

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Weaving Class 9am	Art Class II 9am	3 Exercise 10:30am	Line Dancing 1:30pm	4 Art Class I 9am	Exercise 10:30am	5 Music 10am	Sign Language 10am	6 Wii and Games 10am	Exercise 10:30am
Cards/Rook 10:30am	Exercise 10:30am	Rummikub 2:30pm		Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am	Quilt Guild 1pm	Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold 4pm			Lifelong Artists 1pm	Zumba Gold 4pm				
Radio Club 6pm									
9 Weaving Class 9am	Art Class II 9am	10 Exercise 10:30am	Line Dancing 1:30pm	11 CLOSED		12 Music 10am	Sign Language 10am	13 Wii and Games 10am	Exercise 10:30am
Cards/Rook 10:30am	Exercise 10:30am	Rummikub 2:30pm				Crafts 10am		Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am		Billiards Tournament 10am							
16 * Weaving Class 9am	Art Class II 9am	17* Exercise 10:30am	Line Dancing 1:30pm	18* Art Class I 9am	Exercise 10:30am	19 Music 10am	Sign Language 10am	20 Exercise 10:30am	Wii and Games 10am
Cards/Rook 10:30am	Exercise 10:30am	Rummikub 2:30pm		Bone Builders 10:30am	Cards/Rook 10:30am	Crafts 10am		Bone Builders 9:30am	Mah Jong 10:30am
Bone Builders 10:30am	Zumba Gold 4pm			Lifelong Artists 1pm	Zumba Gold 4pm			CHAMP 8am	
23 Weaving Class 9am	Art Class II 9am	24 Exercise 10:30am	Line Dancing 1:30pm	25 Art Class I 9am	Exercise 10:30am	26 CLOSED	27 CLOSED		
Thanksgiving Party 10am	Cards/Rook 10:30am	Rummikub 2:30pm		Bone Builders 10:30am	Cards/Rook 10:30am				
Exercise 10:30am	Bone Builders 10:30am			Lifelong Artists 1pm	Zumba Gold 4pm				
30 Weaving Class 9am	Art Class II 9am	Note: *Christmas Craft Sale will be held Mon. Nov. 16-Wed. Nov. 18, 10am-3pm.		Note: Coping with the Holidays presentation on November 18 at 12:30.		Note: Cards/Rook are played Monday-Friday, 10-Noon.		Note: Bingo is played Mon, Wed and Fri: 11-11:45.	
Cards/Rook 10:30am	Exercise 10:30am								

November 2015

INSURANCE DATES!

Medicare Open Enrollment

The enrollment period for 2016 Part D Plans will begin on **October 15, 2015 and end on December 7, 2015.** 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 15-November 18, 2015

Affordable Care Act (ACA) Open Enrollment Dates:
Those under age 65 and not on Medicare:
ACA enrollment is Nov. 1-Dec 15 for coverage to start on January 1, 2016

Special Activities and Interest

Note: Zumba Gold will not be held on Nov. 9 or 23.

Christmas Craft Sale: Monday Nov. 16-Wednesday Nov. 18, 10am-3pm.

Coping with the Holidays: Presentation for those who have lost a loved one, Wednesday November 18 at 12:30.

Billiards Tournament: Tuesday November 10, 10am-Noon.

Thanksgiving Party: Monday November 23, 10am-Noon: Food, Games, and More!!

Medi Home Health will be sponsoring Bingo on Monday Nov. 16 at 11am.

CHAMP: Friday November 20, 8am-Noon, appointment needed. Improve strength, balance and mobility. This program is FREE!! Call 262-7674 to register.

Caregiver Appreciation:

The High Country Caregiver Foundation is holding their Caregiver Luncheon on Tues. Nov 17, 11:30 at Casa Rustica. Free and open to any caregiver, RSVP to Brenda at 265-5434.

Games:

Hand and Foot (Thursdays at 1pm)
Rook (Mondays at 10:30am)
Mahjong (Fridays at 1pm)
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**

Weekly Activities

Congregate Nutrition: Served Monday-Friday 12-12:30

BINGO: Monday, Wednesday, Fridays 11-11:45am

Rummy Group and Coffee Time: Monday-Friday 9-Noon

Nutrition Education: Every Tuesday 11am

Paid Classes (offered in 12 week sessions)

Sewing (Tuesdays)

Tai Chi (Thursdays)

Needlework (Thursdays)

Yoga (Tuesdays)

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

**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.

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

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**

November Closings:

Wednesday, November 11: Veteran's Day
Thursday and Friday, Nov. 26-27: Thanksgiving

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: Toni Wait (828) 295-5195
Lois E. Harrill: Jen Teague (828) 265-8090