



# Lois E. Harrill Senior Center April 2022



Mon	Tue	Wed	Thu	Fri
<p><b>Meal Served Inside Daily at noon-(must be registered)</b>  <b>You must also attend an orientation to attend classes and events.</b></p>	<p><b>Classes and events are subject to change without notice!</b>  <b>Call ahead to verify if desired.</b></p>			<p><b>1</b> Art Studio-10-3            Tuber's Club Virtual 2            Mah Jong-10-12-CR3            BINGO-11-11:45            Bone Builders-9-10            Muscles &amp; More-10:30            Bread Dist- 12:30  <b>Aging Well Health Assessments- 10-11</b></p>
<p><b>4</b>            Bone Builders-9:30am            Muscles&amp;More-10:30            Open Art-10-1-CR1            Weaving-9-12-CR2            BINGO- 11-11:45            Writer's Club-1-4            Bridge-1-5  <b>Orientation 9</b></p>	<p><b>5</b>            Mah Jong-10-12-CR3  <b>Health Talk- Blood Pressures 11-12</b>            Line Dancing-1:30-DR            \$Sewing-5:30-8pm            Lions Club- 12-1            Quilt Guild Mtg- 12:30-3:30</p>	<p><b>6</b>            Bone Builders-9:30am            Art Space-10-1            Muscles&amp;More-10:30            BINGO- 11-11:45            Canasta-1-5            Quilter's Circle 10-2  <b>Matter of Balance 9-11</b></p>	<p><b>7</b>            Needlework\$-1-3            Crafts-10-1:30            Music-10-11:45            Adv. Tai Chi/Arth. 3            \$Tai Chi\$-4:30&amp;5:30  <b>Reservations due!</b></p>	<p><b>8</b>Art Studio-10-1            Tuber's Club Virtual 2            Mah Jong-10-12-CR3            BINGO-11-11:45            Bone Builders-9:30-10            Muscles &amp; More-10:30            Bread Dist- 12:30  <b>VIP Club Mtg 10-11</b>  <b>Grief Supt Grp-12:30</b>  <b>Matter of Balance 9-11</b></p>
<p><b>11</b> Bone Builders-9:30            Muscles&amp;More-10:30            Open Art-10-1-CR1            Weaving-9-12-CR2            BINGO- 11-11:45            Writer's Club-1-4            Bridge-1-5  <b>Matter of Balance 9-11</b>  <b>Orientation 3</b></p>	<p><b>12</b>            Mah Jong-10-12CR3  <b>Health Talk- BINGO</b>            Line Dancing-1:30-DR            \$Sewing-5:30-8pm</p>	<p><b>13</b>            Bone Builders-9:30am            Art Space-10-1            Muscles&amp;More-10:30            BINGO- 11-11:45            Canasta-1-5            Quilter's Circle 10-2  <b>Matter of Balance 9-11</b></p>	<p><b>14</b>            Needlework\$-1-3            Crafts-10-1:30            Music-10-11:45            Hand &amp; Foot-12-5            Adv. Tai Chi/Arth. 3            \$Tai Chi\$-4:30&amp;5:30  <b>Sen. Ctr. Adv. Mtg. 1</b>  <b>Reservations due!</b></p>	<p><b>15 CLOSED</b></p> <p style="text-align: center;"><b>HAPPY EASTER</b></p>
<p><b>18</b>            Bone Builders-9:30am            Muscles&amp;More-10:30            Open Art-10-1-CR1            Weaving-9-12-CR2            BINGO- 11-11:45            Writer's Club-1-4            Bridge-1-5  <b>Easter Party/Adv10-11</b></p>	<p><b>19</b>Mah Jong10-12CR3            Line Dancing-1:30-DR  <b>Health Talk-Mental Health 10 to 12</b>            \$Sewing-5:30-8pm            Lions Club- 12-1  <b>Grandparents Support Grp- 9-12</b>            Quilt Guild- 9-2  <b>Aging Well Assess 10</b></p>	<p><b>20</b>            Bone Builders-9:30am            Art Space-10-1            Muscles&amp;More-10:30            BINGO- 11-11:45            Canasta-1-5            Quilter's Circle 10-2  <b>Matter of Balance 9-11</b>  <b>Orientation 3</b></p>	<p><b>21</b>            Needlework\$-1-3            Crafts-10-1:30            Music-10-11:45            Hand &amp; Foot-12-5            Adv. Tai Chi/Arth. 3            \$Tai Chi\$-4:30&amp;5:30  <b>Hope After Heartache 10:30</b>  <b>Reservations due!</b></p>	<p><b>22</b> Art Studio-10-1            Tuber's Club Virtual 2            Mah Jong-10-12-CR3            BINGO-11-11:45            Bone Builders-9:30-10            Muscles &amp; More-10:30            Bread Dist- 12:30  <b>Grief Supt Grp-12:30</b>  <b>Matter of Balance 9-11</b></p>
<p><b>25</b>            Bone Builders-9:30am            Muscles&amp;More-10:30            Open Art-10-1-CR1            Weaving-9-12-CR2            BINGO- 11-11:45            Writer's Club-1-4            Bridge-1-5</p>	<p><b>26</b>            Mah Jong10-12CR3            Line Dancing-1:30-DR  <b>Health Talk-BRAMS Art Activity 10:30</b>            \$Sewing-5:30-8pm  <b>Orientation 3</b></p>	<p><b>27</b>            Bone Builders-9:30am            Art Space-10-1            Muscles&amp;More-10:30            BINGO- 11-11:45            Canasta-1-5            Quilter's Circle 10-2  <b>Matter of Balance 9-11</b></p>	<p><b>28</b>            Needlework\$-1-3            Crafts-10-1:30            Music-10-11:45            Hand &amp; Foot-12-5            Adv. Tai Chi/Arth. 3            \$Tai Chi\$-4:30&amp;5:30  <b>Virtual Medicare 101-9a</b>  <b>Reservations due!</b>  <b>Orientation 10:30</b></p>	<p><b>29</b> Art Studio-10-1            Tuber's Club Virtual 2            Mah Jong-10-12-CR3            BINGO-11-11:45            Bone Builders-9:30-10            Muscles &amp; More-10:30            Bread Dist- 12:30  <b>Matter of Balance 9-11</b></p>

