



Lois E. Harrill Senior Center

August 2018

Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p>	<p>1 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Smart Driver-1-5</p>	<p>2 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>3 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>6 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>7 Health Talk-11am Cooking for 1 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30</p>	<p>8 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2</p>	<p>9 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Caregiver Training-2p Emo/Beh symptom With meds</p>	<p>10 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am SOCK HOP- 10-12</p>
<p>13 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>14 Health Talk-11am Vaccine Talk Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3 DHHS Hearing-10am</p>	<p>15 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2</p>	<p>16 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>17 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Health Fair- 10-12 Pneumonia Shots-10-12</p>
<p>20 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>21 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>22 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2 BINGO-11am Watermelon Social-10</p>	<p>23 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>24 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL presentation-2pm BINGO-11am Field Trip-Frm Mrk-8</p>
<p>27 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>28 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>29 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>30 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>31 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL presentation-2pm BINGO-11am</p>

August 2018

One-On-One Computer and Smart Phone Classes now being Offered! Call Billie to make your appointment 265-8090.

AARP Smart Driver Class– August 1st, 1-5pm. Come learn tips to keep you sharp and safe on the road!

Free presentation– August 9, 2pm come join us for a free seminar on behavioral and emotional symptoms of common medications. Everyone is welcome.

SOCK HOP– August 10th-10-12 noon. Join us for another fun and exciting sock hop! We will serve floats, root beer, peanuts in soda, and have fun dancing and listening to great music. Wear your letter jackets, saddle shoes, and poodle skirts if you have them!

Health Fair and Pneumonia Vaccine Clinic– August 17th, 10-12. We will have many booths including hearing and vision screening, lock boxes for meds, and so much more! Please come and take advantage of these wonderful services. Call Billie for more information.

Watermelon Social– August 22nd join us for fun watermelon-themed games, watermelon, and ice cream followed by BINGO.

Field Trip to the Farmer's Market– Those who have pre-registered for the Greensboro Triad Farmer's Market trip-don't forget we leave at 8am! Bring your vouchers.

Farmer's Market Vouchers– There are only a few vouchers left-see Billie ASAP to get yours! Remember if you have vouchers, you **MUST** use all of them by the last day of September. Use them at Horn in the West market and visit the EBT booth to get double your bucks! Ask Billie for more information.

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)

August Health/Wellness Presentations

7th: Cooking for One-Nutrition Talk-11am

9th: Caregiving Presentation-2pm

14th: Vaccines for Older Adults-11am

17th: Health Fair– 10-12

21st: TBD

28th: TBD

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:

- Flu Vaccine Clinics & Health Fairs– Oct and Nov. See Billie to register for flu shots.
- Chili Cook-Off Contest Sept. 7th
- Fall Festival Sept. 18th

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