



# Lois E Harrill Senior Center

## March 2023



Mon	Tue	Wed	Thu	Fri
		<b>1</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>Domino Domination 10:00</b> BINGO 11-11:45 Writer's Room 12-2 <b>Medicare 101 2-4</b>	<b>2</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>3</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30
<b>6</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>7</b> Mah Jong 10-12 ARHS Health Talk 11:00 <b>Lions Club 12-1</b> <b>Table Top Games 12:30</b> Line Dancing 1:30 \$Sewing 5:30-8	<b>8</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>Domino Domination 10:00</b> BINGO 11-11:45 Writer's Room 12-2	<b>9</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>10</b> Bone Builders 9:30 <b>VIP Club 10:00</b> VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
<b>13</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>14</b> Mah Jong 10-12 <b>Table Top Games 12:30</b> Line Dancing 1:30 \$Sewing 5:30-8	<b>15</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>Domino Domination 10:00</b> Health BINGO with ARHS 10:45 Writer's Room 12-2	<b>16</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>17</b> Bone Builders 9:30 <b>NCSTHL Celebration and Advocacy Event 10:00-11:00</b> BINGO 11-11:45 Bread Distribution
<b>20</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 Spring Has Sprung Garden Party 12:30-2:00 <b>ImprovImprov!3:00</b>	<b>21</b> Mah Jong 10-12 VAYA Health Talk 10-12 <b>Lions Club 12-1</b> <b>Table Top Games 12:30</b> Line Dancing 1:30 \$Sewing 5:30-8	<b>22</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>Domino Domination 10:00</b> BINGO 11-11:45 Writer's Room 12-2	<b>23</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>24</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30
<b>27</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>28</b> Mah Jong 10-12 <b>Table Top Games 12:30</b> VAYA Health Webinar 1:30 Line Dancing 1:30 \$Sewing 5:30-8	<b>29</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>BRAHM Art Workshop 10:00</b> <b>Domino Domination 10:00</b> BINGO 11-11:45 Writer's Room 12-2	<b>30</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>31</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 

# March 2023

As exciting as it is to enjoy the Spring flowers poking out and days growing longer and warmer, we have some fresh new programs and events to look forward to this month. We're seeing participation in our activities grow and finding new ways to meet the need for social engagement and enriching opportunities in our community. Thank you all so much for making our senior center such a great place to be.

Improv—(noun) improvisation, especially as a theatrical technique

Introducing **IMPROV IMPROV!**, our new group for developing performance art skills through practicing coming up with something on the spot, like actors working without a script or stand up comics playing off of what is happening around them.

**Improv Improv!** Monday, March 20th at 3:00  
Lois E Harrill Senior Center Dining Room

**Women's Writing Room** will be meeting in Classroom 2 every Wednesday in March, 12:00-2:00

**Blowing Rock Art & History Museum Art Workshop** is celebrating Women's History Month with **Exploring the Infinite through Yayoi Kusama**. All materials are provided and all are welcome to join in this engaging, creative monthly class. Join us Wed., March 29th at 10am.

We're offering a **Medicare 101** information session in for anyone wanting to learn all about the ins and outs of Medicare. Please join us Wed., March 1st from 2:00-4:00 in the LEH dining room.

In the Rec Room, for anyone looking for some friendly competition :

every Tuesday at 12:30– Table Top Games

every Wednesday at 10:00– Domino Domination

BINGO every M,W,F 11:00

Bread Distribution every Fri. 12:30



**North Carolina Senior Tarheel Legislature Day!**  
Friday, March 17th 10:00-11:00 in the  
Lois E Harrill Senior Center Dining Room

To celebrate 30 years of positive impact on behalf of older adults across NC, we will be hosting our NCSTHL delegates, local officials, and representatives for a meet and greet event complete with coffee, juice, pastries, and other goodies . Our senior center participants are encouraged to bring thoughts, ideas, and any input they'd like to share with their elected officials and enjoy a morning all about advocacy for our community.

## Movement and Fitness:

**Bone Builders-M,W,F (9:30-10:30)**

**Line Dancing-Tues (1:30)**

**Tai Chi-Thurs (4:30)**

**Fitness Room Available M-F 8-5**

## Healthcare Presentations

Tues, March 7th at 11:00 ARHS presents: Arthritis and Its Different Types

Tues., March 21st VAYA Health presents:  
10:00- Hoarding Disorder: Hidden Secrets  
11:00– Anxiety: Managing Nervous Energy

Follow us on Facebook at

Lois E Harrill Senior Center

Lois E Harrill Senior Center/Project on Aging  
132 Poplar Grove Connector Suite A  
Boone, NC 28607 (828)265-8090

Mon-Fri 8am-5pm

Senior Center Director—Kristi Bunn  
kristi.bunn@watgov.org

## **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 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 (SHIP-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 outlet for sales of Lions Club brand brooms.

### **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: Kristi Bunn**  
**(828) 265-8090**

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

