



Lois E. Harrill Senior Center

November 2018



Mon	Tue	Wed	Thu	Fri
<p>⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab</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>		<p>1 Live Music 10am Sign Language 10 Craft Class 10am Tai Chi \$ 4:30pm</p>	<p>2 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p>5 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Christmas decorating- 10-12</p>	<p>6 Health Talk-11am Alzheimer's Signs Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild-12:30-3</p>	<p>7 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p>8 Live Music 10am Sign Language 10 Craft Class 10am Tai Chi \$ 4:30pm Depression Talk-2pm</p>	<p>9 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Make & Take Cookie Party-10-11</p>
<p>12 CLOSED Veteran's Day</p> 	<p>13 Health Talk-11am NCDOJ Scams Sewing (\$) 6:30-8:30 CRAFT FAIR 9-4</p>	<p>14 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am Field Trip-8-3 CRAFT FAIR 9-4</p>	<p>15 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm CRAFT FAIR 9-1</p>	<p>16 Bread Distribution 12:30 Muscles & More 10:30 Bone Builders 9:30am Health Fair/Flu Shots 10-12</p>
<p>19 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>20 Health Talk-11am Fire/Fall Prevention Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>21 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm Thanksgiving Party 10-12</p>	<p>22 CLOSED- Thanksgiving</p> 	<p>23 CLOSED- Thanksgiving</p> 
<p>26 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am</p>	<p>27 Health Talk-11am Heart Health, Smoking & Diabetes Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30</p>	<p>28 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p>29 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Caregiver Class- 3pm Alzheimer's best practices</p>	<p>30 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>

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

Free presentation– Caregivers and community members at large are welcome to come learn more about depression and taking care of someone with Alzheimer's. Depression presentation will be Nov. 8th at 2pm and Alzheimer's Best Practices will be presented Nov. 29th at 3pm.

Health Fair and Flu Vaccine Clinic– November 16th, 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.

Holiday Decorating– Volunteers needed-Nov. 5th at 10am to help decorate our center for the holidays.

Cookie Party– Bring cookies to share Nov. 9th-10-11am and join us for a make & take holiday cookie party!

Thanksgiving Party– Nov. 21st– 10-12 noon, bring a snack to share and be ready to have some fun!

Field Trip to Hickory for holiday shopping– Don't forget-those who registered-trip will be Nov. 14th at 8am.

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)

November Health/Wellness Presentations

2nd: Know the Signs Alzheimer's-11am

8th: Depression in Older Adults-2pm

13th: NCDOJ scams– 11am

16th: Health Fair & Flu Shot Clinic-10-12

20th: Fire & Fall Prevention-11am

27th: Heart Health, Smoking & Diabetes– 11am

29th: Caregiver's best Practices for Alzheimer's-3pm

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:

Dec 5th-Managing Holiday Stress-2pm

Dec. 14th-Holiday Cookie Contest–10-11

Dec 21st– Reindeer Games Holiday Party-10-12

Dec 31st– Mardi Gras New Year's Party, Advocacy, and Input for director-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