



Lois E. Harrill Senior Center September 2021

Mon	Tue	Wed	Thu	Fri
 <p>Don't forget to call in by Thursday by 10am to reserve your meals for next week!</p>	<p>Classes and events are subject to change without notice! Call ahead to verify if desired.</p>	<p>1 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>2 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due !</p>	<p>3 Art Studio-10-3 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>6 CLOSED</p> <p>LABOR DAY</p> 	<p>7 Mah Jong-10-12-CR3 Quilt Guild Mtg-12:30-3:30 Line Dancing-1:30-DR</p>	<p>8 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>9 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Virtual Medicare-9am Reservations due !</p>	<p>10 Art Studio-10-3 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>13 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>14 Mah Jong-10-12-CR3 Health Talk- Mental Health 10 to 12 Line Dancing-1:30-DR Sewing-5:30-8pm</p>	<p>15 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>16 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Medicare 101- 2pm Reservations due !</p>	<p>17 Art Studio-10-3 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>20 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>21 Mah Jong-10-12-CR3 Line Dancing-1:30-DR Health Talk- Food Safety 11 Grandparents Support Grp- 9-12 Sewing-5:30-8pm</p>	<p>22 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>23 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 Virtual Medicare-2pm \$Tai Chi\$-4:30&5:30 Reservations due !</p>	<p>24 Art Studio-10-3 Tuber's Club Virtual 2 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Muscles & More-10:30 Bread Dist- 12:30</p>
<p>27 Bone Builders-9am Muscles&More-10:30 Open Art-10-1-CR1 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Bridge-1-5</p>	<p>28 Mah Jong-10-12-CR3 Line Dancing-1:30-DR Sewing-5:30-8pm Quilt Guild-9-2 LEH Virtual Book Club- 9:30-10:30</p>	<p>29 Bone Builders-9am Art Space-10-1 Muscles&More-10:30 BINGO- 11-11:45 Canasta-1-5</p>	<p>30 Needlework\$-1-4 Crafts-10-1:30 Music-10-11:45 Hand & Foot-12-5 \$Tai Chi\$-4:30&5:30 Reservations due !</p>	<p>⇒ Meal Served Inside Daily at noon-(must be registered)</p> <p>You must also attend an orientation to attend classes and events.</p>

September 2021

Medicare 101: Join us for this live online presentation Thursday September 12th at 9am or Thursday September 26th at 2pm. We are also offering an in-person live presentation on Thursday September 19th at 2pm. This informative presentation covers all the basics of Medicare including deadlines and penalty information. Registration is required to get the online link for the virtual meeting. All Medicare recipients, future beneficiaries, caregivers, or professionals are welcomed. Call or email Billie at 828-265-8090 or billie.lister@watgov.org to register.

Farmer's Market Vouchers: We are pleased to inform you that we will once again have Farmer's Market Vouchers to distribute to the 1st 100 seniors who qualify. Distribution times are noted on the calendar-first come/first served-no reservations or registration accepted. For more information call Billie at 828-265-8090.

Classes have begun: All center classes have begun. Please check with staff to see if classes have been cancelled due to non-participation. Class leaders are needed-so see Billie to volunteer today. In addition, Bingo has returned on Monday, Wednesday, and Friday. Bingo markers are separated so that you can have your own dedicated box or bag of markers (to reduce germs and handling)-and you can use your own paper Bingo card! For more information please see Billie. We are currently accepting volunteers to call Bingo as well as nice Bingo prizes. **Notice: Classes and events are subject to change without notice!**
Call ahead to verify if desired.

Weekly Exercise Classes Available offered :

- Virtual and in-person Yoga- Thursdays
- Bone Builders-M, W, F
- Tai Chi- Th
- Muscles & More-M, W, F
- Cardio Drumming-W
- Line Dancing- Tu

Monthly Virtual Classes Available offered:

- LEH Virtual Book Club
- Tuber's Club Weekly Fridays at 2
- Medicare 101
- Health and Wellness Presentations
- Some Virtual Exercise Programs

September Health/Wellness Presentations

Medicare 101- Virtual on September 12th at 9am and 26th at 2pm

In-Person September 19th at 2pm

Vaya Health- September 17th 10am-noon

Health Dept-Food Safety- September 24th- 11-Noon

Contact Vaya Health to connect with their virtual mental health presentations!

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab- Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing

Resources you can pick-up/Check-out:
Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Billie to ask about these items. 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.

Upcoming Events:

- **Farm Market Vouchers will expire end of September!**
- **Sponsored BINGO game- Sept 10th- 11am**
- **Medicare Fraud Presentation- Sept 7th at 10:45**
- **Fall Prevention Event-Sept 24th-10-12**

Hours of Operation: Monday-Friday 8-5pm

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 week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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 pick-up/drive through 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)
 - Virtual Programming
 - Friends Connection Assistance

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

Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in September do you want meals? (just write yes or no for each)

2nd-Pork Chop _____

18th-BBQ Pork _____

3rd-Chicken Casserole _____

19th-Chick Salad Sand _____

4th- Meatballs _____

20th-Beef & Mac Casserole _____

5th- Chicken Sand _____

23rd-Spaghetti _____

6th-Baked Ziti _____

24th-Meatloaf _____

9th-Hot Dog _____

25th-Pintos _____

10th- Cube Steak _____

26th-Chicken Tenders _____

11th-Chic/Broc/Cheese Casserole _____

27th-Mac & Cheese W/Ham _____

12th-Tuna Salad _____

30th-Fish Sand _____

13th-Pintos _____

31st-Pork Roast- _____

16th-Chicken Pot Pie _____

17th-Sloppy Joe _____

Turn in to Billie as soon as possible-thanks!