



Lois E. Harrill Senior Center April 2021



Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-11:30 via drive-thru pick-up (must be registered)</p>	 <p>Don't forget to call in by Friday 9am to reserve your meals for next week!</p>		<p>1 Healthy 4 Life-Virtual Class 3 of 4 2pm</p> <p>Bingo-N37 Reservations due !</p>	<p>2 CLOSED HAPPY EASTER</p>  <p>Bingo-O63</p>
<p>5 Virtual Exercise Class-2pm</p> <p>Bingo-I17</p>	<p>6 Tax Prep by Appt</p> <p>Bingo-N39</p>	<p>7 Virtual Craft Class-2pm</p> <p>Bingo-N31</p>	<p>8</p> <p>Bingo-N44</p> <p>Reservations due !</p>	<p>9 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-B6</p>
<p>12 Virtual Exercise Class-2pm</p> <p>Bingo-N38</p>	<p>13 Tax Prep by Appt</p> <p>Bingo-N45</p>	<p>14 Medicare 101 Virtual Seminar 2pm</p> <p>Virtual Craft Class-2pm</p> <p>Bingo-O70 Reservations due !</p>	<p>15 Healthy 4 Life-Virtual Class 4 of 4 2pm</p> <p>Bingo-N35</p>	<p>16 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-I21</p>
<p>19 Virtual Exercise Class-2pm</p> <p>Bingo-G53</p>	<p>20</p> <p>Bingo-I27</p> <p>Tax Prep by Appt</p>	<p>21 Virtual Craft Class-2pm</p> <p>Bingo-I16</p>	<p>22 Cooking For A Few-Virtual Class-9:30-10:30am</p> <p>Bingo-B14</p> <p>Reservations due !</p>	<p>23 Tuber's Club Virtual Meeting-2pm</p> <p>Surf's Up Drive Through Fair- 9-10</p> <p>Bingo-B4</p> 
<p>26 Dementia Caregiver Virtual Class 9am</p> <p>Virtual Exercise Class-2pm</p> <p>Bingo-O71</p>	<p>27 LEH Book Club-9:30 Virtual Meeting</p> <p>Tax Prep by Appt</p> <p>Bingo-G59</p> <p>Will Clinic by appt</p>	<p>28 Virtual Craft Class-2pm</p> <p>Bingo-O64</p> <p>Will Clinic by appt</p>	<p>29 Medicare 101 Virtual Seminar 2pm</p> <p>Bingo-I26</p> <p>Reservations due !</p>	<p>30 Tuber's Club Virtual Meeting-2pm</p> <p>Bingo-G52</p>

April 2021

Medicare 101: Join us for this live online presentation Wednesday April 14th at 2pm or Monday April 26th at 9am. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is required to get the online link for the virtual meeting. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed. Call or email Billie at 828-265-8090 or billie.lister@watgov.org to register.

Surf's Up Drive Through Resource Fair:

Please join us for a fun and exciting Surf's Up themed drive through resource fair Friday April 23rd from 9am to 10am only. Please wear your mask and stay in your car. Plan to drive through between 9 and 10 only as we will not begin early or stay late. We will have beach music playing and lots of fun resources for you take home! We encourage you to get in the spirit and wear your sunglasses and beach hat! For more information please call Billie at 828-265-8090.

Healthy For Life: Healthy For Life which is offered in collaboration with Aramark, American Heart Association, and ASU which will focus on nutrition and wellbeing to empower people to make healthy food, nutrition, and lifestyle choices. The four sessions will be the following Thursdays at 2pm: March 4th, March 18th, April 1st, & April 15th. Please call Billie Lister at the senior center to register for this wonderful opportunity!

Will Clinic: Those who had a will clinic appointment, please remember to come when assigned.

Meal Reservations due early one week in April. Please turn in your reservations for the week of April 19-23rd no later than Wednesday April 14th by 10am. Billie will be out of town and reservations must be made before she leaves-thanks!

Please help us thank the following agencies for the St. Patty's Day Party Treats & Prizes: Western Carolina Eye, SHIP, Chick-Fil-A, Blue Ridge Vision, and ASU social work interns!

