

Lois E. Harrill Senior Center May 2022

Mon	Tue	Wed	Thu	Fri
<p>2 Bone Builders-9:30am 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 Matter of Balance 9-11</p>	<p>3Mah Jong-10-12-CR3 Health Talk- Blood Pressures 11-12 Dogs/Donuts Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club- 12-1 Quilt Guild Mtg- 12:30 Smart Driver Class 1-5</p>	<p>4 Bone Builders-9:30am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 10-2 Orientation 3</p>	<p>5 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>6 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 Grief Supt Grp-12:30 Muffins W Moms 10-11</p>
<p>9 Bone Builders-9:30am 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>10 Mah Jong-10-12-CR3 Advocacy- Senior TarHeels 11-12 Line Dancing-1:30-DR \$Sewing-5:30-8pm</p>	<p>11 Bone Builders-9:30am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 10-2</p>	<p>12 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>13Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:30-10 Muscles & More-10:30 Bread Dist- 12:30 VIP Club Mtg 10-11</p>
<p>16 Bone Builders-9:30 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</p>	<p>17 Mah Jong-10-12CR3 Health Talk- Mental Health10-12 Line Dancing-1:30-DR \$Sewing-5:30-8pm Quilt Guild- 9-2 Lions Club- 12-1</p>	<p>18 Bone Builders-9:30am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 10-2 Medicare 101- 2-4</p>	<p>19 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 Community Safety & Active Shooter 10:30 Reservations due!</p>	<p>20 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 We Need To Talk- 2-5 Grief Supt Grp-12:30</p>
<p>23 Bone Builders-9:30am 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 Walk With Ease 10-11</p>	<p>24Mah Jong10-12CR3 Line Dancing-1:30-DR Health Talk- AAA Healthy Habits 11-12 \$Sewing-5:30-8pm</p>	<p>25 Bone Builders-9:30am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 Quilter's Circle 10-2 Orientation 3 Walk With Ease 10-11</p>	<p>26 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 Virtual Medicare 9am Reservations due!</p>	<p>27 Art Studio-10-1 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:30-10 Muscles & More-10:30 Bread Dist- 12:30 Walk With Ease 10-11</p>
<p>30 CLOSED Memorial Day</p>	<p>31 Mah Jong10-12CR3 Line Dancing-1:30-DR Health Talk- Advance Directives Clinic 10-12 \$Sewing-5:30-8pm Orientation 3</p>		<p>Meal Served In-side 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>

May 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.

Smart Driver and We Need To Talk Classes: AARP and Hartford have partnered with us to bring 2 great classes-Smart Driver (has a small fee to attend) and We Need To Talk (no cost to attend). Smart Driver is a defensive driving class and We Need To Talk is a class to help loved ones address the issue of driving safety. It includes information on assessment and broaching the topic with your loved one. To register for either class-please see Billie.

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.

Muffins With Moms: This party will be held May 6th from 10-11am. We will have muffins and some prizes for drawing, BINGO will follow and we will have a selfie booth for mom's to have their photo taken. For more information please see Billie.

Dogs and Donuts: On May 3rd, Nala, a pet therapy dog, will join us to help relieve stress and anxiety. ARHC will also offer blood pressure screening. We will serve donuts and coffee for the event. See Billie for more information.

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

May Health/Wellness Presentations

May 3rd- Dogs & Donuts/Blood Pressures- 11-12

May 17th- VAYA Health/ Mental Health- 10-12

May 19th- Community Safety/Active Shooter- 10:30-12

May 24th- AAA Healthy Habits 11-12

May 31st- Advance Directive/Living Will Clinic 10-12

Virtual Medicare 101 offered May 26th at 9am

In-person will be held May 18th 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:

**Donuts with Dads-
June 17th**

**BRAMs Art Class-
June 29th**

**Walking Field Trip-
June 2nd**

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

Do you need help with yard work, small home repair projects, or need a handicap ramp built on your home? Area church work groups are looking for service projects to do this summer and they want to help older adults in our community! If you have some work you need assistance with-please contact Billie to get placed on the list.



The Area Agency on Aging will help you with fall prevention projects like changing light bulbs, cleaning ceiling fan blades, and replacing smoke detector batteries. If you need these services, please contact Billie to register for this service!



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

2nd-Hot Dog _____

18th-Pintos _____

3rd-Cube Steak _____

19th-Chick Tenders _____

4th-Chick/Broc/Rice Cass. _____

20th-Turkey Sand _____

5th- Tuna Salad _____

23rd-Fish _____

6th-Pintos _____

24th-Egg Salad Sand/Pot Soup _____

9th-Chick Pot Pie _____

25th-Grill Chick Sand _____

10th-Sloppy Joe _____

26th-Beef Pepper Steak _____

11th-BBQ Pork _____

27th-BBQ Riblets _____

12th-Chick Salad Sand _____

31st-Pim. Cheese Sand/Soup _____

13th-Beef & Mac Cass _____

16th-Spaghetti _____

17th-Meatloaf _____

Turn in to Billie as soon as possible-thanks!