

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
<b>1 Weaving Class</b> 9am		<b>2</b>		<b>3 Art Class I</b> 9am		<b>4 Music</b> 10am		<b>5</b>	
<b>Art Class II</b> 9am		<b>Exercise</b> 10:30am		<b>Muscles and More</b> 10:30am		<b>Sign Language</b> 10am		<b>DHHS</b> 9am	
<b>Muscles and More</b> 10:30am		<b>Mah Jong</b> 10:30am		<b>Bone Builders</b> 9:30am		<b>Crafts</b> 10am		<b>Wii and Games</b> 10am	
<b>Bone Builders</b> 9:30am		<b>Line Dancing</b> 1:30pm		<b>Lifelong Artists</b> 1pm		<b>Exercise</b> 10:30am		<b>Muscles and More</b> 10:30am	
<b>Chair Yoga</b> 11am		<b>Rummikub</b> 2:30pm		<b>Zumba Gold (\$)</b> 4pm		<b>Needlework (\$)</b> 1pm		<b>Mah Jong</b> 10:30am	
<b>Zumba Gold (\$)</b> 4pm						<b>Tai Chi (\$)</b> 4:30pm		<b>Bone Builders</b> 9:30am	
<b>8 Weaving Class</b> 9am		<b>9</b>		<b>10 Art Class I</b> 9am		<b>11 Music</b> 10am		<b>12</b>	
<b>Art Class II</b> 9am		<b>Exercise</b> 10:30am		<b>Muscles and More</b> 10:30am		<b>Sign Language</b> 10am		<b>Wii and Games</b> 10am	
<b>Muscles and More</b> 10:30am		<b>Mah Jong</b> 10:30am		<b>Bone Builders</b> 9:30am		<b>Crafts</b> 10am		<b>Muscles and More</b> 10:30am	
<b>Bone Builders</b> 9:30am		<b>Line Dancing</b> 1:30pm		<b>Lifelong Artists</b> 1pm		<b>Exercise</b> 10:30am		<b>Bone Builders</b> 9:30am	
<b>Chair Yoga</b> 11am		<b>Rummikub</b> 2:30pm		<b>Zumba Gold (\$)</b> 4pm		<b>Needlework (\$)</b> 1pm		<b>Mah Jong</b> 10:30am	
<b>Zumba Gold (\$)</b> 4pm						<b>Tai Chi (\$)</b> 4:30pm			
<b>15 Weaving Class</b> 9am		<b>16</b>		<b>17 Art Class I</b> 9am		<b>18 Music</b> 10am		<b>19</b>	
<b>Art Class II</b> 9am		<b>Exercise</b> 10:30am		<b>Muscles and More</b> 10:30am		<b>Sign Language</b> 10am		<b>Wii and Games</b> 10am	
<b>Muscles and More</b> 10:30am		<b>Mah Jong</b> 10:30am		<b>Bone Builders</b> 9:30am		<b>Crafts</b> 10am		<b>Muscles and More</b> 10:30am	
<b>Bone Builders</b> 9:30am		<b>Line Dancing</b> 1:30pm		<b>Lifelong Artists</b> 1pm		<b>Exercise</b> 10:30am		<b>Mah Jong</b> 10:30am	
<b>Chair Yoga</b> 11am		<b>Rummikub</b> 2:30pm		<b>Zumba Gold (\$)</b> 4pm		<b>Needlework (\$)</b> 1pm		<b>Bone Builders</b> 9:30am	
<b>Zumba Gold (\$)</b> 4pm						<b>Tai Chi (\$)</b> 4:30pm			
<b>22</b>		<b>23</b>		<b>24</b>		<b>25 Music</b> 10am		<b>26</b>	
<b>Weaving Class</b> 9am		<b>Exercise</b> 10:30am		<b>Art Class I</b> 9am		<b>Sign Language</b> 10am		<b>Wii and Games</b> 10am	
<b>Art Class II</b> 9am		<b>Mah Jong</b> 10:30am		<b>Muscles and More</b> 10:30am		<b>Crafts</b> 10am		<b>Muscles and More</b> 10:30am	
<b>Muscles and More</b> 10:30am		<b>Line Dancing</b> 1:30pm		<b>Bone Builders</b> 9:30am		<b>Exercise</b> 10:30am		<b>Mah Jong</b> 10:30am	
<b>Bone Builders</b> 9:30am		<b>Rummikub</b> 2:30pm		<b>Lifelong Artists</b> 1pm		<b>Needlework (\$)</b> 1pm		<b>Bone Builders</b> 9:30am	
<b>Chair Yoga</b> 11am		<b>Nia Moving to Heal</b> 4pm		<b>Zumba Gold (\$)</b> 4pm		<b>Tai Chi (\$)</b> 4:30pm			
<b>Zumba Gold (\$)</b> 4pm									
<b>29 Weaving Class</b> 9am		<b>30</b>		<b>31 Art Class I</b> 9am					
<b>Art Class II</b> 9am		<b>Exercise</b> 10:30am		<b>Muscles and More</b> 10:30am					
<b>Hearing Aid Info</b> 10am		<b>Mah Jong</b> 10:30am		<b>Bone Builders</b> 9:30am					
<b>Muscles and More</b> 10:30am		<b>Line Dancing</b> 1:30pm		<b>Lifelong Artists</b> 1pm					
<b>Bone Builders</b> 9:30am		<b>Rummikub</b> 2:30pm		<b>Medicare 101</b> 2pm					
<b>Zumba Gold (\$)</b> 4pm		<b>Nia Moving to Heal</b> 4pm		<b>Zumba Gold (\$)</b> 4pm					

## August 2016

Free screening and discussion of PBS Frontline film, **Being Mortal**. This film explores the hopes of patients with terminal illness and the physicians who treat them.  
**Friday August 12, 1-2:30pm, Blue Ridge Electric**  
**RSVP: Julie Wiggins, 828-265-5434 ext. 122**

### Special Activities and Interest

**Farmer's Market Vouchers are available. You must be a registered congregate nutrition participant.**

**Are you interested in learning to play table tennis?** If so, we will have a teacher here available on Thursdays from 1-3pm BUT you must be registered ahead of time, 265-8090.

**Beltone** will be providing hearing screenings and cleaning hearing aids the last Monday of the month, August 29, 10am-11:30.

**Leaving Your Legacy Program:** We are starting a program which will allow individuals to have their life story recorded. If you are interested in participating, call Jen at 265-8090.

**New Class:** Nia, Moving to Heal, taught by Nia instructor, Sandra Meyer will be starting on Tuesday August 23rd at 4pm. This class is offered at no cost and will be held for 8 weeks. Call Jen to register, 265-8090.

**Craft Class** will focus on fall crafts through August. Class is held on Thursdays at 10am.

**Table Tennis Teaching** will be available on Thursdays from 1-3pm, but you must be registered ahead of time, call 265-8090.

**CHAMP:** Friday August 26th, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

**High Country Lifelong Learners** class schedules available.

- August Presentations (Tuesdays 11am)**
- August 2nd-ARHS and Blood Pressure (10am)
    - August 9th-WAMY
    - August 16th-Boone Drug

### 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



**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**

## **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**