

# Lois E. Harrill Senior Center January 2022

Mon	Tue	Wed	Thu	Fri
<b>3</b> 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 <b>Orientation 9am</b>	<b>4</b> Mah Jong-10-12-CR3 <b>Health Talk- fraud &amp; Scams-AAA 11</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 Quilt Guild Mtg- 12:30-3:30	<b>5</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	<b>6</b> Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$-4:30&5:30 <b>Reservations due! Medicare 101-1-3</b>	<b>7</b> 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 <b>Orientation 4pm Donuts with Director10</b>
<b>10</b> 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	<b>11</b> Mah Jong-10-12-CR3 <b>Health Talk- Mental Health 10 to 12</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm Quilt Guild Mtg- 12:30-3:30	<b>12</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 <b>Virtual Medicare 101-9am Orientation- 3pm</b>	<b>13</b> Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Adv. Tai Chi/Arth. 3 \$Tai Chi\$-4:30&5:30 <b>Reservations due!</b>	<b>14</b> 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 <b>VIP Club Mtg 10-11 Grief Supt Grp-12:30</b>
<b>17</b> <b>CLOSED</b>  <b>MLK DAY</b>	<b>18</b> Mah Jong-10-12-CR3 <b>Health Talk- Health BINGO</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 <b>Grandparents Sup- port Grp- 9-12</b>	<b>19</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 <b>Medicare 101-2-4</b>	<b>20</b> Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$-4:30&5:30 <b>Reservations due!</b>	<b>21</b> Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 <b>Snowball BINGO-11- 11:45</b> Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30 <b>Grief Supt Grp-12:30</b>
<b>24</b> 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	<b>25</b> Mah Jong10-12CR3 Line Dancing-1:30-DR <b>Health Talk- Alz 201-11</b> \$Sewing-5:30-8pm Quilt Guild- 9-2	<b>26</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	<b>27</b> Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Adv. Tai Chi/Arth. 3 \$Tai Chi\$-4:30&5:30 <b>Reservations due!</b>	<b>28</b> 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 <b>Grief Supt Grp-12:30</b>
<b>31</b> 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 <b>Virtual Medicare 101-3pm</b>		<b>Classes and events are sub- ject to change without notice! Call ahead to verify if desired.</b>	<b>Meal Served In- side Daily at noon -(must be registered) You must also attend an orientation to at- tend classes and events.</b>	 <b>Don't forget to call in by Thursday by 10am to reserve your meals for next week!</b>

# January 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.

**Weather Reminder:** As we get closer to bad weather days-remember to be safe-keep your emergency kits up to date, carry supplies with you, and play it safe and stay home if there is snow or ice on the ground. We will send out telephone notices if we have to close the center for meals. If you need assistance with emergency planning, please see Billie for help.

**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.

**Donuts with Director:** Please come and help give the director ideas, suggestions, and feedback about what programs and events you would like to see at the senior this year! We will have donuts, coffee, and lively conversation from 10-11am on Friday January 7th.

**Valentine King/Queen Voting Begins:** Starting this month, please submit your vote for the senior center Valentine King and Queen. Each member can vote 1 time throughout the month of January. See Billie to cast your vote!

**Snowball BINGO:** We will have a special BINGO with special prizes on Friday January 21st from 11 to 12. No need to register for BINGO, just come and have fun playing! (This is available for registered members only)

**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

## January Health/Wellness Presentations

**Jan 4th- Scams and Fraud- 11-11:45**

**Jan 11th- VAYA Health/ Mental Health- 10-12**

**Jan 18th- TBD/BINGO for Health**

**Jan 21st- BINGO for health care supplies**

**Jan 25th- Alz 201 with Project Care**

**Virtual Medicare 101 offered Jan 12th & 31st at 2pm- In-person will be held Jan 6th at 1pm and 19th at 2pm**

## 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:

**Valentine Party**

**Share the Love Event**

**Advocacy Event**

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

3rd-Fish Nuggets \_\_\_\_\_

20th-BBQ Riblet \_\_\_\_\_

4th-Chic, Broc, Rice Casserole \_\_\_\_\_

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

5th-Pepper Steak \_\_\_\_\_

24th-Ziti \_\_\_\_\_

6th- BBQ Pork \_\_\_\_\_

25th-Chicken Tenders \_\_\_\_\_

7th-Chicken Tenders \_\_\_\_\_

26th-Sloppy Joes \_\_\_\_\_

10th-Meatballs \_\_\_\_\_

27th-Egg Salad Sand/Soup \_\_\_\_\_

11th-Fish Sand \_\_\_\_\_

28th-Chicken Pot Pie \_\_\_\_\_

12th-BBQ Chicken \_\_\_\_\_

31st-Meatloaf \_\_\_\_\_

13th-Pork Chop \_\_\_\_\_

14th-Beff & Mac Casserole \_\_\_\_\_

18th-Salisbury Steak \_\_\_\_\_

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

Turn in to Billie as soon as possible-thanks!