

Lois E. Harrill Senior Center March 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>1 Mah Jong-10-12-CR3 Health Talk- Blood Pressures 11-12 Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 Quilt Guild Mtg- 12:30-3:30</p>	<p>2 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 11-2 Medicare 101-2-4</p>	<p>3 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 Reservations due!</p>	<p>4 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 Virtual Med. 101-9am</p>
<p>7 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 Orientation 9 & 3</p>	<p>8 Mah Jong-10-12-CR3 Health Talk- Mental Health 10 to 12 Line Dancing-1:30-DR \$Sewing-5:30-8pm</p>	<p>9 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 11-2</p>	<p>10 Needlework\$-1-3 Crafts-10-1:30 Music-10-11:45 Adv. Tai Chi/Arth. 3 \$Tai Chi\$-4:30&5:30 Reservations due!</p>	<p>11Art 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 Grief Supt Grp-12:30 Aging Acad- ASU 3p</p>
<p>14 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 Pie Day- 9-11</p>	<p>15 Mah Jong-10-12CR3 Health Talk- TBD Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 Grandparents Support Grp- 9-12 Quilt Guild- 9-2</p>	<p>16 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 11-2 St. Patty Day Party- 10-11 Orientation 3</p>	<p>17 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 Reservations due!</p>	<p>18 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30 BINGO-11-11:45</p>
<p>21 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</p>	<p>22 Mah Jong10-12CR3 Line Dancing-1:30-DR Health Talk-Alz. 201 \$Sewing-5:30-8pm Orientation 9</p>	<p>23 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 11-2 Medicare 101- 2-4</p>	<p>24 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 Reservations due!</p>	<p>25 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 Grief Supt Grp-12:30</p>
<p>28 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 Orientation 3</p>	<p>29 Mah Jong10-12CR3 Line Dancing-1:30-DR Health Talk-TBD Aging Well Assessments- 10-11 \$Sewing-5:30-8pm</p>	<p>30 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 11-2 Virtual Med 101-9 & 3</p>	<p>31 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 Reservations due!</p>	<p>Classes and events are subject to change without notice! Call ahead to verify if desired.</p>

March 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.

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 March 29th, 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. If you fail to call out before 9am on days you reserved-for 3 days in a month, you will be removed from lunches for a month. Please help us by complying with these simple meal rules. Thank you for your help.

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.

Pie Day: No contest this year-just come enjoy pie from 9am until 11am on March 14th!

St. Patty's Day Party and Advocacy Event: Come have fun with us-there will be food, fun, and games and a chance to send cards to your local representatives! Bring a store-bought snack to share! Wed. Mar. 16th 10-11am.

Writer's Club: We have a new group leader for the writer's club. Please see the enclosed letter from Nicholas. All writers, new or seasoned are welcomed to join on Mondays from 1-4!

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

March Health/Wellness Presentations

Mar 1st– Blood Pressure Checks– 11-11:45

Mar 8th– VAYA Health/ Mental Health– 10-12

Mar 15th– BRAMs Art Activity 10:30-12

Mar 22nd– Emergency Medical Prep Packets-Project Care

Virtual Medicare 101 offered Mar 4th at 9am & 30th at 9 & 3

In-person will be held Mar 2nd at 2pm and 23rd 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:

Easter Party– April 18th

Aging Academy at ASU– 3/11, 4/8, & 5/13

Aging Well Assessments Here– April 1 & 19th

Matter of Balance– April 6th-first class

Smart Driver-May 3

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

1st- Salisbury Steak _____

17th-Ham _____

2nd-Spaghetti _____

18th-Chili _____

3rd-BBQ Ribs _____

21st-Beef Stroganoff _____

4th- Pintos _____

22nd-Chick Sand _____

7th-Ziti _____

23rd-Cheese Burger _____

8th-Chicken Tenders _____

24th-Pork Chop _____

9th-Sloppy Joes _____

25th-Baked Fish _____

10th-Egg Salad & Soup _____

28th-Fish Sticks _____

11th-Chicken Pot Pie _____

29th-Chick/Broc/Rice Casserole _____

14th-Meat Loaf _____

30th-Pepper Steak _____

15th-Smoked Sausage _____

31st-BBQ Pork _____

16th-Grilled Chick Sand _____

Turn in to Billie as soon as possible-thanks!