

October 2016

Medicare Open Enrollment

The enrollment period for 2016 Part D Plans will begin on **October 15, 2016 and end on December 7, 2016.** Please call the Harrill Center 265-8090 for an appointment if you would like to review your drug plan and or Medicare Advantage Plan.

**State Health Plan Enrollment Dates:
October 1-October 31**

Special Activities and Interest

Flu Shot Clinic: Tues. Oct. 11 and Mon. Oct. 17, 9am-Noon. Free with Medicare Part B. Bring your Medicare card or other insurance cards, those without insurance the cost is \$29.99.

Health Fair: There will be a nutrition and wellness health fair on Friday October 21 from 10am-Noon. The fair will include blood pressure checks, vision screenings, nutrition information and hearing tests.

New Tai Chi Class-Tuesdays 6pm starts Oct. 11, \$5.00 per class. Taught by Tim Winecoff. Call the center with questions.

Halloween Party: Monday October 31st, 10am-Noon: Costume Contest, Pumpkin Carving, Food, Games and More!!

Christmas Craft Sale-All seniors age 60 and over who make handmade crafts are encouraged to register for the annual Christmas Craft Sale. The sale will be held at the Harrill Center in November. Call Jen 265-8090 to reserve your space.

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.

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

CHAMP: Friday October 21, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

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 (Tues./Thurs)

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



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**

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