

CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

August 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	2 Bone Builders 9:00 Doughnuts With the Director 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
5 Bone Builders 9:00 Weaving 9-12 Wreath Workshop 10:00 BINGO 11-11:45	6 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30 \$Sewing 5:30-8	7 Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Get To Know Your Smartphone 1:00 Knitting 1-3 ImprovImprov! 4-5:30	8 Crafts 10-1:30 \$Needlework 1-3 Ping Pong 2-4 \$TAI CHI 4:30	9 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
12 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	13 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	14 Bone Builders 9:00 Trivia Time with Lindsay from Medi Home Health & Hospice 11:00 Quilter's Circle 10-1:30 Knitting 1-3	15 Dementia Alliance Training 10-12 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	16 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
19 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	20 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8	21 Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Knitting 1-3 Senior Companions 2:00	22 Crafts 10-1:30 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	23 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
26 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	27 Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30 \$Sewing 5:30-8	28 Bone Builders 9:00 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Writers Room 12-2 Knitting 1-3	29 Crafts 10-1:30 Advance Directives Workshop 1:00 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	30 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00

Lois E Harrill Senior Center August 2024 Newsletter

Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:00-10:00)

Line Dancing—Tues.(1:30-2:30)

Tai Chi—Thurs.(4:30-5:30)

Fitness Room and Game Room: Available Mon.-Fri. (8:00-5:00)

Fitness Room equipment includes treadmills, NuStep recumbent cross trainers, rowing machine, free weights and weight bench, resistance bands, exercise balls, and more.

Game Room offers a variety of recreation and games including a newly refurbished Billiards table, ping pong, cards and other table top games, and space to enjoy them.

Computer Lab: Come see our updated computer lab! Brand new computers, access to the internet, printers, and a shredder.

All facilities are available to registered center participants with no fee for registration, Mon-Fri 8:00-5:00

Just see Kristi Bunn to register or for more info.

***** Monthly Health Presentations*****

**Summer Sun Safety with UNC Health Appalachian —
Tuesday, August 6th at 11:00**

Vaya Health—Tuesday, August 27th at 10:00

Personality Disorders: Reaction To Interaction—Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.

BRAHM Art Workshop Wed. August 28th at 10:00—

Gelli Plate Printing Come explore this fun monoprint making technique with us! Gelli Printing uses a soft, moldable “plate” to create prints with unpredictably beautiful designs. It’s a great introduction to printmaking or just a new method to express your artistic whims. All materials are provided for this monthly workshop and there is no fee for registered senior center participants.

Trivia Time at Lois E Harrill Senior Center is every Wednesday and **BINGO** is every Monday and Friday at 11:00.

Coffee and Doughnuts With the Director—Friday, August 2nd at 10:00—We want to hear from you about our services and programs. Join us in the dining room for conversation about what you enjoy and find most beneficial and what you think we can do better or differently to best support our community at the Lois E Harrill Senior Center. We will have snacks and materials to facilitate engagement. Your input is important to us and helps us to plan and grow. If you can’t make it to this event, we will have paper surveys available throughout the center and we have a suggestion box available next to the check in kiosk by the center’s entrance. Anyone can also always call us or come by to let us know your thoughts. Our participants are what makes us a community and we appreciate each and every one. Thank you!



Follow us on
Facebook at
Lois E Harrill
Senior Center

Classes and activities are
subject to change or
cancellation with no prior
notice. Please call to
confirm – 828-265-8090



Lois E Harrill Senior Center/Project on Aging
132 Poplar Grove Connector Suite A
Boone, NC 28607 (828)265-8090
Monday—Friday 8am-5pm
Senior Center Director—Kristi Bunn
kristi.bunn@watgov.org

Congregate Lunch served at
12:00 PM Monday—Friday
Registration and reservations
are required no later than
the week before desired lunch and any
change or cancellation must be made by 9:00
the day of the reservation.

*See y'all
at the
Senior Center!*

Wreath Making Workshop—8/5 at 10:00

Come get crafty with Clay Bradshaw from Hopscotch Primary Care. Materials will be provided and program is offered at no charge for registered senior center participants. See Kristi for more info or to sign up.

**Trivia Time Hosted By Medi Home Health—
8/14 at 11:00** Join us for a special Trivia Time that will be hosted by our friend, Lindsay Madrigail from Medi Home Health & Hospice. Everyone is welcome!

Advance Directives Workshop—8/29 at 1:00 Medi Home Health & Hospice will facilitate this program for anyone needing assistance with documents such as a health care power of attorney. Call 828-265-8090 to sign up.



New Participants are Always Welcome!

There is no fee to join the senior center, however we do require registration with the senior center directors for participation.

Congregate lunch is available Monday-Friday and must be reserved no later than the week before desired meal participation. Lunch is served at the Western Watauga Community Center at 11:30 a.m. and at the Lois E. Harrill Senior Center at noon. Consumer contributions can be made by putting a donation in the contribution box at the senior center you attend.

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)
- 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 (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)
- Designated meeting space for the local chapter of Lions Club, drop off site for Lions Club program donations and Lions Club brooms are available for sale.

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 Coalitions;**
828-262-1628
- **Legal Aide Helpline:** 1-877-579-7562
- **Watauga County Public Library:**
828-264-8784
- **NC Division of Deaf and Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
- **Social Security (National Number):**
1-800-772-1213
(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.

Lois E. Harrill: Kristi Bunn
(828) 265-8090

Western Watauga Community Center:
Molly Gilleskie (828) 297-5195
Lois E Harrill Senior Center is a
SENIOR CENTER OF EXCELLENCE
Serving individuals age 60 and older.

