



Lois E. Harrill Senior Center October 2021



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Mon	Tue	Wed	Thu	Fri
 <p>Don't forget to call in by Thursday by 10am to reserve your meals for next week!</p>	<p>Classes and events are subject to change without notice! Call ahead to verify if desired.</p>	<p>Meal Served Inside Daily at noon- (must be registered) You must also attend an orientation to attend classes and events.</p>		<p>1 Art Studio-10-3 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30 FLU SHOTS- 9-11am</p>
<p>4 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5 Medicare 101- 2pm</p>	<p>5 Mah Jong-10-12-CR3 Health Talk- Aging Well Assessments 11-12 (CR-1, 3) Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club Mtg-11:30 Quilt Mtg 12:30-3:30</p>	<p>6 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Reservations due Early! Billie gone Thu-Mon</p>	<p>7 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30</p>	<p>8 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>11 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>12 Mah Jong-10-12-CR3 Health Talk- TBD Line Dancing-1:30-DR \$Sewing-5:30-8pm Virtual Medicare- 2pm</p>	<p>13 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>14 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due! Senior Ctr Mtg-1-3</p>	<p>15 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30 Aging Well Assessments 1-3 (CR-1, 3) Final registration/Wills</p>
<p>18 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>19 Mah Jong 10-12CR3 Line Dancing-1:30-DR Health Talk-Mental Health 10 to 12 \$Sewing-5:30-8pm Grandparents Support Grp- 9-12 Lions Club Mtg-11:30 Quilt Guild- 9-2</p>	<p>20 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>21 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>22 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>25 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>26 Mah Jong-10-12-CR3 Health Talk- Aging & Swallowing Line Dancing-1:30-DR \$Sewing-5:30-8pm LEH Virtual Book Club- 9:30-10:30</p>	<p>27 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>28 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>29 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 Halloween Party-10-11 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30 Final Registration for Holiday Hero Program</p>

October 2021

Medicare 101 and Open Enrollment: We want to remind everyone that Medicare open enrollment is October 15th through December 7th. This is your chance to review your drug plan or advantage for 2022 and make changes. Please see Billie to book your appointment with a Medicare counselor from SHIIP. We would also like to invite you to join us for Medicare 101. The live online presentation will be Thursday October 12th at 2 pm. We are also offering an in-person live presentation on Monday October 4th at 2pm. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is required to get the online link for the virtual meeting. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed. Call or email Billie at 828-265-8090 or billie.lister@watgov.org to register.

Halloween Party: We would like to invite registered congregate participants to join us for this spooky time of fellowship. We will be sharing our favorite haunted tales and some spooky treats! We will also have a costume contest. BINGO will follow for those not afraid to stick through the scary stories.

Will Clinic: We have an upcoming will clinic November 18th (1-3) & December 9th (9-11). You must be registered by October 15th. We have only 15 spots open. Please see Billie to register for a will and advance life directive clinic spot!

Flu Shot Clinic: We are offering a flu shot clinic on **October 1st from 9-11**. Registration is appreciated but it is possible to simply show up without registration. Vaccines will be held for those with appointments and remaining vaccines will be administered on a first come, first served basis. See Billie to reserve your flu shot!

Ageing Well Assessments: ASU students will be here to offer free health assessments to anyone interested on October 5th from 11 to 12 and again on October 15th from 1-3pm. Please let Billie know if you are interested.

Notice: Classes and events are subject to change without notice! Call ahead to verify if desired.

Weekly Exercise Classes Available offered :

- Virtual and in-person Yoga– Thursdays
- Bone Builders-M, W, F
- Tai Chi– Th
- Muscles & More-M, W, F
- Cardio Drumming-W
- Line Dancing– Tu

Monthly Virtual Classes Available offered:

- LEH Virtual Book Club
- Tuber's Club Weekly Fridays at 2
- Medicare 101
- Health and Wellness Presentations

October Health/Wellness Presentations

Medicare 101– Virtual on October 12th at 2pm

In-Person October 4th at 2pm

Ageing Well Assessments– Oct 5th-11-12 & 15th-1-3

Vaya Health– October 19th 10am-noon

Swallowing & Aging– October 26th– 11-Noon

Contact Vaya Health to connect with their virtual mental health presentations!

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab– Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing

Resources you can pick-up/Check-out:

Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Billie to ask about these items. 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.

Upcoming Events:

- **Will Clinics– Nov 18th & Dec 9th**
- **Med-Assist Give-away Event– Nov 19th- 9am-2pm**
- **Thanksgiving Party- 10-11 on Wed Nov 24th**

Hours of Operation: Monday-Friday 8-5pm

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



It's that time of year again! The Holiday Heroes Program is kicking off!

If you will not have family or friends and need some holiday cheer/support this holiday season-please see Billie to sign up for gifts to be sent to you by community donors.



If you would like to donate gifts or gift cards to a senior or disabled adult in need-please see Billie to find out how you can choose an anonymous person to buy gifts for.

The deadline to register to receive gifts is October 29th. Donors may begin to select tags and gifts November 1st and all gifts must be turned in no later than December 3rd for delivery.

Thank you for supporting the seniors and disabled adults in our community!

You can also donate hats, gloves, and in need. See Billie to receive these



Donate heaters, coats, blankets for those in need. See Billie to donate or receive these items!

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 week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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 pick-up/drive through 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)
 - Virtual Programming
 - Friends Connection Assistance

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

Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in October do you want meals? (just write yes or no for each)

1st- Chili _____

19th-Fish Sand _____

4th-Beef Stroganoff _____

20th-BBQ Chick _____

5th-Chicken Sand _____

21st-Pork Chop _____

6th- Cheeseburger _____

22nd-Beef & Mac Casserole _____

7th-Pork Chop _____

25th-Pimento Cheese & Soup _____

8th-Fish _____

26th-Salisbury Steak _____

11th-Pork Roast _____

27th-Spaghetti _____

12th-Chick/Broc/Rice Casserole _____

28th-BBQ Riblets _____

13th-Pepper Steak _____

29th-Pintos _____

14th-BBQ Pork Sand _____

15th-Chick Tenders _____

18th-Meatballs _____

Turn in to Billie as soon as possible-thanks!