

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Radio Club- 6pm LLL- 2pm Registration opens for trips</p>	<p>3 NCDHH Assessments 10 Blood Pressure Checks 10am Health/Nutrition Talk 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL-2pm</p>	<p>4 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> 	<p>5 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>6 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 LLL-Presentation-2</p>
<p>9 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p> <p>Ashe Co Field Trip-8-4</p>	<p>10 Health Talk- 11am Emerg. Prep Class Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL-10a LLL-Shakespeare-12</p> 	<p>11 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>12 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>13 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 NO BINGO TODAY Alzheimer's 101-11am-12</p>
<p>16 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm LLL-2pm Get Up & Go- 9:30-12</p>	<p>17 Health Talk Food Safety11 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL-Shakespeare-12-2 FLU Clinic- 10-12</p> 	<p>18 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>19 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>20 Lifelong Artists 9am Muscles & More 10:30am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2</p> <p>HEALTH/WELLNESS FAIR- 10-12</p>
<p>23 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm LLL-Book Talk-2pm</p>	<p>24 Health Talk-Falls-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL-Shakespeare-12-2</p>	<p>25 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> <p>DSS Fall Festival-11-2</p>	<p>26 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>27 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2</p>
<p>30 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm LLL-Book Talk-2pm</p>	<p>31 Murder Mystery Costume Party-10-12 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 LLL-2pm</p> 	<p>Bread/Baked Goods Distribution Fridays 9-12</p>	<p>Daily- Cards, Billiards, Computer lab</p> <p>Gardening work- M, W, F- 10am</p>	<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon</p>

October 2017

ATTENTION: Medicare Open Enrollment—Oct. 15th to Dec. 7th— please call Billie @ 828-265-8090 to make an appointment to review your Medicare plan!

Field Trip to Ashe County— Mon. October 9th— 8am to 4pm. Registration opens October 2nd— seating is limited. Come visit many sights and attractions in Ashe county! Corn Maze, Shopping, Museum, Wagon Rides, Frescoes, & more! Call for more information.

Important Presentations: Come learn strategies for being more prepared for emergencies— Oct. 10th at 11am and then Oct. 13th— learn about the signs and symptoms of Alzheimer's and what you can do if you see them. Finally, Join us for a food safety class that will help you learn how to reduce food borne illness Oct. 17th at 11.

Flu Clinic— Oct. 17th 10am to Noon. Bring your Medicare card and get your shot !

Get Up & Go: A fall prevention presentation and expo— At Boone United Methodist Church— **Oct. 16th— 9:30 to Noon**

Health & Wellness Fair! Oct. 20th— 10am to Noon— come join us for free health assessments, nutrition booths, SHIP counseling, and information booths!

Halloween Murder Mystery Costume Party! Oct. 31st— 10-12.

Dress up in your favorite costume and join us for a murder mystery party! Follow the clues and try to figure who, what, and why. Win prizes for your sleuthing and for costume! Have a chilling good time and share in fun and laughter!

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)
- Chair Yoga (\$): Fridays at 1pm

October Presentations

3rd: Blood pressure checks at 10 Health Talk @ 11am
10th: Emergency Preparedness & Response— Billie-11am
13th: Alzheimer's 101— 11am
17th: Flu Clinic (10-12)& Food Safety Class 11
24th: Fall Prevention Tips-11am

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)

Looking for players for Bridge, Chess and Rook

**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.

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).

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**

Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE
Serving Individuals age 60 and older



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