

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon</p>	<p>Daily– Cards, Billiards, Computer lab Gardening work– M, W, F-10am</p>		<p>1 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Medicare 101– 4-6pm</p>	<p>2 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Shuffleboard 1-2 Wii games– 10-11</p>
<p>5 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club– 6pm</p>	<p>6 Hearing Assessments 9am Blood Pressure Checks 10am Health/Nutrition Talk 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>7 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>8 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>9 Lifelong artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Ping pong 1-2 Kitchen/HDM Vol Training-9-10:30 or 2-3:30pm</p>
<p>12 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Billiards Tourney-10-noon</p>	<p>13 Health Talk– EDAPT-11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>14 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>15 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild– 10-3</p>	<p>16 RHOC– 8-noon Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Corn Hole 1-2 Donuts with Dads-10-11</p>
<p>19 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>20 Health Talk-reading-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>21 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>22 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>23 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Horse Shoes 1-2 Active play games-10-11:30</p>
<p>26 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>27 Health Talk-Falls-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>28 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>29 Live Music 10am Sign Language Class 10am Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>30 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Croquet/Bocce-1-2pm Wii Games– 10-11</p>

JUNE 2017

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

Special Activities and Interest

FIELD TRIP INFO COMING SOON-see posted flyers

Donuts with Dads: June 16th 10-11am. Invite your children to come have donuts with dads– children will come to honor dad and have pictures taken with him.

The RHOC– rural health outreach collaborative– June 16th– call 828-265-8090 for an appointment

Billiards Tournament: Monday, June 12th beginning at 10am. Come join in and compete or just cheer the players on!

Kitchen & Home Delivered meal Volunteer Training: All volunteers must complete this training annually. Choose either class– 9-10:30am or 2-3:30pm. Call Billie Lister at 828-265-8090 to register.

Thank you for your service to your community!

Garden Workdays: Every M, W, & F we water & weed our community garden at 10am. Come help us!

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
- Sign Language: Thursdays, 10am, learn to sign

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)

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-shuffleboard-corn hole

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

June Presentations (Tuesdays 11am)

June 6th: Candy Jones, ARHS,

Blood Pressure Checks at 10am

June 13th: Elder Abuse-EDAPT-Betsy Richards-DSS

June 20th– Reading for the Health of it–Wat. Co. Library

June 27rd– Fall Prevention Tips-Amanda Berry

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 (Thurs)

Needlework (Thursdays)

Zumba Gold (M/W)

Lifelong Learner Programs throughout month– call for info.

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

Looking for players for 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.

Coming Next Month– Wii Bowling Tourney & a great Luau!

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

**KEEP CHECKING– FIELD TRIP INFORMATION
COMING SOON!**



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