



Lois E. Harrill Senior Center

September 2018

Mon	Tue	Wed	Thu	Fri
⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab	BINGO Most Monday, Wednesday, & Fridays at 11	 All Farmer's Market Vouchers must be used by the end of the month!	 Don't forget to sign in or call in by 10am to reserve your meal!	
3 CLOSED LABOR DAY 	4 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30	5 Art Class I -9am BINGO 11-12 Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2	6 Live Music 10am Sign Language 10 Craft Class 10am Tai Chi \$ 4:30pm	7 Bread Distribution12:30 Lifelong Artists 9am BINGO-11-12 Blood Pressures-10-11 Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Chili Cook-Off-10-11 LLL presentation-2
10 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Seniors Supporting Seniors 10 LLL presentation-2	11 Health Talk-11am Falls prevention Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3 Blood Pressures-10-12 Medicare/Soc Sec 101 Presentation-2pm	12 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2 Health Presentation-2p Suicide prevention	13 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	14 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am ASU Garden Helper-10 LLL presentation-2
17 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Seniors Support 10 LLL presentation-2pm	18 Fall Festival 10-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	19 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2 BINGO-11am Blood Pressures-10-11	20 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Blood pressures-10-11	21 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Garden Workday-10-11
24 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm Seniors Support 10 Karaoke Day-10-12 LLL presentation-2	25 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	26 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am	27 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	28 Bread Distribution12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Field Trip-Corn Maze 1-4pm LLL presentation-2

September 2018

Medicare Annual Review– Medicare open enrollment is around the corner-make your appointment for your annual review! Call Billie to make your appointment 265-8090.

Farmer's Market Vouchers– Don't forget your vouchers must be used by the end of this month!

Chili Cook-Off– September 7th, 10-11am

Come enter your chili in our competition-winners get great prizes! See Billie to enter.

Medicare/Social Security 101– Come join us for an educational opportunity. Representatives from Social Security and Medicare will be available to answer questions after the presentation. Seminar is 2pm on September 11th.

Fall Festival– September 18th, 10-12. Join us for a fun time of fall games and treats! Festival is free for all seniors and there will be prizes and fun for all!

Karaoke Day– September 24th join us for fun and song 10-12. Come to sing or to listen and cheer as we enjoy karaoke day.

Field Trip to the Corn maze and Greenway– Sept 28th from 1-4pm- We will visit the New River corn maze, enjoy a train ride around the pumpkin patch and eat pie and spiced cider at the Greenway. See Billie to register

New Senior Support Group– We have a new support group called Seniors Supporting Seniors-this group will be facilitated by Marianne and will meet every Monday from 10-11am. This will be a group for senior who feel lonely, isolated, frightened, or bullied. Because there is strength in numbers-come find a friend and offer your support.

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)

September Health/Wellness Presentations

4th: Health Talk-11am

11th: Fall Prevention 11am– Medicare/Social Security-2pm

12th: Suicide Prevention– 2pm

25th: Health Talk-11am

BLOOD PRESSURE CHECKS 10-11 on 7th, 11th, 19th, & 20th

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 19 and Nov. 16th See Billie to register for flu shots.
- Hoarding Presentation Oct 10th at 2
- Murder Mystery Costume Party the 31st at 10am

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