



Lois E. Harrill Senior Center

July 2018

Mon	Tue	Wed	Thu	Fri
<p>2 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm LLL presentation-2pm Vouchers-9am & 1pm</p>	<p>3DHHS Hearing-10am Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Quilt Guild- 12:30-3 Sewing (\$) 6:30-8:30 Luau Party-10-12 Advocacy-10-12</p>	<p>4 CLOSED</p>  <p style="font-size: small;">shutterstock - 136152794</p>	<p>5 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Hand & Foot-12:30-4</p>	<p>6 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Chair Yoga \$-1pm Canasta-1-4 Vouchers-9am & 1pm</p>
<p>9 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Craft Sale-10-4 Vouchers-9-11</p>	<p>10 Health Talk-11am Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Quilt Guild- 12:30-3 Sewing (\$) 6:30-8:30 Craft Sale-10-4 Vouchers-9-11</p>	<p>11 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Craft Sale-10-4 Health Presentation-2p</p>	<p>12 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Hand & Foot-12:30-4 Vouchers-9-11</p>	<p>13 Canasta-1-4 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Chair Yoga \$-1pm Vouchers-9-11</p>
<p>16 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm LLL presentation-2pm</p>	<p>17 Hearing Assessments-10 Health Talk-11 Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 10-3</p>	<p>18 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2</p>	<p>19 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Hand & Foot-12:30-4</p>	<p>20 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Chair Yoga \$-1pm Canasta-1-4 Flashback Friday-10-12</p>
<p>23 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm LLL presentation-2pm</p>	<p>24 Health Talk-11am Allergies Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>25 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2</p>	<p>26 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Hand & Foot-12:30-4 Field Trip-Old Salem</p>	<p>27 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Chair Yoga \$-1pm Canasta-1-4 LLL presentation-2pm</p>
<p>30 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>31 Health Talk-11am Tai Chi Arthritis-10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>STILL HAVE SPACES FOR THE FARMER'S MARKET TRIP IN AUGUST-SEE BILLIE</p>	<p>⇒ Meal Served daily-noon Daily- Cards, Bil- liards, Computer lab</p>	<p>⇒ BINGO Monday, Wednesday, & Fridays at 11</p> 

JULY 2018

One-On-One Computer and Smart Phone

Classes now being Offered! Call Billie to make your appointment 265-8090. ASU intern is available Tues/Thursdays from 1-3pm.

Farmer's Market Vouchers– Vouchers are here-see Billie during voucher distribution to determine if you're eligible. Please see calendar or call for dates and times.

July Ice Cream Social/Luau– Join us for a great time of fun and ice cream! Bring a topping to share-ice cream will be provided. July 3rd-10am until noon. Lots of fun and food!

Can You Hear Me Now?– During the Luau-we will have an advocacy opportunity-please join us and make your voice heard! 10am to 12noon on July 3rd!

Craft Sale– Come visit our craft sale (or participate yourself!) July 9th, 10th, and 11th from 10am until 4pm each day. Proceeds go directly to the crafter-so come support our members and spread the word!

Community Health Education Class– Everyone is invited to attend this free health education class on behavioral challenges in dementia and psychosis. The class will be held in the dining room July 11th at 2pm. See Billie to register.

Flashback Friday– Join us for a day full of reminiscing and fun. Bring a childhood treasure or an antique to share in a fun and interactive show and tell. Hear an antiques expert speak about how to value your treasures. Have fun with us-dress in clothes from your childhood-anything goes on Flashback Friday July 20th-10am to noon.

Field Trip– July 26th is our Field Trip to Old Salem-for those who are registered-don't be late and wear something cool and comfortable.

Weekly Classes Available offered :

- 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
- Sewing (Tuesdays)\$ Needlework (Thurs) \$

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)
- Tai Chi for Arthritis-Tuesdays at 10am
- Chair Yoga (\$): Fridays at 1pm

July Health/Wellness Presentations

10th: Elder Abuse-Stevie John-AAA

11th: Behavior Challenges/Dementia-11am-VAYA

17th: Nutrition/Herbs-Margie from NC Ag Ext-11am

17th: Hearing Assessments-10am-12noon

24th: Allergies Matt from EMS/Wat Rescue-11am

31st-Health Talk– TBD-11am

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

Lifelong Learner Programs throughout month– call for info.

Drop In Activities:

Bocce-Cards-Computer Lab– Copy Machine-Croquet-Puzzles-Karaoke machine/Record Player

Exercise Equipment-Library-Kindles-Piano-Pool Table-games– giant checkers-Peg games-Piano & Guitar

TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn Hole– Ladder Ball-Bean Bag Toss-Table Tennis-putt-putt

Games:

Table Tennis is available weekly

Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

**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.

Upcoming events in Aug:

- ♦ Smart Driver-1st
- ♦ Health Class-9th
- ♦ Sock Hop-10th
- ♦ Health Fair-17th
- ♦ Pneumonia Vaccine clinic-17th
- ♦ Watermelon Social-22nd
- ♦ Farmer Market trip-24th

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

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 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.

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 Appal-CART
 - 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
- Incontinence Products (various items)

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