



Lois E. Harrill Senior Center July 2022



Mon	Tue	Wed	Thu	Fri
<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>			<p>1 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 Walk With Ease 10 Independence Day Party- 10-11</p>
<p>4 CLOSED</p> 	<p>5 Mah 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 Farm Vouchers 10-11:30</p>	<p>6 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2</p>	<p>7 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due! Powerful Tools For Caregivers 1-2:30</p>	<p>8 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</p>
<p>11 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 Farm Vouchers 10-11:30</p>	<p>12 Mah Jong-10-12 Health Talk- Line Dancing-1:30-DR \$Sewing-5:30-8pm Tai Chi for Arthritis 3</p>	<p>13 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- 2-4 Farm Vouchers 10-11:30</p>	<p>14 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Virtual Medicare 3 Reservations due! Senior Ctr Adv Mtg 1 WWCC</p>	<p>15 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 Farm Vouchers 10-11:30 Powerful Tools For Caregivers 1-2:30</p>
<p>18 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 Farm Vouchers 9-11:30</p>	<p>19 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk- Mental Health 10-12 Lions Club- 12-1 \$Sewing-5:30-8pm Tai Chi for Arthritis 3 Quilt Guild- 9-2</p>	<p>20 Bone Builders-9:00am Art Space-11-1 Muscles&More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 Farm Vouchers 9-11:30</p>	<p>21 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due! Virtual Medicare 101-9</p>	<p>22 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 Farm Vouchers 9-11:30 Harvest Table- 10-11 Active Shooter-3 @libr</p>
<p>25 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>26 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk- Genealogy 101 \$Sewing-5:30-8pm Tai Chi for Arthritis 3</p>	<p>27 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</p>	<p>28 Needlework\$-1-3 Crafts-10-1:30 Tai Chi for Arthritis 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>29 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 Field Trip Sat 29th @ 7:30am to Farm Mkt Greensboro-meet at parks and rec</p>

July 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.

Heart Healthy Ambassador Program: Do you have high blood pressure and need to learn more about self monitoring and measures to control your blood pressures? To register for either class-please see Billie.

Farmers Market Vouchers: The farmer's market senior nutrition program is back. You must meet income guidelines but most people will be eligible. You will receive \$42.00 in vouchers which you can double up at the local markets. See Billie to register.

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.

Fourth of July/Independence Day Celebration: This party will be held July 1st from 10-11am. We will have ice cream and BINGO. For more information please see Billie. You are welcome to bring store-bought unopened toppings!

Farmer's Market Field Trip: July 30th, 7:30am-3pm. We will visit the Greensboro Piedmont Triad Farmer's Market and have lunch at the Moose Cafe! You must register to attend, seating on the van is limited and first come, first reserved for registrations. See Billie to sign up!

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.

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

July Health/Wellness Presentations

Every Tuesday we will have a health presentation at 11
ARMC will present July 5th at 11
Vaya Health will present on July 19th from 10-12
Karen James presents Genealogy on July 26th at 10-11:30

Medicare 101 is offered both virtually and in-person
In-person- 13th at 2pm, Virtually 21st 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:

Field Day and Health Fair in the Yard! Come have lots of fun and get free resources and health assessments. DJ Karl will be there to entertain us. The crafters will be selling their crafts at the event. August 19th 9am to 11:30am

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

- | | |
|----------------------------------|---|
| 1st-Turkey Sand _____ | 20th-Meatballs _____ |
| 5th-Egg Salad Sand/Soup _____ | 21st-Chick Fillet _____ |
| 6th-Grilled Chick Sand _____ | 22nd-Baked Ziti _____ |
| 7th- Beef Pepper Steak _____ | 25th-Hot Dog _____ |
| 8th-BBQ Riblets _____ | 26th-Beef Cube Steak _____ |
| 11th-Hamburger _____ | 27th-Chick Broc Rice Cass _____ |
| 12th-Pim. Cheese Sand/Soup _____ | 28th-Tuna Salad, Mac Salad, Salad _____ |
| 13th-Fish _____ | 29th-Pintos _____ |
| 14th-BBQ Chick _____ | |
| 15th-Beef Steak _____ | |
| 18th-Pork Chop _____ | |
| 19th-Chick Nuggets _____ | |

Turn in to Billie as soon as possible-thanks!