

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Note: Mon. and Wed. Table Tennis available 1-3pm</p> </div>	<p>1 DHHS 8:30am Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>2 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>3 Music 10am Sign Language 10am Crafts 10am Quilt Guild 1pm</p>	<p>4 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>
<p>7 CLOSED</p> 	<p>8 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm Yoga Starts (\$) 6:15pm</p>	<p>9 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm</p>	<p>10 Music 10am Sign Language 10am Crafts 10am</p>	<p>11 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>
<p>14 Weaving Class 9am Art Class II 9am Cards/Rook 10:30am Exercise 10:30am Bone Builders 10:30am Zumba Gold 4pm</p>	<p>15 WALK A THON 10am Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>16 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Smartphone Class 2pm Zumba Gold 4pm</p>	<p>17 TALENT SHOW 10am Sign Language 10am Crafts 10am Quilt Guild 10am</p>	<p>18 Exercise 10:30am Bone Builders 9:30am CHAMP 8am</p>
<p>21 Weaving Class 9am Art Class II 9am Matter of Balance 10 am Cards/Rook 10:30am Exercise 10:30am Bone Builders 10:30am</p>	<p>22 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>23 Art Class I 9am Matter of Balance 10am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm</p>	<p>24 Music 10am Sign Language 10am Crafts 10am</p>	<p>25 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>
<p>28 Weaving Class 9am Art Class II 9am Matter of Balance 10am Cards/Rook 10:30am Exercise 10:30am Bone Builders 10:30am Zumba Gold 4pm</p>	<p>29 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>30 Art Class I 9am Matter of Balance 10am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Note: Bingo is played Mon, Wed and Fri: 11-11:45.</p> </div>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Note: Cards/Rook are played Monday- Friday, 10-Noon.</p> </div>

SEPTEMBER 2015

MATTER OF BALANCE

A new class that can help reduce the fear of falling and increase the activity levels of older adults who have concerns about falling.

**4- week session: Mondays and Wednesdays, 10-Noon
Starts Monday September 21, Register by Sept. 16th**

Special Activities and Interest

ZUMBA GOLD will be cancelled on Monday September 21st and Wednesday September 24.

Falls Prevention Week is September 21-25th, activities and information will be provided all week.

Yoga Classes: New 12 week session begins on Tuesday, September 8th, 6:15-7:15pm, cost is \$74.00 register by 5pm.

Walk-A-Thon: Tuesday September 15th, 9:30-Noon. Come with your sneakers on! We have a high goal this year to meet!

Sewing Class: New 12 week session begins on Tuesday September 15th at 6:30pm, cost is \$47.00 register by 5pm.

Talent Show New Date: Thursday, September 17th, 10am-Noon, Come show off your skills! Sign up by Sept. 16.

Smartphone Class: Wed. Sept. 16, 2pm. Call to RSVP.

Medi Home Health will be sponsoring Bingo on Monday September 21 at 11am.

CHAMP: Friday Sept. 18th, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

High Country Lifelong Learners NEW class schedules available.

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

September Presentations

held at 11am on Tuesdays

- Candy Jones will be here on Tuesday September 22nd to do Blood Pressure checks and provided fall prevention information.**

Games:

Hand and Foot (Thursdays at 1pm)

Rook (Mondays 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**

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



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, September 7th, Labor 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: Toni Wait (828) 295-5195

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