



Lois E. Harrill Senior Center December 2019



Mon	Tue	Wed	Thu	Fri
2 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30	3 Blood Pressure ✓ Health Talk-11am-Safety Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am DHHS Hearing-9-12 Meditation- 11-12:30 Quilt Guild- 12:30-3:30 :	4 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am	5 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Interns Going Away Party 9-10am	6 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am
9 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30	10 Health Talk-11am-X Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Caregiver Support Grp- 6:30	11 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO- 11am LLL- 2-3:30	12 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Medicare 101- 2-4	13 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am Cookie Comp- 10-11
16 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30	17 Health Talk-10am Vaya Health Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am Dementia Caregiver Support Grp 6:30 Quilt Guild 9-2	18 Art Class I -9am Muscles&More 10:30 Bone Builders 9:30 Zumba Gold \$ 4pm BINGO-11am LLL-2-3:30	19 Live Music 10am Sign Language 10 Craft Class 10am Needlework \$ 1pm Tai Chi \$ 4:30pm Field Trip Nursing Homes 9-2	20 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am BINGO-11am
23 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30 Party 10-12	24 CLOSED 	25 CLOSED 	26 CLOSED 	27 Bread Distribution 12:30 Lifelong Artists 9am Muscles & More 10:30 Mah Jong 10:00am Bone Builders 9:30am LLL-2pm
30 RAPP- 10-2 Weaving Class 9 Art II Class 9 am Muscles&More 10:30 Bone Builders 9-10 Zumba Gold \$ 4pm BINGO-11am Yoga \$-5:30	31 Line Dancing 1:30 Mah Jong 10:00am Sewing (\$) 6:30-8:30 YOGA- 10am PARTY 10-12		⇒ 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 2019

Medicare Open Enrollment: if you were unable to get an appointment and still need help—we offer walk-in, first come, first served assistance on December 5th and 6th from 6am until 4pm.

Interns Going Away Party: – We are sad to say good-bye; but our interns are graduating and leaving us! Come say good bye, good luck and thank you. Their party will be their last day with us— Dec. 5th from 9 to 10am. Bring a light breakfast snack to share or beverage to share.

Field Trip: We will visit our friends in local nursing/assisted living homes. The first 10 people will be admitted to the van and we will have lunch together at a local restaurant—so you only need money for lunch. Even if you do not come to the visit— bring small gifts, toiletry items, or candies to give out. We will load van 9am December 19th and should return by 2pm.

Medicare 101: Join us for a free Medicare seminar and sign up for your review while there! December 12th, 2-4pm

Christmas Holiday Party: Come enjoy lots of fun and games, food and prizes at the party! We will have a snowball auction as well as music and other fun games. Bring a snack to share. Party will be December 23rd from 10-12.

New Year's Party: Come for a fun game of Family Feud and some cocoa. Bring some cookies to share if you want. December 31st-10-12.

Holiday Hero Program: Don't forget to return your gifts by December 6th so we can deliver them. Thank you for supporting our community members!

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

December Health/Wellness Presentations

3rd: Winter Safety & Blood Pressure Checks-11am

3rd: Meditation 9-12

12th: Medicare 101-2-4pm

17th: Health Talk-Vaya Health 10-12

Caregiver support group— December 10th 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

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

Upcoming Events:

Tax Season is just around the corner— we will begin to take appointments for tax prep assistance— see January newsletter for sign-up information!

We will have an advocacy event in January— see Billie for info!

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