



# Lois E. Harrill Senior Center November 2019



Mon	Tue	Wed	Thu	Fri
<p>⇒ <b>Meal Served daily-noon</b> <b>Daily- Cards, Billiards, Computer lab</b></p>	<p><b>BINGO Most Monday, Wednesday, &amp; Fridays at 11</b></p>  <p><b>Don't forget to sign in or call in by 10am to reserve your meal!</b></p>			<p><b>1 CRAFT SALE 9-2</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>Tree Decorating-2pm</b></p>
<p><b>4 CRAFT SALE 9-2</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30</p>	<p><b>5 CRAFT SALE 9-2</b> <b>Health Talk-11am-X</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am <b>DHHS Hearing-9-12</b> <b>Quilt Guild-12:30-3:30</b> Meditation-11-12:30</p>	<p><b>6 CRAFT SALE 9-2</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am</p>	<p><b>7</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><b>8</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am</p>
<p><b>11</b> CLOSED Veteran's Day</p> 	<p><b>12 Health Talk-11am</b> <b>Oasis-Dom Viol.</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Dementia Caregiver Support Grp 6:30 <b>MEDICARE 101- 2-4</b></p>	<p><b>13</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Health Fair- 10-12</b> <b>Pneumonia Shots-10</b> <b>LLL-2-3:30</b></p>	<p><b>14</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm <b>Trip Hickory 8-2:30</b></p>	<p><b>15</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am <b>Tree Decorating-1pm</b></p>
<p><b>18</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30</p>	<p><b>19 Health Talk-10am</b> <b>VAYA Health</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am <b>Quilt Guild 9-2</b></p>	<p><b>20</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am</p>	<p><b>21</b> Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm</p>	<p><b>22</b> Bread Distribution 12:30 Lifelong Artists 9am Muscles &amp; More 10:30 Mah Jong 10:00am Bone Builders 9:30am <b>LLL-2pm</b></p>
<p><b>25 RAPP- 10-2</b> Weaving Class 9 Art II Class 9 am Muscles&amp;More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30</p>	<p><b>26 Health Talk-11am</b> <b>Emer. Prep.</b> Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am</p>	<p><b>27</b> Art Class I -9am Muscles&amp;More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am <b>Meditation 2pm</b> <b>Turkey Party 10-12</b> <b>Bring a snack to share</b></p>	<p><b>28</b> <b>CLOSED</b> <b>THANKSGIVING</b></p> 	<p><b>29</b> <b>CLOSED</b> <b>THANKSGIVING</b></p> 

# November 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.

**Pneumonia Shot Clinics:** – Vaccines will be offered during the health fair November 13th from 10-12. Pre-registration is required-see Billie to sign up!

**Health Fair:** We will be offering a giant 2-floor health fair here on 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! November 12th, 2-4pm

**Craft Fair:** Come shop the senior's craft fair and support our local seniors! All money returns to crafter/artist. Call Billie for more information. Fair runs From Nov 1st to Nov 6th 9am to 2pm.

**Tree Decorating Parties:** Come help give our center some holiday cheer! We will decorate the lobby on November 1st at 2pm and the dining room will be decorated on November 15th at 1pm followed by cocoa. Join us!

**Thanksgiving Party:** Come for a Thanksgiving party full of food, fun, and prizes! Bring a snack or beverage to share. Nov 27th from 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! Currently looking for supporters to purchase gifts for recipients-see Billie to help!

## **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

## **November Health/Wellness Presentations**

**5th: Meditation 11am**

**12th: Domestic Violence-11am**

**12th: Medicare 101-2-4pm**

**13th: Health Fair/Pneumonia Shots 10-12**

**19th: VAYA Health Talk 10-12**

**26th: Emergency Preparedness/Response 11am**

**27th: Meditation 2pm**

**Caregiver support group– November 12th 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](mailto:billie.lister@watgov.org)**

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

## **Upcoming Events:**

**Intern Going Away-Dec 6th 9-10am**

**Medicare 101-Dec 12th 2-4pm**

**Christmas Cookie Competition– Dec 13th 10-11**

**Nursing Home Visit-Dec 19th 9am-2pm**

**Christmas Party– Dec 23rd 10-12**

**Holiday Hero Gifts Due– Dec 6th by 5pm**

**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](mailto: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