



## August 2015

### Living Healthy Workshop

Are you over the age of 60 and dealing with a chronic disease? If so, the Living Healthy program may be your answer for a better quality of life.

This **free program** will be held at the Harrill Senior Center on Tuesdays from August 18-Sept. 29, 9:30-12:00.

Please call 265-8090 to register.

### Special Activities and Interest

**Talent Show:** Friday August 21st, 10am-Noon. Sign up by August 20th at the center to show off your talents!

**Farmer's Market Vouchers** are available. See Jen to sign-up at the Lois E. Harrill Center.

**Rook Teaching:** Learn how to play Rook, Mondays 10:30am No partner needed.

**Smartphone Class:** Tuesday August 11th, 2pm. Call to RSVP.

**Computer Class:** Wednesday August 19th, 1pm. Call to RSVP.

**Tai Chi Classes:** New 12 week session begins on Thursday, August 20th. Beginner class held 5:30-6:30pm: Intermediate class held 4:30-5:30pm. Cost is \$50 for each 12 week session. Registration open till 5pm on August 20th.

**Medi Home Health** will be sponsoring Bingo on Monday August 24th at 11am.

**CHAMP:** Friday August 28, 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.

### August Presentations

held at 11am on Tuesdays

**August 4-** Candy Jones, ARHS, & Blood Pressure Checks (10am)

- **August 18-**SNAP Presentation

### Games:

Hand and Foot (Thursdays at 1pm)

Rook (Mondays 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**

### 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

### **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**