

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Weaving Class 9am	Art Class II 9am	2 Exercise 10:30am	Line Dancing 1:30pm	3 Art Class I 9am	Exercise 10:30am	4 Music 10am	Sign Language 10am	5 Wii and Games 10am	Exercise 10:30am
Bone Builders 10:30am	Arthritis Ex. 1pm	Rummikub 2:30pm		Lifelong Artists 1pm	Arthritis Ex. 1pm	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	
Zumba Gold 4pm	Radio Club 6pm			Zumba Gold 4pm		Quilt Guild 10am			
8 Weaving Class 9am	Art Class II 9am	9 Field Day 10am	Living Healthy 9:30am	10 Art Class I 9am	Exercise 10:30am	11 Music 10am	Sign Language 10am	12 Wii and Games 10am	Exercise 10:30am
Bone Builders 10:30am	Arthritis Ex. 1pm	Line Dancing 1:30pm	Smartphone Class 2pm	Lifelong Artists 1pm	Arthritis Ex. 1pm	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	ADULT SERVICES EX- PO-Boone Mall 9-2
Zumba Gold 4pm		Rummikub 2:30pm		Zumba Gold 4pm					
15 Weaving Class 9am	Art Class II 9am	16 Trip (\$) 9am-3pm	Living Healthy 9:30am	17 Art Class I 9am	Exercise 10:30am	18 Music 10am	Sign Language 10am	19 Wii and Games 10am	Exercise 10:30am
Bone Builders 10:30am	Arthritis Ex. 1pm	Exercise 10:30am	Line Dancing 1:30pm	Lifelong Artists 1pm	Arthritis Ex. 1pm	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	
Zumba Gold 4pm		Rummikub 2:30pm		Zumba Gold 4pm		Quilt Guild 10am			
22 Weaving Class 9am	Art Class II 9am	23 Living Healthy 9:30am	Exercise 10:30am	24 Art Class I 9am	Exercise 10:30am	25 Music 10am	Sign Language 10am	26 Wii and Games 10am	Exercise 10:30am
Bone Builders 10:30am	Arthritis Ex. 1pm	Line Dancing 1:30pm	Rummikub 2:30pm	Lifelong Artists 1pm	Arthritis Ex. 1pm	Crafts 10am	Exercise 10:30am	Bone Builders 9:30am	CHAMP 8am
Zumba Gold 4pm				Zumba Gold 4pm					
29 Weaving Class 9am	Art Class II 9am	30 Living Healthy 9:30am	Exercise 10:30am	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Note:</b>                      Bingo is played                      Mon, Wed and Fri:                      11-11:45.                 </div>		<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Note:</b>                      High Country Lifelong                      Learner schedules                      available.                 </div>			
Bone Builders 10:30am	Arthritis Ex. 1pm	Line Dancing 1:30pm	Rummikub 2:30pm						
Zumba Gold 4pm									

June 2015

**Christmas in July Craft and Bake Sale.**

Tuesday and Wednesday, July 14 and 15, 9am-4pm  
Crafters must be aged sixty or older, spaces are limited,  
call to reserve a space to sell your handmade crafts

**Special Activities and Interest**

**Trip:** Apple Hill Farm (Alpaca Farm) and Valle Crucis Picnic, Tuesday June 16, 9am-3pm, RSVP by June 12th. The cost is \$5.00 to attend.

**Senior Field Day:** Tuesday June 9, 10am-Noon. Horseshoes, Bag toss, ladder ball, bocce and More!

**Smartphone Class:** Tuesday June 9, 2pm. Call to RSVP.

**Adult Services Expo:** Friday June 12, 9am-2pm, Boone Mall, adult services information and door prizes!

**Medi Home Health** will be sponsoring Bingo on Monday June 15th at 11am.

**Father's Day Celebration:** Monday June 22, 10am.

**Wii Bowling League:** We are trying to start a wii bowling league. Call Jen for details and to sign up.

**Living Healthy with Diabetes Class:** Tuesdays June 9, 16, 23, 30, July 14, and 21 (9am-Noon). Learn how to manage your diabetes-FREE! RSVP by June 9.

**Farmer's Market Vouchers** will be available in July.

**CHAMP:** Friday June 26, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!!

**High Country Lifelong Learners** new class schedules are available. Please stop by the center for a copy.

**June Presentations**

held at 11am on Tuesdays

**June 2-** Candy Jones, Appalachian Regional Healthcare System-Blood Pressure Checks (10am)

- Others TBA

**Games:**

Hand and Foot (Thursdays at 1pm)

Looking for players for Mahjong, Bridge, Chess and Rook  
Call 265-8090 if interested

**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**

**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

**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**

### **HOLIDAY CLOSING**

July 3, 2015

## **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**