



Lois E. Harrill Senior Center

October 2018

Mon	Tue	Wed	Thu	Fri
<p>1 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>2 Health Talk-11am Emergency Prep</p> <p>Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilting Guild 12:30</p>	<p>3 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm LLL presentation-2p</p>	<p>4 Live Music 10am Sign Language 10 Craft Class 10am Tai Chi \$ 4:30pm</p>	<p>5 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL presentation-2pm</p>
<p>8 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>9 Health Talk-11am Alzheimers</p> <p>Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>10 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>11 Live Music 10am Sign Language 10 Craft Class 10am Tai Chi \$ 4:30pm Caregiver Presentation Hoarding-2pm</p>	<p>12 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL presentation-2pm</p>
<p>15 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>16 Health Talk-11am Food Safety</p> <p>Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild -10-3</p>	<p>17 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2</p>	<p>18 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>19 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Health Fair/Flu Shots 10-12 LLL presentation-2pm</p>
<p>22 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>23 Health Talk-11am Medication Safety</p> <p>Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>24 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Writer's Grp-12-2 BINGO-11am</p>	<p>25 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>26 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL presentation-2pm</p>
<p>29 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL presentation-2pm</p>	<p>30 Health Talk-11am Breast cancer</p> <p>Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>31 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writer's Grp-12-2 Murder Mystery & Costume Party 10-12</p>	<p>⇒ Meal Served daily-noon Daily- Cards, Bil- liards, Computer lab</p>	<p>BINGO Most Mon- day, Wednesday, & Fridays at 11</p>  <p>Don't forget to sign in or call in by 10am to reserve your meal!</p>

October 2018

One-On-One Computer and Smart Phone Classes now being Offered! Call Billie to make your appointment 265-8090.

Flu Shot Clinic– You must register for the flu shot clinic in advance. We have flu shot clinics Oct 19th and Nov 16th. See Billie to register.

Free presentation– Caregivers and community members at large are welcome to come learn more about hoarding. Presentation will be Oct. 11th at 2pm. Registration not required.

Alzheimer's Walk-A-Thon–If you would like to raise money/awareness for Alzheimer's, or would like to contribute or walk on a team- please see Billie.

Health Fair and Flu Vaccine Clinic– October 19th, 10-12. We will have many booths including hearing and vision screening, lock boxes for meds, and so much more! Please come and take advantage of these wonderful services. Call Billie for more information.

Medicare Open Enrollment– Please see Billie as soon as possible to get your appointment for an annual Medicare review. Our SHIP counselors are waiting to help you! Open Enrollment is Oct. 15-Dec 7th and spaces fill quickly. We can help make sure you have the right plan and help you save money! Call Billie at 828-265-8090. Also looking for volunteers- see Billie

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)

October Health/Wellness Presentations

2nd: Emergency Preparedness-11am

9th: Alzheimer's Basics-11am

11th: Hoarding –2pm

16th: Food Safety-11am

19th: Health Fair & Flu Shots– 10-12

23rd: Medication Safety-11am

30th: Brest Cancer & Blood Pressure Checks-11

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:

Holiday heroes needed-see Billie to donate or apply!

Nov 16-Health Fair & flu shots-10-12

Nov 21 Thanks-giving Party-10-12

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