



Lois E. Harrill Senior Center September 2022



Mon	Tue	Wed	Thu	Fri
Meal Served Inside Daily at noon- (must be registered) You must also attend an orientation to attend classes and events.	Classes and events are subject to change without notice! Call ahead to verify if desired.		1 River Road Ramblers 9-11:45am Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!	2 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 Orientation 9 & 3
5 CLOSED 	6 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk- ARHC Lions Club- 12-1 Quilt Guild 12:30-3:30 \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Orientation 9am	7 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 Virtual Med 101-3pm	8 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!	9 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 VIP Club Mtg 10-11
12 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	13 Mah Jong-10-12 Health Talk-Food Safety Line Dancing-1:30-DR \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Orientation 3pm	14 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2	15 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!	16 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
19 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 Orientation 9am	20 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk-Mental Health Lions Club- 12-1 \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Quilt Guild- 9-2	21 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 Medicare 101- 2-4pm	22 Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!	23 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
26 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 SHIIP Vol Training 2-5	27 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk- Hand Washing \$Sewing-5:30-8pm Tai Chi for Arthritis 3 SHIIP Vol Training 9-12	28 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 BRAHM Art Class 10-11 Orientation 3pm	29 River Road Ramblers 9-11:45am Beg. Watercolor 10:30 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!	30 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 Party- 9am to 11am

September 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.

Medicare Open Enrollment: Open enrollment is your chance to make changes to your current Medicare part D or advantage plans! You can learn about all the changes to your current plan and see what options are new for next year. The friendly and knowledgeable SHIP counselors are your local Medicare experts-not salespeople. We will help you find the best plan and lowest cost. We are booking appointments now for open enrollment. To make your appointment call the Lois E. Harrill Senior Center For more information, ask for 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.

Volunteers: We really appreciate the hard work of our dedicated volunteers! Thank you all so much for all you do!

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.

Bullying is Real: We want to offer a gentle reminder that bullying is real, even at a senior center. Please remember that we do not know all that a person is going through. There are things you may not know and the words you say can have a very negative impact on a person regardless if they show it or not. Please use kindness and compassion when socializing at the center. We want to keep this a friendly and supportive safe space for everyone! Thanks!

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

September Health/Wellness Presentations

ARMC will present Sep 6th at 11
Vaya Health will present on Sep 13th from 10-12

Medicare 101 is offered both virtually and in-person
In-person- 21st at 2pm, Virtually 7th at 3am

Flu Shot Clinics coming up first week of October- please see Billie to Register!

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:

Medicare open enrollment is Oct 15th-Dec 7th- make your appointment now!

Halloween Party Oct 31st-costume party 10-11am

Flu Clinic-Oct 7th (9-12) 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 September do you want meals? (just write yes or no for each)

1st-Chick Sand _____

20th-Meatloaf _____

2nd-Ziti _____

21st-Pintos _____

6th-Beef Steak and Gravy _____

22nd-Chick Tenders _____

7th- Chick/Broc/Rice Cass _____

23rd-Turkey Sand _____

8th-Tuna Salad/Mac Salad _____

26th-Fish Sand _____

9th-Pintos _____

27th-Egg Salad/Broc Soup _____

12th-Chick Pot Pie _____

28th-Grill Chick Sand _____

13th-Sloppy Joes _____

29th-Beef Steak & Gravy _____

14th-BBQ Pork _____

30th-BBQ Pork Riblets _____

15th-Chick Salad _____

16th-Beef & Mac Casserole _____

19th-Spaghetti _____

Turn in to Staff as soon as possible-thanks!