

Lois E. Harrill Senior Center August 2022

Mon	Tue	Wed	Thu	Fri
<p>1 Bone Builders-9:00 Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4</p>	<p>2Mah Jong-10-12 Health Talk- Blood Pressures Line Dancing-1:30-DR \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Lions Club- 12-1 Quilt Guild 12:30-3:30</p>	<p>3 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 Medicare 101- 2-4pm</p>	<p>4 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>5 Art Studio-10-3 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>8 Bone Builders-9:00 Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4</p>	<p>9 Mah Jong10-12 Line Dancing-1:30-DR Health Talk- Lions Club- 12-1 \$Sewing-5:30-8pm Tai Chi for Arthritis 3</p>	<p>10 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2</p>	<p>11 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>12Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:00-10 Muscles & More-10:30 Bread Dist- 12:30 VIP Club Mtg 10-11</p>
<p>15 Bone Builders-9:00 Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4</p>	<p>16 Mah Jong-10-12 Health Talk-Mental Health10-12 Line Dancing-1:30-DR \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Quilt Guild- 9-2</p>	<p>17 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3</p>	<p>18 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>19 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 Health Fair-9-11:30</p>
<p>22 Bone Builders-9:00am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4</p>	<p>23Mah Jong10-12 Line Dancing-1:30-DR Health Talk- Lions Club- 12-1 \$Sewing-5:30-8pm Tai Chi for Arthritis 3</p>	<p>24 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 Virtual Med 101-9am</p>	<p>25 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>26 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:00-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>29 Bone Builders-9:00am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4</p>	<p>30 Mah Jong10-12 Line Dancing-1:30-DR Health Talk- \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Smart Driver-1-5pm</p>	<p>31 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3 BRAHM Art Class 10-11 Medicare 101- 2-4pm</p>	<p>Meal Served Inside Daily at noon -(must be registered) You must also attend an orientation to attend classes and events.</p>	<p>Classes and events are subject to change without notice! Call ahead to verify if desired.</p>

August 2022

Medicare 101: We are happy to invite you to attend informative presentations about Medicare either in-person or online. Please see Billie to book your appointment with a Medicare counselor from SHIP. Call or email Billie at 828-265-8090 or billie.lister@watgov.org to register.

New Free Art Class: The Lois E. Harrill Senior Center would like to invite all community members ages 60 or older to come join the senior center at no cost and try our new Beginning Watercolor art class. Please call before attending. Class will be every Thursday 10:30-Noon. There is no cost to attend-but you must become a registered member of the senior center to participate. For more information, call Billie at 828-265-8090.

Farmers Market Vouchers: Please do not forget to use your farmer's market vouchers! They must be used by the end of September.

Field Day and Health Fair: Field Day and Health Fair in the side yard Friday August 19th from 9am-11:30am. Come enjoy fun, music, and lots of give aways and free health assessments.

Smart Driver Class: Smart Driver from AARP is a great way to refresh your driving skills. See Billie to sign up! This class does require a fee to participate.

Art With BRAHM: We have an instructor from BRAHM who will come to teach an art lesson once a month. We leave the art classroom open 3 days a week all month so that artists may work together on projects and sharpen skills learned. The art lesson will be every last Wednesday at 10-11:30. You do not need to register-just show up ready to learn and materials will be provided for the lesson. We encourage you to come use the space and practice your skills together! See Billie for more information.

Yoga Classes: We have a potential yoga instructor who may begin classes soon-but she needs to know if anyone is interested. What type of yoga do you like? Are there any instructor who are interested in co-teaching? What days/times are best? Please see Billie to offer feedback.

Weekly Exercise Classes Available offered :

- Bone Builders-M, W, F
- Tai Chi- Th
- Muscles & More-M, W, F
- 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

August Health/Wellness Presentations

ARMC will present Aug 2nd at 11

Vaya Health will present on Aug 16th from 10-12

Medicare 101 is offered both virtually and in-person

In-person- 3rd and 31st at 2pm, Virtually 24th at 9am

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

Upcoming Events:

Will clinic in December- now taking registration for the first 8 individual people- will be doing a will, a healthcare power of attorney, durable power of attorney, and living will. See Billie to register!

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

Hours of Operation: Monday-Friday 8-5pm

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

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

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 at 11:30 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 - referral through partnership with Vita 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)
 - 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 August do you want meals? (just write yes or no for each)

1st-Chick Pot Pie _____

17th-Grill Chick Sand _____

2nd-Sloppy Joe _____

18th-Beef Pepper Steak _____

3rd-BBQ Pork _____

19th-BBQ Pork Riblets _____

4th- Chick Salad Sand _____

22nd-Hamburger _____

5th-Beef and Mac Casserole _____

23rd-Pimento Ch Sand/Soup _____

8th-Spaghetti _____

24th-Fish _____

9th-Meatloaf _____

25th-BBQ Chick _____

10th-Pintos _____

26th-Beef Steak _____

11th-Chick Tenders _____

29th-Pork Chop _____

12th-Turkey Sand _____

30th-Chick Nuggs _____

15th-Fish Sand _____

31st-Meatballs _____

16th-Egg Salad Sand/Soup _____

Turn in to Billie as soon as possible-thanks!