

Lois E. Harrill Senior Center February 2022

Mon	Tue	Wed	Thu	Fri
	1 Mah Jong-10-12-CR3 Health Talk– Blood Pressures 11-12 Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club– 12-1 Quilt Guild Mtg– 12:30-3:30	2 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO– 11-11:45 Canasta-1-5	3 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$–4:30&5:30 Reservations due! Orientation 4pm	4 rt Studio-10-3 Tuber’s Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist– 12:30
7 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO– 11-11:45 Writer’s Club-1-4 Bridge-1-5 Orientation 9 and 3	8 Mah Jong-10-12-CR3 Health Talk– Mental Health 10 to 12 Line Dancing-1:30-DR \$Sewing-5:30-8pm Quilt Guild Mtg– 12:30-3:30	9 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO– 11-11:45 Canasta-1-5 Medicare 101-2pm	10 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Adv. Tai Chi/Arth. 3 \$Tai Chi\$–4:30&5:30 Reservations due!	11 Art Studio-10-1 Tuber’s Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist– 12:30 VIP Club Mtg 10-11 Grief Supt Grp-12:30
14 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO– 11-11:45 Writer’s Club-1-4 Bridge-1-5 Valentine’s Party & Advocacy– 10-11	15 Mah Jong-10-12-CR3 Health Talk– Health BINGO Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club– 12-1 Grandparents Support Grp– 9-12	16 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO– 11-11:45 Canasta-1-5 Virtual Medicare 101-9am Orientation-3pm	17 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$–4:30&5:30 Reservations due!	18 Art Studio-10-1 Tuber’s Club Virtual 2 Mah Jong-10-12-CR3 Bone Builders-9-10 Muscles & More-10:30 Bread Dist– 12:30
21 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO– 11-11:45 Writer’s Club-1-4 Bridge-1-5 Orientation-3pm	22 Mah Jong10-12CR3 Line Dancing-1:30-DR Health Talk– Emergency Prep Packet 11 \$Sewing-5:30-8pm Quilt Guild- 9-2	23 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO– 11-11:45 Canasta-1-5 Medicare 101-2pm	24 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$–4:30&5:30 Reservations due!	25 Art Studio-10-1 Tuber’s Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist– 12:30 Grief Supt Grp-12:30
28 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO– 11-11:45 Writer’s Club-1-4 Bridge-1-5 Orientation 9		Classes and events are subject to change without notice! Call ahead to verify if desired.	Meal Served Inside Daily at noon -(must be registered) You must also attend an orientation to attend classes and events.	 Don’t forget to call in by Thursday by 10am to reserve your meals for next week!

February 2022

Medicare 101: We are happy to invite you to attend informative presentations about Medicare either in-person or online. Please see Billie to book your appointment with a Medicare counselor from SHIP. Call or email Billie at 828-265-8090 or billie.lister@watgov.org to register.

Weather Reminder: As we get closer to bad weather days-remember to be safe-keep your emergency kits up to date, carry supplies with you, and play it safe and stay home if there is snow or ice on the ground. We will send out telephone notices (**save our auto call number in your phone-617-855-0125**) if we have to close the center for meals. If you need assistance with emergency planning, please see Billie for help.

Meal Reservations Reminders &

Orientations: Please remember to reserve your meals by Thursday for the following week-or turn in your meal sheets for the month. If you reserve, please show up-or call before 9am to cancel. We need to be more careful with food cost, we will need to be more strict with this going forward as so many people are not following the rules and it is resulting in food/money loss. If you fail to call out before 9am on days you reserved-for 3 days in a month, you will be removed from lunches for a month. Please help us by complying with these simple meal rules. Thank you for your help.

Grief Support Group: The new grief support group will be meeting every other Friday at 12:30 in classroom 1. This is open for anyone who has experienced loss.

Valentine's Day Party and Advocacy Event:

Don't forget to vote for your king and queen. Join us for the Valentine's day party on Monday, Feb. 14th from 10-11. There will be games, food, prizes, and a chance to send a message to your representatives! See Billie to cast your vote!

Writer's Club: We have a new group leader for the writer's club. Please see the enclosed letter from Nicholas. All writers, new or seasoned are welcomed to join on Mondays from 1-4!

Notice: Classes and events are subject to change without notice! Call ahead to verify if desired.

