



Generations Senior Center
180 Chattyrob Lane
West Jefferson, NC 28694



Ashe County Volunteer Program

Stop Hunger Drive

The Ashe County Volunteer Initiative Program is holding a "Stop Hunger Drive" which will run October 1st through December 1st, 2026 and We Need Your Help! Our local food pantries can buy in bulk at lower prices than you can pay in the store, allowing them to save money on resources and get the most needed items to people facing hunger. If you would like to make a monetary donation, please make checks payable to Generations Ashe 180 Chattyrob Lane, West Jefferson, NC 28694 and write "Stope Hunger Drive" in the Memo Section. Once all donations are collected, they will be dispersed amongst our local food banks: Ashe Really Cares, Ashe Food Pantry, A Safe Home for Everyone, and Ashe Outreach Ministries.

Make A Difference Day

National Make a Difference Day is celebrated on the 4th Saturday in October. A day set aside to encourage people to volunteer and help others in their communities through acts of service, such as assisting the elderly, cleaning up public spaces, sending a note of encouragement to someone, be a mentor, donate to a charity of your choice, etc. The day emphasizes that even small gestures of kindness can create a positive ripple effect to make a difference in our community. We encourage each of you to find an opportunity in which you can spread joy, and kindness and make an impact in someone's life in our community.

The Volunteer Advisory Board has chosen to volunteer at the Ashe Outreach Fish Fry as their way of giving back. The Fish Fry is held the 1st and 3rd Friday's of each month. The mission of Ashe Outreach is to provide food through a community of efforts. Their mottos is "Giving Food, Feeding Hope."

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

-Generations Ashe-

October Senior Center News 2026

Inside this issue:

October Activities, Call for Christmas Bazaar Vendors

October is Breast Cancer Awareness Month, Riley's Upcoming Classes

Halloween Party

2027 Medicare Open Enrollment for Part D, Open Enrollment for NC State Health Plan

Available Programs at Your Senior Center

Generations Ashe Presents Dinner & a Show "Grab Your Torches & Pitchforks" , 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, October is National Breast Cancer Awareness 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

Stop Hunger Drive, Make A Difference Day



It's that time again! October is the time for some Fall Fun! Generations Ashe Senior Center will have some fall inspired activities during the week of Halloween and throughout the month.

Halloween Party w/ Costume Contest Friday, October 30th at noon
Pumpkin Lollipop Pull Friday, October 30th
Guess how many Candy Corn in the Jar All week long

Please dress up on Friday, October 30th, in your spookiest costume. We will have a prize for the best costume. Bingo and cupcakes as well as some Halloween inspired music.

Come join in on the fun that is October!!!

Generations Ashe Senior Center Annual Christmas Bazaar

Christmas Bazaar

Generations Ashe Senior Center would like to encourage you to "Save the Date" for our Annual Senior Center Christmas Bazaar Fundraiser held on Thursday and Friday, November 19th & 20th, 2026 from 8:00 am -6:00 pm. Visiting the Christmas Bazaar is a great opportunity to get a head start on shopping for Christmas gifts and supporting your local senior center. It is also a great opportunity for local vendors to display and sell their items while supporting the senior center as well, The senior center will sell your items for you without requiring you to stay. We ask for 20% commission of the selling price. If you, or someone you know, are interested in having a vendor booth at the Christmas Bazaar, please contact the senior center for more details. Our phone number is: 336-246-4347. All proceeds will go towards supporting senior center initiatives.





October is Breast Cancer Awareness Month!!!

Breast cancer is the second most common cancer diagnosed in women in the United States. Breast cancer occur in both men and women, but is more common in women. Breast cancer survival rates have increased, and the number of deaths associated with this disease is steadily declining, largely due to factors such as earlier detections, a new personal approach to treatment and a better understanding of the disease. No one knows why some women get breast cancer, but there are many risk factors; age, genes, personal factors, obesity, using hormone replacement therapy, taking birth control pills, drinking alcohol, not having children or having your first child after the age of 35, and having dense breast.

Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast, and discharge from the nipple. Breast self exams and mammography can help find breast cancer early, when it is most treatable. One possible treatment is surgery. It could be lumpectomy or a mastectomy. Other treatments include radiation therapy, chemotherapy, hormone therapy and targeted therapy. Targeted therapy uses substances that attack cancer cells with out harming normal cells.

