

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

Lois E Harrill Senior Center

February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Rowdy Readers Book Club 10:00 Crafts 10-1:30 Matter Of Balance 1-3 \$TAI CHI 4:30	2 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
5 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Outlander Club 1:30-3 Open Art 10-1	6 UNC Health App Health Talk 11:00 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30	7 Bone Builders 9:30 Quilter's Circle 10-1:30 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00	8 Crafts 10-1:30 \$Tai Chi 4:30	9 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
12 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1	13 Mah Jong 10-12 Lions Club VIP 12-1 Dementia Caregiver Support Group 1:00 Quilt Guild WS 1-4 Line Dancing 1:30	14 Bone Builders 9:30 Valentine Party 10-12 Quilter's Circle 10-1:30 Writers Room 10-3 Knitting 1-3 Table Top Games 12:30-3:00 ImprovImprov! 4-5:30	15 Rowdy Readers Book Club 10:00 Crafts 10-1:30 Matter Of Balance 1-3 \$TAI CHI 4:30	16 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
19 Weaving 9-12 Bone Builders 9:30 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Outlander Club 1:30-3 Open Art 10-1	20 VAYA Health Talk 10:00—12:00 Mah Jong 10-12 Lions Club 12-1 Line Dancing 1:30	21 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00	22 Crafts 10-1:30 Matter Of Balance 1-3 \$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 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1	27 Mah Jong 10-12 Line Dancing 1:30	31 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00		

Lois E Harrill Senior Center February 2024 Newsletter

Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:30-10:30)

Line Dancing—Tues.(1:30-2:30)

Tai Chi—Thurs.(4:30-5:30)

Fitness Room and Rec Room available Mon-Fri (8:00-5:00)

Fitness equipment including treadmills, rowing machine, NuStep machine, free weights, and more. Rec Room games and activities including organized card games (Hand and Foot, Rook, Phase 10, etc.), Dominoes, Board Games, and Billiards throughout the day.

Seated Tai Chi for Arthritis— Mondays 10:00-11:00 via Zoom at LEH

This course will be offered once a week through May 20th, 2024.

Class will meet in person at the Watauga Co. Library and we are participating at LEH via Zoom. Participants are encouraged to attend at least 11 sessions in order to maximize the program benefits.

Seated Tai Chi for Arthritis has been proven to reduce joint pain, improve relaxation, build strength, and increase balance.

A Matter of Balance—Thursdays 1:00-3:00 at LEH

This 8-week, evidence based program is designed to address and manage concerns about falling, increase confidence around balance, and help foster independence. The award winning class is for those who have fallen or have a fear of falling and will help participants view falls as controllable, make lifestyle changes to reduce falls, and increase strength and balance.

For more information or to register for participation, call

Kristi Bunn at 828-265-8090

*** Monthly Health Presentations***

UNC Health Appalachian—Tuesday, February 6th at 11:00

We will explore the topic of Heart Health while playing Jeopardy!

Vaya Health—Tuesday, February 27th

10:00 - Facing the Emotional Challenges of Chronic Illness

Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient, and promote better outcomes.

11:00— Anxiety: Managing Nervous Energy

A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.

Trivia Time at Lois E Harrill Senior Center! Every Wednesday at 11:00 in the Dining Room

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

See y'all

at the

Senior Center!

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.

*BRAHM Art Workshop***

Wed. Feb. 28th at 10:00—In honor of Black History Month, we will explore painting and collage inspired by Alma Woodsey Thomas. All materials are provided for this monthly workshop and it is free for registered center participants.

*Rowdy Readers Book Club***

Thurs. Feb 1st and 15th at 10:00—

2/1—The Rowdy Readers are wrapping up discussion of The Violin Conspiracy by Brendan Slocumb.

2/15—The Readers will switch gears and begin Being Mortal by Atul Gawande. As a practicing surgeon, Gawande fearlessly reveals the struggles of his profession and, with Being Mortal, he addresses its ultimate limitation, how the goals of medicine can run counter to the interest of the human spirit in the context of aging and death. Join us for lively discussion and snacks to celebrate these rowdy reads.

For more information about any of our programs, call Kristi at 828-265-8090.

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.

