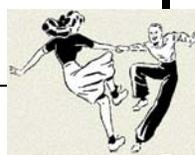


Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO Every Monday, Wednesday, & Friday at 11</p> <p>Monday's Tai Chi is no cost to seniors- 1 to 2 beginners 2-3 advanced class</p>	<p>Cards and Billiards daily</p> <p>Exercise classes daily</p> <p>Congregate Nutrition Daily</p>	<p>Shuffleboard & Table Tennis weekly</p>	<p>The 4th is a special health day- grab a passport to health and get your stamps for a chance to win</p>	<p>Sign-ups going on throughout April for May's USO themed variety Talent Show and for Senior Games and tournaments</p>
<p>3 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>4 Hearing Assessments 9am</p> <p>Blood Pressure Checks 10am</p> <p>Matter of Balance 9- 11am</p> <p>Foot Exams 10:00am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p>	<p>5 Writing Workshop 12-2</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>6 Matter of Balance 9-11a</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>7</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>10 Weaving 9 am</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>11</p> <p>Pharmacy Med Review 10am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p> <p>Matter of Balance- 9-11am</p>	<p>12 Writing Workshop 12-2</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>13 Matter of Balance 9-11</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>14</p> <p>CLOSED FOR HOLIDAY</p> 
<p>17 SOCK HOP-10-12</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>18</p> <p>Incontinence Info 11am</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p> <p>Matter of Balance- 9-11am</p>	<p>19 Writing Workshop 12-2</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>20 Matter of Balance 9-11</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>21</p> <p>The RHOC 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>24 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>25 Matter of Balance 9-11am</p> <p>Hearing Assessments 9:30-3</p> <p>Mah Jong 10:30am</p> <p>Line Dancing 1:30pm</p> <p>Theater Class (\$) 6pm</p> <p>Hearing Assessments- 9:30-3</p>	<p>26 Writing Workshop 12-2</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>27 Matter of Balance 9-11</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>28</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>

APRIL 2017



SOCK HOP: April 17th 10 am until noon!

Join us for a 50's style sock hop– there will be music, dancing, Elvis will be there, and we will have a soda shop to serve you peanuts and cola, root beer floats, and moon pies. Many will wear 50's style clothing including poodle skirts! For more information– please call 828-265-8090!

Special Activities and Interest

Poetry senior games expo winners announced: Fri April 7th at 10am!

The RHOC– rural health outreach collaborative– April 21st– call 828-265-8090 for an appointment

Matter of Balance Class– Every Tues/Thurs in April 9-11am call to register– 828-265-8090

Passport to Health Event: Tues April 4th, 9-noon. Various health assessments, giveaways, and door prizes. Call 828-265-8090.

Weekly Classes Available offered at no cost:

- Writing Workshop, 12-2pm every Wednesday
- 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

April Presentations (Tuesdays 11am)

April 4th: Candy Jones, ARHS,
Blood Pressure Checks at 10am
April 11th: Pharmacy reviewing meds and counseling
April 18th– Health Talk on incontinence
April 25th- Hearing Assessments

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)
Looking for players for Mahjong, Bridge, Chess and Rook

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**

Senior Games is now accepting registrations! Call your senior center directors or Parks and Rec for more information. Registration packets are available now at the senior centers. We want you to play!

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