

# Lois E. Harrill Senior Center June 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>1</b> Bone Builders-9:30am Art Space-11-1 Muscles&amp;More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 <b>Walk With Ease 10</b></p>	<p><b>2</b> Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30&amp;5:30 <b>Walk Field Trip 9</b> <b>Reservations due!</b></p>	<p><b>3</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>Grief Supt Grp-12:30</b> <b>Walk With Ease 10</b></p>
<p><b>6</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 <b>Orientation 3</b> <b>Walk With Ease 10</b></p>	<p><b>7</b> Mah Jong-10-12-CR3 <b>Health Talk- Blood Pressures</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm <b>Tai Chi for Arthritis 3</b> Lions Club- 12-1</p>	<p><b>8</b> Bone Builders-9:30am Art Space-11-1 Muscles&amp;More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 <b>Walk With Ease 10</b> <b>Medicare 101- 2-4</b></p>	<p><b>9</b> Needlework\$-1-3 Crafts-10-1:30 <b>Tai Chi for Arthritis 3</b> \$Tai Chi\$-4:30&amp;5:30 <b>Reservations due!</b> <b>Powerful Tools For Caregivers 1-2:30</b></p>	<p><b>10</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>Walk With Ease 10</b></p>
<p><b>13</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 <b>Orientation 9</b> <b>Walk With Ease 10</b></p>	<p><b>14</b> Mah Jong-10-12CR3 <b>Health Talk- Food Safety</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm <b>Tai Chi for Arthritis 3</b></p>	<p><b>15</b> Bone Builders-9:30am Art Space-11-1 Muscles&amp;More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 <b>Medicare 101- 2-4</b> <b>Walk With Ease 10</b></p>	<p><b>16</b> Needlework\$-1-3 Crafts-10-1:30 <b>Tai Chi for Arthritis 3</b> \$Tai Chi\$-4:30&amp;5:30 Virtual Medicare 3 <b>Reservations due!</b> <b>Powerful Tools For Caregivers 1-2:30</b></p>	<p><b>17</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>Grief Supt Grp-12:30</b> <b>Walk With Ease 10</b> <b>Donuts With Dad 10</b></p>
<p><b>20</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 <b>Walk With Ease 10</b></p>	<p><b>21</b>Mah Jong10-12CR3 Line Dancing-1:30-DR <b>Health Talk- Mental Health10-12</b> Lions Club- 12-1 \$Sewing-5:30-8pm <b>Tai Chi for Arthritis 3</b> Quilt Guild- 9-2</p>	<p><b>22</b> Bone Builders-9:30am Art Space-11-1 Muscles&amp;More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 <b>Walk With Ease 10</b></p>	<p><b>23</b> Needlework\$-1-3 Crafts-10-1:30 <b>Tai Chi for Arthritis 3</b> \$Tai Chi\$-4:30&amp;5:30 <b>Orientation 9</b> <b>Reservations due!</b> <b>Powerful Tools For Caregivers 1-2:30</b></p>	<p><b>24</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>Walk With Ease 10</b></p>
<p><b>27</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 <b>Walk With Ease 10</b></p>	<p><b>28</b> Mah Jong10-12CR3 Line Dancing-1:30-DR <b>Health Talk-</b> \$Sewing-5:30-8pm <b>Tai Chi for Arthritis 3</b></p>	<p><b>29</b> Bone Builders-9:30am Art Space-11-1 Muscles&amp;More-10:30 BINGO- 11-11:45 Quilter's Circle 10-2 <b>Walk With Ease 10</b> <b>BRAHMS Art Class 10-11</b></p>	<p><b>30</b> Needlework\$-1-3 Crafts-10-1:30 <b>Tai Chi for Arthritis 3</b> \$Tai Chi\$-4:30&amp;5:30 <b>Reservations due!</b> <b>Powerful Tools For Caregivers 1-2:30</b> Healthy Heart 9-11</p>	<p><b>Classes and events are subject to change without notice! Call ahead to verify if desired.</b></p>

# June 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.

**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.

### **Tai Chi For Arthritis and Powerful Tools**

**For Caregivers:** These 2 new classes are starting and you must re-register to participate. Tai Chi for Arthritis is a great exercise class and Powerful Tools for Caregivers is a great opportunity to build caregiver skills. 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.

**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.

**Donuts With Dads:** This party will be held June 10th from 10-11am. We will have donuts and BINGO will follow and we will have a selfie booth for dad's to have their photo taken. For more information please see Billie.

**Walk With Ease:** Please see Billie to register for the upcoming Walk With Ease class which begins May 23rd. This class is mostly self-directed but will include an exercise book and optional meetings 3 times a week to walk with a group. Last day to register is May 16th.

**Walking Field Trip-** June 2nd, 9am-noon. We will walk downtown to visit Jones House and eat ice cream. No registration needed-just be in lobby at 9am June 2nd!

### **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

## June Health/Wellness Presentations

Every Tuesday we will have a health presentation

**Medicare 101 is offered both virtually and in-person**

### 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:

**Independence Day Celebration**

**Outdoor Resource/Health Fair**

**Field Trip to Farmer's Market & Farmers market Voucher Distribution**

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](mailto: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 June do you want meals? (just write yes or no for each)

1st-Breaded Fish \_\_\_\_\_

20th-Chicken Pot Pie \_\_\_\_\_

2nd-BBQ Chicken \_\_\_\_\_

21th-Sloppy Joe \_\_\_\_\_

3rd-Beef Steak w/Gravy \_\_\_\_\_

22nd-BBQ Pork \_\_\_\_\_

6th-Pork Chop w/Gravy \_\_\_\_\_

23rdth-Chicken Salad Sand \_\_\_\_\_

7th- Chicken Nuggets \_\_\_\_\_

24th-Beef & Macaroni Casserole \_\_\_\_\_

8th-Meatballs w/Gravy \_\_\_\_\_

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

9th-Chicken Filet on Bun \_\_\_\_\_

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

10th-Baked Ziti \_\_\_\_\_

29th-Pinto Beans \_\_\_\_\_

13th-Turkey Frank \_\_\_\_\_

30th-Chicken Tenders \_\_\_\_\_

14th-Beef Cube Steak \_\_\_\_\_

15th-Chicken, Broccoli, Rice Cass

16th-Tuna Salad \_\_\_\_\_

17th-Pinto Beans \_\_\_\_\_

Turn in to Billie as soon as possible-thanks!