

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! Daily– Cards, Billiards, Computer lab</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 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 LLL presentation-2pm</p>	<p>6 Health Talk– 11am Colon cancer screening 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 BINGO-11am Writer’s Workshop-12-2</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 LLL presentation-2pm 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 LLL presentation– 2pm</p>	<p>13 Health Talk-11am Advance planning seminar Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild Workshop-10-3 Hearing assessments-10-11:30</p>	<p>14 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Pi Day-Baking competition 10-12 Blood pressure screening– 10-11</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 Shuffleboard 10-11 BINGO 11am Bread Distribution-9-12 RHOC health day-10-12</p>
<p>19 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Walk with Ease– 10am BINGO-11am LLL presentation– 2pm</p>	<p>20 Health Talk-11am Suicide Prevention Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild Workshop-10-3</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 Dementia Friendly Community– 2pm</p>	<p>23 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am LLL presentation 2pm Bread Distribution-9-12 BINGO-11am Deadline to enter poetry contest</p>
<p>26 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm BINGO-11am LLL presentation– 2pm Field Trip– 9am to 3pm</p>	<p>27 Health Talk-11am Alz. Healthy Living Brain/Body Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Parkinson’s Caregiver Class 1:30 Alzheimer’s Caregiver Class 3pm</p>	<p>28 Art Class I- 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Spring Fling Easter Party 10</p>	<p>29 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>30 CLOSED for Holiday</p>



March 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.

Field Trip to visit friends in area nursing homes– Mar 26th– 9am see Billie 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: This wonderful class is both a research project and a free course being offered from March through June for non-professional caregivers. Call Billie for more information. 828-265-8090

Walk with Ease/Active Choices: We are pleased to announce these wonderful new self-guided, wellness health promotion programs. You will get lots of resource materials, a personal coach, and you will have the opportunity to meet with peers and walk and discuss goal progress. To register see Billie by March 9th. First meeting (optional) is March 19th.

Will Clinic: NC Legal Aid and UNC are again bringing the will clinic to us March 12 and 14th. If you would like help creating a simple will, living will, power of attorney, or health care power of attorney, please see Billie for an appointment. Spaces are limited.

Spring Fling Easter Party: March 28th, 10am-12. This fun party will include fun games, prizes, snacks, and even a little karaoke. To help us play 1 game– please bring Billie a baby photo of yourself before the party!

Pi Day Baking Competition– March 14th– join us for a fun and exciting baking competition. Local restaurateurs will judge our pies and award wonderful prizes for the top 3 pies entered. To register in the contest or for more information call 828-265-8090.

Weekly Classes Available offered : Computer/Smart Phone by appt

- 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)

March Health/Wellness Presentations

6th: Colon Cancer Screening Kits– HCCH-11am

13th: Advance Planning Seminar- 11am

13th: Hearing Assessments– 10-11:30

14th: Blood Pressure Screening– ARHC Candy Jones-10-12

16th: Rural Health Outreach Collaborative– ASU-10-12

20th: Suicide Prevention- 11am

22nd: Dementia Friendly Community (everyone welcome)-2pm

27th: Healthy Living for Mind/Body– Alzheimer’s Association-11am

March 27th: Alzheimer’s Caregiver Training, 3pm. Call Billie for more information.

Poetry Contest in April– Must register poem by **March 23rd**, 5pm to participate. See Billie for registration forms or information.

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
 - Incontinence Supplies

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