

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**NOTE:**

Table Tennis will be available on Thursdays from 1-3.

**1 JULY 4TH PARTY!**  
**10-11:30**  
**Wii and Games 10am**  
**Muscles and More 10:30am**  
**Mah Jong 10:30am**  
**Bone Builders 9:30am**

**4 CLOSED**



Happy 4th of July!

**5 Exercise 10:30am**  
**Mah Jong 10:30am**  
**Line Dancing 1:30pm**  
**Rummikub 2:30pm**

**6 Art Class I 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Lifelong Artists 1pm**  
**Zumba Gold (\$) 4pm**

**7 Music 10am**  
**Sign Language 10am**  
**Crafts 10am**  
**Exercise 10:30am**  
**Needlework (\$) 1pm**  
**Tai Chi (\$) 4:30pm**

**8**  
**Wii and Games 10am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Mah Jong 10:30am**

**11 Weaving Class 9am**  
**Art Class II 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Chair Yoga 11am**  
**Zumba Gold (\$) 4pm**

**12 DHHS 10am**  
**Exercise 10:30am**  
**Mah Jong 10:30am**  
**Line Dancing 1:30pm**  
**Rummikub 2:30pm**

**13 Art Class I 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**AARP Safe Driving 12:30**  
**Lifelong Artists 1pm**  
**Zumba Gold (\$) 4pm**

**14 Music 10am**  
**Sign Language 10am**  
**Crafts 10am**  
**Exercise 10:30am**  
**Needlework (\$) 1pm**  
**Tai Chi (\$) 4:30pm**

**15**  
**Wii and Games 10am**  
**Muscles and More 10:30am**  
**Mah Jong 10:30am**  
**Bone Builders 9:30am**

**18**  
**Weaving Class 9am**  
**Art Class II 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Chair Yoga 11am**  
**Zumba Gold (\$) 4pm**

**19**  
**Exercise 10:30am**  
**Mah Jong 10:30am**  
**Line Dancing 1:30pm**  
**Rummikub 2:30pm**

**20**  
**Art Class I 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Lifelong Artists 1pm**  
**Zumba Gold (\$) 4pm**

**21 Music 10am**  
**Sign Language 10am**  
**Crafts 10am**  
**Exercise 10:30am**  
**Needlework (\$) 1pm**  
**Tai Chi (\$) 4:30pm**

**22**  
**Wii and Games 10am**  
**Muscles and More 10:30am**  
**Mah Jong 10:30am**  
**Bone Builders 9:30am**

**25 Weaving Class 9am**  
**Art Class II 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Chair Yoga 11am**  
**Zumba Gold (\$) 4pm**

**26**  
**Exercise 10:30am**  
**Mah Jong 10:30am**  
**Line Dancing 1:30pm**  
**Rummikub 2:30pm**

**27 Art Class I 9am**  
**Muscles and More 10:30am**  
**Bone Builders 9:30am**  
**Lifelong Artists 1pm**  
**Medicare 101 2pm**  
**Zumba Gold (\$) 4pm**

**28 Music 10am**  
**Sign Language 10am**  
**Crafts 10am**  
**Exercise 10:30am**  
**Needlework (\$) 1pm**  
**Tai Chi (\$) 4:30pm**

**29**  
**CHAMP 8-Noon**  
**Wii and Games 10am**  
**Muscles and More 10:30am**  
**Mah Jong 10:30am**  
**Bone Builders 9:30am**

## July 2016

### AARP Safe Driving Class

Learn safe driving techniques and possibly get a reduction on your insurance rates. **Wednesday July, 13th, 12:30-5pm**  
AARP members: \$15, non-members: \$20, RSVP 265-8090

### MEDICARE 101 TRAINING

Are you new to Medicare and have questions? Do you want to learn about Medicare and how the benefits work? Join us:  
**Wednesday July 27th, 2-4pm, RSVP 265-8090**

### Special Activities and Interest

**Independence Day Party:** Friday July 1st, 10am-11:30, trivia, snacks, outdoor games, and more!

**Craft Class** will focus on Summer crafts through July. Class is held on Thursdays at 10am.

**Table Tennis** will be available on Thursdays from 1-3pm.

**Farmer's Market Vouchers will be available in July.** Jen will be at Western Watauga on July 11th and 27th from 10-11A.

**CHAMP:** Friday July 29, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

**Tech Classes** will be available on Tuesdays throughout July from 10am-11am drop-in. Come with questions about your tablet, Smartphone, computer, downloading pictures, Facebook or any other tech questions. RSVP encouraged.

**High Country Lifelong Learners** new summer class schedules are available. Please stop by the center for a copy.

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

### July Presentations (Tuesdays 11am)

- July 5th-ARHS and Blood Pressure (10am)
  - July 12th-Nutrition Education
  - July 19th-Nutrition Education
- July 26th-Fire Safety (Fire Department)

### 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

### 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

### Games:

Table Tennis is available

Mahjong (Tuesdays and Fridays at 10:30am)

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**

**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



## **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**

**Monday July 4, 2016**

## **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) 295-5195**

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