

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Tai Chi 1-3pm Radio Club- 6pm</p>	<p>2 Hearing Assessments 9am Blood Pressure Checks 10am Health/Nutrition Talk 11am Line Dancing 1:30 Mah Jong 10:30am Sewing 6:30-8:30</p>	<p>3 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>4 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild- 12:30-3</p>	<p>5 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga \$ 1-2pm Shuffleboard 1-2</p>
<p>8 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Tai Chi 1-3pm</p>	<p>9 Line Dancing 1:30 Mah Jong 10:30am Sewing 6:30-8:30 Snacks/Hydration: cooperative Extension- 11am</p>	<p>10 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>11 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>12 Lifelong artists 9am Muscles & More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga \$ 1-2pm Ping pong 1-2</p>
<p>15 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Tai Chi 1-3pm Muffins with Moms 10-11</p>	<p>16 Line Dancing 1:30 Mah Jong 10:30am Sewing 6:30-8:30</p>	<p>17 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Lifelong Learners- 2-4 Garden Workday- 10-noon</p>	<p>18 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild- 10-3</p>	<p>19 RHOC- 8-noon Muscles & More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga \$ 1-2pm Corn Hole 1-2</p>
<p>22 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Tai Chi 1-3pm</p>	<p>23 Eyeglass cleaning- 10am Senior Tarheels Present 11am Line Dancing 1:30 Mah Jong 10:30am Sewing 6:30-8:30</p>	<p>24 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Lifelong Learners- 2-4</p>	<p>25 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>26 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:30am Bone Builders 9:30am Chair Yoga \$ 1-2pm Horse Shoes 1-2</p>
<p>29 Closed for Memorial Day</p> 	<p>30 USO Variety Show 10-12 Line Dancing 1:30 Mah Jong 10:30am Sewing 6:30-8:30 Lifelong Learners- 2-4</p>	<p>31 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Lifelong Learners- 2-4</p>	<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon Monday's Tai Chi is no cost to seniors- 1 to 2 beginners 2-3 advanced class</p>	<p>Sign-ups going on through May 19th for the USO themed variety Talent Show and for Senior Games and tournaments</p>

May 2017



Come enjoy a USO Type Variety Show: We want you to share your talent to honor our veterans for Memorial Day. Call Billie at 828-265-8090 to sign up to perform—and plan to join us to watch the fun on Tuesday, May 30th

Special Activities and Interest

Muffins with Moms: May 15th 10-11am. Invite your children to come have muffins with moms— children will come to honor mom and have pictures taken with her.

The RHOC— rural health outreach collaborative— May 19th— call 828-265-8090 for an appointment

Upcoming: Be practicing— July & August Wii Bowling & Billiards Tournaments are coming!

Adult Services Expo @ the mall: 9-2 May 12th

Garden Workday: May 17th (Wed) 10-noon— come help kick off our gardening project!

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)

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

Medicare 101 Presentation: June 1st, 4pm— Call to register (no cost)

May Presentations (Tuesdays 11am)

- May 2th: Candy Jones, ARHS, Blood Pressure Checks at 10am
- May 9th: Snacks/Hydration— Cooperative Extension
- May 16th— TBA
- May 23rd— Senior Tar Heels & Eye Glass Cleaning

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.

Hours of Operation: Monday-Friday 8-5pm, with evening classes

SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older



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