



Lois E. Harrill Senior Center

December 2018



Mon	Tue	Wed	Thu	Fri
3 Health Talk-10:30 Handwashing & Blood pressure checks Art II Class 9 am Weaving Class 9 Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm	4 Health Talk-11am Grief/Holidays Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 12:30-3	5 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am Manage Holiday Stress Presentation-2p	6 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	7 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Free Cancer Screening 10-12
10 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am	11 Health Talk-11am Diabetes/Smoking Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30	12 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am	13 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	14 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Cookie Competition 10
17 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am	18 Health Talk-11am Winter Fall Prevent Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 Quilt Guild- 10-3	19 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am	20 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Field trip-9:30-2:30 Visiting Friends	21 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am Reindeer Games Party 10-12
24 CLOSED 	25 CLOSED 	26 CLOSED 	27 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm	28 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am
31 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Mardi Gra New Year's Party- 10-12 & Advocacy/Input			⇒ Meal Served daily-noon Daily- Cards, Billiards, Computer lab	BINGO Most Monday, Wednesday, & Fridays at 11  Don't forget to sign in or call in by 10am to reserve your meal!

December 2018

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 reducing holiday stress. From busy lives and strained relationships to financial stress and loneliness during the holidays. Our tips will help you manage this season's struggles. December 5th at 2pm.

Field Trip– December 20th join us as we take a field trip to see our friends at the local nursing and assisted living homes. We will leave at 9:30am, visit 3 locations and have lunch at cracker barrel. Bring gifts for friends and money for lunch. Call Billie for more information, to donate, or to register.

Cookie Competition– Dec. 14th, 10-11am-We are in search of the best holiday cookie bakers! We will be awarding prizes for the best tasting cookie and the best decorated cookie. So-see Billie to register for this special fun competition!

Holiday Party– Dec. 21st– 10-12 noon, join us for a reindeer games themed holiday party! Prizes, games, fun, and snacks– see you there!

Holiday Hero: We want to thank all the holiday heroes who chose to buy gifts for the needy of the community-please make sure to turn in your gifts by Dec. 14th so we can them delivered!

New Year Mardi Gras Party – Join us for a Mardi Gras themed new year party and advocacy event. You can share your thoughts and input for the new year at the center as well! Dec. 31st, 10-12.

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)

December Health/Wellness Presentations

3rd: Handwashing/flu prevention & blood pressure checks-10:30-11:30

4th: Group discussion/ Grief at the holidays-11-12

5th: Managing Holiday Stress-2pm

7th: Free Cancer DNA Screening-10-12

11th: Diabetes and Smoking Cessation 11-12

18th: Fall Prevention Tips for the Holidays-11-12

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.

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

Upcoming Events:

Winter Games Competitions– Billiards, Ping Pong, and Wii Bowling
Let it snow so they know– Advocacy campaign

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