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 Attention: Jennifer Richardson 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.

Ashe County Children's Christmas Project

The Ashe County Children's Christmas Project is gearing up for another opportunity to bring joy to the lives of needy children in Ashe County.

Led by the Ashe Baptist Association, the project has grown into a community wide effort that touches the lives of up to 1,000 children across the county. Christmas is a time of wonder and excitement for children, and every child deserves to experience the magic of the season. Each child who qualifies will receive hand selected Christmas presents along with a backpack filled with age-appropriate items like books, hygiene produces, school supplies, snacks, and toys.

Red Cards will be available for pickup beginning November 2nd, at the Ashe Baptist Association office. Gift Intake will be Nov 30th - Dec 2nd from 8:00- 4:00 at Family Central. If you are unable to shop for children, monetary donations are also accepted. They can be dropped off or mailed to Ashe Baptist Association, P.O. Box 850 Jefferson, NC 28640.

Thank you for helping keep the true spirit of love alive for the children in Ashe County! Your generosity is so appreciated!

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

-Generations Ashe-

NOVEMBER Senior Center News 2026

Inside this issue:

- Christmas Bazaar, Dinner and A Show Thank You
- Closed for Veteran's Day, Veteran's Recognition, Closed for Thanksgiving, VITA Volunteers Needed
- November Spark Barn Quilt Class, December Spark Barn Quilt Class, Fall Back Reminder, Happy Thanksgiving
- 2027 Medicare Open Enrollment for Part D, Open Enrollment for NC State Health Plan
- Available Programs at Your Senior Center
- Angel Tree , 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, November is National Diabetes 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, Ashe County Children's Christmas Project

SENIOR CENTER OF Excellence CERTIFIED BY NCDHHS Division of Aging



Generations Ashe Senior Center Annual 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 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.



On Saturday, October 17th, Generations Ashe Senior Center partnered with the Ashe County Little Theatre to present ""Grab Your Torches and Pitchforks" Dinner and a Show. The Ashe County Little Theatre put on an incredible show full of energy, enthusiasm, humor and fun interaction with everyone. Generations Ashe Nutrition Program provided a delicious meal and all proceeds from this event will go towards supporting senior center initiatives.

A huge thank you to all the volunteers who helped make this event possible as well as Ashe County Little Theatre for this partnership!









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				
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

AUDIBEL

BEST VALUE Hearing Care Center

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.

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

DAV KEEPING OUR PROMISE TO AMERICA'S VETERANS

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

NC 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 News









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 - November 6th, 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 2027 trips.

Nova Scotia, Prince Edward Island, & New Brunswick

13 Days - 12 Nights
June 7-19, 2027

$2025* per person/double occupancy
Final payment due 3/31/2027

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.

November Webinars:

November 13th, 2026

10-11am Self-Care: Learning to Live Well, Work Well Pt. 1

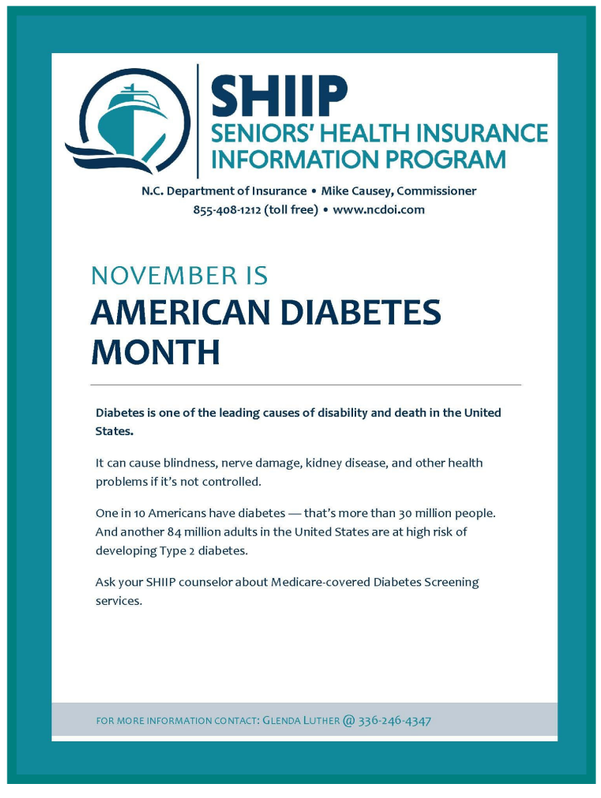
11:15-12:15 Self-Care: Learning to Live Well, Work Well Pt. 2

November 17th, 2026

1:30-2:30 pm Self-Care: Learning to Live Well, Work Well Pt. 1

2:45-3:45 pm Self-Care: Learning to Live Well, Work Well Pt. 2

To register: go to Vayahealth.com/calendar
Click on desired class to register.
For more information:
Email: jefferydula-brown@vayahealth.com
Or call: 828-463-8369





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.



Shine the light of Christmas this year to those in our community, whom we are blessed to serve, by selecting an angel from our Angel Tree.

Beginning Thursday November 19th, 2026 angels may be selected from the tree in our Generations Ashe Senior Center.

Gifts are due back by Friday, December 4, 2026

For questions or more information, call 336-246-4347.





November 1st – November 30th

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hawaiian Chicken Breast Steamed Rice Steamed Mixed Vegetables Pound Cake Roll	3 Spaghetti w/Meat Sauce Steamed Broccoli Rice Krispy Treat Roll	4 Beef Roast w/gravy Potato, carrot, onion cooked in beef broth Spice Cake Roll	5 Baked Pork Tenderloin Baked Beans Pickled Beets Fruit Cocktail Roll	6 Whiting Fish Filet Boiled Red Potato Cole Slaw Pineapple Baked Hushpuppy
9 BBQ Pork Vinegar based Green Peas Cole Slaw Diced Peaches Baked Hushpuppy	10 Lasagna w/Meat sauce Tossed Salad Salad Dressing Yellow Cake Roll	11 Great Northern Beans Stewed Tomato Mustard Greens Berry Cobbler Cornbread CLOSED *Happy Veteran's Day!*	12 Meatloaf Baked Yams Steamed Brussel Sprouts Brownie Roll	13 Chicken Legs Steamed Green Peas Steamed Carrots Pound Cake Roll
16 Salisbury Steak w/gravy Mashed Potato Broccoli, Carrot, Cauliflower Blend Peach Cobbler Roll	17 Pinto Beans Stewed Tomato Steamed Cabbage Pound Cake Cornbread	18 Chicken Pot Pie Steamed Rice Spice Cake Roll	19 Spaghetti w/Meat Sauce Tossed Salad w/ Salad Dressing Hot Pears w/raisin Roll	20 Lemon Pepper Talapia Bolied Red Potato Cole Slaw Brownie Baked Hushpuppy
23 Baked Chicken Tenderloins Steamed Rice Steamed Broccoli Florets Berry Cobbler Roll	24 Baked Pork Tenderloin w/gravy Candied Yams Steamed Green Beans Mandarin Oranges Roll	25 Meatloaf Mashed Potato Steamed Carrots Rice Krispy Treat Roll	26 Chicken and Dumplings Steamed Green Beans Baked Apples Biscuit CLOSED *Happy Thanksgiving!*	27 Chili Beans Steamed Rice White Cake w/Jello Roll CLOSED
30 Hawaiian Chicken Breast Steamed Rice Steamed Mixed Vegetables Pound Cake Roll	*Nutrition November 12, 2026*			

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.