



Lois E. Harrill Senior Center August 2019

Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p>  <p>Don't forget to sign in or call in by 10am to reserve your meal!</p>		<p>1 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>2 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>
<p>5 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm</p>	<p>6 Health Talk-11am Nutrition Quilt Guild- 9-2 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Finding your way through grief 10-11:30</p>	<p>7 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Meditation- 11-12:30</p>	<p>8 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>9 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm Will Clinic-9-12</p>
<p>12 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>13 Health Talk-11am BINGO Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Dementia Caregiver Support Grp 6:30</p>	<p>14 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Ice Cream Social- 10-11 bring a topping LLL-2-3:30 LLL-2</p>	<p>15 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Field Trip- 8:30-2</p>	<p>16 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>
<p>19 LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>20 Health Talk-10am Vaya Health Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Quilt Guild 9-2</p>	<p>21 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Class Trip-12</p>	<p>22 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>23 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm Advocacy Event 10-11</p>
<p>26 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm RAPP- 10-2</p>	<p>27 Karaoke 9-12` Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am</p>	<p>28 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am LLL-2pm-meditation Writer's class-12-2</p>	<p>29 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>30 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm Book Discussion 2-3:30</p>

August 2019

Farmer's Market Vouchers: Don't forget to use your Farmer's Market Vouchers!

Ice Cream Social: August 14th, 10-11am join us for an ice cream social before BINGO begins! Bring an ice cream topping to share and have a scoop as we enjoy the last of the summer!

Karaoke: August 27th, 9:00-12- Join us for Karaoke! We have a lot of talented people-come cheer them on or join in!

Field Trips: Field Trips for September-November will be open for registration on August 1st. See Billie for information and registration. First come, first served. Seats are limited. September will be a tour of Cone Manor and lunch at Woodlands, October will be a trip to Valle Crucis park, a corn maze & pumpkin patch, and lunch, November will be a shopping trip to Hickory.

Advocacy Event: Please join us on Friday August 23rd, 10-11am for an advocacy event. Tell your representatives what the Older American's Act means to you and why they need to re-authorize it. We will give you resources and information you need to make your voice heard. Fall events to note: Medicare open enrollment, flu shot clinics, pneumonia vaccine clinics, health fairs, and a Virtual Dementia Tour will all be scheduled for the fall. We will begin registration for all these events in September. See Billie for more information and to register.

Caregiver Support Group: Please join us for a newly re-organized caregiver support group every 2nd Tuesday each month at 6:30pm.

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)
- Yoga: Tuesdays at 10am

August Health/Wellness Presentations

6th: Blood Pressure checks and discussion 11am

7th: Meditation- 11-12:30

13th: Nutrition Family Feud 11

20th: Vaya Health-10am to 12 noon

28th: Meditation- 2pm

Caregiver support group- August 13th at 6:30pm

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)

**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.

Upcoming Events:

Walk With Ease- must be registered to participate Sept 11th-Oct 10th

Fall Trip Registration- See Billie

Virtual Dementia Tour and Health Fairs-

October

Registration will open in September for Flu clinics and for Medicare Open Enrollment

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

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

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 and services.

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 Appal-CART
 - 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 Products (various items)

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**

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**



Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older