

Monday	Tuesday	Wednesday	Thursday	Friday
<p>September is National Senior Center Month “Find Balance at Your Center” Tell Jen how you find balance at the center!</p>			<p>1 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>2 DHHS 9am Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am</p>
<p>5 CLOSED</p> 	<p>6 LABOR DAY PARTY AND MUSIC 10AM-NOON Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>7 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>8 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>9 Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Bone Builders 9:30am Mah Jong 10:30am</p>
<p>12 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Chair Yoga 11am Zumba Gold (\$) 4pm</p>	<p>13 Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm</p>	<p>14 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>15 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>16 Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am</p>
<p>19 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Chair Yoga 11am Zumba Gold (\$) 4pm</p>	<p>20 Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Nia Moving to Heal 4pm</p>	<p>21 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>22 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>23 CHAMP 8am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am</p>
<p>26 Weaving Class 9am Art Class II 9am Hearing Aid Info 10am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>27 Exercise 10:30am Mah Jong 10:30am Line Dancing 1:30pm Rummikub 2:30pm Nia Moving to Heal 4pm</p>	<p>28 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm</p>	<p>29 Music 10am Sign Language 10am Crafts 10am Exercise 10:30am Needlework (\$) 1pm Tai Chi (\$) 4:30pm</p>	<p>30 Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am</p>

September 2016

Get Up and Go:

Learning Ways to Safely Get up from a Fall
Thursday September 29th from 9am-Noon, at Boone United Methodist Church. Presenters include Pam Hagaman with Boone Physical Therapy and Watauga Medics. From 11am-Noon there will be a fall prevention expo with balance screenings, giveaways and door prizes and more!. Breakfast provided. No cost to attend. RSVP to Jen Teague 265-8090.

Special Activities and Interest

September is National Senior Center Month!

- We will kick off the month with a party on **Tuesday Sept. 6th from 10am-Noon**. Music by the Mountain Ramblers
- Statewide SHIP day is **Sept. 19th**. We will be celebrating, **2-4pm** at the center. RSVP by Sept. 15 to attend.
- Fall Prevention week is Sept. 19 and we will have falls education and safety checklists, complete a checklist and you will be entered in for a door prize!

VOLUNTEERS NEEDED: AARP Tax Volunteers needed for Feb.-April 2017 for tax assistance at the Senior Center. Training provided, no experience necessary. Call 265-8090 if interested.

Beltone will be providing hearing screenings and cleaning hearing aids the last Monday of the month, Sept. 26, 10-11:30.

Leaving Your Legacy Program: We are starting a program which will allow individuals to have their life story recorded. If you are interested in participating, call Jen at 265-8090.

CHAMP: Friday September 23, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

September Presentations (Tuesdays 11am)

- September 6: Labor Day Party w/ music (10am-Noon)
- September 13: Candy, ARHS and BP checks (10am)
- September 20: Pam with Boone Physical Therapy

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

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

Sewing (Tuesdays)

Tai Chi (Thursdays)

Needlework (Thursdays)

Zumba Gold (M/W)

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

Games:

Table Tennis is available

Mahjong (Tuesdays and Fridays 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**

**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**

CLOSINGS:

MONDAY, SEPTEMBER 5TH: LABOR DAY

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) 295-5195

Lois E. Harrill: Jen Teague (828) 265-8090