



Lois E. Harrill Senior Center July 2021

Mon

Tue

Wed

Thu

Fri

⇒ **Meal Served daily-11:30 via drive-thru pick-up (must be registered)**
 ⇒ **Inside meals- 12-12:30 (must**



Don't forget to call in by Thursday by 10am to reserve your meals for next week!

1
 Sign Lang-10-11:30
 Needlework\$-1-4
 Crafts-10-1:30
 Music-10-11:45
 Hand & Foot-12-5

 Reservations due !

2 Art Studio-10-3
 Tuber's Club Virtual 2
 Mah Jong-10-12-CR3
 BINGO-11-11:45
 Bone Builders-9-10
 Muscles & More-10:30
 Bread Dist- 12:30
Farm Mkt Dist- 9-10 And 4-5pm
Orientation 10:30/2:30

5 CLOSED!



6
 Mah Jong-10-12-CR3

 Quilt Guild Mtg- 12:30-3:30

 Line Dancing-1:30-DR

7 Bone Builders-9am
 Art-10-1
 Muscles&More-10:30
 BINGO- 11-11:45
 Canasta-1-5
Volunteer Training 9
Farm Mkt Dist-4pm
Orientation-10:30 And 2:30

8
 Sign Lang-10-11:30
 Needlework\$-1-4
 Crafts-10-1:30
 Music-10-11:45
 Hand & Foot-12-5
Sen. Ctr Adv Mtg- 1pm at WWCC

9
 Art Studio-10-3
 Tuber's Club Virtual 2
 Mah Jong-10-12-CR3
 BINGO-11-11:45
 Bone Builders-9-10
 Muscles & More-10:30
 Bread Dist- 12:30
Farm Mkt Dist-3-4p

12 Bone Builders-9am
 Muscles&More-10:30
 Art-10-1-CR1
 Weaving-9-12-CR2
 BINGO- 11-11:45
 Writer's Club-1-4
 Cardio Drumming-4
 Bridge-1-5
Orientation-9am

13
 Mah Jong-10-12-CR3

 Line Dancing-1:30-DR

Orientation-9am

 Sewing-5:30-8pm

14
 Bone Builders-9am
 Art-10-1
 Muscles&More-10:30
 BINGO- 11-11:45
 Canasta-1-5
Farm Mkt Dist-2-4p

15 Yoga- 9:30-10:30
 Sign Lang-10-11:30
 Needlework\$-1-4
 Crafts-10-1:30
 Music-10-11:45
 Hand & Foot-12-5
Virtual Medicare 101 9am
 Reservations due !

16 Art Studio-10-3
 Tuber's Club Virtual 2
 Mah Jong-10-12-CR3
 BINGO-11-11:45
 Bone Builders-9-10
 Muscles & More-10:30
 Bread Dist- 12:30
Farm Mkt Dist-3-4p
Outdoor Field Day- 9-11am

19 Bone Builders-9am
 Muscles&More-10:30
 Art-10-1-CR1
 Weaving-9-12-CR2
 BINGO- 11-11:45
 Writer's Club-1-4
 Cardio Drumming-4
 Bridge-1-5
Farm Mkt Dist-8-10a

20
 Quilt Guild-9-2
 Mah Jong-10-12-CR3
 Line Dancing-1:30-DR

Farm Mkt Dist-2-4p

 Sewing-5:30-8pm

21
 Bone Builders-9am
 Art-10-1
 Muscles&More-10:30
 BINGO- 11-11:45
 Canasta-1-5
Orientation-9am

Farm Mkt Dist-2-4p

22 Yoga- 9:30-10:30
 Sign Lang-10-11:30
 Needlework\$-1-4
 Crafts-10-1:30
 Music-10-11:45
 Hand & Foot-12-5
Medicare 101- 2-4 In-person
 Reservations due !

