

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>Senior Games Packets now available, stop by the center for more information!</p>				<p>Note: \$ sign indicates a fee for the class.</p>				<p>1 Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 11:00am</p>	
<p>4 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 10:30am Zumba Gold (\$) 4pm</p>	<p>5 Tech Classes 10:00am Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Yoga (\$) 6:15pm</p>	<p>6 Art Class I 9am Muscles and More 10:30am Bone Builders 10:30am Writing Workshop Noon Lifelong Artists 1pm Zumba Gold (\$) 4pm</p>	<p>7 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>8 Wii and Games 10am Muscles and More 10:30am Bone Builders 11:00am Mah Jong 10:30am</p>					
<p>11 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 10:30am Chair Yoga 11am Zumba Gold (\$) 4pm</p>	<p>12 Tech Classes 10:00am Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Yoga (\$) 6:15pm</p>	<p>13 Art Class I 9am Muscles and More 10:30am Bone Builders 10:30am Lifelong Artists 1pm Zumba Gold (\$) 4pm</p>	<p>14 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>15 Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 11:00am</p>					
<p>18 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 10:30am Chair Yoga 11am Zumba Gold (\$) 4pm</p>	<p>19 Tech Classes 10:00am Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Yoga (\$) 6:15pm</p>	<p>20 Art Class I 9am Muscles and More 10:30am Bone Builders 10:30am Lifelong Artists 1pm Zumba Gold (\$) 4pm</p>	<p>21 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>22 CHAMP 8am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 11:00am</p>					
<p>25 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 10:30am Chair Yoga 11am Zumba Gold (\$) 4pm</p>	<p>26 Tech Classes 10:00am Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Yoga (\$) 6:15pm</p>	<p>27 Art Class I 9am Muscles and More 10:30am Bone Builders 10:30am Lifelong Artists 1pm Zumba Gold (\$) 4pm</p>	<p>28 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>29 Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 11:00am</p>					

April 2016

Special Activities and Interest

Note: SENIOR GAMES REGISTRATION IS NOW OPEN!

See Jen for a registration packet.

Tax Appointments: available on Tuesdays till April 12. Call for an appointment, 265-8090.

YOGA Sign-Up: Akal Dev Sharonne will be teaching yoga. The new 12-week session starts April 5th. Cost is \$75.00 for the 12 weeks. Sign up by April 5th by calling 264-1384.

SPRING GREENS Planting: Wednesday May 4th, 10am. Plant your own spring greens container garden to take home. \$5.00 fee and participants will leave with a container garden. RSVP by April 29th.

Hickory Crowdads: Monday May 2nd 9am-3:30. \$7.00 includes lunch, game and transportation. Call Jen to register.

Craft Class will focus on Spring crafts through April. Class is held on Thursdays at 10am.

Tech Classes will be available on Tuesdays from 10am-Noon, drop-in. Come with questions about your tablet, Smartphone, computer, downloading pictures, face book or any other tech questions. RSVP encouraged.

CHAMP: Friday April 22, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

High Country Lifelong Learner Schedules available.

VOLUNTEERS NEEDED FOR A FOCUS GROUP.

Boone United Methodist Church is looking for individuals to be part of a focus group about the need and use of an adult day care. They are looking for individuals who would benefit from such a program, call Dr. Peacock 262-6897 for info.

April Presentations (Tuesdays 11am)

- April 5th: Candy Jones, ARHS, Blood pressures 10am
- April 26th: Sharon Kelly, Independent Living

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

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: Cindy Lamb (828) 295-5195

Lois E. Harrill: Jen Teague (828) 265-8090