

Monday	Tuesday	Wednesday	Thursday	Friday
<p>⇒ Tax Assistance now offered please call for an appointment!</p>	<p>⇒ One on One computer and smart phone classes– call for an appointment!</p>	<p>⇒ BINGO Every Monday, Wednesday, & Friday at 11 ⇒ Meal Served daily-noon</p>	<p>1 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>2 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>5 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm BINGO-11am Radio Club– 6pm</p>	<p>6 Health Talk– 11am & Blood pressure checks Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30-3 NCDDHH-Hearing-10am</p>	<p>7 Art Class I -9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Send a friend a card day</p>	<p>8 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>9 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>12 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm BINGO-11am Intergenerational Art-4</p>	<p>13 Health Talk-11am Colon caner/Screening Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild Workshop-10-3</p>	<p>14 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Valentine’s Party-10am</p>	<p>15 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>16 Lifelong Artists 9am Muscles & More 10:30am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 Shuffleboard 10-11 BINGO 11am Bread Distribution-9-12</p>
<p>19 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Intergenerational Art-4 BINGO-11am</p>	<p>20 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild Workshop-10-3 Parkinson’s Caregiver Presentation-1:30-2:30</p>	<p>21 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>22 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>23 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>26 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm BINGO-11am</p>	<p>27 Health Talk-11am Hearing loss & memory Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>28 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>Senator Ballard will visit our center Feb. 12th at 1:30pm</p>

February 2018

Tax Assistance is here– 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! Call Billie or John to make your appointment 265-8090.

Lifelong Learner's Program is back! The lifelong learner's learners and writer's programs schedule is available upon request– join us for many educational and exciting programs!

Intergenerational Art Classes: Intergenerational art classes are offered free of charge and in collaboration with the Turchin Center. Space is limited and pre-registration is required. Call Pegge at 828-773-3950. Classes are Mondays 4-5pm. Come join kids 5th-8th grade for art and fun!

Parkinson's Caregiver Classes: There will be an informational class on Feb 20th at 1:30 for all caregiver partners– we will discuss the new course being offered free March through June. Call Billie for more information. 828-265-8090

Send a Friend A Card Day: Feb. 7th-10am, we will making mail pouches and making cards for friends. To donate cards– please see Billie or call 828-265-8090.

Valentine's Day Party– Feb 14th-10am, we will be crowning a king and queen– so please keep voting until the 13th! Party will include dancing, food, and fun– please join us! For more information call 828-265-8090.

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)
- Chair Yoga (\$): Fridays at 1pm

February Presentations

6th: Candy Jones– Blood pressure checks at 10 Health Talk @ 11am

13th: Colon Caner/Screening @ 11am– HCCH

20th: Go For Life Exercise Talk/Resources@11am

27th: Hearing Loss & Memory-Eric Saunders-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**

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