

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DHHS 9am Mah Jong 10:30am Line Dancing 1:30pm Moving to Heal 4pm Tai Chi (\$) 6pm	2 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	3 Music 10am Sign Language 10am Crafts 10am Balance for Life 11am Needlework (\$) 1pm Tai Chi (\$) 4:30pm	4 Lifelong Artists 9am Wii and Games 10am Muscles and More 10:30am Mah Jong 10:30am Bone Builders 9:30am
7 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Chair Yoga 11am Zumba Gold (\$) 4pm	8 Balance for Life 11am Mah Jong 10:30am Line Dancing 1:30pm Moving to Heal 4pm Tai Chi (\$) 6pm	9 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	10 Music 10am Sign Language 10am Crafts 10am Balance for Life 11am Needlework (\$) 1pm Tai Chi (\$) 4:30pm	11 <b>CLOSED</b> 
14 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Chair Yoga 11am Zumba Gold (\$) 4pm	15 Balance for Life 11am Mah Jong 10:30am Line Dancing 1:30pm Moving to Heal 4pm Tai Chi (\$) 6pm	16 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	17 Music 10am Sign Language 10am Crafts 10am Balance for Life 11am Needlework (\$) 1pm Tai Chi (\$) 4:30pm	18 CHAMP 8am Lifelong Artists 12:30pm Muscles and More 10:30am Mah Jong 10:30am
21 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Chair Yoga 11am Zumba Gold (\$) 4pm	22 Balance for Life 11am Mah Jong 10:30am Line Dancing 1:30pm Moving to Heal 4pm Tai Chi (\$) 6pm	23 THANKSGIVING PARTY 10am-Noon Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	24 CLOSED 	25 CLOSED
28 Weaving Class 9am Art Class II 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	29 Balance for Life 11am Mah Jong 10:30am Line Dancing 1:30pm Moving to Heal 4pm Tai Chi (\$) 6pm	30 Art Class I 9am Muscles and More 10:30am Bone Builders 9:30am Zumba Gold (\$) 4pm	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>NOTE:</b>                      Bingo offered Mon, Wed. and Fri. 11-11:45am                      Rummy/Rook and other cards played everyday                      Monday-Friday 9am-Noon.</p> </div>	

## November 2016

### Medicare Open Enrollment

The enrollment period for 2017 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.

### Christmas Craft Sale-Tues. Nov. 15 & Wed. Nov. 16, 10A-3P

All seniors age 60 and over who make handmade crafts are encouraged to register for the annual Christmas Craft Sale.

### Special Activities and Interest

**New Balance for Life Class:** Taught by Elizabeth Goode, PT. Class is offered by Life Care Center of Banner Elk. Class will be held on Tuesdays and Thursdays from 11-11:45am at the senior center and starts on Thursday Nov. 3.

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

**Medi Home Health** will be sponsoring Bingo on Monday Nov. 21 at 11am.

**Thanksgiving Party:** Wednesday Nov. 23 10am-Noon: Food, games and more!

**2nd Annual Holiday Heroes:** Stop by the Project on Aging and take a name of an older adult in the area who could use a gift this holiday season! All items are asked to be returned by December 9.

**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 Nov. 18, 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**

### **November Closings:**

**Friday, November 11: Veteran's Day**  
**Thursday and Friday, Nov. 24-25: 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: Cindy Lamb (828) 295-5195**  
**Lois E. Harrill: Jen Teague (828) 265-8090**