

Monday		Tuesday		Wednesday		Thursday		Friday	
29 Weaving Class 9am	Art Class II 9am	1 DHHS 9am	Tech Classes 10:00am	2 Art Class I 9am	Muscles and More 10:30am	3 Music 10am	Sign Language 10am	4	Wii and Games 10am
Muscles and More 10:30am	Bone Builders 10:30am	Exercise 10:30am	Mah Jong 10:30am	Bone Builders 10:30am	Writing Workshop Noon	Crafts 10am	Exercise 10:30am	Muscles and More 10:30am	Mah Jong 10:30am
Zumba Gold (\$) 4pm		Line Dancing 1:30pm	Rummikub 2:30pm	Lifelong Artists 1pm	Zumba Gold (\$) 4pm	Tai Chi 11am		Bone Builders 11:00am	
7 Weaving Class 9am	Art Class II 9am	8	Exercise 10:30am	9 Art Class I 9am	Muscles and More 10:30am	10	Music 10am	11	Wii and Games 10am
Muscles and More 10:30am	Bone Builders 10:30am	Mah Jong 10:30am	Line Dancing 1:30pm	Bone Builders 10:30am	Writing Workshop Noon	Sign Language 10am	Crafts 10am	Muscles and More 10:30am	Bone Builders 11:00am
Chair Yoga 11am	Zumba Gold (\$) 4pm	Rummikub 2:30pm		Lifelong Artists 1pm	Zumba Gold (\$) 4pm	Exercise 10:30am	Tai Chi 11am	Mah Jong 10:30am	
14 Weaving Class 9am	Art Class II 9am	15	Tech Classes 10:00am	16 Art Class I 9am	Muscles and More 10:30am	17 St. Patty Party! 10am	Music 10am	18	CHAMP 8am
Muscles and More 10:30am	Bone Builders 10:30am	Exercise 10:30am	Mah Jong 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Sign Language 10am	Crafts 10am	Wii and Games 10am	Muscles and More 10:30am
Chair Yoga 11am	Zumba Gold (\$) 4pm	Line Dancing 1:30pm	Rummikub 2:30pm	Zumba Gold (\$) 4pm		Exercise 10:30am	Tai Chi 11am	Mah Jong 10:30am	Bone Builders 11:00am
21 Weaving Class 9am	Art Class II 9am	22	Tech Classes 10:00am	23 Art Class I 9am	Muscles and More 10:30am	24 Music 10am	Sign Language 10am	25	CLOSED
Muscles and More 10:30am	Bone Builders 10:30am	Exercise 10:30am	Mah Jong 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Crafts 10am	Tech Classes 10am		
Chair Yoga 11am	Zumba Gold (\$) 4pm	Line Dancing 1:30pm	Rummikub 2:30pm	Zumba Gold (\$) 4pm		Exercise 10:30am	Tai Chi 11am		
28 Weaving Class 9am	Art Class II 9am	29	Tech Classes 10:00am	30 Art Class I 9am	Muscles and More 10:30am	31	Music 10am	<p>Note: Bingo is Mon, Wed, &amp; Fri. at 11am. Cards/Rook are played Mon-Fri, 10am-Noon</p>	
Muscles and More 10:30am	Bone Builders 10:30am	Exercise 10:30am	Mah Jong 10:30am	Bone Builders 10:30am	Lifelong Artists 1pm	Sign Language 10am	Crafts 10am		
Chair Yoga 11am	Zumba Gold (\$) 4pm	Line Dancing 1:30pm	Rummikub 2:30pm	Zumba Gold (\$) 4pm		Exercise 10:30am	Tai Chi 11am		

## March 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 2 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: High Country Lifelong Learner Schedules available. Zumba Gold is now donation required.**

**Chair Yoga:** Mondays at 11am, starting March 7th and running through the end of April. Call to register.

**Craft Class** will focus on Easter crafts through March if you are interested in attending. Class is held on Thursdays at 10am.

**St. Patrick's Day Party:** Thursday March 17th, 10am-Noon, Food, Snacks, Music and More!

**Writing Workshop:** Wednesdays, March 2 and 9 Noon-2pm, no cost, open to 60 and older, call 265-8090 to register.

**Tech Classes** will be available on Tuesdays and on Thursday March 24th from 10am-Noon, drop-in. Come with questions about your tablet, smartphone, computer, downloading pictures, facebook or any other tech questions. RSVP encouraged.

**CHAMP:** Friday March 18, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 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.

### 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

#### 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:

Table Tennis is available

Mahjong (Tuesdays and Fridays at 10:30am)

Looking for players for Mahjong, Bridge, Chess and Rook

Call 265-8090 if interested

#### March Presentations (Tuesdays 11am)

- Mar. 1-Nutrition Education (Margie Mansure)
- Mar. 8-Blood Pressure/ARHS info (Candy Jones)
- Mar. 15-High Country Community Health (Amanda Blair)
- Mar. 22-Appalachian Home Care (Ellen Harrell)

**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



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

## **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**