steamed Mixed Vegetables Peaches Roll	29 Baked Chicken Tender w/Gravy Mashed Potatoes Steamed Green Beans Yellow Cake Roll	30 Pinto Beans Steamed Cabbage Stewed Tomato Peach Cobbler Cornbread		<i>Nutrition September 7th, 2026</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.