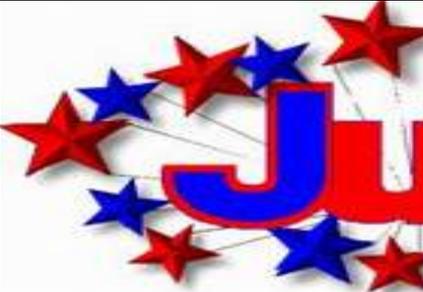


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club 6pm</p>	<p>4 Closed for the Fourth of July</p>	<p>5 Luau Party-10-noon Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm SFMNP vouchers-10-1 Food Box sign-up-11-12</p>	<p>6 Quilter's Guild- 12:30-3 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Computer class-10-11</p>	<p>7 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Wii games- 10-11 Craft Fair- 10-4 SFMNP vouchers-10-11:30</p>
<p>10 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Craft Fair- 10-4</p>	<p>11 Blood pressure checks-10 Health Talk- Lung Cancer screening- 11 Line Dancing 1:30 SFMNP vouchers-10-11:30 Sewing (\$) 6:30-8:30 Craft Fair- 10-4</p>	<p>12 Field Trip- 7am-3 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>13 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Computer class-10-11</p>	<p>14 Lifelong artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Ping pong 1-2 Keep SHIIP afloat advocacy event-10-11</p>
<p>17 Weaving Class 9am Art II Class 9 am SFMNP voucher-10-11 Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Wii Bowling tourney-10</p>	<p>18 Health Talk- Hip replacement-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>19 Safety/Security Presentation- 11am Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>20 Quilter's Guild- 10-3 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Computer class-10-11</p>	<p>21 RHOC- 8-noon Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Corn Hole 1-2</p>
<p>24 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>25 Field Day Outside-10-noon Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>26 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>27 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Computer class-10-11</p>	<p>28 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Horse Shoes 1-2</p>
<p>31 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>				<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon Daily- Cards, Billiards, Computer lab Gardening work- M, W, F- 10am</p>

July 2017 Lois E. Harrill Senior Center

Special Activities and Interest

FIELD TRIPS– Lazy 5 Ranch trip– July 12th– call Billie for details!
New field trips scheduled for August too!

4th of July Luau Party: Wed. July 5th– 10am–noon. Ice cream bar, hula dancing, games & contests, fun!

Hunger & Health Food Box Collaborative– July 5th– 11-12– Come sign up to have food boxes delivered to you at the senior center!

The RHOC– rural health outreach collaborative– July 21st– call 828-265-8090 for an appointment

Wii Bowling Tournament: Mon. July 17th– 10am. Come play or cheer on the contestants. Small prizes awarded to winners.

Christmas in July Craft Fair: July 8th, 10th, & 11th from 9am until 4pm. Come support our seniors. Call ahead to reserve space to sell your crafts.

Field Day: Sponsored by Tarheel Basement, this will feature corn hole, horseshoes, bocce ball, and more– come play! July 25th-10-12

Keep SHIIP Afloat Advocacy Event: Help us send letters to our representatives– July 14th-10-11

Senior Farmer's Market Nutrition Program Vouchers: Must be a registered participant and meet income requirements– call Billie for more information. See calendar for dates and times at both centers!

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

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)

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-shuffleboard-corn hole

July Presentations (Tuesdays 11am)

July 11th: Candy Jones, ARHS, Lung cancer screening program 11am & Blood Pressure Checks at 10am

July 18th: Hip Replacement advances at 11

July 19th– WEDNESDAY– safety & security for seniors

July 25th– Field day outside

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 (Thurs)

Needlework (Thursdays)

Zumba Gold (M/W)

Lifelong Learner Programs throughout month– call for info.

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

Looking for players for Bridge, Chess and Rook

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.

Coming Next Month– Pneumonia vaccine clinic, Casino day!

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

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**

The Senior's Farmer's Market Nutrition Program Vouchers are in— please come during one of our scheduled distribution dates to pick yours up! You must a registered participant and meet income guidelines to participate. New participants are encouraged! Vouchers are issued that day!

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