



Lois E. Harrill Senior Center July 2019



Mon	Tue	Wed	Thu	Fri
<p>1 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm</p>	<p>2 DHHS hearing-9am Karaoke- 10-12 Line Dancing 1:30 DHHS hearing-9am Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild-12:30-3:30 Meditation- 11-12:30</p>	<p>3 PARTY- 10-12 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Voucher Dist-10 & 1</p>	<p>4 CLOSED</p> <p style="text-align: center;"></p>	<p>5 Voucher Dist 9 & 1 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>8 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Adv Life Dir Clinic 2</p>	<p>9 Health Talk-11am Nutrition Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Dementia Caregiver Support Grp 6:30</p>	<p>10 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am LLL-2pm LLL- CR 3- 2-3:30</p>	<p>11 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Voucher Dist 9-11 Sen Ctr Adv Co 1-3</p>	<p>12 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm Voucher Dist 9 & 1</p>
<p>15 LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Voucher Dist 9-10</p>	<p>16 Health Talk-11am VAYA Health Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Quilt Guild- 9-2</p>	<p>17 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>18 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Field Trip- 8-4</p>	<p>19 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm Voucher Dist 9 & 1</p>
<p>22 LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>23 Health Talk-10am Alz Financial Iss Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Voucher Dist 9-11</p>	<p>24 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL-2pm-meditation</p>	<p>25 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Medicare 101- 2-4</p>	<p>26 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm Farm Café -10:30 (no BINGO)</p>
<p>29 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm RAPP- 10-2</p>	<p>30 Health Talk-10am Fraud & Blood Pressures Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am</p>	<p>31 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p> <p style="text-align: center;"></p> <p>Don't forget to sign in or call in by 10am to reserve your meal!</p>

July 2019

Farmer's Market Vouchers: See Billie in the month of July to get yours— first come, first served. Check calendar dates and times of voucher distribution.

New yoga Class: Every Monday 10am— no cost to participate!

Karaoke: July 2nd, 10:00-12— Join us for Karaoke! We have a lot of talented people—come cheer them on or join in!

Independence Day Party: July 3rd— 10-12. We will have food, fun, games, and prizes. Join us for some of the wackiest and funniest games yet! This is one party you won't want to miss!

Advance Life Directives Clinic: July 8th, 2pm. This clinic will help you prepare health care power of attorney and living wills. There is no charge. See Billie to register.

New Classes: Yoga and meditation classes now offered— see calendar for dates/times! No cost to participate—no registration required.

Medicare 101: July 25th at 2pm in the dining room. Come learn more about Medicare. Everyone welcome! See Billie for more information.

Farm Café Demo: July 26th 10:30-11:45 Farm Café will come demo healthy cooking and distribute fresh vegetables/fruits. Join us and learn more about the programs/services offered at Farm Café.

Field Trips: Field Trips for August and September will be open for registration on July 8th. See Billie for information and registration. First come, first served. Seats are limited.

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)
- Yoga: Tuesdays at 10am

July Health/Wellness Presentations

9th: Nutrition 11am

8th: Advance life Directives Clinic— 2-4pm

16th: Vaya Health-10am to 12 noon

23rd: Alzheimer's Financial Issues— 11am

25th: Medicare 101- 2pm

26th: Farm Café Demo on healthy Cooking

30th: Sun/skin & blood pressure at 10, Fraud alert at 11

Meditation July 2-11am & July 24— 2pm

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

Exercise Equipment-Library-Kindles-Piano-Pool Table-games

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

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:

Will Clinic— must be registered to participate August 9th

Linville Trip— must be registered to participate August 15th

Karaoke— Come one, come all! August 27th

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