

Monday		Tuesday		Wednesday		Thursday		Friday					
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>NOTE: Bingo offered Mon, Wed. and Fri. 11-11:45am Rummy/Rook and other cards played everyday Monday-Friday 9am-Noon.</p> </div>						1 Music	10am			2			
						Sign Language	10am	Lifelong Artists 9am					
						Crafts	10am	Wii and Games 10am					
						Tai Chi (\$)	4:30pm	Muscles and More 10:30am					
								Mah Jong 10:30am					
								Bone Builders 9:30am					
5 Weaving Class	9am	6			7 Art Class I	9am	8 Music	10am	9				
Art Class II	9am	Mah Jong	10:30am	Muscles and More		10:30am	Sign Language	10am	Lifelong Artists	9am			
Muscles and More	10:30am	Line Dancing	1:30pm	Bone Builders		9:30am	Crafts	10am	Wii and Games	10am			
Bone Builders	9:30am	Moving to Heal	4pm	Zumba Gold (\$)		4pm	Needlework (\$)	1pm	Muscles and More	10:30am			
Chair Yoga	11am	Tai Chi (\$)	6pm				Tai Chi (\$)	4:30pm	Mah Jong	10:30am			
Zumba Gold (\$)	4pm								Bone Builders	9:30am			
12 Weaving Class	9am	13			14 Art Class I	9am	15 Music	10am	16				
Art Class II	9am	Mah Jong	10:30am	Muscles and More		10:30am	Sign Language	10am	Lifelong Artists	12:30pm			
Muscles and More	10:30am	Line Dancing	1:30pm	Bone Builders		9:30am	Crafts	10am	Muscles and More	10:30am			
Bone Builders	9:30am	Moving to Heal	4pm	Zumba Gold (\$)		4pm	Needlework (\$)	1pm	Mah Jong	10:30am			
Chair Yoga	11am	Tai Chi (\$)	6pm				Tai Chi (\$)	4:30pm					
Zumba Gold (\$)	4pm												
19			20			21			22				
Weaving Class	9am	Mah Jong	10:30am	HOLIDAY PARTY				Music	10am	CLOSED			
Art Class II	9am	Line Dancing	1:30pm	10am-Noon				Sign Language	10am				
Muscles and More	10:30am	Moving to Heal	4pm	Art Class I		9am	Crafts		10am				
Bone Builders	9:30am	Tai Chi (\$)	6pm	Muscles and More		10:30am	Needlework (\$)		1pm				
Chair Yoga	11am			Bone Builders		9:30am	Tai Chi (\$)		4:30pm				
Zumba Gold (\$)	4pm			Zumba Gold (\$)		4pm							
26	CLOSED		27	CLOSED		28			29 Music	10am	30		
						Art Class I	9am	Sign Language	10am	Lifelong Artists	12:30pm		
						Muscles and More	10:30am	Crafts	10am	Muscles and More	10:30am		
						Bone Builders	9:30am	Needlework (\$)	1pm	Mah Jong	10:30am		
						Zumba Gold (\$)	4pm	Tai Chi (\$)	4:30pm				

December 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.

Special Activities and Interest

Holiday Heroes: A program developed to assist older adults who would not be receiving gifts over the holiday season. Ornaments are placed on a tree at the Senior Center. Individuals are encouraged to stop by and get an ornament from the tree. All items are asked to be returned by December 9.

Holiday Party: Wednesday December 21, 10am-Noon: Food, Games, and More!!

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

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.

Weekly Classes Available offered at no cost:

- 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

Movement Classes:

- Line Dancing: Tuesdays, 1:30-2:30pm, learn line dances
- Nia: Tuesdays, 4-5pm, moving to heal
- Bone Builders & Muscles and More: Mon/Wed/Fri. morning

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

December Presentations (Tuesdays 11am)

- December 6: Candy Jones, ARHS, Blood Pressure Checks at 10am
- December 13: Diane Trainor, Medicare Patrol

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**

December Closings:

**Fri. Dec. 23, Mon. Dec. 26 & Tues. Dec. 27:
Christmas Holiday**

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) 297-5195
Lois E. Harrill: Jen Teague (828) 265-8090**