



Lois E. Harrill Senior Center

April 2018

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Walk W/Ease-10</p>	<p>3</p> <p>Health Talk 11 Med Review &Advance Planning Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30 DHHS Hearing-10am</p>	<p>4</p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2 Garden Workday-1pm</p>	<p>5</p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>6</p> <p>Lifelong Artists 9am Muscles&More 10:30 Mah Jong 10:00am Bone Builders 9:30am Poetry Contest Awards10:30 BINGO-11am Bread Distribution-9 LLL presentation-2pm</p>
<p>9</p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Walk W/Ease-10 LLL presentation-2pm Intergen art-4pm</p>	<p>10</p> <p>Health Talk- 11am Energy Efficiency 11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30-3 LLL presentation-3</p>	<p>11</p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2 Caregiver training- 8</p>	<p>12</p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>13</p> <p>Lifelong Artists 9 Muscles&More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL presentation-2 BINGO-11am Bread Distribution-9</p>
<p>16</p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Walk W/Ease-10 LLL presentation-2pm Intergen art-4pm</p>	<p>17</p> <p>Volunteer Breakfast-9am Off campus Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3 LLL presentation-3-5</p>	<p>18</p> <p>Art Class I- 9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Deadline to register for BR/Art trip</p>	<p>19</p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>20</p> <p>Lifelong Artists 9am Muscles&More 10:30 Bone Builders 9:30am LLL presentation- 2 BINGO 11am Bread Distribution-9 Field Trip BR/Art-9:30am</p>
<p>23</p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Walk W/Ease-10 LLL presentation-2pm</p>	<p>24</p> <p>Health Talk-11am Fire safety Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3 Deadline to register for May trip</p>	<p>25</p> <p>Art Class I- 9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL presentation- 2 Karaoke Party- 10-11</p>	<p>26</p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>27</p> <p>Lifelong Artists 9am Muscles&More 10:30 Mah Jong 10:00am Bone Builders 9:30 LLL presentation 2 Bread Distribution-9 BINGO-11am</p>
<p>30</p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Walk W/Ease-10 LLL presentation-2pm</p>	<p>⇒ Meal Served daily-noon</p>	<p>Blood pressure checks- 23rd at 11am</p> <p>Walk with ease will meet every Monday at 10am to walk</p>	<p>⇒ BINGO Every Monday, Wednesday, & Friday at 11</p>	<p>⇒ Daily- Cards, Billiards, Computer lab</p>

April 2018

Field Trip! Friday April 20th join us as we go on a field trip. We will be visiting Blowing Rock's Art & History Museum, the Turchin Center, down town Blowing Rock, and eating at Woodland's BBQ. Registration is required by April 18th- see Billie to register- trip will cost \$4.00 plus the cost of the meal. **Senior Games Registration has begun!**- See Billie for registration packets. **Walk With Ease/Active Choices**- The Walk with Ease/Active Choices group will be meeting every Monday at 10am to go for a group walk! Come have fun with us!

Garden Workday- April 4th- Please come help us get our senior community garden ready- we will be weeding, planting, and organizing. We will meet at the garden at 1- bring some gloves and come on out- all skill levels needed!

Poetry Contest Awards Ceremony- Friday, April 6th at 10:30am. Please come out and support the contestants as winners are announced and awards are given.

Lifelong Learner's Program is back! The lifelong learner's learners and writer's programs schedule is available upon request- join us for many educational and exciting programs!

Karaoke Party! Wednesday, April 25th join us from 10-11 for a Karaoke party! We will be singing, dancing, and eating cookies. Come sing or cheer for those who do!

Parkinson's Caregiver Classes: This wonderful class is both a research project and a free course being offered from March through June for non-professional caregivers. Call Billie for more information. 828-265-8090

Walk with Ease/Active Choices: We are pleased to announce these wonderful new self-guided, wellness health promotion programs. You will get lots of resource materials, a personal coach, and you will have the opportunity to meet with peers and walk and discuss goal progress. Participants will meet every Monday at 10 to walk.

Field Trip to Bo's Entertainment & Mayflower Seafood in Lenoir on May 1st. Cost is \$1.00 per game (Bowling & Putt-Putt per person) and cost of meal. Registration required and deadline to register is March 24th. See Billie to register!

Please don't forget to nominate folks for the Adult Service Coalition Expo Awards- See Billie or Cindy for nomination forms!

Weekly Classes Available offered :

- 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
- Sign Language: Thursdays, 10am, learn to sign
- 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)

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**

April Health/Wellness Presentations

3rd: Medication Review-11am
3rd: Advance Planning Seminar-11am
10th: Energy Efficiency-11am
23rd: Blood Pressure Screening-ARHC Candy Jones-10-12
24th: Fire Safety-11am

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)

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

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

Phone: (828)265-8090

Director: Billie Lister

Email: billie.lister@watgov.org

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 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 & 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

Lois E. Harrill is a
SENIOR CENTER OF EXCEL-
LENCE
Serving Individuals age 60 and older



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
- Incontinence Supplies

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**

