



# Lois E. Harrill Senior Center

## MAY 2018

Mon	Tue	Wed	Thu	Fri
⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b>	1 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30 DHHS Hearing-10am <b>FIELD TRIP-10-3</b>	2 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Container Gardening 10-12</b>	3 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm <b>Medicare 101-2pm</b>	4 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL presentation-2pm</b> BINGO-11am
7 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>LLL presentation-2pm</b> <b>Intergen art-4pm</b>	8 <b>Eye Exams- 11am</b>  Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	9 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm <b>ASU Musical-11am</b> <b>Smart Driver-1-5</b>	10 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	11 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>Expo @ Mall-9-2</b>
14 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am	15 <b>SCEPT presentation-11</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3 <b>Senior Games-1:30-3</b>	16 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2	17 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	18 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL presentation-2pm</b> BINGO-11am <b>Garden Workday-10</b>
21 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>LLL presentation-2pm</b> <b>Intergen art-4pm</b>	22 <b>Health Talk-11am</b> <b>Safe Meds</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	23 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2 <b>Pirate Party-10-12</b>	24 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	25 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL presentation-2pm</b> BINGO-11am
28 CLOSED FOR MEMORIAL DAY  	29 <b>Health Talk-11am</b>  Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	30 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2	31 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	⇒ <b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b>

# MAY 2018

**One-On-One Computer and Smart Phone Classes now being Offered!** Call Billie to make your appointment 265-8090. Talk Tech With A Teen appointments one day a week.  
**Container Gardening Class**– May 2nd with Cooperative Extension 10-12, pre-registration required.

**Medicare 101 Seminar**– May 3rd-2pm-come have your Medicare questions answered by our experts. No registration required. Call Billie for additional information at 828-265-8090.

**ASU Musical Theater Performance**– May 9th-11am. We will be treated to a free performance– join us!

**AARP Smart Driver Class**– May 9th, 1-5pm. See Billie to Register for this class.

**Garden Workday**– Come help us prepare our garden May 18th-10-11am. All help, skills, and donations welcome. See Billie for more information.

**Swashbuckling Pirate Shindig**– You're invited to our pirate party! Feel free to dress in costume, be prepared to walk the plank for cupcakes, find treasure using a map, and have a ton of fun! May 23, 10-12 noon. See Billie for information.



## 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)
- Chair Yoga (\$): Fridays at 1pm

## May Health/Wellness Presentations

**3rd: Medicare 101– 2pm**

**8th: Eye Exams-10-12**

**11th: Adult Service Expo at the Boone Mall-9-2pm**

**15th: SCEPT presentation 11am**

**15th: Senior Games held at our center-1:30-3:30**

**22nd: Safe Medication Disposal– 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](mailto:billie.lister@watgov.org)**

**CLOSED Monday  
May 28th for Me-  
morial Day–**

Thank you veterans  
for your service!

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

**Is there something you wish the senior center would offer? Email us or call with your thoughts, [billie.lister@watgov.org](mailto: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