

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED</p> 	<p>2 NCDHH Assessments 10am Blood Pressure Checks 10am Health/Nutrition Talk 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>3 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> <p>BINGO-11am</p>	<p>4 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>5 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 Wii 10-11 BINGO-11am Bread Distribution-9-12</p>
<p>8 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club- 6pm BINGO-11am</p>	<p>9 Health Talk- 11am Handwashing Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30-3</p>	<p>10 Art Class I -9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> <p>BINGO-11am</p>	<p>11 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>12 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 Corn Hole 10-11 BINGO-11am Bread Distribution-9-12</p>
<p>15 CLOSED</p> <p>MLK DAY</p> 	<p>16 Health Talk -11am TBA Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>17 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm LLL Writer's Palooza 10-3</p> <p>BINGO-11am</p>	<p>18 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>19 Lifelong Artists 9am Muscles & More 10:30am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 Senator Ballard Visit-1pm Shuffleboard 10-11 Bread Distribution-9-12</p>
<p>22 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p> <p>BINGO-11am</p>	<p>23 Health Talk-11am Meds & Falls Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild Workshop-10-3</p>	<p>24 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> <p>BINGO-11am</p>	<p>25 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>26 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 Ping Pong 10-11 Bread Distribution-9-12 BINGO-11am</p>
<p>29 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm BINGO-11am</p>	<p>33 Health Talk-11am 10 signs of Alzheimer's Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>31 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>Daily- Cards, Billiards, Computer lab</p>	<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily-noon</p>

January 2018

ATTENTION: Here are some Upcoming things you need to know about:

Tax Assistance coming next month– Make your appointment as soon as possible-slots are limited. See Billie or Karin to make your appointment or call 828-265-8090.

One-On-One Computer and Smart Phone Classes now being Offered! We have a new instructor– so make your appointment for individualized instruction or assistance with computers or smart phones. See Billie or John to make your appointment– or call 828-265-8090.

Lifelong Learner’s Program returns next month! The lifelong learner’s learners and writer’s programs will begin again next month. Be on the lookout for the schedule of presentations and activities! The writer’s have a kick off this month on the 17th!

Important Presentations: This month’s presentations include blood pressure checks, hand washing/flu prevention, medications and falls, and 10 signs of Alzheimer’s.

Weekly Classes Available offered :

- Art II: Mondays, 9am-Noon, this is a studio type class
- Art I: Wednesdays, 9am-Noon, drawing class
- Crafts: Thursdays, 10-1:30pm, learn to make new crafts
- Sign Language: Thursdays, 10am, learn to sign
- Sewing (Tuedays)\$ Needlework (Thurs) \$

Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm
- Bone Builders & Muscles and More: Mon/Wed/Fri. morning
- Zumba Gold (\$): donation requested, Mon/Wed at 4pm
- Tai Chi (\$): Thursdays at 4:30pm (\$5.00 per class)
- Chair Yoga (\$): Fridays at 1pm

VOLUNTEERS NEEDED: We are looking for musicians who are willing to come play and sing on Thursdays. Also, we would like a volunteer to assist with event planning and implementation. Specifically we would like a senior volunteer to head up the birthday club we want to start and we need 1 or 2 new senior center advisory council members. If you want to help with these programs– please see Billie or call 828-265-8090.

January Presentations

2nd: Candy Jones– Blood pressure checks at 10 Health Talk @ 11am
9th: Handwashing/flu prevention– Billie-11am
16th: TBA
23rd: Medicines & Falls
30th: 10 Signs of Alzheimer’s

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30
BINGO: Monday, Wednesday, Fridays 11-11:45am
Cards and Coffee Time: Monday-Friday 9-Noon
Nutrition/Wellness Education: Every Tuesday 11am
Live Music: Every Thursday 10-12
Lifelong Learner Programs throughout month– call for info.

Drop In Activities:

Bocce-Cards-Computer Lab– Copy Machine-Croquet-Puzzles
Exercise Equipment-Library-Kindles-Piano-Pool Table-games
TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn
Hole– Ladder Ball-Bean Bag Toss-Table Tennis

Games:

Table Tennis is available weekly
Shuffleboard available weekly
Mahjong (Tuesdays and Fridays at 10:00am)

**132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: Billie Lister
Email: billie.lister@watgov.org**

For additional information,
questions about activities, or to
register for transportation
please contact the
Center Director.

Hours of Operation: Monday-Friday 8-5pm, with evening classes

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 day they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration.

Meals are served at Western Watauga at 11:30am and at the Lois E. Harrill Senior Center at Noon, consumer contributions can be placed in the wooden boxes in the dining room.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and CAP (Community Alternative Program).

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

Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older



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 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

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