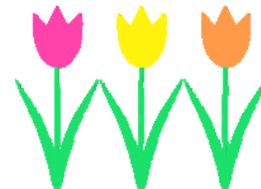




Lois E. Harrill Senior Center April 2019



Mon	Tue	Wed	Thu	Fri
1 LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm	2 Health Talk-11am Fraud & Scams Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 DHHS Hearing-9-12 Quilt Guild:12:30-3:30	3 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Scrabble Comp-10am Writers Grp-12-2	4 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Spousal Loss Grp-1:30 Vol. Appreciation 9:30	5 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Poetry due today
8 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm	9 Health Talk-11am CNP Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Supp Grp-3pm Dementia Caregiver Support Grp 6:30	10 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am LLL-2pm	11 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	12 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm
15 Shingles Clinic-9 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm	16 Health Talk-11am Vaya Health? Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild-9-2	17 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Field Trip	18 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm SC Adv. Co-1-3	19 CLOSED 
22 Party-10-12 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm LLL-2pm	23 Health Talk-11am Hospice Volunteer Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	24 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL-2pm Goodbye Interns-10	25 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	26 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Blood Pressures-10am Poetry Comp-10:30 LLL-2pm
29 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm RAPP-10-2	30 Health Talk-11am Making our Center Welcoming Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Grief Supp Grp-3pm		⇒ Meal Served daily-noon Daily- Cards, Bil- liards, Computer lab	BINGO Most Mon- day, Wednesday, & Fridays at 11  Don't forget to sign in or call in by 10am to reserve your meal!

April 2019

One-On-One Computer and Smart Phone Classes now being Offered! Call Billie to make your appointment 265-8090.

Survivor Themed Easter Party– April 23rd 10-12. Will you be voted out of the game or will you survive the fun and games? Join us for a lively fun party to celebrate spring and the holiday season.

Field Trip– April 17th we will be visiting McDowell County for a history tour. We will stop at many sites and eat lunch. Call Billie for more information or to register.

Scrabble Competition– April 3rd-10am come participate or cheer for the scrabble competition. This is our first scrabble comp-come help make it a success. So-see Billie to register for this special fun competition!

Senior Games: We are excited to share with you the news that senior games is now taking registrations! See Billie to register & represent our center!!!!

Poetry Competition – Calling all poets– enter your poem by April 5th at 11am. Winners will be announced in a ceremony April 26th at 10:30 and will receive prizes. See Billie to register.

Say Good-Bye to our interns– Come help give our interns a proper send-off April 24th-10am. Bring a snack to share and make sure to tell them good luck as they are about to graduate!

Shingles Vaccine Clinic– April 15th we will host a new Shingles shot clinic. You must pay applicable co-pays after insurance. You must pre-register, spots are limited. See Billie!

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

April Health/Wellness Presentations

2nd: Medicare Fraud/Scams-11am

9th: Congregate Nutrition Program-11am, Grief Sup Grp-3-4pm, Alz/Dem Caregiver Support Grp-6:30p

15th: Shingles' Vaccine Clinic-must be registered

16th: Vaya Health presentation-11am

23rd: Hospice Volunteer Recruitment– 11am

26th: Blood Pressure Checks– 10am

30th: Making Our Center more Welcoming– 11am

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.

Upcoming Events:

Senior Games– register today-see Billie

We need to Talk–

May 2nd-2p

Grand-parenting 101–

May 6th– 9:30am

Smart Driver–

May 13th-1pm

Adult Service Expo at Mall– May 17-9am-2pm

Medicare 101-

May 23rd, 2p

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).

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