



Lois E. Harrill Senior Center October 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</p>	<p>1 Health Talk-11am Breast Cancer Quilt Guild 12:30-3:30 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am DHHS hearing 9-12 Meditation- 11-12:30</p>	<p>2 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Flu Shots- 9-12</p>	<p>3 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Advisory Council 1-3</p>	<p>4 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm</p>
<p>7 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm Yoga \$-5:30</p>	<p>8 Health Talk-11am TBD Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Dementia Caregiver Support Grp 6:30</p>	<p>9 LLL-2pm Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am LLL-2-3:30</p>	<p>10 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Medicare 101 2-4pm</p>	<p>11 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm FLU SHOTS- 9-12</p>
<p>14 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Field Trip- 9-2 Yoga \$-5:30</p>	<p>15 Health Talk-11am VAYA Health Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Quilt Guild 9-2</p>	<p>16 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Health Fair- 10-12</p>	<p>17 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>18 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am LLL-2pm ASU health Fair- 8-11</p>
<p>21 LLL-2pm Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30</p>	<p>22 Advance Life Directives 9-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am</p>	<p>23 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writers Class 12-2 LLL Meditation 2pm</p>	<p>24 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p>25 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm</p>
<p>28 RAPP- 10-2 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am LLL-2pm Yoga \$-5:30 Virtual Dementia 1-3</p>	<p>29 Health Talk-11am TBD Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am</p>	<p>30 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Writers Class 10-3</p>	<p>31 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Halloween Party- 10am-12Noon Craft Sale Set-Up-10-1pm</p>	<p>BINGO Most Monday, Wednesday, & Fridays at 11</p> <p> Don't forget to sign in or call in by 10am to reserve your meal!</p>

October 2019

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-Dec 7.

Flu Shot Clinics: Don't forget to come get your flu shot! Flu Shots will be offered October 2nd and 11th from 9 to noon. Bring your Medicare Card! Also, don't forget to sign up for your Pneumonia Vaccine which will be offered in November- see Billie to sign up!

Health Fairs: We will be offering a giant 2-floor health fair here on October 16th and November 13th from 10am until noon. No registration required- come get your free health assessments and resources!

Medicare 101: Join us for a free Medicare seminar and sign up for your review while there! October 10th-2pm

Alzheimer's Walk: See Billie to register to participate in the Alzheimer's walk in Wilkesboro October 12th or to donate to the event.

Advance Life Directive Clinic: Free assistance in completing your living will and health care power of attorney will be offered in the dining room Tuesday October 22nd 9-11am.

Halloween Party: Come for a gory-good time to the murder mystery Halloween party. Dress up and participate in our costume party- or simply come eat and enjoy the fun and games. Prizes, food, fun, and more will be offered! Oct 31st 10-12.

Holiday Hero Program: See Billie if you or a senior you know will need help this holiday season with food, blankets, or cheer. Now registering!

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

October Health/Wellness Presentations

1st: Blood Pressure checks and Breast Cancer 11am

2nd: Flu Shots 9-12

11th: Flu Shots 9-12

15th: VAYA Health Talk 10-12

16th: Health Fair- 10-12

22nd: Advance Life Directives 9-11

8th and 29th: TBD

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

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

Upcoming Events:

**Holiday Hero Program-
See Billie to register or donate**

Health Fair & Pneumonia Shots- Nov 13th-10-12

Emergency Preparedness Class- Nov 26th 11am

Thanksgiving Party/Dance- Nov 27th-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