

Monday	Tuesday	Wednesday	Thursday	Friday
<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>NEW Activity! Team Trivia Challenge, Wednesdays 11am, starting April 22.</p> </div>	<p>1 Art Class I 9am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm EASTER PARTY 10-Noon</p>	<p>2 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Quilt Guild 1pm</p>	<p>3 CLOSED Good Friday</p>
<p>6 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm Radio Club 6pm</p>	<p>7 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm Hickory Shopping** 8am</p>	<p>8 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>9 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>10 Wii and Games 10am Exercise 10:30am Bone Builders 11am FUN IN THE SUN Party 10am-Noon</p>
<p>13 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>14 Java with Jen 10am Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>15 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>16 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>17 Wii and Games 10am Exercise 10:30am Bone Builders 11am</p>
<p>20 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>21 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm Spring Greens Planting (\$) 2pm</p>	<p>22 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>23 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Quilt Guild 10am</p>	<p>24 Wii and Games 10am Exercise 10:30am Bone Builders 11am CHAMP 8am</p>
<p>27 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>28 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>29 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>30 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	

April 2015

TRIPS

Tuesday April 7th: Shopping in Hickory, 8am-4:30pm
Tuesday May 26th: Barter Theater-Mary Poppins, Tickets are \$27.00 plus lunch, register by April 14th
Contact Jen or Toni to sign up for trips.

Special Activities and Interest

NO Transportation Services available on Monday April 6

Easter Party: Wednesday, April 1st, 10-Noon. EASTER BINGO!!

YOGA Sign-Up: Akal Dev Sharonne will be teaching yoga. The new 12-week session starts April 7th. Cost is \$74.00 for the 12 weeks. Sign up by April 7th.

Fun in the Sun Party: Friday, April 10th, 10-Noon.

Java with Jen: Join Jen for coffee and pastries and share your ideas for programs and activities, Tuesday April 14 10am.

SPRING GREENS Planting: Tuesday April 21st 2pm. Plant your own spring greens container garden to take home. \$5.00 fee and participants will leave with a container garden. RSVP by April 17th.

NEW ACTIVITY: Trivia Challenge: Wednesdays 11-Noon, starting April 22.

CHAMP: Fall Prevention, Improving Balance and Strength, FREE! Friday, April 24th, 8am-Noon, call for appointment.

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

Quilt Guild: Thursdays: April 2, 1-3pm; April 23, 10-3pm.

April Presentations

- Tuesday April 7th-Candy Jones, Appalachian Regional Healthcare System-Blood Pressure Checks and Blood Sugar Checks, 10am-Noon
- Tuesday April 14th-Appalachian State Dietetic Association will be doing a nutrition presentation, 11am
- Tuesday April 21st-Pam Hagaman with Boone Physical Therapy will be presenting on fall prevention and how to get up from a fall, 11am
- April 28th-Medi Home Services will be presenting on their home health kits, 11am

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



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

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 Center at Noon.

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 activities. All contributions allow us to continue to offer great 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

Friday, April 3

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