

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Daily– Cards, Billiards, Computer lab</b></p> <p><b>Bread/Baked Goods Distribution Fridays 9-12</b></p>	<p><b>BINGO Every Monday, Wednesday, &amp; Friday at 11</b></p> <p><b>Meal Served daily at noon</b></p>		<p><b>1 Lifelong Artists 9am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Mah Jong 10:00am</b>  <b>Bone Builders 9:30am</b>  <b>Chair/Gentle Yoga \$- 1-2</b></p>
<p><b>4 Weaving Class 9am</b>  <b>Art II Class 9 am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Bone Builders 9:30am</b>  <b>Zumba Gold \$ 4pm</b>  <b>Radio Club-6pm</b></p>	<p><b>5 NCDHH Assessments 10am</b>  <b>Health Talk– 11am</b>  <b>Blood Pressure Checks 10am</b>  <b>Line Dancing 1:30</b>  <b>Mah Jong 10:00am</b>  <b>Sewing (\$) 6:30-8:30</b></p>	<p><b>6 Art Class I 9am</b>  <b>Muscles &amp; More 10:30</b>  <b>Bone Builders 9:30</b>  <b>Zumba Gold \$ 4pm</b></p>	<p><b>7 Live Music 10am</b>  <b>Sign Language Class 10am</b>  <b>Craft Class 10am</b>  <b>Tai Chi for Arthritis-10:30</b>  <b>Needlework \$ 1pm</b>  <b>Tai Chi \$ 4:30pm</b></p>	<p><b>8 Lifelong Artists 9am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Mah Jong 10:00am</b>  <b>Bone Builders 9:30am</b>  <b>Chair/Gentle Yoga \$- 1-2</b>  <b>Gingerbread House Decorating/Advocacy 10-11</b>  <b>Caregiver Presentation-3-4</b></p>
<p><b>11 Weaving Class 9am</b>  <b>Art II Class 9 am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Bone Builders 9:30am</b>  <b>Zumba Gold \$ 4pm</b>  <b>Craft Sale-9-4</b></p>	<p><b>12 Health Talk-11am</b>  <b>Line Dancing 1:30</b>  <b>Mah Jong 10:00am</b>  <b>Sewing (\$) 6:30-8:30</b>  <b>Craft Sale– 9-4</b></p>	<p><b>13 Art Class I 9am</b>  <b>Muscles &amp; More 10:30</b>  <b>Bone Builders 9:30</b>  <b>Zumba Gold \$ 4pm</b>  <b>Craft Sale– 9-4</b></p>	<p><b>14 Live Music 10am</b>  <b>Sign Language Class 10am</b>  <b>Craft Class 10am</b>  <b>Tai Chi for Arthritis-10:30</b>  <b>Needlework \$ 1pm</b>  <b>Tai Chi \$ 4:30pm</b></p>	<p><b>15 Lifelong Artists 9am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Bone Builders 9:30am</b>  <b>Chair/Gentle Yoga \$- 1-2</b>  <b>Movie Morning– 9:30-12:30</b></p>
<p><b>18 Weaving Class 9am</b>  <b>Art II Class 9 am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Bone Builders 9:30am</b>  <b>Zumba Gold \$ 4pm</b>  <b>Blood pressure checks-10</b></p>	<p><b>19 Medicare Fraud/Scams Presentation-11am</b>  <b>Line Dancing 1:30</b>  <b>Mah Jong 10:00am</b>  <b>Sewing (\$) 6:30-8:30</b></p>	<p><b>20 Art Class I 9am</b>  <b>Muscles &amp; More 10:30</b>  <b>Bone Builders 9:30</b>  <b>Zumba Gold \$ 4pm</b></p>	<p><b>21 Live Music 10am</b>  <b>Sign Language Class 10am</b>  <b>Craft Class 10am</b>  <b>Tai Chi for Arthritis-10:30</b>  <b>Needlework \$ 1pm</b>  <b>Tai Chi \$ 4:30pm</b></p>	<p><b>22 Lifelong Artists 9am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Mah Jong 10:00am</b>  <b>Bone Builders 9:30am</b>  <b>Chair/Gentle Yoga \$- 1-2</b>  <b>Christmas Party-10-12</b></p>
<p><b>25 CLOSED</b></p> 	<p><b>26 CLOSED</b></p> 	<p><b>27 CLOSED</b></p> 	<p><b>28 Live Music 10am</b>  <b>Sign Language Class 10am</b>  <b>Craft Class 10am</b>  <b>Tai Chi for Arthritis-10:30</b>  <b>Needlework \$ 1pm</b>  <b>Tai Chi \$ 4:30pm</b></p>	<p><b>29 Lifelong Artists 9am</b>  <b>Muscles &amp; More 10:30am</b>  <b>Mah Jong 10:00am</b>  <b>Bone Builders 9:30am</b>  <b>Chair/Gentle Yoga \$- 1-2</b>  <b>New year's Resolve Activity-10-11</b></p>

December 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!

**Gingerbread House Decorating & Advocacy Event— Fri. Dec. 8th, 10-11am.** Come help decorate gingerbread houses and send your representatives a gingerbread man card.

**Alzheimer's Association:** will present Effective communication strategies for caregivers on **Dec. 8th from 3 to 4pm.**

**Craft Sale— Dec. 11, 12, & 13th from 9am to 4pm.** Come shop for gifts and support our local crafters!

**Holiday Movie Morning: Fri. Dec. 15th from 9:30 to noon,** come join us as we watch a holiday movie, eat popcorn, and drink cocoa.

**Holiday Party/Reindeer Games: Fri. Dec. 22nd, 10 to noon—** come join us for lots of fun and holiday cheer. We will be eating, playing reindeer games, and enjoying a gingerbread cookie decorating bar.

**New Year's Resolve Event: Fri. Dec. 29th, 10—11am.** We will discuss our New Year's resolutions, plan the next year's big events as a group, and create a banner of resolve for our center!

**Don't Forget— We will be closed for the holidays— Dec 25-27th**

**Holiday Heroes Wanted:** As you know, we have tags on our holiday tree for the needy seniors and disabled adults in our community. We are looking for heroes to sponsor them. See Billie for information.

**Weekly Classes Available offered :**

- Art II: Mondays, 9am-Noon, this is a studio type class
- Art I: Wednesdays, 9am-Noon, drawing class
- Weaving: Mondays, 9am-noon, learn to use the looms and weave
- 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

## December Presentations

**5th: Candy Jones— Blood pressure checks at 10 Health Talk @ 11am**

**8th: Caregivers Presentation-communication strategies-11**

**12th: Health Talk— 11am**

**19th: Medicare Fraud/Scams-SMP-11am**

## 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— On break for Dec & Jan**

## 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 & Wii available weekly

Shuffleboard & Corn Hole available weekly

Mahjong (Tuesdays and Fridays at 10:00am)

Looking for players for Bridge & Chess

**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**