

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Note: Bingo is played Mon, Wed and Fri: 11-11:45.</p> </div>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Note: Mon. and Wed. Ping Pong available 1-3pm</p> </div>	<p>1 JULY 4th PARTY 10am Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>2 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Quilt Guild 1pm</p>	<p>3 CLOSED </p>
<p>6 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>7 Exercise 10:30am Line Dancing 1:30pm Smartphone Class 2pm Rummikub 2:30pm</p>	<p>8 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>9 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>10 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>
<p>13 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>14 CRAFT & BAKE SALE July 14 and 15th Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>15 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>16 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Quilt Guild 10am</p>	<p>17 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>
<p>20 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>21 Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>22 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>23 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>24 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am CHAMP 8am</p>
<p>27 Weaving Class 9am Art Class II 9am Exercise 10:30am Bone Builders 10:30am Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>28 Get Up & Go (BREMCO) 9am-11am (RSVP) Exercise 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>29 Art Class I 9am Exercise 10:30am Bone Builders 10:30am Lifelong Artists 1pm Arthritis Ex. 1pm Zumba Gold 4pm</p>	<p>30 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am</p>	<p>31 Wii and Games 10am Exercise 10:30am Bone Builders 9:30am</p>

July 2015

Christmas in July Craft and Bake Sale.

Tuesday and Wednesday, July 14 and 15, 9am-4pm
Items for sale include: knit and handmade apparels,
homemade ornaments, pottery, jewelry and more!

Special Activities and Interest

JULY 4th Party and Field Day: Wednesday July 1st, 10am-Noon. Watermelon, lemonade, Horseshoes, Bag toss, ladder ball, bocce and More! Sponsored by Glenbridge.

Table Tennis: Monday and Wednesdays 1-3pm.

Farmer's Market Vouchers are available. See Jen to sign-up at the Lois E. Harrill Center and she will be at the WWCC on July 8th and 16th from 10am-11:30am.

Smartphone Class: Tuesday July 7th, 2pm. Call to RSVP.

Medi Home Health will be sponsoring Bingo on Monday July 20th at 11am.

Get Up and Go: Learning Ways to Safely Get up from a Fall, Tuesday July 28th from 9am-11am, at the Blue Ridge Electric Community Room. Presenters include Pam Hagaman with Boone Physical Therapy and Watauga Medics. Life Alert companies will be attendance with their systems. Door prizes include 2 month free life alert service, rubber mat, slipper socks, and more! Breakfast provided. RSVP to 265-8090.

Wii Bowling League: We are trying to start a wii bowling league. Call Jen for details and to sign up.

CHAMP: Friday July 24, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

High Country Lifelong Learners class schedules available.

June Presentations

held at 11am on Tuesdays

July 7- Candy Jones, Appalachian Regional Healthcare System
Blood Pressure Checks (10am)
• Others TBA

Games:

Hand and Foot (Thursdays at 1pm)
Looking for players for Mahjong, Bridge, Chess and Rook
Call 265-8090 if interested

Is there something you wish the senior center would offer?

Email us or call with your thoughts,
Jennifer.teague@watgov.org or 828-265-8090

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Rummy Group and Coffee Time: Monday-Friday 9-Noon

Nutrition Education: Every Tuesday 11am

Paid Classes (offered in 12 week sessions)

Sewing (Tuesdays)

Tai Chi (Thursdays)

Needlework (Thursdays)

Yoga (Tuesdays)

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

**132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: Jennifer Teague
Email: Jennifer.teague@watgov.org**

For additional information,
questions about activities, or to
register for transportation
please contact the
Center Director.

SENIOR CENTER OF EXCELLENCE

Serving Individuals age 60 and older



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

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**

HOLIDAY CLOSING

July 3, 2015

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: Toni Wait (828) 295-5195

Lois E. Harrill: Jen Teague (828) 265-8090