



August 2014



Second Wind Programs.

We encourage voluntary anonymous donations by participants 60 and older. Classes are \$5 per session for those under age 60. Call 468-2178 for more information and/or to register for a program.

August 13. Senior Luncheon. 11 AM – 1 PM. Highland Center cafeteria. Lunch cost: \$2.50. Guest Speakers: **Betty Mitchell**, Highland Center Executive Director will talk about the upcoming Highland Center renovation; Newly elected Monterey **Mayor Rich Holman**; **Dr. Thomas Schott**, new Highland County School Superintendent.

Food! Fun! Fellowship! Bring a neighbor, friend, or family member! Call 468-2178 for a ride!

Help Highland County students by donating school supplies! Bring your donations to the senior luncheon at the Highland Center on August 13th!

Pencils	Pencil Cap Erasers	Highlighters	Tissues
Pens	Crayons	Loose leaf paper	Elmer's glue
Markers	Colored pencils	3 ring binders	Glue Sticks
Blunt Scissors	Gallon zip lock bags	Binder dividers	Bound writing journals

Movement for Health. Every Thursday. 4:30-5:30 PM. Highland Medical Center staff room. Instructor, Dan Kauffman. Increase your flexibility and range of motion, as well as increase your overall sense of well being.

Tae Kwon Do and Tai Chi. Every Tuesday and Wednesday 6-8 PM. Highland Elementary School gym. (Except the first week of the month when the class will meet on Thursday NOT Wednesday.) Instructor, Ronnie Coleman. Improve your strength, flexibility and learn self-defense all while having fun! Wear loose clothing.

Senior Transportation Trips.

Seating is limited! Call 468-2178 to reserve your seat as soon as possible!

Cost for social/recreational trips: \$2 round trip. Additional cost is indicated. You are responsible for purchasing your lunch.

July 31. Moorefield, WV. Shopping and lunch at Ponderosa Steakhouse. Leave the Highland Center parking lot at 9 AM.

August 2. Wings and Wheels, Car and Air Show. Bath County. Leave Highland Center parking lot at 10:30AM. Additional Cost: \$5 Admission. Food is available from vendors at the air show. **Bring your own chair.**

August 5. Shopping and lunch. Staunton, VA. Shopping at Staunton Mall, Walmart, and lunch.

Pick up locations and times:

9 AM Highland Center parking lot by the farmer's market pavilion.

9:05 AM Highland Public Library

9:30 AM McDowell Presbyterian Church

9:40 AM Miller's Store, Headwaters

August 6. Breneman-Turner Mill. Silver Lake Mill. Lunch at Thomas House Restaurant. Dayton, VA. Leave the Highland Center at 9 AM.

August 12. State Fair of West Virginia. FREE admission tickets! Limited to 15! Leave the Highland Center parking lot at 8 AM.

August 21. Shopping and lunch. Franklin, WV. Shopping and lunch.

Pick up locations and times:

10 AM Highland Center parking lot by the farmer's market pavilion.

10:05 AM Highland Public Library

10:15 AM Rexrode's Store, 220 North at Forks of Water.

Senior Services in Highland County.

August 22 and 29. Highland County Senior Services Local Council meeting, 2-4 PM. Modular Building at the Highland Center. Everyone is welcome to attend local council meetings. For more information contact the Highland Service Coordinator at 468-2178.

August 22. Neighbors Helping Neighbors and Senior Day at the Highland Farmer's Market. 3-6 PM. Come visit the VPAS table at the market to learn more about senior services in Highland County. Bring your a donation of school supplies to benefit Highland County Schools! (See list above.)

Applications are now being accepted for **FREE** fans for older adults through the **FAN CARE** program. Individuals must be 60 years of age or older, have a heat-related situation at home which threatens their health, and have a total monthly household income at or below \$1459 for a one person household or \$1966 for a two person household. Distributed fans become the property of the recipient and are available on a limited, first come, first served basis. Call 468-2178 for more information.

Highland County Happenings.

(The following are not Second Wind programs or trips.)

August 2. Mountain Mama Road Bike Challenge to benefit Highland Recreation Commission programs and facilities.

August 8-10. Blue Grass Valley Music Festival. Puffenbarger's Farm, Blue Grass Valley Road, Blue Grass, VA.

August 13. Veteran's Affairs representative John Layman, Highland Public Library. 1-3 PM. For more information call 540-332-7840.

August 23, 27-30. Highland County Fair.

Water aerobics at the Highland County pool Monday, Tuesday, Thursday and Friday, Monday and Friday 6-7 PM. **FREE!**