There is no sure way to prevent breast cancer, by making healthy life style decisions can significantly reduce the risk of breast cancer and other types of cancer. These include: avoiding excess alcohol consumption, following a healthy diet with plenty of fresh fruit and vegetables, getting enough exercise, and maintaining a healthy body mass index (BMI). Women should think carefully about their options for breast feeding and the use of HRT following menopause, as these can affect the risk. Preventive surgery is an option for women at high risk.

On Thursday, October 15th, 2026 at 11:45, Dr. Ayla Kessler, a board certified oncologist will be here at the senior center to talk about Breast Cancer Awareness.

Riley’s October Schedule

Mindful Movement for Balance and Fall Resilience

Thursday, Oct 1 8:00-8:45 am
Thursday, Oct 22 8:00-8:45 am
Thursday, Oct 29 8:00-8:45 am

Strength Building and Osteoporosis Prevention

Tuesday, Oct 20 8:30-9:30 am
Tuesday, Oct 27 8:30-9:30 am

Walking Club

Wednesday, Oct 21 8:30 am
Wednesday, Oct 28 8:30 am



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 Danc- ing \$ By Appt. Only				

Art, Quilting, Sewing & Basket Weaving

		8-1 Quilt Guild Class	9-12 Quilting class	10 Coffee, Art, & Con- versation
1-4 Modern Quilt- ing Group 3rd Mon- days 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 Musi- cians	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



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

CUPCAKES, BINGO & COSTUME CONTEST

PRIZES WILL BE AWARDED FOR SPOOKIEST COSTUME!

START AT 11 AM

HALLOWEEN PARTY

100 | 30 | GENERATIONS SENIOR CENTER
180 Chattyrob Lane, W.J, NC 28694

SENIORCENTER@GENERATIONSASHE.ORG



2027 Medicare Open Enrollment for Part D

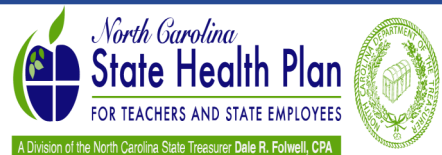
Each year, it is very important for Medicare beneficiaries to have their Part D (Drug/Prescription) plans evaluated during open enrollment. Open Enrollment is October 15th through December 7th of each year. This to make sure the current Part D plan you have will continue to be the best plan for you in the following year. All of the Part D (Drug/Prescription) plans can and usually do change each year. Those changes include what medicines they will cover, cost of premium and cost of deductible.

The Senior Health Insurance Information Program (SHIIP Program) is housed at the senior center with 8 highly trained Medicare Counselors that can help you navigate all your Medicare options.

Call today to make your appointment. Items needed for your appointment are: Medicare Card, all Medications, Cell Phone, Email, all Insurance Cards, and if we have seen you before, please bring the file that has your username and password. If we schedule you an appointment by phone, you will need to be available by phone at your scheduled time.

It is our goal to make sure we do everything we possibly can to assist you during the Annual Medicare Open Enrollment period. Please give us a call if you have other questions at 336-246-4347.

SAVE THE DATE!! Open Enrollment Presentation with Glenda Luther, Ashe County SHIIP Coordinator. Monday, October 12th, 2026 at 11:45 a.m. Glenda will go over the 2027 Open Enrollment for Part D and any changes for the upcoming year.



2027 Open Enrollment Information: Medicare Members
Open Enrollment will take place October 12th—October 30th, 2026.

As a Medicare-eligible member, you will continue to have three plan options in 2027:

- * Humana Medicare Advantage PPO & Prescription Drug Base Plans
- * Humana Medicare Advantage PPO & Prescription Drug Enhanced Plans
- * The 70/30 Plan, administered by Aetna

Open Enrollment is the time to evaluate your State Health Plan coverage and make any necessary changes. The choices you make during Open Enrollment are for benefits that will be effective January 1, 2027, through December 31, 2027.

If you are currently enrolled in a Humana Medicare Advantage Plan, you **WILL REMAIN** in that plan for 2027 and do not need to take action during Open Enrollment unless you want to be enrolled in a different plan or if you need to make any changes regarding your dependents.

