



Lois E. Harrill Senior Center January 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>1 CLOSED HAPPY NEW YEAR!</p>	<p>2 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p>3 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>4 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Closet Clean-Up 9-11</p>
<p>7 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>8 Health Talk-11am Hearing Care Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Support Grp-3-4</p>	<p>9 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p>10 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>11 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>14 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>15 Health Talk-11am Nutrition Video Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 9-2</p>	<p>16 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>17 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>18 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am</p>
<p>21 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>22 Health Talk-11am Laughter/Best med Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>23 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Class-10-3</p>	<p>24 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Working through Grief- 1:30-4</p>	<p>25 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>28 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>29 Health Talk-11am Fire Safety/Winter Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Support Grp-3-4</p>	<p>30 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>31 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Working through Grief- 1:30-4</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11  Don't forget to sign in or call in by 10am to reserve your meal!</p>

January 2019

One-On-One Computer and Smart Phone Classes now being Offered! Call Billie to make your appointment 265-8090.

Free Health/Wellness presentations– Caregivers and community members at large are welcome to come to our Tuesday presentations at 11am. Learn more about various topics-no registration required.

New Grief Support Group– Through local partnerships there are now 2 different grief support groups starting in January. One group begins the 2nd Tuesday of January and will meet every month on the 2nd and last Tuesday from 3-4. The second group is a 5 session workshop titled Working Your Way Through Grief and will be held on Thursdays beginning Jan. 24th from 1:30-4. For more information please contact Billie or drop in.

Writer's Palooza is back – Through a partnership with Lifelong Learners– the writer's group is having a writer's palooza on Jan 23rd from 10-3.

Volunteers Needed: If you would like to help here at the center– please see Billie. We need help with the library, clean-up in the cafeteria, and on special projects.

Closet Clean-Up Day: Fri Jan 4th-9-11am-We are looking for 2-4 people to help clean/organize/and store decorations and so forth from the closet to the storage building-See Billie if interested.

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 (Tuesdays)\$ 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)

January Health/Wellness Presentations

8th: Taking Care of Your Hearing-11am

15th: Nutrition and Aging Video-11am

22nd: Laughter is the Best medicine-Funny Videos-11am

29th: Fire Safety Tips for Winter-11am

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

Upcoming Events:

Winter Games Competitions– Billiards, Ping Pong, and Wii

Bowling

Let it snow so they know– Advocacy campaign

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).

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 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)

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