23
 Art Studio-10-3
 Tuber's Club Virtual 2
 Mah Jong-10-12-CR3
 BINGO-11-11:45
 Bone Builders-9-10
 Muscles & More-10:30
 Bread Dist- 12:30

26
Medicare 101- 2pm
 Bone Builders-9am
 Muscles&More-10:30
 Art-10-1-CR1
 Weaving-9-12-CR2
 BINGO- 11-11:45
 Writer's Club-1-4
 Cardio Drumming-4
 Bridge-1-5

27
Orientation-9am
 Mah Jong-10-12-CR3
 Line Dancing-1:30-DR
 Sewing-5:30-8pm

LEH Virtual Book Club- 9:30-10:30

28
 Bone Builders-9am
 Art-10-1
 Muscles&More-10:30
 BINGO- 11-11:45
 Canasta-1-5
Farm Mkt Dist- 8:30-9:30 & 2:30-3:30

29 Yoga- 9:30-10:30
 Sign Lang-10-11:30
 Needlework\$-1-4
 Crafts-10-1:30
 Music-10-11:45
 Hand & Foot-12-5
Virtual Medicare 101 2pm
 Reservations due !

30
 Art Studio-10-3
 Tuber's Club Virtual 2
 Mah Jong-10-12-CR3
 BINGO-11-11:45
 Bone Builders-9-10
 Muscles & More-10:30
 Bread Dist- 12:30

July 2021

Medicare 101: Join us for this live online presentation Thursday July 15th at 9am or Thursday July 29th at 2pm. We are also offering an in-person live presentation on Thursday July 22nd at 2pm. 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.

Outdoor Field Day: Please join us for some fun in the sun! We have lots of area agencies coming to offer you free resources, games, prizes, and refreshments at this exciting event. We will be in the outdoor grassy area near the garden from 9am to 11am. There will be door prizes (you must be present to win-winners drawn periodically throughout event time). For more information call Billie at 828-265-8090-no need to register-just come have some fun!

Farmer's Market Vouchers: We are pleased to inform you that we will once again have Farmer's Market Vouchers to distribute to the 1st 100 seniors who qualify. Distribution times are noted on the calendar-first come/first served-no reservations or registration accepted. For more information call Billie at 828-265-8090.

Classes have begun: All center classes have begun. Class leaders are needed-so see Billie to volunteer today. In addition, Bingo has returned on Monday, Wednesday, and Friday. Bingo markers are separated so that you can have your own dedicated box or bag of markers (to reduce germs and handling)-and you can use your own paper Bingo card! For more information please see Billie. We are currently accepting volunteers to call Bingo as well as nice Bingo prizes.

Volunteer Training: Anyone wishing to help with meal distribution or dining room service should plan to attend this mandatory food service training on July 7th at 9am. Please see Billie for questions. Thank you for your willingness to help!

Weekly Exercise Classes Available offered :

- Virtual and in-person Yoga- Thursdays
- Bone Builders-M, W, F
- Muscles & More-M, W, F
- Cardio Drumming-M
- Line Dancing- Tu

Monthly Virtual Classes Available offered:

- LEH Virtual Book Club
- Tuber's Club Weekly Fridays at 2
- Medicare 101
- Health and Wellness Presentations
- Some Virtual Exercise Programs

July Health/Wellness Presentations

**Medicare 101- Virtual on July 15th at 9am and 29th at 2pm
In-Person July 22nd at 2pm**

Volunteer training will be 9-10am July 7th

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

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab- Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing

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:

**Friday August 13th-
Party 10-11:30**

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

**Volunteer Training-
9am-10am**

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. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at 11:30am, 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).

Your Name- _____

Inside or drive through? (drive through ends soon) _____

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

1st-Tuna Salad/Mac Salad _____

20th-Glazed Pork Roast _____

2nd-Pintos _____

21st-Grill Chick Sand _____

6th- Sloppy Joes _____

22nd-Pepper Steak _____

7th- BBQ Pork _____

23rd-BBQ Pork Riblets _____

8th-Chick Salad Sand _____

26th-Hamburger _____

9th-Beef & Mac Casserole _____

27th-Pim. Cheese Sand & Soup _____

12th- Spaghetti _____

28th-Fish w/Mac and Cheese _____

13th-Meatloaf _____

29th-BBQ Chick _____

14th-Pintos _____

30th-Beef Steak _____

15th-Chick Tenders _____

16th-Mac & Cheese w/ham _____

19th-Fish Sand _____

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