



# Lois E. Harrill Senior Center May 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b></p>	<p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am</b></p>	<p><b>1</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Writers Grp-12-2 <b>Garden Work Day 10</b></p>	<p><b>2</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm <b>We Need To Talk 2</b></p>	<p><b>3</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm <b>Senior Tarheels 10</b></p>
<p><b>6</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>Grandparenting- 9:30a</b> LLL- 2pm</p>	<p><b>7 Health Talk-11am Family Feud</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild-9-2 <b>Meditation 11-12:30</b></p>	<p><b>8</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am <b>LLL-2pm</b></p>	<p><b>9</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Parental Loss-12:30</p>	<p><b>10</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b></p>
<p><b>13 Blood Pressures 10</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm <b>Smart Driver-1-5</b></p>	<p><b>14 Health Talk-11am Senior Games</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 <b>Grief Supp Grp-3pm</b> Dementia Caregiver Support Grp 6:30</p>	<p><b>15</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Group-12-2</p>	<p><b>16</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Parental Loss-12:30</p>	<p><b>17</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b> <b>Expo at Mall-9-2</b></p>
<p><b>20</b> LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9:30-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$ 5:30pm RAPP- 10-2</p>	<p><b>21 Health Talk-11am Person Reality/Communication Barriers</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 9-2</p>	<p><b>22</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Group-12-2 <b>LLL-2pm</b> <b>Field Trip/Zoo-7:30</b></p>	<p><b>23</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Parental Loss-12:30 <b>Medicare 101- 2pm</b></p>	<p><b>24</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL-2pm</b></p>
<p><b>27</b> <b>CLOSED</b></p> 	<p><b>28 Health Talk-11am Legal Issues/Alzheimers</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 <b>Grief Supp Grp-3pm</b></p>	<p><b>29</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Writer's Group-12-2 <b>LLL-2pm</b></p>	<p><b>30</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Parental Loss-12:30</p>	<p><b>31</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>LLL-2pm</b></p>

May 2019

**Keep Pounding Day of Service/Garden Work Day**– May 1st– 10-2. Come help get our community garden up and running again! Join the Carolina Panthers as they help us!

**We Need To Talk**– May 2nd, 2pm. This is a great presentation for caregivers or family members who need to talk with friends or family about driving concerns. Come learn how to decide when it's time and how to handle this delicate topic/conversation. See Billie to register– no cost to attend. Free resources provided.

**Grand-Parenting 101**– May 6th, 9:30am– Spaces are limited for this fun and engaging workshop. There is no cost to attend. Learn how to be an grand-parent of excellence. See Billie to register.

**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! Kick-off breakfast will be May 3rd, field day May 30th, & awards banquet June 11.

**Smart Driver Class** – May 13th, 1-5pm. Come take a refresher course on driving safety (your insurance may give you a discount for attending). Spaces are limited– See Billie to register.

**Adult Service Expo**– May 17th 9-2 at the Boone Mall. Free resources and information, raffle drawing for prizes such as a TV, booth for free advance life directives (power of attorney, living will, etc)

**Medicare 101**– May 23, 2pm. Come learn the basics of Medicare– no registration required.

**Asheboro Zoo Field Trip Reminder**- 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

**May Health/Wellness Presentations**

**2nd: We Need To Talk**– 2pm

**7th: Meditation (conf rm)** 11-12:30

**7th: Family Feud-Brain Games**-11am

**13th: Blood Pressure Screening**-10am

**14th: Senior Games**-11am

**17th: Expo at the Mall**– advance life directives– 9-2

**21st: Person'Reality' and Communication Barriers**-10-11

**23rd: Medicare 101**– 2pm

**28th: Legal Issues with Alzheimer's and Dementia**-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:**

**Car Fit**–

June 5th

**Health Fair**–

June 12th, 9-12

**Field Trip to Bass**

**Lake**– June 12

**Field Trip to Nursing**

**Homes**– June 17

**Field Day**– June 28, 9-12

**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