

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>BINGO Every Monday, Wednesday, &amp; Friday at 11</b></p> <p><b>Monday's Tai Chi is no cost to seniors- 1 to 2 beginners 2-3 advanced class</b></p>	<p><b>Cards and Billiards daily</b></p> <p><b>Exercise classes daily</b></p> <p><b>Congregate Nutrition Daily</b></p> <p><b>Shuffleboard &amp; Table Tennis weekly</b></p>	<p><b>1</b></p> <p>Art Class I 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p>	<p><b>2</b></p> <p>Music 10am</p> <p>Sign Language 10am</p> <p>Crafts 10am</p> <p>Needlework (\$) 1pm</p> <p>Tai Chi (\$) 4:30pm</p>	<p><b>3</b></p> <p>Lifelong Artists 9am</p> <p>Wii and Games 10am</p> <p>Muscles and More 10:30am</p> <p>Mah Jong 10:30am</p> <p>Bone Builders 9:30am</p>
<p>6 Weaving Class 9am</p> <p>Art Class II 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p> <p>Tai Chi 1 to 3pm</p>	<p>7 Hearing Assessments 9am</p> <p>Blood Pressure Checks 10am</p> <p>Health Talk 11am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p>	<p>8 Art Class I 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Dancing 1-2pm</p> <p>Zumba Gold (\$) 4pm</p>	<p>9</p> <p>Music 10am</p> <p>Sign Language 10am</p> <p>Crafts 10am</p> <p>Needlework (\$) 1pm</p> <p>Tai Chi (\$) 4:30pm</p>	<p>10</p> <p>Lifelong Artists 9am</p> <p>Muscles and More 10:30am</p> <p>Mah Jong 10:30am</p> <p>Bone Builders 9:30am</p> <p>Chair Yoga (\$) 1-2pm</p>
<p>13 Will Clinic 1-5 pm</p> <p>Art Class II 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p> <p>Tai Chi 1 to 3pm</p>	<p>14</p> <p>Health Talk 11am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p>	<p>15</p> <p>Art Class I 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p>	<p>16 Project Care 2pm</p> <p>Music 10am</p> <p>Sign Language 10am</p> <p>Crafts 10am</p> <p>Needlework (\$) 1pm</p> <p>Tai Chi (\$) 4:30pm</p>	<p>17 Party- Camping/SPD 9-12</p> <p>Lifelong Artists 9am</p> <p>Muscles and More 10:30am</p> <p>Mah Jong 10:30am</p> <p>Bone Builders 9:30am</p> <p>Chair Yoga (\$) 1-2pm</p>
<p>20</p> <p>Weaving Class 9am</p> <p>Art Class II 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p> <p>Tai Chi 1 to 3pm</p>	<p>21</p> <p>Health Talk 11am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p> <p>Book Discussion 11am</p>	<p>22</p> <p>Art Class I 9am</p> <p>Writing Workshop 10-3</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p>	<p>23</p> <p>Music 10am</p> <p>Sign Language 10am</p> <p>Crafts 10am</p> <p>Needlework (\$) 1pm</p> <p>Tai Chi (\$) 4:30pm</p>	<p>24</p> <p>CHAMP 8-noon</p> <p>Wii and Games 10am</p> <p>Muscles and More 10:30am</p> <p>Mah Jong 10:30am</p> <p>Bone Builders 9:30am</p> <p>Chair Yoga (\$) 1-2pm</p>
<p>27 Weaving Class 9am</p> <p>Art Class II 9am</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p> <p>Tai Chi 1 to 3pm</p>	<p>28 Senior Games Expo 11am</p> <p>Health/Nutrition Talk 11am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p>	<p>29 Writing Workshop TBA</p> <p>Art Class I 9am</p> <p>Writing Workshop 10-3</p> <p>Muscles and More 10:30am</p> <p>Bone Builders 9:30am</p> <p>Zumba Gold (\$) 4pm</p>	<p>30</p> <p>Music 10am</p> <p>Sign Language 10am</p> <p>Crafts 10am</p> <p>Needlework (\$) 1pm</p> <p>Tai Chi (\$) 4:30pm</p>	<p>31</p> <p>Lifelong Artists 9am</p> <p>Muscles and More 10:30am</p> <p>Mah Jong 10:30am</p> <p>Bone Builders 9:30am</p> <p>Chair Yoga (\$) 1-2pm</p>

# MARCH 2017

**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 7 to April 11, 2017. Counselors will be available at the Harrill Center on Tuesdays. Please call for an appointment, **265-8090**.

## Special Activities and Interest

**March Engagement Activity:** Saint Patty's Day Camping Adventure day will be Friday March 17th 10:30-12. We will have a scavenger hunt, fun games, sing/tell stories around a campfire, and visit the selfie tent! Bring a snack to share and come join us!

**March 21st**– Author Ceylon Barclay book discussion– 11 am

**Will/Advance Directive Clinic:** Make an appointment today for no cost assistance for simple wills, living wills, powers of attorney, and health care powers of attorney. Clinic will be March 13th– you must have an appointment– call 828-265-8090.

### Weekly Classes Available offered at no cost:

- 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

### 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 1 (\$5 per class)
- Tai Chi Arthritis/Falls Prevention: Mondays 1 & 2 (above)
- Theater Classes (\$): Tuesdays at 6pm (donation)

### 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

## March Presentations (Tuesdays 11am)

March 7: Candy Jones, ARHS,

Blood Pressure Checks at 10am

March 14th: Amanda Nifong– Presents Theater Movement exercises to keep us healthy

March 21st– Health Talk presenter TBA

March 28th- Parks and Rec– Senior Games Expo

## 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

**Paid Classes (drop in rates and 12 week sessions available)**

Sewing (Tuesdays)

Tai Chi (Tues./Thurs)

Needlework (Thursdays)

Zumba Gold (M/W)

Chair Yoga (Fridays)

## Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:30am)

**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**

**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.

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**

**Will/Advance Directive Clinic:** Make an appointment today for no cost assistance for simple wills, living wills, powers of attorney, and health care powers of attorney. March 13– LE Harrill and March 15 at Western Watauga Center.

## **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**