# April 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](mailto:billie.lister@watgov.org) to register.

**Aging Well Assessments and Academy:** ASU faculty and students will once again offer free health assessments here on several dates (each date may have different assessments offered). Come participate on April 1st and 19th. ASU also offers an aging well academy lecture series at their campus— see attached flyer for more information.

**Meal Reservations Reminders:** Please remember to reserve your meals by Thursday for the following week-or turn in your meal sheets for the month. If you reserve, please show up-or call before 9am to cancel.

**Grief Support Group:** The new grief support group will be meeting every other Friday at 12:30 in classroom 1. This is open for anyone who has experienced loss.

**Easter Party & Advocacy:** This party will be held April the 18th (Monday) from 10-11am. We will be writing letters to our federal representatives and we will also have snacks and games and prizes. Come have some fun and have a say! For more information please see Billie.

**Hope After Heartache Presentation:** This presentation will be held Thursday April 21st beginning at 10:30am. You will learn how to have some hope after heartache-and what things might prevent healing. Everyone has had heartache, healing and hope after that depends on what you carry. We hope you will find this presentation inspiring and helpful. See Billie for more information.

**Matter of Balance Class:** Please see Billie to register for the upcoming Matter of Balance class which begins April 6th. Class size is limited-but this is a wonderful class for anyone concerned about falls.

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

**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

## April Health/Wellness Presentations

**Apr 1st– Aging Well Assessments– 10-11**  
**Apr 5th– Blood Pressure Checks– 11-11:45**  
**Apr 19th– VAYA Health/ Mental Health– 10-12**  
**Apr 19th– Aging Well Assessments 10-11**  
**Apr 26th– BRAMs Art Activity 10:30-12**

Virtual Medicare 101 offered Apr 28th at 9am  
In-person will be held Apr 7th at 2pm at Western Wat Ctr

## 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](mailto:billie.lister@watgov.org)

**Upcoming Events:**  
**Smart Driver-May 3**

**Muffins with Moms–  
May 6th**

**Comm Safety/Active  
Shooter– May 17th**

**We Need to Talk– May  
20**

**Grandparenting 101–  
May 24**

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

**Hours of Operation:** Monday-Friday 8-5pm

**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**

Do you need help with yard work, small home repair projects, or need a handicap ramp built on your home? Area church work groups are looking for service projects to do this summer and they want to help older adults in our community! If you have some work you need assistance with-please contact Billie to get placed on the list.



The Area Agency on Aging will help you with fall prevention projects like changing light bulbs, cleaning ceiling fan blades, and replacing smoke detector batteries. If you need these services, please contact Billie to register for this service!



## **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 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 pick-up/drive through 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 April do you want meals? (just write yes or no for each)

1st- \_\_\_\_\_

20th- \_\_\_\_\_

4th- \_\_\_\_\_

21st- \_\_\_\_\_

5th- \_\_\_\_\_

22nd- \_\_\_\_\_

6th- \_\_\_\_\_

25th- \_\_\_\_\_

7th- \_\_\_\_\_

26th- \_\_\_\_\_

8th- \_\_\_\_\_

27th- \_\_\_\_\_

11th- \_\_\_\_\_

28th- \_\_\_\_\_

12th- \_\_\_\_\_

29th- \_\_\_\_\_

13th- \_\_\_\_\_

14th- \_\_\_\_\_

18th- \_\_\_\_\_

19th- \_\_\_\_\_

Turn in to Billie as soon as possible-thanks!