

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Note: Bingo is played Mon, Wed and Fri: 11-11:45.</p> </div>	<p>1 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm DHHS 9am</p>	<p>2 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Cards/Rook 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>3 Music 10am Sign Language 10am Crafts 10am</p>	<p>4 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am Mah Jong 10:30am</p>
<p>7 Weaving Class 9am Art Class II 9am Cards/Rook 10:30am Exercise 10:30am Bone Builders 10:30am Zumba Gold 4pm</p>	<p>8 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>9 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Cards/Rook 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>10 Music 10am Sign Language 10am Crafts 10am</p>	<p>11 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am Mah Jong 10:30am</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 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>16 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Cards/Rook 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>17 Music 10am Sign Language 10am Crafts 10am</p>	<p>18 CHRISTMAS PARTY 10am-Noon Bone Builders 9:30am Mah Jong 10:30am CHAMP 8am</p>
<p>21 Weaving Class 9am Art Class II 9am Cards/Rook 10:30am Exercise 10:30am Bone Builders 10:30am Zumba Gold 4pm</p>	<p>22 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>23 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Cards/Rook 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>24 CLOSED 25 CLOSED</p> <div style="text-align: right;">  </div>	
<p>28 Weaving Class 9am Art Class II 9am 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 Exercise 10:30am Bone Builders 10:30am Cards/Rook 10:30am Lifelong Artists 1pm Zumba Gold 4pm</p>	<p>31 Music 10am Sign Language 10am Crafts 10am</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Note: Cards/Rook are played Monday- Friday, 10-Noon.</p> </div>

DECEMBER 2015

INSURANCE DATES!

Medicare Open Enrollment

The enrollment period for 2016 Part D Plans will begin on **October 15, 2015 and end on December 7, 2015.** Please call the Harrill Center 265-8090 for an appointment if you would like to review your drug plan and or Medicare Advantage Plan.

Affordable Care Act (ACA) Open Enrollment Dates:

Those under age 65 and not on Medicare:
ACA enrollment is Nov. 1-Dec 15 for coverage to start on January 1, 2016

Special Activities and Interest

Holiday Heroes: A program developed to assist older adults who would not be receiving gifts over the holiday season. Ornaments are placed on a tree at the Senior Center. Individuals are encouraged to stop by and get an ornament from the tree. All items are asked to be returned by December 11.

Tai Chi Registration is Open: Class starts Thursday Dec. 3rd, \$50.00 for the 12-week session. Intermediate Class: 4:30pm; Beginner Class: 5:30pm

Yoga Registration is Open: New Yoga class starting January 5th, Class is held Tuesdays at 6:15. \$74.00 for the 12-week session. Call for details.

Christmas Party: Friday December 18 10am-Noon:
Food, Games, and More!!

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

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

December Presentations

- December 1st-10am Blood Pressure Checks and 11am talk about "Holiday Blues"
- December 8th-Diane Trainor with Senior Medicare Patrol

Games:

Hand and Foot (Thursdays at 1pm)
Rook (Mondays at 10:30am)
Mahjong (Fridays at 1pm)
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**

December Closings

Thursday and Friday December 24 & 25

Happy Holidays!

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