



# Lois E. Harrill Senior Center November 2021



Mon	Tue	Wed	Thu	Fri
<b>1</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>2</b> Mah Jong-10-12CR3 <b>Health Talk- Breast Cancer/Rec Ctr</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm Lions Club Mtg-11:30 Quilt Mtg 12:30-3:30	<b>3</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	<b>4</b> Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 <b>Reservations due!</b>	<b>5</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>8</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>9</b> Mah Jong-10-12-CR3 <b>Health Talk- Emergency Prep</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm	<b>10</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 <b>Reservations due Early!</b>	<b>11</b> CLOSED	<b>12</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</b> <b>Orientation 11-11:30</b>
<b>15</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>16</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- 9-2 Lions Club Mtg-11:30	<b>17</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5	<b>18</b> Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 <b>Reservations due!</b>	<b>19</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>Med Assist-Free</b> <b>OTC meds-</b> <b>Greenway Bapt 9-2</b>
<b>22</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>23</b> Mah Jong10-12CR3 Line Dancing-1:30-DR <b>Health Talk- Advance Directives Class 10-12</b> \$Sewing-5:30-8pm <b>Grandparents Support Grp- 9-12</b>	<b>24</b> Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5 <b>Thanksgiving Party- Holiday Decorating- 10-12</b> <b>Reservations due!</b>	<b>25</b> CLOSED	<b>26</b> CLOSED
<b>29</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>30</b> Mah Jong-10-12-CR3 <b>Health Talk- Healthy Relationships/OASIS</b> Line Dancing-1:30-DR \$Sewing-5:30-8pm <b>LEH Virtual Book Club- 9:30-10:30</b>	 <b>Don't forget to call in by Thursday by 10am to reserve your meals for next week!</b>	<b>Classes and events are subject to change without notice! Call ahead to verify if desired.</b>	<b>Meal Served Inside Daily at noon -(must be registered)</b> <b>You must also attend an orientation to attend classes and events.</b>

# November 2021

**Medicare 101 and Open Enrollment:** We want to remind everyone that Medicare open enrollment is October 15th through December 7th. This is your chance to review your drug plan or advantage for 2022 and make changes. 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.

**Thanksgiving Party:** We would like to invite registered congregating participants to join us for this fun time of fellowship. We will offer refreshments, fun games, fabulous prizes, and we will also be decorating the center for the holidays. All hands on deck please! For more information please call Billie at 828-265-8090.

**Med Assist:** We want to encourage you to participate in the Med-Assist program. It will be held at the Greenway Baptist Church and is a drive through event. You will receive free over the counter medications. You can register ahead of time in order to select the medications you want-or you can simply drive through without a reservation and get a pre-packaged bag of assorted medications. To select your meds and register ahead of time-visit

[www.medassist.org/mobile](http://www.medassist.org/mobile) or ask Billie to help you. This event is Friday, November 19th 9am to 2pm.

**Advance Directives Class:** We are proud to partner with Medi-Home Hospice to bring you a free advance directive class. In this class you be assisted in completing your living will and your healthcare or financial power of attorney. This is a great opportunity to give yourself some peace of mind and have your legal documents prepared at no cost to you. This class will be Tuesday November 23rd from 10-12. No registration is required-simply show up on time to participate.

**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

## November Health/Wellness Presentations

**Breast Cancer and the rec center information presentations– Nov 2nd at 11 and 11:45**

**Emergency Preparation– Nov. 9th at 11**

**Vaya Health– November 16th 10am-noon**

**Advance Directives/Living Will– November 23rd-10-Noon**

**Med-Assist– Drive thru Greenway Bapt-Nov. 19th 9-2**

**Healthy Relationships– Nov 30th– 11-11:45**

## 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:

- **Medicare 101-in-person Dec 9, Virtual Dec 13th and 30th**
- **Christmas Party– Dec 22nd**
- **Center clean-up day-Dec 29th**

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](mailto:billie.lister@watgov.org) or 828-265-8090**



It's that time of year again! The Holiday Heroes Program is kicking off!



If you would like to donate gifts or gift cards to a senior or disabled adult in need-please see Billie to find out how you can choose an anonymous person to buy gifts for.

Donors may begin to select tags and gifts November 1st and all gifts must be turned in no later than December 3rd for delivery.

Thank you for supporting the seniors and disabled adults in our community!

You can also donate heaters, coats, hats, gloves, and blankets for those in need. See Billie to donate or receive these items!



## **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 - partnership with AARP's 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 November do you want meals? (just write yes or no for each)

1st- Ziti \_\_\_\_\_

18th-Pork Chop \_\_\_\_\_

2nd-Chicken Tenders \_\_\_\_\_

19th-Fish \_\_\_\_\_

3rd-Sloppy Joes \_\_\_\_\_

22nd-Glazed Pork \_\_\_\_\_

4th- Egg Salad \_\_\_\_\_

23rd-Chick/Broc/Ch Casserole \_\_\_\_\_

5th-Chicken Pot Pie \_\_\_\_\_

24th-Turkey Dinner \_\_\_\_\_

8th-Meatloaf \_\_\_\_\_

29th-Meatballs \_\_\_\_\_

9th-Smoked Sausage \_\_\_\_\_

30th-Fish Sand \_\_\_\_\_

10th-Grill Chicken Sand \_\_\_\_\_

12th-Chili \_\_\_\_\_

15th-Beef Stroganoff \_\_\_\_\_

16th-Chicken Sand \_\_\_\_\_

17th-Hamburger with cheese \_\_\_\_\_

Turn in to Billie as soon as possible-thanks!