

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon</p>	<p>1 Health Talk– Food Hub-11 NCDHH Assessment– 1-11:30 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL Book Talk– 2-3:30</p>	<p>2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Gentle yoga-1-2</p>	<p>3 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Quilter’s Guild-12:30-3 Field Trip– Frm Mrkt-8am</p>	<p>4 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Shuffleboard 1-2 Wii games– 10-11</p>
<p>7 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club– 6pm</p>	<p>8 Hearing Assessments 10-12 Blood Pressure Checks 10am Health/Nutrition Talk 11am Eyeglass cleaning/repair-10 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>9 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Gentle yoga-1-2</p>	<p>10 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis– 10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>11 Lifelong artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am LLL presentation– 2-3:30 Casino Day– 10-12</p>
<p>14 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>15 Health Talk– Med Review 11 Hearing Assessment– 10-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Pneumonia Clinic-10 LLL presentation-2-4</p>	<p>16 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Gentle yoga-1-2</p>	<p>17 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis– 10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild– 10-3</p>	<p>18 Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Corn Hole/ping pong 1-2 Chair Yoga-1-2</p>
<p>21 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Senior Citizen’s Day Red Bag Event-10 LLL presentation-2-4</p>	<p>22 Health Talk– Casting brd 11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>23 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Gentle yoga-1-2</p>	<p>24 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis– 10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>25 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Horse Shoes 1-2 Chair Yoga-1-2</p>
<p>28 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>29 Health Talk– TBA Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 AARP Smart Driver-1-5</p>	<p>30 Writing Workshop 12-2 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Gentle yoga-1-2 Walking Field Trip-10am</p>	<p>31 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis– 10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>Daily– Cards, Billiards, Computer lab Gardening work– M, W, F-10am</p>

AUGUST 2017

Special Activities and Interest

FIELD TRIP—August 3rd- Greensboro Farmer's Market, August 30th- Walking Downtown Boone- see Billie for details

Casino Day: August 11th, 10am until Noon. Board and card board games, snacks, and BINGO.

Mini- Health Fair Days: August 8th and 15th. August 8th- blood pressure screening, hearing assessments, eyeglass cleaning & repair, health talk. August 15- pneumonia clinic, med reviews, hearing assessments, casting bread health talk.

Pneumonia Vaccine Clinic: Bring your Medicare card and get your pneumonia vaccine from 10am until Noon.

Senior Citizen's Day: August 21, 10 to noon. BINGO and games as well as our featured Red Bag Event. Come learn about extra help with Medicare part D and how to effectively manage your medications.

AARP Smart Driver Course: August 29th, 1 to 5pm. Come take the smart driver course- call for details!

Garden Workdays: Every M, W, & F we water & weed our community garden at 10am. Come help us!

Weekly Classes Available offered at no cost:

- Writing Workshop, 12-2pm every Wednesday
- 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

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)

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-shuffleboard-corn hole

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

August Presentations (Tuesdays 11am)

August 1st: Food Hub presentation

Aug 8th: Candy Jones, ARHS,

Blood Pressure Checks at 10am

Aug 15th: Med Review-11

Aug 22nd: Casting Bread at 11

Aug 29th: TBA

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

Paid Classes (drop in rates and 12 week sessions available)

Sewing (Tuesdays)

Tai Chi (Thurs)

Needlework (Thursdays)

Zumba Gold (M/W)

Chair Yoga (Fridays)

Gentle Yoga (Wed)

Lifelong Learner Programs throughout month- call for info.

NEW 2 YOGA Classes and TAI CHI FOR ARTHRITIS!

Games:

Billiards & Table Tennis is available weekly

Wii Games, Shuffleboard available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

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**

**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.

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

Please join us for 1 our Red Bag Events. Learn about medication safety and management and get your red bag today while also learning about extra help with Medicare part D. WWCC-Aug 10th, 10-11am Lois E. Harrill-Aug 21, 10-11am

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) 297-5195

Lois E. Harrill: Billie Lister (828) 265-8090