

Monday		Tuesday		Wednesday		Thursday		Friday	
<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>NOTE: Table Tennis will be available on Thursdays from 1-3.</p> </div>				1 Art Class I 9am	2 Music 10am	3			
		Muscles and More 10:30am	Sign Language 10am	Wii and Games 10am					
		Bone Builders 10:00am	Crafts 10am	Muscles and More 10:30am					
		Writing Workshop Noon	Exercise 10:30am	Mah Jong 10:30am					
		Lifelong Artists 1pm	Needlework (\$) 1pm	Bone Builders 9:30am					
		Zumba Gold (\$) 4pm	Tai Chi (\$) 4:30pm						
6 Weaving Class 9am	7 DHHS 10am	8 Art Class I 9am	9 Music 10am	10					
Art Class II 9am	Exercise 10:30am	Muscles and More 10:30am	Sign Language 10am	Wii and Games 10am					
Muscles and More 10:30am	Mah Jong 10:30am	Bone Builders 10:00am	Crafts 10am	Muscles and More 10:30am					
Bone Builders 10:00am	Line Dancing 1:30pm	Writing Workshop Noon	Exercise 10:30am	Bone Builders 9:30am					
Chair Yoga 11am	Rummikub 2:30pm	Lifelong Artists 1pm	Needlework (\$) 1pm	Mah Jong 10:30am					
Zumba Gold (\$) 4pm	Yoga (\$) 6:15pm	Zumba Gold (\$) 4pm	Tai Chi (\$) 4:30pm						
13 Weaving Class 9am	14	15 Art Class I 9am	16 Music 10am	17					
Art Class II 9am	Exercise 10:30am	Muscles and More 10:30am	Sign Language 10am	Wii and Games 10am					
Muscles and More 10:30am	Mah Jong 10:30am	Bone Builders 10:00am	Crafts 10am	Muscles and More 10:30am					
Bone Builders 10:00am	Line Dancing 1:30pm	Writing Workshop Noon	Exercise 10:30am	Mah Jong 10:30am					
Chair Yoga 11am	Rummikub 2:30pm	Lifelong Artists 1pm	Needlework (\$) 1pm	Bone Builders 9:30am					
Zumba Gold (\$) 4pm	Yoga (\$) 6:15pm	Zumba Gold (\$) 4pm	Tai Chi (\$) 4:30pm						
20 Father’s Day Party	21	22	23 Music 10am	24					
Weaving Class 9am	Exercise 10:30am	Art Class I 9am	Sign Language 10am	CHAMP 8-Noon					
Art Class II 9am	Mah Jong 10:30am	Muscles and More 10:30am	Crafts 10am	Wii and Games 10am					
Muscles and More 10:30am	Line Dancing 1:30pm	Bone Builders 10:00am	Exercise 10:30am	Muscles and More 10:30am					
Bone Builders 10:00am	Rummikub 2:30pm	Writing Workshop Noon	Needlework (\$) 1pm	Mah Jong 10:30am					
Chair Yoga 11am	Yoga (\$) 6:15pm	Lifelong Artists 1pm	Tai Chi (\$) 4:30pm	Bone Builders 9:30am					
Zumba Gold (\$) 4pm		Zumba Gold (\$) 4pm							
27 Weaving Class 9am	28	29	30 Music 10am	1 JULY 4TH PARTY!					
Art Class II 9am	Exercise 10:30am	Art Class I 9am	Sign Language 10am	10-11:30					
Muscles and More 10:30am	Mah Jong 10:30am	Muscles and More 10:30am	Crafts 10am	Wii and Games 10am					
Bone Builders 10:00am	Line Dancing 1:30pm	Bone Builders 10:00am	Exercise 10:30am	Muscles and More 10:30am					
Chair Yoga 11am	Rummikub 2:30pm	Lifelong Artists 1pm	Needlework (\$) 1pm	Mah Jong 10:30am					
Zumba Gold (\$) 4pm	Yoga (\$) 6:15pm	Zumba Gold (\$) 4pm	Tai Chi (\$) 4:30pm	Bone Builders 9:30am					

June 2016

MEDICARE SUMMARY NOTICE TRAINING

Learn how to read your Medicare Summary notices.

Monday June 13th, 10am-11:30, RSVP 265-8090

Special Activities and Interest

Craft Class will focus on Summer crafts through June. Class is held on Thursdays at 10am.

Tai Chi for Arthritis: Classes start on June 6 and will be held on Mondays and Wednesdays at 1pm with no fee. Must be registered by June 13. Call for more information.

Table Tennis will be available on Thursdays from 1-3pm.

Farmer's Market Vouchers will be available in July.

Father's Day Party: Monday June 20th, 10am-Noon.

CHAMP: Friday June 24, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

Tech Classes will be available on Tuesdays throughout June from 10am-11am drop-in. Come with questions about your tablet, Smartphone, computer, downloading pictures, Facebook or any other tech questions. RSVP encouraged.

Independence Day Party: Friday July 1st, 10am-11:30, trivia, snacks, outdoor games, and more!

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

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

June Presentations (Tuesdays 11am)

- June 14– Blood Pressure Checks
- June 21-Faithbridge-Casting Bread Food Pantry

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

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:

Table Tennis is available

Mahjong (Tuesdays and Fridays at 10:30am)

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**

**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



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

Monday July 4, 2016

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) 295-5195

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