

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon</p>	<p>Daily– Cards, Billiards, Computer lab Gardening work– M, W, F-10am</p>	<p>Bread/Baked Goods Distribution Fridays 9-12</p>		<p>1 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Shuffleboard 1-2 Wii games– 10-11 Chair/Gentle Yoga \$- 1-2</p>
<p>4 CLOSED LABOR DAY HOLIDAY </p>	<p>5 NCDHH Assessments 10am Blood Pressure Checks 10am Health/Nutrition Talk 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL Presentation-2-3</p>	<p>6 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>7 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild 12:30-3</p>	<p>8 Lifelong artists 9am Games with Grandparents-1 Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am French Conversation– 1-2 Chair/Gentle Yoga \$- 1-2</p>
<p>11 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club– 6pm</p>	<p>12 Wii games– 10-11 Health Talk– LLL- 11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Silver Strings Dulcimer Grp 2-3</p>	<p>13 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writing Workshop– 12-2 FALL FESTIVAL 10-12</p>	<p>14 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>15 POW/MIA Cards-10-12 Wii games– 10-11 Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Corn Hole 1-2 Chair/Gentle Yoga \$- 1-2</p>
<p>18 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Bloodpressure checks-10-11:30 Zumba Gold \$ 4pm LLL presentation-2-3</p>	<p>19 Wii games– 10-11 Health Talk/Fall Prevention 11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>20 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writing Workshop– 12-2 LLL Shakespeare– 2-3</p>	<p>21 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Quilt Guild Workshop-10-3</p>	<p>22 Lifelong Artists 9am Wii games– 10-11 Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Horse Shoes 1-2 Chair/Gentle Yoga \$- 1-2</p>
<p>25 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm LLL presentation– 2-3</p>	<p>26 Civil War Presentation– 10:30-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL Shakespeare– 12-1 LLL Presentation– 2-3</p>	<p>27 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>28 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>29 Lifelong Artists 9am Wii games– 10-11 Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Ping Pong 1-2 Chair/Gentle Yoga \$- 1-2 LLL presentation– 2-3</p>

September 2017

Civil War Presentation– September 26th– 11am come see the memorabilia and hear the history and stories.

Special Activities and Interest

FIELD TRIP INFO COMING SOON-see posted flyers

Games with Grandparents: September 8th- 1-4 pm. Invite your grandchildren to come play board games and have some fun with you at the senior center rec room! We will have cookies and juice .

Silver Strings Dulcimer Group– September 12th– 2-3pm in our dining room– come enjoy a free concert: songs of the high country and stories of early dulcimer makers in Watauga county.

Fall Festival: Wednesday, September 13th– 10-noon Come play exciting games, win prizes, and have a blast! Games will include dart/balloon pop, grabbing for apples, bean bag toss, guess the candies, trivia, corn hole, and more. We will be serving popcorn for snacks and guest volunteers will come to host a wonderful cupcake walk. Admission is free for all seniors. Come play and have a great time!

POW/MIA Remembrance: September 15th- 10-noon– we will be making cards for families of POW/MIA service members. Come let the families know you are thinking of their loved ones and help us make and sign cards for them!

Weekly Classes Available offered at no cost:

- Weaving, 9am-11am every Monday
- 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)
- Tai Chi for Arthritis: Thursdays 10:30
- Gentle/Chair Yoga (\$): Fridays at 1pm (\$3.00 per class)

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

August Presentations (Tuesdays 11am)

September 5th: Candy Jones, ARHS, 11am

Blood Pressure Checks at 10:30-12

Sept 12th: Speaker Lifelong Learners-keep active minds– 11

Sept 19th: Fall Prevention– 11-12

Sept 26th: Civil War presentation by Tudd Dean– 10:30-12

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) Yoga (Fri) Tai Chi (Thurs)

Needlework (Thursdays) Zumba Gold (M/W)

Lifelong Learner Programs throughout month– call for info.

Games/Drop-In Activities:

Bocce-Cards-Computer Lab-Copy Machine (0.05/copy)-
Croquet-Table Tennis-Shuffleboard-Puzzles-Exercise Equip-
ment-Library-Kindles-Piano-Pool Table-Games-TV/VCR/
DVD-Sewing Machines-Wii-shuffleboard-corn hole– horse-
shoes-ladder ball-bean bag toss
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

**KEEP CHECKING– FIELD TRIP INFORMATION
COMING SOON!**



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