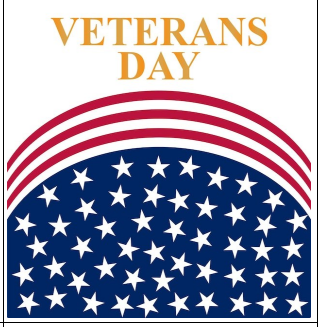
CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE OR CANCELLATION. PLEASE CALL TO CONFIRM (828)265-8090

Lois E Harrill Senior Center

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Weaving 9-12 Bone Builders 9:30-10:30 $Watercolor Exploration 10:45-12:30 BINGO 11:00 $Sewing 2-5	**3** Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4	**4** Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Improv Improv! 4-5:30	**5** Crafts 10-1:30 Hand and Foot 11-3 $TAI CHI 4:30	**6** Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
9 Weaving 9-12 Bone Builders 9:30-10:30 Fiber Rich Diet Info 10:00 $Watercolor Exploration 10:45-12:30 Word Search Races 11:00 $Sewing 2-5	**10** Mah Jong 10-12 Music with Dr. Tom 10:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	**11 CLOSED** 	**12** Crafts 10-1:30 Hand and Foot 11-3 $TAI CHI 4:30	**13** Bone Builders 9:30-10:30 Food for Thought 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
16 Weaving 9-12 Bone Builders 9:30-10:30 $Watercolor Exploration 10:45-12:30 BINGO 11:00 $Sewing 2-5	**17** **Holiday Craft Sale 10-3** Mah Jong 10-12 Energy Funds for All Presentation 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	**18** **Holiday Craft Sale 10-3** Bone Builders 9:30-10:30 BRAHM Art 10:00 Trivia Time 11:00 Knitochet 1:00 Senior Companions 2:00	**19** **Holiday Craft Sale 10-3** Hand and Foot 11-3 $TAI CHI 4:30	**20** Bone Builders 9:30-10:30 **BINGO with AMOREM 11-11:45** Bread Distribution 12:30 Table Top Games 12:30-3
23 Weaving 9-12 Bone Builders 9:30-10:30 $Watercolor Exploration 10:45-12:30 $Sewing 2-5	**24 *Hickory Trip 8:30** Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	**25** Bone Builders 9:30-10:30 Quilter's Circle 10-2 Thanksgiving Lunch 12:00 Trivia Time 11:00 Knitochet 1:00	**26 CLOSED** 	**27 CLOSED**
30 Weaving 9-12 Bone Builders 9:30-10:30 $Watercolor Exploration 10:45-12:30 BINGO 11:00 $Sewing 2-5				

Lois E Harrill Senior Center November 2026 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)

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

See y'all at the senior center!

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: Updated desktop computers with internet access and Microsoft Office capabilities, printers, and a shredder.

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

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

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.

***UNC Health Appalachian—Tuesday, November 3rd 11:00**
Meditation and Giving Gratitude for Health

***Music with Dr. Tom —Tuesday, November 10th at 10:30**
Dr. Tom Pace brings his acoustic guitar and love of Americana music looking for a sing-a-long. Please join us!

***Energy Funds for All —Tuesday, November 17th at 11:00**
Energy Funds for All is a nonprofit agency that helps connect low to moderate income households with programs that increase energy efficiency and lower energy usage in their homes. They will find appropriate resources with the goal of lowering energy usage and cost, as well as making homes more comfortable. They can help with the application process, then the ongoing approval and construction process. A representative will be here to share information and make follow up appointments with interested participants.

***VAYA Health—Tuesday, November 24th at 10:30**
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.

***Nutrition Education Series with App State's Department of Nutrition and Healthcare Management—**
***Monday, 11/9 at 10:00— Fiber-Rich Foods**
This session teaches us what fiber is, why it's important to have a fiber rich diet, and how to identify high-fiber food sources.

***Friday, 11/13 at 10:00—Food for Thought**
How can nutrition support brain health as we age? We will talk about the Mind Diet and other foods that can promote cognitive function.

See Kristi for more info about any of our programs!

BRAHM Art Workshop—
Wednesday, November 18th at 10:00
Cherokee Beadwork Inspired Paintings
It's Native American Heritage Month and this workshop will create paintings inspired by the intricate, vibrant beadwork of Cherokee culture. All materials are provided and there is no fee for registered senior center participants. Call Kristi at (828)265-8090 for more information or to sign up.

LEH Senior Center Holiday Craft Sale
Tuesday, November 17th—Thursday, November 19th
10am—3pm
Featuring all hand-made goods from our local crafters! Find that perfect treasure to gift or something special to treat yourself while supporting our crafting community at Lois E Harrill Senior Center.

Shopping Trip to Hickory
Tuesday, November 24th leaving LEH at 8:30am
Join us for a day in Hickory. We'll go to Hamrick's and Valley Hills Mall for shopping and lunch while enjoying the festive, holiday atmosphere. You could even get a photo with Santa if you want! We can explore the shopping center near the mall before returning to LEH. We'll plan to be back around 4:00. $8 for transportation due with sign up.

*****Medicare Open Enrollment continues through December 7th and is the annual opportunity for Medicare beneficiaries to review their plans and make changes as necessary. Our volunteer SHIIP counselors can help navigate the complex Medicare landscape. Appointments are still available, but limited. Call Kristi for help.**

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 Opprotuniteis
- 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 Presnell (828) 297-5195
Lois E Harrill Senior Center is a
SENIOR CENTER OF EXCLLENCE
Serving individuals age 60 and older.