

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Radio Club– Nov. 6th– 6pm</p>		<p>1 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p> <p>FLU Clinic-10-12 </p>	<p>2 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Quilting Guild 12:30-3</p>	<p>3 Lifelong Artists 9am Muscles & More 10:30am Mah Jong 10:00am Bone Builders 9:30am Chair/Gentle Yoga \$- 1-2 LLL presentation– 2-3pm</p>
<p>6 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am LLL Presentation-2-3 Zumba Gold \$ 4pm Hickory Field Trip-8-4</p>	<p>7 NCDHH Assessments 10am Health Talk– 11am Blood Pressure Checks 10am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>8 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>9 Live Music 10am Sign Language Class 10am Craft Class 10am Tai Chi for Arthritis-10:30 Needlework \$ 1pm Tai Chi \$ 4:30pm Veteran’s Honor Event-10</p>	<p>10 CLOSED</p> 
<p>13 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>14 Reverse Mortgage 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>15 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>16 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>17 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>20 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm Blood pressure checks-10</p>	<p>21 Health Talk-11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Alzheimer’s Caregiver Presentation-3-4</p>	<p>22 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Turkey Trot Thanksgiving Party & advocacy event 10-12</p>	<p>23 CLOSED</p>  <p>Happy Thanksgiving</p>	<p>24 CLOSED</p>  <p>Happy Thanksgiving</p>
<p>27 Weaving Class 9am Art II Class 9 am Muscles & More 10:30am Bone Builders 9:30am Zumba Gold \$ 4pm</p>	<p>28 Health Talk– 11am Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p> <p>Emergency kit pick up deadline 12</p>	<p>29 Art Class I 9am Muscles & More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm</p>	<p>30</p> <p>Daily– Cards, Billiards, Computer lab</p> <p>Bread/Baked Goods Distribution Fridays 9-12</p>	<p>BINGO Every Monday, Wednesday, & Friday at 11 Meal Served daily at noon</p>

November 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 Hickory Mall— Mon. November 6th— 8am to 4pm. Seating is limited. We will visit Hickory Valley Hills Mall, and the surrounding shopping centers. Call for more information.

Lifelong Learners: presentations will be held on **Nov. 3rd and 6th from 2 to 3pm.**

Alzheimer's Association: will present Understanding Dementia Behavior for caregivers on **Nov. 21st from 3 to 4pm.**

Flu Clinic— Nov. 1st- 10am to Noon. Bring your Medicare card and get your shot !

Veteran's Day Honor Event: Nov. 9th, 10 to 11am, come join us as we honor our Veteran's. We will have food, cards, and a chance to thank our member Veterans!

Health & Wellness Fair! Nov 17th— 10am to Noon— come join us for free health assessments, nutrition booths, SHIP counseling, and information booths!

Turkey Trot Thanksgiving Party and Advocacy Event! Nov 22— 10-12. Join us for a fun thanksgiving square dance and party! We will have music, food, games, and lots of fun. In addition— you will have a chance to voice your opinion to our representatives in a special advocacy activity! Call Billie for more information!

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 (Tuedays)\$ 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

November Presentations

7th: Candy Jones— Blood pressure checks at 10 Health Talk @ 11am

14th: Reverse Mortgage Education Presentation

21st: Health Talk-11am

28th: Health Talk-11am (EPR Kit pick up)

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 suggestions:
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
 - Incontinence supplies and food boxes

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