

Monday		Tuesday		Wednesday		Thursday		Friday	
4 Weaving Class 9am	Art Class II 9am	5 DHHS 9am	Exercise 10:30am	6 Art Class I 9am	Muscles and More 10:30am	7 Music 10am	Sign Language 10am	8 Wii and Games 10am	Muscles and More 10:30am
Cards/Rook 10:30am	Muscles and More 10:30am	Mah Jong 10:30am	Line Dancing 1:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am		Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold (\$) 4pm	Rummikub 2:30pm		Lifelong Artists 1pm	Zumba Gold (\$) 4pm				
11 Weaving Class 9am	Art Class II 9am	12 Exercise 10:30am	Mah Jong 10:30am	13 Art Class I 9am	Smartphone Class 10am	14 Music 10am	Sign Language 10am	15 Wii and Games 10am	Muscles and More 10:30am
Cards/Rook 10:30am	Muscles and More 10:30am	Line Dancing 1:30pm	Rummikub 2:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Tai Chi 11am	Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold (\$) 4pm			Lifelong Artists 1pm	Zumba Gold (\$) 4pm				
18 CLOSED		19 Exercise 10:30am	Mah Jong 10:30am	20 Art Class I 9am	Writing Workshop 10am	21 Music 10am	Sign Language 10am	22 Wii and Games 10am	Muscles and More 10:30am
		Line Dancing 1:30pm	Rummikub 2:30pm	Muscles and More 10:30am	Bone Builders 10:30am	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	Mah Jong 10:30am
				Cards/Rook 10:30am	Lifelong Artists 1pm	Tai Chi 11am			
				Zumba Gold (\$) 4pm					
25 Weaving Class 9am	Art Class II 9am	26 Exercise 10:30am	Mah Jong 10:30am	27 Art Class I 9am	Smartphone Class 10am	28 Music 10am	Sign Language 10am	29 Wii and Games 10am	Muscles and More 10:30am
Cards/Rook 10:30am	Muscles and More 10:30am	Line Dancing 1:30pm	Rummikub 2:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold (\$) 4pm			Lifelong Artists 1pm	Zumba Gold (\$) 4pm		Tai Chi 11am		

Note:
Cards/Rook are played Monday-Friday, 10-Noon.

Note:
Bingo is Mon, Wed and Fri: 11-11:45.

Note:
Table Tennis is available Mon. and Wed. 1-3pm

JANUARY 2016

Tax Assistance Available: Free tax preparation for seniors and low and middle income taxpayers. E-file is available. The tax aide program will run from February 3 to April 14, 2016. Counselors will be available at the Harrill Center on Tuesdays. Please call for an appointment, **265-8090**.

Special Activities and Interest

Note: Zumba Gold will be a donation required class starting in January. Please see Jen with questions.

Tai Chi for Arthritis and Falls Prevention: Low-impact physical activity program that includes gentle movement and is suitable for all ages. No cost for the class and open to those 60 and over. The class will be offered on Thursdays starting Jan. 14 at 11am. Call 265-8090 to register.

Yoga Registration is Open: New Yoga class starting January 5th, Class is held Tuesdays at 6:15pm. \$75.00 for the 12-week session. Call Akal Dev for details, 264-1384.

Smartphone Class: Wednesdays, January 13 & 17, 10am, call 265-8090 to register.

Computer/Tablet Class: Tuesday January 19, 10am, call to 265-8090 to register.

Sewing Class: New class starts in January, held on Tuesdays at 6pm, call for details.

Writing Workshop: Wednesday, January 20th, 10am-3pm, no cost, open to 60 and older, call 265-8090 to register.

January Presentations (Tuesdays 11am)

- Jan. 5th-Blood Pressures, Candy Jones, ARHS
- Jan. 12th-Life Care Center of Banner Elk
 - Jan. 19th-Caldwell Hospice
- Jan. 26th-Deerfield Ridge Assisted Living

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Rummy Group and Coffee Time: Monday-Friday 9-Noon

Nutrition Education: Every Tuesday 11am

Paid Classes (offered in 12 week sessions)

Sewing (Tuesdays)

Tai Chi (Thursdays)

Needlework (Thursdays)

Yoga (Tuesdays)

Drop-In Activities

Bocce-Cards-Computer Lab-Copy Machine (0.05/copy)-
Croquet-Puzzles-Exercise Equipment-Library-Kindles-Piano-
Pool Table-Games-TV/VCR/DVD-Sewing Machines-Wii

Games:

Rook (Mondays at 10:30am)

Mahjong (Tuesdays and Fridays at 10:30am)

Looking for players for Mahjong, Bridge, Chess and Rook

Call 265-8090 if interested

Affordable Care Act (ACA) Open Enrollment Dates:

Those under age 65 and not on Medicare:

ACA enrollment is open until Jan. 31 for coverage in 2016.

January Closings

Friday January 1st; Monday January 18th

Is there something you wish the senior center would offer?

Email us or call with your thoughts,

Jennifer.teague@watgov.org or 828-265-8090

132 Poplar Grove Connector Suite A
Boone, NC 28607

Phone: (828)265-8090

Director: Jennifer Teague

Email: Jennifer.teague@watgov.org

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

SENIOR CENTER OF EXCELLENCE

Serving Individuals age 60 and older



Hours of Operation: Monday-Friday 8-5pm, with evening classes

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.

Congregate lunch is available Monday-Friday by registration.

Meals are served at Western Watauga at 11:30am and at the Lois E. Harrill Senior Center at Noon, consumer contributions can be placed in the wooden boxes in the dining room.

The Project on Aging also offers additional services including:

Home Delivered Meals, In-home Aide Services and CAP (Community Alternative Program).

Contributions are accepted for all programs and services.

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

Inclement Weather

Meals and activities will continue as long as road conditions are safe. If there is a decision to cancel, announcements will be made on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations by 8:00 a.m.

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 - partnership with AARP's 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 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

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: Toni Wait (828) 295-5195

Lois E. Harrill: Jen Teague (828) 265-8090