

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO Every Monday, Wednesday, & Friday at 11</p> <p>Monday's Tai Chi is no cost to seniors- 1 to 2 beginners 2-3 advanced class</p>		<p>1</p> <p>Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>2</p> <p>Music 10am Sign Language 10am Crafts 10am Tai Chi (\$) 4:30pm</p>	<p>3</p> <p>Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am</p>
<p>6 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm Tai Chi 1 to 3pm</p>	<p>7</p> <p>Blood Pressure Checks 10am Health Talk 11am Mah Jong 10:30am Line Dancing 1:30pm Tai Chi (\$) Call ahead 6pm</p>	<p>8 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Dancing 1-2pm Zumba Gold (\$) 4pm</p>	<p>9</p> <p>Music 10am Sign Language 10am Crafts 10am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>10</p> <p>Lifelong Artists 9am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga (\$) 1-2pm</p>
<p>13 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm Tai Chi 1 to 3pm</p>	<p>14 King/Queen Crowned 10 Valentine's Day Party 10:30 Health Talk 11am Mah Jong 10:30am Line Dancing 1:30pm Tai Chi (\$) Call ahead 6pm</p>	<p>15</p> <p>Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>16 Project Care 2pm Music 10am Sign Language 10am Crafts 10am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>17</p> <p>Lifelong Artists 9am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga (\$) 1-2pm</p>
<p>20</p> <p>Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm Tai Chi 1 to 3pm</p>	<p>21</p> <p>Health Talk 11am Loneliness/depression Mah Jong 10:30am Line Dancing 1:30pm Tai Chi (\$) Call ahead 6pm</p>	<p>22</p> <p>Art Class I 9am Writing Workshop 10-3 Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>23</p> <p>Music 10am Sign Language 10am Crafts 10am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>24</p> <p>Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga (\$) 1-2pm</p>
<p>27 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm Tai Chi 1 to 3pm</p>	<p>28</p> <p>Health/Nutrition Talk 11am Mah Jong 10:30am Line Dancing 1:30pm Tai Chi (\$) Call ahead 6pm</p>			<p>Cards and Billiards daily Exercise classes daily Congregate Nutrition Daily Shuffleboard & Table Tennis weekly</p>

February 2017

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 7 to April 11, 2017. Counselors will be available at the Harrill Center on Tuesdays. Please call for an appointment, **265-8090**.

Special Activities and Interest

New Senior Center Director! Our new director, Billie Jo Lister, would like to welcome you to the senior center. She invites you to drop by and introduce yourself.

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 is offered on Mondays at 1pm for beginners and 2pm for advanced. Call 265-8090 to register.

Weekly Classes Available offered at no cost:

- Art II: Mondays, 9am-Noon, this is a studio type class
- Art I: Wednesdays, 9am-Noon, drawing class
- Crafts: Thursdays, 10-1:30pm, learn to make new crafts

Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm, learn line dances
- Bone Builders & Muscles and More: Mon/Wed/Fri. morning
- Zumba Gold (\$): donation requested, Mon/Wed at 4pm
- Tai Chi (\$): Thursdays at 4:30pm (\$5.00 per class)
- Chair Yoga (\$): Fridays at 1 (\$5 per class)
- Tai Chi Arthritis/Falls Prevention: Mondays 1 & 2 (above)

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

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

February Presentations (Tuesdays 11am)

February 7: Candy Jones, ARHS,
Blood Pressure Checks at 10am
February 14th: Billie Lister, POA, Loving You Presentation
February 21st– Amanda Nifong– Presents Theater to prevent
loneliness/depression
February 28th– Health Talk presenter TBA

Weekly Activities

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

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

Cards and Coffee Time: Monday-Friday 9-Noon

Nutrition/Wellness Education: Every Tuesday 11am

Live Music: Every Thursday 10-12

Paid Classes (drop in rates and 12 week sessions available)

Sewing (Tuesdays)

Tai Chi (Tues./Thurs)

Needlework (Thursdays)

Zumba Gold (M/W)

Chair Yoga (Fridays)

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:30am)

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**

**132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: Billie Lister
Email: billie.lister@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



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**

**February Special Event at Lois E. Harrill Center:
February 14th– We will crown the King & Queen at
our annual Valentine’s Day Party 10-12**

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: Cindy Lamb (828) 297-5195
Lois E. Harrill: Billie Lister (828) 265-8090**