



# Lois E. Harrill Senior Center January 2020



Mon	Tue	Wed	Thu	Fri
<p>⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b></p>	<p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am to reserve your meal!</b></p>	<p>1 <b>CLOSED</b></p> 	<p>2 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>3 Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>6 Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>7 <b>Bloodpressure Checks- 11-12</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I &amp; 2-\$ 5:30.... <b>Medicare 101- 2-4</b></p>	<p>8 Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p>9 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>10 Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>13 Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>14 <b>Health Talk-11am TBD</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I &amp; 2-\$ 5:30.... <b>Dementia Caregiver Support Grp 6:30</b></p>	<p>15 Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>ACS visit- 11:30-12:30</b></p>	<p>16 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>17 Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>20 <b>CLOSED</b></p> 	<p>21 <b>Health Talk-10am Hoarding/OCD</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I &amp; 2-\$ 5:30....</p>	<p>22 Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Karaoke 9-11am</b> <b>Writers Class- 10-3</b></p>	<p>23 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>24 Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am</p>
<p>27 Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am <b>RAPP- 10-2</b></p>	<p>28 <b>Health Talk-10am TBD</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Yoga I &amp; 2-\$ 5:30....</p>	<p>29 Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Writers Class Snow Day 10-3</b></p>	<p>30 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>31 Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am</p>

# January 2020

**Taxes:** Now taking appointments for the AARP Tax Aide Assistance Program. If you would like help filing your taxes for no cost— please call for information and an appointment— 828-265-8090. Appointments fill quickly— no one will be seen without an appointment. First come, first served.

**Medicare 101:** Come learn more about Medicare on January 7th from 2 to 4. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is not required—just come. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed.

**Karaoke:** Join us for fun and entertainment on January 22nd from 9-11 for Karaoke. Bingo will follow at 11. No registration required— just come with a list of songs you want to sing!

**Planning/Survey Senior Center Input:** We need your input January 22nd from 1-2 & Jan 24th from 10-11. Join Billie in the dining room for an informal planning/survey discussion that will be used to plan senior center activities, advocacy, and field trips. Your voice matters! Please come share your thoughts, ideas, and opinions! Remember that your thoughts can always be shared by leaving notes in Billie's box outside her office too and through the formal surveys which will go out in June. Thanks for helping us make this the best senior center ever!

## 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)
- Yoga\$: Tuesdays at 5:30pm
- Chair Yoga: Tuesdays at 10am starting back February

## January Health/Wellness Presentations

**7th: Blood Pressure checks 11am**  
**7th: Medicare 101— 2-4pm**  
**14th: TBD 11am**  
**21st: Hoarding-10am OCD-11**  
**28th: TBD 11am**

**Caregiver support group— January 14th at 6:30pm**

## 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](mailto:billie.lister@watgov.org)**

## Upcoming Events:

**Hands Only CPR class  
Feb 4th— 11am Regi-  
stration is not needed-  
blood pressures will be  
checked also.**

**Chair Yoga Class re-  
sumes on Tuesdays at  
10am**

For additional information,  
questions about activities,  
or to register for transporta-  
tion 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](mailto: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).

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