



Lois E. Harrill Senior Center May 2021



Mon	Tue	Wed	Thu	Fri
3 Virtual Exercise Class-2pm Bingo-I19	4 Bingo-I22	5 Virtual Craft Class-2pm Bingo-N32	6 Virtual Yoga \$ Bingo-B13 Reservations due !	7 Tuber's Club Virtual Meeting-2pm Senior Games-Brian Estates- 8:30-12 Bingo-G54
10 Virtual Exercise Class-2pm Bingo-O67	11 Bingo-B3 Advocacy Event-11:30-12	12 Virtual Craft Class-2pm Bingo-G60	13 Virtual Yoga \$ Bingo-G50 Reservations due !	14 Medicare 101- 9am Tuber's Club Virtual Meeting-2pm Bingo-O72
17 Virtual Exercise Class-2pm Bingo-G51	18 Bingo-G55	19 Virtual Craft Class-2pm Bingo-B10	20 Virtual Yoga \$ Cooking for a Few virtual class-9:30 Bingo-I23 Reservations due !	21 Tuber's Club Virtual Meeting-2pm Bingo-N42
24 Virtual Exercise Class-2pm Bingo-I25	25 LEH Virtual Book Club- 9:30-10:30 Bingo-N43	26 Virtual Craft Class-2pm Medicare 101- 3pm Bingo-I29	27 Virtual Yoga \$ Bingo-G49 Reservations due !	28 Tuber's Club Virtual Meeting-2pm Bingo-B15
31 CLOSED for Memorial Day 			=> Meal Served daily-11:30 via drive-thru pick-up (must be registered)	 Don't forget to call in by Friday 9am to reserve your meals for next week!

May 2021

Medicare 101: Join us for this live online presentation Friday May 14th at 9am or Wednesday May 26th at 3pm. 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.

Please help us thank the following agencies for the Surf's Up Drive Through Resource Fair: Karl Mohr or Mohr Fun Events, DSS APS, Home Instead, United Healthcare, Life Care of Banner Elk, Medi-Home Hospice, Hospice & Home Care of the Blue Ridge, Kindred at Home, Caldwell Hospice & Palliative Care, Deerfield Ridge, Appalachian Brian Estates, Watauga County Public Library, Daymark, Area Agency on Aging, Watauga Dementia Group, and ASU students for the lovely surf boards!



Senior Games: Please call Parks and Rec or drop by here to pick up a registration packet! Senior Games begins this month!

Advocacy Event: Would you like your needs to be heard by your local representatives? Join us as we advocate for the things we need to help our older adult strengthen this community. Our Older Americans Month campaign is: Older Adults Strengthen Communities with the tools to age well! If you have ideas on how this community can support or provide something you need to age well-then drop off your letters for your representatives here on May 11th from 11:30-12 at the lunch door. We will make sure these letters get sent to your local representatives! We will also have pens and starter letters here for you if you would like a little help organizing your thoughts. For more information call Billie at 828-265-8090.

Weekly Classes Available offered :

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

Monthly Classes Available offered:

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

May Health/Wellness Presentations

Medicare 101– May 14th at 9am or May 26th at 3pm

Cooking for a Few– May 20th– 9:30-10:30 virtually

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 congregated 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:

Medicare 101

Cooking for a few and book club classes still seeking members

Senior Games!!!!!!

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

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 May will you pick up meals? (just write yes or no for each)

3rd-Hamburger _____ 19th-Chick/Broc/Rice Casserole _____

4th-Pimento Cheese/Soup _____ 20th-Tuna Salad, Mac Salad _____

5th- Fish/Mac & Cheese _____ 21st-Pintos _____

6th- BBQ Chicken _____ 24th-Chicken Pot Pie _____

7th-Beef Steak & Gravy _____ 25th-Sloppy Joe _____

10th-Pork Chop _____ 26th-BBQ Pork _____

11th- Chicken Casserole _____ 27th-Chicken Salad Sand _____

12th-Meatballs _____ 28th-Beef & Mac Casserole _____

13th-Chicken Sand. _____

14th-Ziti & Salad _____

17th-Hot Dog _____

18th-Cube Steak _____

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