



# Lois E. Harrill Senior Center September 2019



| Mon  | Tue  | Wed   | Thu  | Fri  |
|--|--|---|--|--|
| <p><b>2 CLOSED</b></p> <p><b>LABOR DAY</b></p>   | <p><b>3 Health Talk-11am</b><br/><b>Meditation 11-12:30</b><br/>Quilt Guild 12:30-3:30<br/>Line Dancing 1:30<br/>Mah Jong 10:00am<br/>Sewing (\$) 6:30-8:30<br/>YOGA- 10am<br/>DHHS hearing 9-12</p> | <p>4<br/>Art Class I -9am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9:30<br/>Zumba Gold \$ 4pm<br/>BINGO- 11am<br/>Writer's Class- 12-2</p>  | <p>5<br/>Live Music 10am<br/>Sign Language 10<br/>Craft Class 10am<br/>Needlework \$ 1pm<br/>Tai Chi \$ 4:30pm</p>                               | <p>6<br/>Bread Distribution 12:30<br/>Lifelong Artists 9am<br/>Muscles &amp; More 10:30<br/>Mah Jong 10:00am<br/>Bone Builders 9:30am<br/>BINGO-11am<br/><b>LLL-2pm</b></p>  |
| <p>9 Weaving Class 9<br/>Art II Class 9 am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9-10<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/><b>LLL-2pm</b><br/>Yoga \$-5:30</p>                            | <p><b>10 Health Talk-11am</b><br/><b>TBD</b><br/>Line Dancing 1:30<br/>Mah Jong 10:00am<br/>Sewing (\$) 6:30-8:30<br/>YOGA- 10am<br/>Dementia Caregiver<br/>Support Grp 6:30</p>                     | <p>11 <b>LLL-2pm</b><br/>Art Class I -9am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9:30<br/>Zumba Gold \$ 4pm<br/>BINGO- 11am<br/><b>Meditation- 11-12:30</b><br/><b>LLL-2-3:30</b><br/>Writer's Class 12-2</p> | <p>12<br/>Live Music 10am<br/>Sign Language 10<br/>Craft Class 10am<br/>Needlework \$ 1pm<br/>Tai Chi \$ 4:30pm<br/><b>Cone Manor Trip</b></p>   | <p>13<br/>Bread Distribution 12:30<br/>Lifelong Artists 9am<br/>Muscles &amp; More 10:30<br/>Mah Jong 10:00am<br/>Bone Builders 9:30am<br/>BINGO-11am<br/><b>LLL-2pm</b></p>   |
| <p>16<br/>Weaving Class 9<br/>Art II Class 9 am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9-10<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/><b>LLL-2pm</b><br/>Yoga \$-5:30</p>                       | <p><b>17 Health Talk-11am</b><br/><b>Vaya Health</b><br/>Line Dancing 1:30<br/>Mah Jong 10:00am<br/>Sewing (\$) 6:30-8:30<br/>YOGA- 10am<br/>Quilt Guild 9-2</p>                                     | <p>18 Art Class I -9am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9:30<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/>Writer's Class 12-2<br/><b>LLL-2</b></p>  | <p>19<br/>Live Music 10am<br/>Sign Language 10<br/>Craft Class 10am<br/>Needlework \$ 1pm<br/>Tai Chi \$ 4:30pm</p>                              | <p>20<br/>Bread Distribution 12:30<br/>Lifelong Artists 9am<br/>Muscles &amp; More 10:30<br/>Mah Jong 10:00am<br/>Bone Builders 9:30am<br/>BINGO-11am<br/><b>LLL-2pm</b><br/><b>Chili Cook-Off 10-11</b></p>                         |
| <p>23 <b>LLL-2pm</b><br/>Weaving Class 9<br/>Art II Class 9 am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9-10<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/>Yoga \$-5:30</p>                           | <p><b>24 Health Talk-10am</b><br/><b>TBD</b><br/>Line Dancing 1:30<br/>Mah Jong 10:00am<br/>Sewing (\$) 6:30-8:30<br/>YOGA- 10am</p>   | <p>25<br/>Art Class I -9am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9:30<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/><b>Apple Fest Party 10-12</b><br/><b>LLL Meditation 2pm</b></p>                               | <p>26<br/>Live Music 10am<br/>Sign Language 10<br/>Craft Class 10am<br/>Needlework \$ 1pm<br/>Tai Chi \$ 4:30pm<br/><b>Medicare 101- 2pm</b></p> | <p>27<br/>Bread Distribution 12:30<br/>Lifelong Artists 9am<br/>Muscles &amp; More 10:30<br/>Mah Jong 10:00am<br/>Bone Builders 9:30am<br/><b>LLL-2pm</b><br/><b>Health Fair @ ASU</b><br/><b>8-11</b></p>                           |
| <p>30<br/>Weaving Class 9<br/>Art II Class 9 am<br/>Muscles&amp;More 10:30<br/>Bone Builders 9-10<br/>Zumba Gold \$ 4pm<br/>BINGO-11am<br/><b>LLL-2pm</b><br/><b>RAPP- 10-2</b><br/>Yoga \$-5:30</p> |  |   | <p>⇒ <b>Meal Served daily-noon</b><br/><b>Daily- Cards, Billiards, Computer lab</b></p>  | <p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am to reserve your meal!</b></p> |

# September 2019

**Farmer's Market Vouchers:** Don't forget to use your Farmer's Market Vouchers!

**Walk With Ease:** Register now to participate in the latest self-directed class of Walk With Ease. See Billie to sign up and get your free resource book. Walkers will meet every Tues, Wed, and Thur from 1-2 to walk and discuss progress.

**Chili Cook-Off:** Enter the chili cook-off for prizes and fame! See Billie or Noele to enter today. Contest will be Sept 20th-10-11

**Field Trips:** While field trips are currently full-- see Billie to be listed on the waiting lists!

**Apple Festival Party:** Sept 25th-10-11am join us for a fun and exciting apple-themed party! We will have snacks, games, and prizes.

**Medicare 101:** Join us for a free Medicare seminar and sign up for your review while there! Sept 26th-2pm

Fall events to note: Medicare open enrollment, flu shot clinics, pneumonia vaccine clinics, health fairs, and a Virtual Dementia Tour will all be scheduled for the fall. Registration for these events are open now. See Billie for more information and to register.

**Medicare Open Enrollment:** Don't forget to register now for your annual Medicare review, appointments fill fast. See Billie to make your appointment--open enrollment is Oct 15-Dec7.

**Alzheimer's Walk:** See Billie to register to participate in the Alzheimer's walk in Wilkesboro in October or to donate to the event.

## 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)
- Yoga\$: Mondays at 5:30pm
- Yoga: Tuesdays at 10am

## September Health/Wellness Presentations

**3rd: Blood Pressure checks and discussion 11am**

**3rd: Meditation-- 11-12:30**

**10th: TBD 11am**

**17th: Vaya Health-10am to 12 noon**

**24th: TBD 11am**

**25th: Meditation 2pm**

**Caregiver support group-- September 10th at 6:30pm**

## 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](mailto:billie.lister@watgov.org)**

For additional information, questions about activities, or to register for transportation please contact the Center Director.

## Upcoming Events:

**Walk With Ease**-- must be registered to participate Sept 11th-Oct 10th

**Virtual Dementia Tour and Health Fairs**--

October

**Registration Now open for Flu clinics and for Medicare Open Enrollment**

**Advance Life Directive Class-Oct 22nd**

**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](mailto: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