Weekly Classes Available offered :

- Exercise Class– Mondays at 2pm
- Craft Class– Wednesdays at 2pm
- Tuber's Class– Fridays at 2pm



Monthly Classes Available offered:

- LEH Virtual Book Club
- Cooking For A Few
- Medicare 101
- Health and Wellness Presentations

April Health/Wellness Presentations

Medicare 101– April 14th at 2pm or April 26th at 9am

**Healthy For Life Class 3 of 4– April 1st at 2pm online
And 4 of 4– April 15th at 2pm online
Dementia Caregiver Class– April 26th-9am**

Contact Vaya Health to connect with their virtual mental health presentations!

Weekly Activities

Congregate Nutrition: Served via drive through Monday-Friday 11:30am-11:45am

BINGO: Daily by drive through 11:30

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

At this time all in-person congregare activities have been suspended until the center can be safely opened again.

**Resources you can pick-up/Check-out:
Puzzles, Books, Movies, Audio Books, Magazines,
limited art/craft supplies, Health and wellness and
Medicare information, durable medical equipment,
coloring pages, incontinence supplies
Just call Billie to ask about these items. 828-265-8090.**

132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: Billie Lister
Email: billie.lister@watgov.org

Upcoming Events:

**Surf's Up Drive
Through Resource Fair**

Medicare 101

Healthy For Life

**Will Clinic by drive up
appt**

Taxes by appt

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

Hours of Operation: Monday-Friday 8-5pm

**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 drive through pick-up lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at 11:30am, consumer contributions can be given to staff. The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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 will resume when open, currently offering 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 pick-up/drive through 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)
 - Virtual Programming
 - Friends Connection Assistance

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

Surf's Up Drive Through Resource Fair– Friday April 23rd from 9-10am only!



Drive through to enjoy beach music, prizes, and great resources at no cost to you! Wear your mask and stay in your car to enjoy this safe, fun, informative event. We encourage you to get into the theme and wear your beach hat and sunglasses! Anyone 60 or older is welcome to come participate.

Drive Through Meals!

Don't forget that we offer drive through, pick up meal service Monday through Friday for anyone who is interested. Please call Billie or Cindy to register. Billie 828-265-8090 or Cindy– 828-297-5195.

Will Clinic by drive up appt only: Very Limited spaces-first come, first served basis. Please call Billie to secure your spot! 828-265-8090.



Please join us for a virtual dementia caregiver presentation on Monday April 26th at 9am.

This presentation will cover how to prepare an emergency medical file. This presentation is valuable not only to caregivers-but to anyone! We would love to see everyone join us to learn more about creating an emergency medical file. If you would like to participate-please call Billie to register!

NEW VIRTUAL CLASSES JUST CALL BILLIE TO REGISTER AT 828-265-8090.

Exercise class-chair and modified exercise weekly
Craft Class– we make all sorts of useful projects weekly

Tuber's Club– we view and discuss interesting, educational, entertaining, or inspirational YouTube videos and discuss them weekly

LEH Virtual Book Club– we meet monthly to discuss a book

Cooking For A Few– this class meets monthly to offer tips and tricks for cooking on a small scale but maintaining budget and healthy balanced meals for 1 or 2 people

Are you missing your senior center friends but don't have their number– call Billie– she can help you connect with each other!

Billie will be out for several days in April. Please take note of the dates you need to reserve meals or please use the monthly reservation sheet to help! Thank you for making sure you communicate your reservations on time.



Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in April will you pick up meals? (just write yes or no for each)

- | | |
|-----------------------------|----------------------------------|
| 1st-Ham _____ | 20th-Meatloaf _____ |
| 5th-Hot Dog _____ | 21st-Pintos _____ |
| 6th- Beef Cubed Steak _____ | 22nd-Chicken Tenders _____ |
| 7th- Chick/Broc/Rice _____ | 23rd-Mac & Cheese with Ham _____ |
| 8th-Tuna Salad _____ | 26th-Fish Sand. _____ |
| 9th-Pintos _____ | 27th-Pork Roast _____ |
| 12th- Chicken Pot Pie _____ | 28th-Grill Chicken Sand _____ |
| 13th-Sloppy Joe _____ | 29th-Beef Pepper Steak _____ |
| 14th-Pork BBQ _____ | 30th-BBQ pork Riblets _____ |
| 15th-Chick Salad Sand _____ | |
| 16th-Beef & Mac _____ | |
| 19th-Spaghetti _____ | |

Turn in to Billie at the drive through as soon as possible-thanks!