

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Weaving Class 9am	Art Class II 9am	2 DHHS 9am	Exercise 10:30am	3 Art Class I 9am	Muscles and More 10:30am	4 Music 10am	Sign Language 10am	5 “Wear Red Day” 10am	Wii and Games 10am
Cards/Rook 10:30am	Muscles and More 10:30am	Mah Jong 10:30am	Line Dancing 1:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Exercise 10:30am	Muscles and More 10:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold (\$) 4pm	Rummikub 2:30pm		Lifelong Artists 1pm	Zumba Gold (\$) 4pm	Tai Chi 11am		Bone Builders 11:00am	
8 Weaving Class 9am	Art Class II 9am	9 Exercise 10:30am	Mah Jong 10:30am	10 Art Class I 9am	Muscles and More 10:30am	11 Music 10am	Sign Language 10am	12 Valentines Day Party 10am	
Cards/Rook 10:30am	Muscles and More 10:30am	Line Dancing 1:30pm	Rummikub 2:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Exercise 10:30am	Muscles and More 10:30am	
Bone Builders 10:30am	Zumba Gold (\$) 4pm			Lifelong Artists 1pm	Zumba Gold (\$) 4pm	Tai Chi 11am		Bone Builders 11:00am	Mah Jong 10:30am
15 Weaving Class 9am	Art Class II 9am	16 Exercise 10:30am	Mah Jong 10:30am	17 Art Class I 9am	Writing Workshop 10am	18 Music 10am	Sign Language 10am	19 Wii and Games 10am	
Cards/Rook 10:30am	Muscles and More 10:30am	Line Dancing 1:30pm	Rummikub 2:30pm	Muscles and More 10:30am	Bone Builders 10:30am	Crafts 10am	Exercise 10:30am	Muscles and More 10:30am	Mah Jong 10:30am
Bone Builders 10:30am				Cards/Rook 10:30am	Lifelong Artists 1pm	Tai Chi 11am	Medicare 101 2pm	Bone Builders 11:00am	
22/29 Weaving Class 9am	Art Class II 9am	23 Smartphone class 10:00am	Exercise 10:30am	24 Art Class I 9am	Muscles and More 10:30am	25 Music 10am	Sign Language 10am	26 Wii and Games 10am	
Cards/Rook 10:30am	Muscles and More 10:30am	Mah Jong 10:30am	Line Dancing 1:30pm	Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Exercise 10:30am	Muscles and More 10:30am	Mah Jong 10:30am
Bone Builders 10:30am		Rummikub 2:30pm		Lifelong Artists 1pm		Tai Chi 11am		Bone Builders 11:00am	

Note:
Cards/Rook are played Monday-Friday, 10-Noon.

Note:
Bingo is Mon, Wed and Fri: 11-11:45.

Note:
Table Tennis is available Mon. and Wed.1-3pm

February 2016

Tax Assistance Available: Free tax preparation for seniors and low and middle income taxpayers. E-file is available. The tax aide program will run from February 3 to April 14, 2016. Counselors will be available at the Harrill Center on Tuesdays. Please call for an appointment, **265-8090**.

Special Activities and Interest

Note: Zumba Gold is now a donation required class. Please see Jen with questions.

Medicare 101: Are you or someone you know approaching 65 and confused about Medicare? Join us on Thursday February 18 at 2pm to learn about the basics of Medicare, including supplements, drug plans, etc.

Craft Class will focus on building heart shaped crafts through February if you are interested in attending. Class is held on Thursdays at 10am.

Wear Red Day: Friday, February 5th for Heart Health Awareness and be entered to win a door prize.

Valentine's Day Party: Friday, February 12th, 10am-Noon, Food, Snacks, Selection of King and Queen and Much More!

Writing Workshop: Wednesday, February 17th, 10am-3pm, no cost, open to 60 and older, call 265-8090 to register.

Smartphone Class: Tuesday Feb. 23 at 10am, call to register.

Spring Forward with Healthy Cooking classes: This class is a partnership with the Cooperative Extension and will be taught by Margie Mansure who is a registered dietitian and nutritionist. The class will be held on Thursdays March 17, 24, 31 & April 7 from 3:30-5:30. The cost is \$60 total. Call Jen 265-8090 or Margie 264-3061 for more details or to sign up.

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

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Rummy Group and Coffee Time: Monday-Friday 9-Noon

Nutrition/Wellness Education: Every Tuesday 11am

Paid Classes (offered in 12 week sessions)

Sewing (Tuesdays)

Tai Chi (Thursdays)

Needlework (Thursdays)

Yoga (Tuesdays)

Drop-In Activities

Bocce-Cards-Computer Lab-Copy Machine (0.05/copy)-
Croquet-Puzzles-Exercise Equipment-Library-Kindles-Piano-
Pool Table-Games-TV/VCR/DVD-Sewing Machines-Wii

Games:

Rook (Mondays at 10:30am)

Mahjong (Tuesdays and Fridays at 10:30am)

Looking for players for Mahjong, Bridge, Chess and Rook

Call 265-8090 if interested

February Presentations (Tuesdays 11am)

- Feb. 2-Blood Pressures 10am, Candy Jones, ARHS
 - Feb. 9-High Country Community Health
 - Feb. 16-Nutrition Education Series (3 weeks)
 - Feb. 23-Cont. Nutrition Education Series (3 weeks)

Is there something you wish the senior center would offer?

**Email us or call with your thoughts,
Jennifer.teague@watgov.org or 828-265-8090**

132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: Jennifer Teague
Email: Jennifer.teague@watgov.org

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

SENIOR CENTER OF EXCELLENCE

Serving Individuals age 60 and older



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.

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.

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

Inclement Weather

Meals and activities will continue as long as road conditions are safe. If there is a decision to cancel, announcements will be made on WATA (1450 AM), WZJS (100.7 FM), and WMMY (106.1 FM) radio stations as well as goblueridge.net and on our Facebook page.

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: Toni Wait (828) 295-5195

Lois E. Harrill: Jen Teague (828) 265-8090