



# Lois E. Harrill Senior Center

## March 2019

Mon	Tue	Wed	Thu	Fri
<p>⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b></p>	<p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am to reserve your meal!</b></p>			<p><i>1</i> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>
<p><i>4</i> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm Yoga \$ 5:30</p>	<p><i>5</i> <b>Health Talk-11am</b> <b>Eye Health</b> <b>Blood Pressure/Colon Cancer</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 <b>Quilt Guild 12:30-3:30</b> <b>DHHS Hearing-9-12</b></p>	<p><i>6</i> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Writer's Grp-12-2</p>	<p><i>7</i> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><i>8</i> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b></p>
<p><i>11</i> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm Yoga \$ 5:30</p>	<p><i>12</i> <b>Health Talk-11am</b> <b>Alzheimer's Talk</b> Line Dancing 1:30 Mah Jong 10:00am LLL-2-3:30 Sewing (\$) 6:30-8:30 <b>Grief Support-3-4</b> <b>Dementia Caregiver Support Grp-6:30</b></p>	<p><i>13</i> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2 LLL-2pm</p>	<p><i>14</i> <b>Pie Day Comp-10-11</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><i>15</i> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm</p>
<p><i>18</i> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm <b>St Patty Day Party-10</b> LLL-2pm Yoga \$ 5:30</p>	<p><i>19</i> <b>Health Talk-10am</b> <b>Bi-Polar Disorder</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 9-2</p>	<p><i>20</i> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2</p>	<p><i>21</i> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><i>22</i> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>
<p><i>25</i> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am RAPP-10-2 LLL-2pm Yoga \$ 5:30</p>	<p><i>26</i> <b>Health Talk-11am</b> <b>Infinite Beginning</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 <b>Grief Support-3-4</b></p>	<p><i>27</i> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writers Grp-12-2 LLL-2pm</p>	<p><i>28</i> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm <b>Field Trip-Science Center-9-4:30</b></p>	<p><i>29</i> <b>Advocacy -Coffee w/ Commissioners 10</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>

## March 2019

**One-On-One Computer and Smart Phone Classes now being Offered!** Call 265-8090.

**Grief Support Group**– The 2nd and last Tuesday of each month we will offer a grief support group for anyone dealing with grief. The group meets from 3-4pm.

**Field Trip**– We will be visiting the Catawba Science Center & Planetarium on March 28th. You must register-seats are limited. **Pie Baking Competition**– Calling all bakers– we will once again host a pie baking competition on March 14th! Top 3 pies will be awarded a prize. Competition day is March 14th– you must register by March 11th.

**Dementia Caregiver Support Group**– We have a new caregiver support group for anyone caring for a person with a dementia-related illness. The group meets monthly-beginning March 12th at 6:30pm.

**St. Patty's Day Party:** Join us for fun and games and prizes on March 18th at 10am. Bring a snack to share and be ready for fun!

**Advocacy Opportunity/Coffee with Commissioners** – Join us for coffee with the county commissioners. Come tell them your thoughts and thank them for their support! March 29th 10am to 11am

**Grief and Caregiver Support Groups:** We have new grief and caregiver support groups. If you are dealing with grief join the grief support group on the 2nd and last Tuesday each month from 3 to 4pm. If you are a caregiver for someone with dementia join that group on the 12th at 6:30pm

### **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

### **March Health/Wellness Presentations**

**5th: Eye Health, Colon Cancer, & Blood Pressure Screening**

**12th: Alzheimer's and Healthy Living**

**19th: Bi-Polar Disorder**

**26th: Infinite Beginnings Presentation**

**Grief Support Group this month is March 12th & 26th from 3-4pm**

**Dementia Caregiver Support Group– March 12th at 6:30pm**

### **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](mailto:billie.lister@watgov.org)**

For additional information, questions about activities, or to register for transportation please contact the Center Director.

### **Upcoming Events:**

**Senior Games-** registration coming in April

**Scrabble Comp–** April 3rd-10am

**Poetry Competition-** register by April 5th-awards ceremony April 26th at 10am

**Survivor-Themed Party–** April 22nd

**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](mailto: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