



Lois E. Harrill Senior Center December 2021



Mon	Tue	Wed	Thu	Fri
Classes and events are subject to change without notice! Call ahead to verify if desired.	Meal Served Inside Daily at noon- (must be registered) You must also attend an orientation to attend classes and events.	1 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	2 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3:30 \$Tai Chi\$-4:30&5:30 Reservations due!	3 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 Orientation 4pm
6 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5	7 Mah Jong-10-12-CR3 Health Talk- Nursing Vs Assisted 11 Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 Quilt Guild Mtg- 12:30-3:30	8 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	9 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Adv. Tai Chi/Arth. 3:30 \$Tai Chi\$-4:30&5:30 Reservations due! Medicare 101-2-4	10 Art Studio-10-1 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 VIP Club Mtg 10-11
13 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5 Virtual Medicare 9/2	14 Mah Jong-10-12-CR3 Health Talk- Mental Health 10 to 12 Line Dancing-1:30-DR \$Sewing-5:30-8pm	15 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	16 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3:30 \$Tai Chi\$-4:30&5:30 Reservations due!	17 Art Studio-10-1 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
20 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5	21 Mah Jong 10-12 CR3 Line Dancing-1:30-DR Health Talk-BINGO for health products 11 \$Sewing-5:30-8pm Grandparents Support Grp- 9-12 Lions Club- 12-1 Quilt Guild- 9-2	22 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Reservations due! Holiday Party-10-11	23 CLOSED	24 CLOSED
27 CLOSED	28 Mah Jong-10-12-CR3 Health Talk- Brain Health Line Dancing-1:30-DR \$Sewing-5:30-8pm LEH Virtual Book Club- 9:30-10:30	29 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Center Clean Up 9-11	30 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due! Virtual Medicare 9/2	31 CLOSED  Don't forget to call in by Thursday by 10am to reserve your meals for next week!

December 2021

Medicare 101 and Open Enrollment: We want to remind everyone that Medicare open enrollment is October 15th through December 7th. This is your chance to review your drug plan or advantage for 2022 and make changes. 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.

Light Bulb Duty: Do you need some help changing light bulbs or smoke detector batteries? Area Agency on Aging would like to help! Please see Billie to get on the list for a home visit for up high assistance-this is a fall prevention service at no cost to you!

Holiday Party: We would like to invite registered participants to join us for a holiday party full of fun and prizes! We will playing some games for prizes and enjoying holiday treats! You must be a senior center registered participant to come. For more information please call Billie at 828-265-8090.

Center Clean Up Day: We want to ask all senior center registered participants to come help clean up the holiday decorations, organize closets and classrooms and do some center clean up before the winter sets in. We will begin at 9am. Come in comfy clothes and get ready to lend a helping hand before BINGO.

Tuesday/Thursday BINGO: We are happy to announce that we will now offer BINGO from 11-12 on any Tuesday or Thursday when there is no other program offered. So-if you show up on a Tuesday and there is no speaker/presentation- or a Thursday and no musicians or singers show up- get ready to play some BINGO instead! See Billie for more information-this program option depends on volunteer BINGO callers and prize availability.

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

Weekly Exercise Classes Available offered :

- Virtual and in-person Yoga- Thursdays
- Bone Builders-M, W, F
- Tai Chi- Th
- Muscles & More-M, W, F
- Cardio Drumming-W
- 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

December Health/Wellness Presentations

Dec 7th- Nursing homes vs Assisted Living- 11-11:45

Dec 9th- Medicare 101- 2-4pm

Dec. 14th- VAYA Health/ Mental Health- 10-12

Dec. 21st- BINGO for health care supplies

Dec. 28th- Brain Health with Project Care

Virtual Medicare 101 offered Dec. 13th & 30th at 9am and 2pm both dates!

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:

**Donuts with the
Director-Program
planning in January**

**Snowball BINGO in
January**

**Valentine King and
Queen Voting begins in
January**

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 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 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 - 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 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 December do you want meals? (just write yes or no for each)

1st- BBQ Chicken _____

17th-Chicken Pot Pie _____

2nd-Pork Chop _____

20th-Meatloaf _____

3rd-Beef & Mac Casserole _____

21st-Smoked Sausage/Cabbage _____

6th- Pim. Cheese Sand/Soup _____

22nd-Ham Holiday Dinner _____

7th-Salisbury Steak _____

28th-Chicken Sand _____

8th-Spaghetti _____

29th-Hamburger w/Cheese _____

9th-BBQ Riblet _____

30th-Catfish _____

10th-Pintos _____

13th-Ziti _____

14th-Chicken Tenders _____

15th-Sloppy Joes _____

16th-Egg Salad Sand/Soup _____

Turn in to Billie as soon as possible-thanks!