You will need to **TAKE ACTION** during Open Enrollment if you are enrolled in the 70/30 Plan and do **NOT** want to be enrolled in the Humana Medicare Advantage Medicare Advantage Base PPO & Prescription Drug Base Plans or if you need to make changes regarding your dependents.

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.

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



VAYA Health 2026 Webinar schedule is now available.

October Webinars:

October 9th, 2026

10-11am Understanding Schizophrenia and Psychosis

11:15-12:15 Antipsychotics: Indications, Risks and Challenges

October 20th, 2026

1:30-2:30 pm Understanding Schizophrenia and Psychosis

2:45-3:45 pm Antipsychotics: Indications, Risks and Challenges

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



SHIIP
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM

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

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

About 1 in 8 women born today in the United States will get breast cancer. Breast cancer is the second most common cancer among women in the United States, next to skin cancer.

Some women are at higher risk for breast cancer than others because of their personal or family medical history or because of certain changes in their genes. Getting regular mammograms may lower the risk of dying from breast cancer.

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

Medicare covers a number of preventive services to help keep people with Medicare healthy.

Ask a SHIIP counselor for more information.

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

NAVIGATE THE DIGITAL WORLD WITH FRED WILSON



**Next Tech Day is
October 16th, 2026
from 11-1 pm.**

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



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

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.



GENERATIONS ASHE

PRESENTS DINNER & A SHOW

AN ASHE COUNTY LITTLE THEATRE PRODUCTION

GRAB YOUR TORCHES AND PITCHFORKS

Saturday, October 17th, 2026

2:00 MATINEE OR 6:30 DINNER SHOW



Scan the QR Code or use the link below to purchase tickets.

<https://form.jotform.com/262515318150046>

CALL GENERATIONS SENIOR CENTER

FOR MORE INFORMATION

336-246-4347



October 1st – October 31st, 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<i>Nutrition</i> <i>October 9th,</i> <i>2026</i>			1 Baked Pork Tenderloin w/gravy Baked Sweet Potato Steamed Crockneck Squash Applesauce Roll	2 Baked Whiting Fish Filet Whole Kernel Corn Slaw Pears Baked Hushpuppy Roll
5 Hawaiian Chicken Breast Steamed Rice Steamed Mixed Vegetables Pound Cake Roll	6 Spaghetti w/Meat Sauce Steamed Broccoli Rice Krispy Treat Roll	7 Beef Roast w/gravy Potato, carrot, onion cooked in beef broth Spice Cake Roll	8 Baked Pork Tenderloin Baked Beans Pickled Beets Fruit Cocktail Roll	9 Whiting Fish Filet Boiled Red Potato Cole Slaw Pineapple Baked Hushpuppy Roll
12 BBQ Pork Vinegar based Green Peas Cole Slaw Diced Peaches Baked Hushpuppy Roll	13 Lasagna w/Meat sauce Tossed Salad Salad Dressing Yellow Cake Roll	14 Great Northern Beans Stewed Tomato Mustard Greens Berry Cobbler Cornbread	15 Meatloaf Baked Yams Steamed Brussel Sprouts Brownie Roll	16 Chicken Legs Steamed Green Peas Steamed Carrots Pound Cake Roll
19 Salisbury Steak w/gravy Mashed Potato Broccoli, Carrot, Cauliflower Blend Peach Cobbler Roll	20 Pinto Beans Stewed Tomato Steamed Cabbage Pound Cake Cornbread	21 Chicken Pot Pie Steamed Rice Spice Cake Roll	22 Spaghetti w/Meat Sauce Tossed Salad w/ Salad Dressing Hot Pears w/raisin Roll	23 Lemon Pepper Tapioca Boiled Red Potato Cole Slaw Brownie Baked Hushpuppy Roll
26 Baked Chicken Tenderloins Steamed Rice Steamed Broccoli Florets Berry Cobbler Roll	27 Baked Pork Tenderloin w/gravy Candied Yams Steamed Green Beans Mandarin Oranges Roll	28 Meatloaf Mashed Potato Steamed Carrots Rice Krispy Treat Roll	29 Chicken and Dumplings Steamed Green Beans Baked Apples Biscuit	30 Chili Beans Steamed Rice White Poke Cake w/jello Roll <i>Halloween</i> <i>Party!</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.