

Lois E. Harrill Senior Center October 2022



Mon	Tue	Wed	Thu	Fri
3 Bone Builders-9:00 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 SHIIP Vol Training 9-11	4 Mah Jong10-12 Line Dancing-1:30-DR Health Talk- ARHC 11 Lions Club- 12-1 Quilt Guild 12:30-3:30 \$Sewing-5:30-8pm SHIIP Vol Training 3-5	5 Bone Builders-9:00am BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3	6 Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30&5:30 Reservations due!	7 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Bread Dist- 12:30 Flu Shots 9-12
10 Bone Builders-9:00 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4	11 Mah Jong10-12 Line Dancing-1:30-DR Health Talk - Advanced Directives Clinic-10-12 \$Sewing-5:30-8pm	12 Bone Builders-9:00am BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3	13 River Road Ramblers 9-11:45am Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30&5:30 Reservations due!	14 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:00-10 Bread Dist- 12:30 VIP Club Mtg 10-11
17 Bone Builders-9:00 Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4	18 Mah Jong-10-12 Health Talk-Mental Health 10-12 Line Dancing-1:30-DR Lions Club- 12-1 Quilt Guild- 9-2 \$Sewing-5:30-8pm	19 Bone Builders-9:00am BINGO- 11-11:45 Quilter's Circle 10-2	20 Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30&5:30 Reservations due!	21 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9-10 Bread Dist- 12:30
24 Bone Builders-9:00am Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4	25 Mah Jong10-12 Line Dancing-1:30-DR Health Talk-Medicare Fraud/Scams 10:30 \$Sewing-5:30-8pm	26 Bone Builders-9:00am BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3 BRAHM Art- 10-11	27 Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30&5:30 Reservations due!	28 Mah Jong-10-12-CR3 BINGO-11-11:45 Bone Builders-9:00-10 Bread Dist- 12:30
31 Bone Builders-9:00am Weaving-9-12-CR2 BINGO- 11-11:45 Writer's Club-1-4 Halloween Party 10-12			Meal Served Daily at noon-(must be registered)	Classes and events are subject to change without notice! Call ahead to verify if desired.

October 2022

Medicare Open Enrollment: Open enrollment is your chance to make changes to your current Medicare part D or advantage plans! You can learn about all the changes to your current plan and see what options are new for next year. The friendly and knowledgeable SHIP counselors are your local Medicare experts-not salespeople. We will help you find the best plan and lowest cost. We are booking appointments now for open enrollment. To make your appointment call the Lois E. Harrill Senior Center For more information, please call Project on Aging at 828-265-8090.

Volunteers: We really appreciate the hard work of our dedicated volunteers! Thank you all so much for all you do!

Art With BRAHM: We have an instructor from BRAHM who will come to teach an art lesson once a month. We leave the art classroom open 3 days a week all month so that artists may work together on projects and sharpen skills learned. The art lesson will be every last Wednesday at 10-11:30. You do not need to register-just show up ready to learn and materials will be provided for the lesson. We encourage you to come use the space and practice your skills together! .

New Senior Center Director: We want to ask for your patience as we work to recruit, hire, and train a new senior center director. Thank you so much for offering to help with lunches, cleaning classrooms, bread distribution, lunch reservations, and so forth as we look for Billie's replacement. Project on Aging Staff will collect and record meal reservations until the new director arrives. If you need anything, please call Project on Aging at 828-265-8090.

Holiday Heroes: We will begin accepting applications for Holiday Heroes in October, call Project on Aging for more information

Weekly Exercise Classes Available offered :

- Bone Builders-M, W, F
- Tai Chi- Th
- Muscles & More-M, W, F
- Line Dancing- Tu

Monthly Virtual Classes Available offered:

- LEH Virtual Book Club
- Tuber's Club Weekly Fridays at 2
- Medicare 101
- Health and Wellness Presentations

October Health/Wellness Presentations

ARMC will present Oct 4th at 11
Vaya Health will present on Oct 19th from 10-12

Medicare 101 will be offered again in December following the Medicare Open Enrollment

Flu Shot Clinic October 7th- please call to Register!

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab- Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing

Resources you can pick-up/Check-out:

Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Billie to ask about these items. 828-265-8090.

132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Director: TBD
Email: TBD

Upcoming Events:

Medicare open enrollment is Oct 15th-Dec 7th- make your appointment now!

Thanksgiving Party-TBD

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

Hours of Operation: Monday-Friday 8-5pm

Notice: Classes and events are subject to change without notice!
Call ahead to verify if desired.

Is there something you wish the senior center would offer? Email us or call with your thoughts, (email to be determined) 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 week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga at 11:30 and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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 - referral through partnership with Vita 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)
 - Virtual Programming
 - Friends Connection Assistance

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: TBD
(828) 265-8090**



**Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE**
Serving Individuals age 60 and older

Did You Know That You Can Reserve Your Meals For The Entire Month?

It's Easy— just fill out the form below and turn it in next time you pick up meals. Mark your reserved days on your menu in this newsletter so you don't forget. Then you won't have to remember to call in each week for the next week's meals. Thank you for reserving early (remember to call us if you need to change your reservation or cancel).

Your Name- _____

What days in October do you want meals? (just write yes or no for each)

3rd-Beef Stroganoff _____

19th-BBQ Chick Breast _____

4th-Chick Patty _____

20th-Pork Chop _____

5th-Hamburger _____

21st-Beef and Mac Cass _____

6th- Pork Chop _____

24th-Pimento Cheese and Soup _____

7th-Fish _____

25th-Salisbury Steak _____

10th-Crab Cakes _____

26th-Spaghetti _____

11th-Chick, Broc, Rice _____

27th-BBQ Riblet _____

12th-Pepper Steak _____

28th-Pintos _____

13th-BBQ Pork _____

31st-Baked Ziti _____

14th-Chick Tenders _____

17th-Meatballs _____

18th-Fish Sand _____

Turn in to Staff as soon as possible-thanks!