

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Note: Bingo is played Mon, Wed and Fri: 11-11:45.</p> </div>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Note: Trivia is played each Wednesday at 11am.</p> </div>			<p>1 Exercise 10:30am Bone Builders 11am MAYDAY PARTY 10am</p>
<p>4 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm Radio Club 6pm</p>	<p>5 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>6 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>7 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Quilt Guild 10am</p>	<p>8 Wii and Games 10am Exercise 10:30am Bone Builders 11am</p>
<p>11 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>12 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>13 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>14 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>15 Wii and Games 10am Exercise 10:30am Bone Builders 11am</p>
<p>18 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>19 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>20 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>21 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>22 Wii and Games 10am Exercise 10:30am Bone Builders 11am CHAMP 8am</p>
<p>25 CLOSED Memorial Day</p>	<p>26 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm Barter Theater (\$)</p>	<p>27 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>28 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>29 Wii and Games 10am Exercise 10:30am Bone Builders 11am</p>

May 2015

May is Older Americans Month

Special Activities and Interest

Trivia Challenge: Wednesdays 11-Noon.

Mayday Party: Friday May 1st, 10am; Ice-cream social!

Fun Walk: Tuesday May 5th, 10-11:30am. Kick off Senior Games!

Quilt Guild: Thursday May 7th, 10am-3pm.

Annual Mother's Day Bake Off: Monday May 11th, 10-Noon; please bring your favorite cake, pie or other dessert to share

AARP Safe Driving Course: Tuesday May 12th, 12:30-5pm; \$15/AARP members, \$20/non-members; light snacks will be provided, call 265-8090 to reserve a seat.

Computer Class: Monday May 18th, 11am.

Java with Jen: Join Jen for coffee and snacks. Share your ideas for programs and activities, Wednesday May 20th, 2pm

CHAMP: Fall Prevention, Improving Balance and Strength, FREE! Friday, May 22nd, 8am-Noon, call for appointment, 262-7674.

Medicare 101: Confused about Medicare? Join us Thursday May 28th from 2-3:30pm where we will discuss the basics of Medicare, supplements and drug plans. Call to register.

High Country Senior Games: Registration is open for senior games, stop by the office for a registration packet.

High Country Lifelong Learners new class schedules are available. Please stop by the center for a copy.

May Presentations

held at 11am on Tuesdays

- **May 5th** Candy Jones, Appalachian Regional Healthcare System-Blood Pressure Checks (10am)
- **May 12th**-Lee Stanley, High Country Community Health
 - **May 19th**-Ann McMillan with CAP (Community Alternative Program).
- **May 26th**, Pat Coley and Ed Rosenberg will be discussing what has been going on with the Senior Tarheels.

Grief Support Group-The Bereavement Coordinator with Medi Home Hospice will be holding a monthly grief support group on the third Thursday of the month, May 18th from 10-11am. The group is free and open to anyone.

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Rummy Group and Coffee Time: Monday-Friday 9-Noon

Nutrition 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

**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**

HOLIDAY CLOSING

Monday May 25th

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: Toni Wait (828) 295-5195

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