



Lois E. Harrill Senior Center

February 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon</p> <p>Daily- Cards, Billiards, Computer lab</p>				<p><i>1</i></p> <p>Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p><i>4</i></p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga 5:30-6:30</p>	<p><i>5</i> Health Talk-11am Balance/Strength Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Support Grp 3-4 Quilt Guild 12:30-3:30 Tax prep by appt</p>	<p><i>6</i></p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p><i>7</i></p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><i>8</i></p> <p>Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p><i>11</i></p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga 5:30-6:30</p>	<p><i>12</i> Health Talk-11am CPR/Heart Health Blood pressures 11 Hearing Screen 10-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 10-3 Tax prep by appt</p>	<p><i>13</i></p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p><i>14</i></p> <p>Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Valentine Party 10-12</p>	<p><i>15</i></p> <p>Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am</p>
<p><i>18</i></p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga 5:30-6:30</p>	<p><i>19</i> Health Talk-10am PTSD Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild 9-2 Tax prep by appt</p>	<p><i>20</i></p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Class 10-3 LLL meditation 2-4</p>	<p><i>21</i></p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><i>22</i></p> <p>Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p><i>25</i></p> <p>Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am RAPP 10-2pm Yoga 5:30-6:30</p>	<p><i>26</i> Health Talk-11am Medicare Scams Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Support Grp 3-4 Tax prep by appt</p>	<p><i>27</i></p> <p>Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p><i>28</i></p> <p>Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p>  <p>Don't forget to sign in or call in by 10am to reserve your meal!</p>

February 2019

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

AARP Free Tax Prep– Call today to make your appointment for free tax preparation! Appointments fill quickly- 828-265-8090.

Grief Support Group– There are 2 grief support groups– One meets the first and last Tuesday of each month from 3-4 and the other is a limited-time workshop called Working Your Way Through Grief. They meet every Thursday from 2-4. Call for more information.

Valentine's Day Event– Feb. 14th, 10-12-We will have music, dancing, fun, and games. We have a lot of prizes and excitement planned-so plan to join us for this special event!

Lifelong Learner's Meditation Class: Feb 20th, 2-4pm join us for a relaxing meditation class.

Relatives As Parents (RAPP) program: Feb 25th from 10am-2pm. The RAPP program is now meeting at the senior center! Contact Sherrie Norris and the High Country Caregiver Foundation for more information.

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 (\$): Mondays at 5:30pm

Meet our 2 new full-time interns: Caitlin and Jessie! We also have a whole new crop of part-time interns. Please introduce yourselves and make them feel welcomed! Jessie would like to invite each of you to help her with her project: Words of Wisdom. See her for more info.

February Health/Wellness Presentations

5th: Balance & Strength Exercises-11am

12th: CPR class, Heart Health & Blood pressure checks-11

12th: Hearing screenings– 10-12

19th: PTSD & Medications– 10-12

26th: Medicare fraud & scams– 11

New yoga class starting on Monday afternoons, Meditation Class on the 20th and 2 new Grief Support Groups

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.

Upcoming Events:

From the Heart of the Senior Center– Advocacy campaign coming up in March

Scrabble tourney coming in March

Field Trip to Science Museum/Planetarium

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).

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