Weekly Exercise Classes Available offered :

- Bone Builders-M, W, F
- Tai Chi- Th
- Muscles & More-M, W, F
- Line Dancing- Tu

Monthly Virtual Classes Available offered:

- LEH Virtual Book Club
- Tuber's Club Weekly Fridays at 2
- Medicare 101
- Health and Wellness Presentations

February Health/Wellness Presentations

Feb 1st- Blood Pressure Checks- 11-11:45

Feb 8th- VAYA Health/ Mental Health- 10-12

Feb 15th- BINGO for Health

Feb 22nd- Emergency Medical Prep Packets-Project Care

Virtual Medicare 101 offered Feb 16th at 9am

In-person will be held Feb 9th at 2pm and 23rd at 2pm

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab- Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing

Resources you can pick-up/Check-out:

Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Billie to ask about these items. 828-265-8090.

**132 Poplar Grove Connector Suite A
Boone, NC 28607**

Phone: (828)265-8090

Director: Billie Lister

Email: billie.lister@watgov.org

Upcoming Events:

Pie Day- March 14

**St. Patty's Day Party
and Advocacy- March
16th**

**Easter Party- April
18th**

For additional information, questions about activities, or to register for transportation please contact the Center Director.

Hours of Operation: Monday-Friday 8-5pm

Is there something you wish the senior center would offer? Email us or call with your thoughts, billie.lister@watgov.org or 828-265-8090

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives Program).

Contributions are accepted for all programs and services.

The Lois E. Harrill Senior Center and Western Watauga Community Center offer the following services and information:

- Medicare Insurance Counseling (SHIIP-Seniors Health Insurance Information Program)
- Tax Preparation - referral through partnership with Vita Volunteer Income Tax Assistance Program
- Transportation to the senior center, errands and medical appointments provided through partnership with
 - AppalCART
 - Legal Services Information Available
 - Support Groups
 - Various Health Screenings
 - Social Security Assistance
 - Consumer Education
 - Retirement Planning Information
 - Advocacy Opportunities
 - Medical Loan Closet (various items available)
 - High Country Senior Games
 - Congregate Meals pick-up/drive through onsite (Monday-Friday)
 - Information and Referral
 - Caregiver and Respite Information
 - Volunteer Placement Opportunities
 - Job Placement and Assistance
 - Arts and Crafts Sales
 - Housing Assistance
 - Nutrition and Wellness Education
 - Incontinence Products (various items)
 - Virtual Programming
 - Friends Connection Assistance

Area Agencies and Services

- **AppalCART:** 828-297-1300
- **Cove Creek Library:** 828-297-5515
- **Daymark Recovery:** 828-264-8759
- **Department of Social Services:**
 - 828-265-8100
- **Health Department:** 828-264-4995
 - **Hospitality House of Boone:**
 - 828-264-1237
- **Hunger and Health Coalition:**
 - 828-262-1628
- **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
- **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
- **Social Security (National Number):** 1-800-772-1213
 - **Social Security (Wilkesboro Office):** 1-866-331-2298
 - **Watauga Medical Center:**
 - 828-262-4100
 - **Western Watauga Community Center:** 828-297-5195

Project on Aging: 828-265-8090

Transportation Services are available through AppalCART. Transportation is provided Monday, Tuesday, Wednesday and Friday. Individuals need to be registered to use transportation services. Please contact the senior center directors with questions or to register.

**Western Watauga: Cindy Lamb
(828) 297-5195**

**Lois E. Harrill: Billie Lister
(828) 265-8090**



**Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE**
Serving Individuals age 60 and older

Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in February do you want meals? (just write yes or no for each)

1st- Smoked Sausage _____

17th-BBQ Pork _____

2nd-Grilled Chick Sand _____

18th-Chick Tenders _____

3rd-Ham _____

21st-Meatballs _____

4th- Chili _____

22nd-Fish Sand _____

7th-Beef Stroganoff _____

23rd-BBQ Chick _____

8th-Chick Sand _____

24th-Pork Chop _____

9th-Cheese Burger _____

25th-Beef and Mac Casserole _____

10th-Pork Chop _____

28th-Pimento Cheese and Soup _____

11th-Fish _____

14th-Fish Nuggets _____

15th-Chick, Broc, Rice Casserole _____

16th-Pepper Steak _____

Turn in to Billie as soon as possible-thanks!