



Lois E. Harrill Senior Center March 2020



Mon	Tue	Wed	Thu	Fri
<p>2 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 LLL- 2-3:30</p>	<p>3 Colon Cancer Talk Bloodpressures 10-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I & 2-\$ 4:15/5:30 Chair Yoga 10am Quilt Guild 12:30-3:30</p>	<p>4 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Tai Chi Arthritis 11-12 Writers Class- 12-2 Meditation-2-3:30</p>	<p>5 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Grief/Spouses Grp 2:30</p>	<p>6 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2-3:30</p>
<p>9 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 LLL-2-3:30</p>	<p>10 Health Talk-11am Stress Mgt. Bingo Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I & 2-\$ 4:15/5:30 Chair Yoga 10am</p>	<p>11 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Tai Chi Arthritis 11-12 Writers Class- 12-2 Meditation-2-3:30 Karaoke 1-3</p>	<p>12 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>13 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2-3:30</p>
<p>16 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 LLL-2-3:30</p>	<p>17 Health Talk-10am Mental Health Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I & 2-\$ 4:15/5:30 Chair Yoga 10am Quilt Guild- 9-2</p>	<p>18 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Tai Chi Arthritis 11-12 St. Patty Party 10-12 Advocacy- 11-1 Writers Class- 12-2 Meditation-2-3:30</p>	<p>19 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>20 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL- 2-3:30 Field Trip- 9-2</p>
<p>23 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 LLL-2-3:30 Virtual Dementia 1-3</p>	<p>24 Health Talk-11am TBD Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I & 2-\$ 4:15/5:30 Chair Yoga 10am</p>	<p>25 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 Writers Class- 12-2 Meditation-2-3:30</p>	<p>26 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Medicare 101- 2-4</p>	<p>27 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL- 2-3:30</p>
<p>30 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Tai Chi Arthritis 11-12 LLL- 2-3:30</p>	<p>31 Health Talk-11am Social Isolation Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I & 2-\$ 4:15/5:30 Chair Yoga 10am</p>		<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p> <p>Don't forget to sign in or call in by 10am to reserve your meal!</p> 

March 2020

Taxes: If you would like help filing your taxes for no cost— please call for information and an appointment— 828-265-8090.

Computer Help— See the interns for your appointment for one-on-one help with computers, tablets, or smart phones!

Medicare 101: Come learn more about Medicare on March 26th from 2 to 4. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is not required—just come. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed.

Karaoke: March 11th from 1-3pm. Bring your friends and join us for karaoke! No need to register— just come have fun!

St. Patty's Day Party: Join us for an awesome party with food, fun, games, and prizes. March 18th— 10am to noon. Bring a light snack to share or a beverage. Come ready to find some good luck for the spring! Advocacy event at this event!

Virtual Dementia Tour: March 23rd from 1-3. This unique experiences helps participants understand Dementia from the perspective of patients. You must pre-register to attend. Call Caldwell Hospice to register.

Field Trip: Field Trips this year will involve new guidelines for registration. See Billie for a copy of them. This field trip will take registration in person until March 10th and over phone from 10th until 19th. Trip will be to visit nursing homes and then out for lunch at Pepper's. Leaves March 20th at 9am and returns by 2pm. Cost is lunch at Peppers.

Weekly Classes Available offered :

- Art II: Mondays, 9am-Noon, studio painting class
- Art I: Wednesdays, 9am-Noon, drawing class
- Crafts: Thursdays, 10-1:30pm, learn to make new crafts
- Sign Language: Thursdays, 10am
- Sewing (Tuesdays)\$ Needlework (Thurs) \$

Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm
- 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)
- Yoga\$: Tuesdays at 4:15 & 5:30pm
- Chair Yoga: Tuesdays at 10am

March Health/Wellness Presentations

3rd: Blood Pressure checks 10 & Colon Cancer 11am
10th: Stress management BINGO 11-12
17th: Mental Health/ VAYA 10-12
23rd: Virtual Dementia Tour 1-3pm
24th: TBD— BINGO 11-12
26th: Medicare 101— 2-4
31st: Social Isolation 11-12
Meditation Wednesdays 2-3:30pm

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

Lifelong Learner Programs throughout month— call for info.

Drop In Activities:

Bocce-Cards-Computer Lab— Copy Machine-Croquet-Puzzles

Exercise Equipment-Library-Kindles-Piano-Pool Table-games

TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn Hole— Ladder Ball-Bean Bag Toss-Table Tennis

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

**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.

Upcoming Events:

Working through Grief Begins Apr 8th

Field Trip April 16th

Farewell intern Party Apr 27

Scam/Fraud Presentation Apr 30th 2-4

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

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 day they plan to attend to reserve a meal.

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.

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 Appal-CART
 - 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
 - Incontinence Products (various items)

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