



# Lois E. Harrill Senior Center June 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b></p>	<p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am</b></p>			
<p><b>3</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>LLL- 2pm-retirement/ Financial planning</b></p>	<p><b>4 Health Talk-11am Legal Aid</b> Line Dancing 1:30 DHHS hearing-9am Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild-12:30-3:30 <b>Meditation 11-12:30</b> <b>Car Fit training-9am</b></p>	<p><b>5</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am <b>LLL-2pm</b> <b>Writer's Group-12-2</b> <b>Car Fit event-9-12</b></p>	<p><b>6</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><b>7</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b></p>
<p><b>10 LLL-2pm</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>Walk w/ Ease-10-11</b></p>	<p><b>11 Health Talk-11am Volunteer Training</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 <b>Dementia Caregiver Support Grp 6:30</b></p>	<p><b>12 Karaoke 9-11:30</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Writer's Group-12-2</b> <b>Walk w/ Ease-10-11</b> <b>Health Fair-9-12</b></p>	<p><b>13</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm <b>Field Trip- Bass Lake 9-2pm</b></p>	<p><b>14</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b> <b>Walk w/ Ease-10-11</b></p>
<p><b>17 Field Trip- 9-2</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>Walk w/ Ease-10-11</b></p>	<p><b>18 Health Talk-11am Vaya Health</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 9-2</p>	<p><b>19 Mission Visit-10</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Writer's Group-12-2</b> <b>Walk w/ Ease-10-11</b></p>	<p><b>20</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><b>21</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL-2pm</b> <b>Walk w/ Ease-10-11</b></p>
<p><b>24</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>Walk w/ Ease-10-11</b> <b>LLL-2pm</b></p>	<p><b>25 Health Talk-11am Food Safety</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p><b>26</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am <b>Writer's Group-12-2</b> <b>LLL-2pm-meditation</b> <b>Walk w/ Ease-10-11</b></p>	<p><b>27</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><b>28</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b> <b>Walk w/ Ease-10-11</b> <b>Field Day-9-12</b></p>

# June 2019

**Walk With Ease** Every Mon, Wed, Fri 10-11am. You must register! See Billie to join. This is a self-led walking club. You will receive free resources, education, and socialize as you walk your way to health!

**Health Fair**– June 12th 9-12. This is a great event for everyone! Join us to get free health assessments and resources! See Billie for more information.

**Karaoke**– June 12th, 9:00-11:30am– Join us for Karaoke at the health fair! We have a lot of talented people–come cheer them on or join in!

**Field Day**: June 28th from 9-12 we will have a fun-filled morning of games and competition. App Reg will supply sunblock, water, snacks, and blood pressure screening.

**Volunteer training** – June 11th, 11am. Come take a refresher course on volunteering in our dining room. See Billie to register.

**Farmer's Market Vouchers**– We will be distributing the Farmer's Market Vouchers again this year beginning in July. See Billie in the month of July to get yours– first come, first served.

**Car Fit**– June 5th, 9-12. Come let AARP volunteers help you 'fit' yourself correctly in your car. Volunteers are trained to help you properly adjust your seat, mirrors, and belts in order to provide optimal safety and vision in your car. See Billie for more information or to volunteer.

## Weekly Classes Available offered :

- Art II: Mondays, 9am-Noon, this is a studio type class
- Art I: Wednesdays, 9am-Noon, drawing class
- Crafts: Thursdays, 10-1:30pm, learn to make new crafts
- Sign Language: Thursdays, 10am, learn to sign
- Sewing (Tuesdays)\$ Needlework (Thurs) \$

## Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm
- Bone Builders & Muscles and More: Mon/Wed/Fri. morning
- Zumba Gold (\$): donation requested, Mon/Wed at 4pm
- Tai Chi (\$): Thursdays at 4:30pm (\$5.00 per class)
- Yoga (\$): Mondays at 5:30pm

## June Health/Wellness Presentations

**4th: Legal Aid Elder Financial Abuse/Exploitation 11am**

**12th: Health Fair 9-12**

**18th: Vaya Health-10am to 12 noon**

**25th: Food Safety– 11am**

**26th: Meditation 2pm**

**28th: Field Day 9-12 (blood pressure screening available)**

**Walk with Ease– Mon, Wed, Fri, 10-11 weekly**

## Weekly Activities

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

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

**Cards and Coffee Time:** Monday-Friday 9-Noon

**Nutrition/Wellness Education:** Every Tuesday 11am

**Live Music:** Every Thursday 10-12

**Lifelong Learner Programs** throughout month– call for info.

## Drop In Activities:

Bocce-Cards-Computer Lab– Copy Machine-Croquet-Puzzles

Exercise Equipment-Library-Kindles-Piano-Pool Table-games

TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn Hole– Ladder Ball-Bean Bag Toss-Table Tennis

## Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

**132 Poplar Grove Connector Suite A  
Boone, NC 28607**

**Phone: (828)265-8090**

**Director: Billie Lister**

**Email: [billie.lister@watgov.org](mailto:billie.lister@watgov.org)**

For additional information, questions about activities, or to register for transportation please contact the Center Director.

## Upcoming Events:

**Karaoke**–

July 2nd

**Independence Day party**–

July 3rd, 10-12

**Advance Life Directive Class** July 8, 2-4

**Field Trip to Farmers market**– July 18

**Field Day**– June 28, 9-12

**Medicare 101-**

July 25th, 2p

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

**Is there something you wish the senior center would offer? Email us or call with your thoughts, [billie.lister@watgov.org](mailto:billie.lister@watgov.org) or 828-265-8090**

## **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 day they plan to attend to reserve a meal.

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.

### **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 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)

### **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