



Lois E. Harrill Senior Center June 2021

Mon	Tue	Wed	Thu	Fri
<p>BINGO numbers listed are for drive through participants-if you play inside, you are not eligible to play drive through</p>	<p>1 Bingo-I24 Reopen Orientation 10:30am</p>	<p>2 Virtual Craft Class-2pm Bingo-G58</p>	<p>3 Virtual Yoga \$ Bingo-I30 Reservations due ! Reopen Orientation 10:30 & 2:30 Inside Meals begin today if you have registered!</p>	<p>4 Tuber's Club Virtual Meeting-2pm Medicare 101- 9am Reopen Orientation 2:30 Bingo-N41</p>
<p>7 Bingo-G48 Virtual Exercise Class-2pm Reopen Orientation 9, 10:30, 2, & 3:30</p>	<p>8 Bingo-B8</p>	<p>9 Virtual Craft Class-2pm Bingo-N33</p>	<p>10 Virtual Yoga \$ Bingo-O73 Reservations due !</p>	<p>11 Tuber's Club Virtual Meeting-2pm Bingo-N37</p>
<p>14 Bingo-G53 Virtual Exercise Class-2pm</p>	<p>15 Medicare 101- 3pm Bingo-G59 Senior Games Banq-5pm- @ Parks&Rec</p>	<p>16 Virtual Craft Class-2pm Bingo-B4</p>	<p>17 Virtual Yoga \$ Bingo-I16 Reopen Orientation 10:30am Reservations due !</p>	<p>18 Tuber's Club Virtual Meeting-2pm Bingo-I26</p>
<p>21Bingo-I17 Virtual Exercise Class-2pm</p>	<p>22 Bingo-N31</p>	<p>23 Virtual Craft Class-2pm Bingo-B6 Reopen Orientation 10:30 & 2:30</p>	<p>24 Virtual Yoga \$ Cooking for a Few virtual class-9:30 Bingo-N45 Reservations due !</p>	<p>25 Tuber's Club Virtual Meeting-2pm Bingo-N35 Reopen Orientation 10:30 & 2:30</p>
<p>28BINGO-I19 Virtual Exercise Class-2pm Medicare 101- 2pm</p>	<p>29 LEH Virtual Book Club- 9:30-10:30 BINGO-N32 Reopen Orientation 10:30 & 2:30</p>	<p>30 Virtual Craft Class-2pm BINGO-G54</p>	<p>⇒ Meal Served daily-11:30 via drive-thru pick-up (must be registered) ⇒ Inside meals- 12-12:30 (must be registered)</p>	<p> Don't forget to call in by Thursday by 9am to reserve your meals for next week!</p>

June 2021

Medicare 101: Join us for this live online presentation Friday June 4th at 9am or Tuesday June 15th 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.

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

Reopen Orientation: We are beginning our reopen slowly. Congregate nutrition (inside dining) will begin June 3rd but you must call and register/attend an orientation class before you can attend. Classes will begin in July-but again, all participants must attend the reopen orientation before participating. All seniors (whether or not you attended before) are required to attend this class. At the reopen orientation you will be given information on how reopen will happen in phases, our health/wellness policies, and the new expectations and procedures for all senior center activities and programs. There are many opportunities to join a reopen orientation class-please call Billie to register for your spot! For more information call Billie at 828-265-8090.

We Need You! We are looking for class leaders and volunteers! We need people who are willing to volunteer to lead classes, take attendance, clean tables, and so forth. If you would like to be a volunteer class leader-please let Billie know at your reopen orientation or call her for more information on the spots available. We also need BINGO caller volunteers (volunteers automatically get a BINGO prize for volunteering)-we have a new materials for BINGO and are excitedly hoping to begin in July-all participants and volunteers must attend a reopen orientation-call Billie for information.

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

June Health/Wellness Presentations

Medicare 101– June 4th at 9am or June 15th at 3pm

Cooking for a Few– June 24th– 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 Served inside 12-12:30

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 congregate 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

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. Drive through and congregated meals are served at both the Lois E. Harrill and Western Watauga Community Center-please call the centers for serving times. 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). **If you want to switch to inside meals instead of drive through-please call Billie and write that below on this form!**

Your Name- _____ Inside/Drive Thru? _____

What days in June do you want meals? (just write yes or no for each)

1st-Meatloaf _____

17th-BBQ Chicken _____

2nd-Pintos _____

18th-Beef Steak/Gravy _____

3rd-Chicken Tenders _____

21st-Pork Chop _____

4th- Mac & Cheese with Ham _____

22nd-Chicken Casserole _____

7th-Fish Sand _____

23rd-Meatballs _____

8th-Pork Roast _____

24th-Chicken Sand _____

9th- Grill Chicken Sand _____

25th-Ziti _____

10th-Beef Pepper Steak _____

28th-Hotdog _____

11th-BBQ Pork Riblets _____

29th-Beef Cub Steak _____

14th-Hamburger _____

30th-Chick/Broc/Rice Casserole _____

15th-Pimento Cheese & Soup _____

16th-Fish with Mac & Cheese _____

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