

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Weaving Class 9am	Art Class II 9am	Exercise 10:30am	Bone Builders 10:30am	Arthritis Ex. 1pm	Zumba Gold 4pm	Radio Club 6pm			
3	DHHS 10am	Nutrition Program 10am	Exercise 10:30am	Watercolor (\$) 1pm	Line Dancing 1:30pm	Rummikub 2:30pm			
4	Art Class I 9am	Gentle Yoga 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Arthritis Ex. 1pm	Zumba Gold 4pm			
5	Music 10am	Sign Language 10am	Crafts 10am	Exercise 10:30am	Quilt Guild 1pm				
6	Wii and Games 10am	Exercise 10:30am							
9	Weaving Class 9am	Art Class II 9am	Exercise 10:30am	Bone Builders 10:30am	Arthritis Ex. 1pm	Zumba Gold 4pm			
10	Nutrition Program 10am	Exercise 10:30am	Watercolor (\$) 1pm	Line Dancing 1:30pm	Rummikub 2:30pm				
11	Art Class I 9am	Gentle Yoga 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Arthritis Ex. 1pm	Smartphone Class 3pm	Zumba Gold 4pm		
12	Music 10am	Sign Language 10am	Crafts 10am	Exercise 10:30am	Tablet Class 3pm				
13	Wii and Games 10am	Exercise 10:30am							St. Patrick's Day Party 10am-Noon
16	Weaving Class 9am	Art Class II 9am	Grief Support 10am	Exercise 10:30am	Bone Builders 10:30am	Arthritis Ex. 1pm	Zumba Gold 4pm		
17	Happy St. Patty's Day!		Nutrition Program 10am	Exercise 10:30am	Line Dancing 1:30pm	Watercolor (\$) 1pm	Rummikub 2:30pm		
18	Art Class I 9am	Gentle Yoga 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Arthritis Ex. 1pm	Zumba Gold 4pm			
19	Music 10am	Sign Language 10am	Crafts 10am	Quilt Guild 10am	Exercise 10:30am				
20	Wii and Games 10am	Exercise 10:30am							
23 and 30	Weaving Class 9am	Art Class II 9am	Exercise 10:30am	Bone Builders 10:30am	Arthritis Ex. 1pm	Zumba Gold 4pm			
24 and 31	Nutrition Program 10am	Exercise 10:30am	Watercolor (\$) Not 31st 1pm	Line Dancing 1:30pm	Rummikub 2:30pm				
25	Art Class I 9am	Gentle Yoga 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Arthritis Ex. 1pm	Zumba Gold 4pm			
26	Music 10am	Sign Language 10am	Crafts 10am	Exercise 10:30am	Facebook Clinic 3pm				
27	Wii and Games 10am	Exercise 10:30am							

New Activities:

Watercolor: 4 week session, 12 hours, \$52.00, March 3, 10, 17, and 24

Facebook Clinic: Thursday March 26th, 3pm

Note: Bingo is played Mon, Wed and Fri: 11-11:45, except March 13.

March 2015

Tax Assistance Available: Free tax preparation for seniors and low and middle income taxpayers. E-file is available. The tax aide program will run from February 3 to April 14, 2015. Counselors will be available at the Harrill Center on Tuesdays. Please call for an appointment, 265-8090.

Special Activities and Interest

High Country Lifelong Learners new class schedules are available. Please stop by the center for a copy.

Smartphone Class: Wednesday March 11, 3pm

Tablet Class: Thursday March 12, 3pm

Focus on Watercolor: New class!! 4 week session, 12 hours
Cost: \$52.00 **Tuesdays:** March 3, 10, 17, 24; 1-4pm
Teacher: Joann Pippin

(Note: There will be 2 make up class dates, should there be extreme weather, call for more information.)

Facebook Clinic: Thursday March 26th, 3pm

St. Patrick's Day Party: Friday March 13th, 10-noon

Quilt Guild: Thursdays: Mar. 5th, 1-3pm; Mar. 19th, 10-3pm

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Coffee Time and Talk: Monday-Friday 9-Noon

Rummy Group: 9-Noon

Nutrition Education: Every Tuesday 11am

Drop-In Activities

Bocce-Cards-Computer Lab-Copy Machine (0.05/copy)-
Croquet-Puzzles-Exercise Equipment-Library (movies and
books)-Kindles for check out-Piano-Pool Table-Games-
TV/VCR/DVD players-Sewing Machines-Wii

The Lois E. Harrill Senior Center offers 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 for 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 Classes and Information
 - Volunteer Placement Opportunities
 - Job Placement and Assistance
 - Arts and Crafts Sales
 - Housing Assistance
 - Nutrition and Wellness Education

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

**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

