


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

# Lois E Harrill Senior Center

## October 2025



Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>1</b> Bone Builders 9-10 Quilter’s Circle 10-2 Writers’ Room 11-1 Trivia Time 11:00 Knitochet 1:00 Improv Improv! 4-5:30	<b>2</b> Crafts 10-1:30 <b>Chair Yoga 10:30</b> Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	<b>3</b> Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3	
	<b>6</b> Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	<b>7</b> Mah Jong 10-12 UNC Health App Presentation 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	<b>8</b> Bone Builders 9-10 Quilter’s Circle 10-2 BRAHM Knitting Workshop 10-11:30 Writers’ Room 11-1 Trivia Time 11:00 Knitochet 1:00	<b>9 *Ageism Awareness Day*</b> Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	<b>10 Flu Vaccine Clinic 10-12</b> Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
	<b>13</b> Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	<b>14</b> Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Line Dancing 1:30	<b>15 Medicare OEP Begins</b> Bone Builders 9-10 Quilter’s Circle 10-2 Writers’ Room 11-1 Trivia Time 11:00 Knitochet 1:00	<b>16</b> Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	<b>17</b> Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
	<b>20 *Brushy Mountain Trip*</b> Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	<b>21</b> Mah Jong 10-12 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	<b>22</b> Bone Builders 9-10 Quilter’s Circle 10-2 Trivia Time! 11:00 Knitochet 1:00 Senior Companions 2:00	<b>23</b> Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	<b>24</b> Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 <b>BINGO with AMOREM 11:00</b> Bread Distribution 12:30 Table Top Games 12:30-3
	<b>27</b> Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	<b>28</b> Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	<b>29</b> Bone Builders 9-10 Quilter’s Circle 10-2 <b>BRAHM Art 10:00</b> Trivia Time! 11:00 Knitochet 1:00	<b>30</b> Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	<b>31</b> Bone Builders 9-10 <b>Halloween Party 10:00</b> BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3

# Lois E Harrill Senior Center October 2025 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**

**Chair Yoga is coming to LEH! Thursday, October 2nd at 10:30**

This opportunity is free for registered senior center participants and sponsored by Liberty Hospice. Space is limited, so sign up is required. For more information or to register, call Kristi at 828-265-8090.

**Flu Vaccine Clinic— Friday, October 10th 10:00—12:00**

Boone Drug will be here at LEH to administer the Flu Vaccine. Anyone interested can make an appointment with Kristi at 828-265-8090.

**Brushy Mountain Apple Orchard Trip— Monday, October 20th**

It's peak apple season and Fall is in full swing so let's go down to Brushy Mountain. We'll visit some apple orchards to sample the season's bounty and bring home some goodies. Vans will leave from LEH at 8:30 and we'll return by 4:00. The \$5 fee and sign up with Kristi is required by Wednesday, October 15th. Space is limited, so sign up ASAP if you're interested. No refunds on cancellations for no shows. Call Kristi for more info or to sign up at 828-265-8090.

## Tuesday Talks

**\*UNC Health Appalachian—Let's Explore Alternative Sweeteners**

**Tuesday, October 7th at 11:00**

**\*Digital Literacy With Fred Wilson—**

**Tuesday, October 14th at 11:00**

**\*VAYA Health— Tuesday, October 28th at 10:30**

**Antipsychotics: Indications, Risks, and Challenges**

The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.



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.

**Watercolor Exploration with Irmaly Brackin**

**Mondays at 11:00**

This is an abstract, watercolor , mixed media class taught by Irmaly Brackin with all materials provided. There is a \$5 fee per class for registered participants.

**Knitochet—Wednesdays at 1:00**

Janeene Ross is back to help learners of all levels pick up new knitting and crochet skills. Participants can bring a project they're already working on to craft with others, get help with a pattern problem, find inspiration for a new project, or learn to knit or crochet from the first cast-on. We can get someone started with a hook or needles and yarn from the center stash or bring your own and get busy. This fiber art offering is free for registered senior center participants.

**BRAHM Art Workshop—**

**Wednesday, October 29th at 10:00**

**Pumpkin Still Life**

Celebrate autumn produce by creating a still-life of pumpkins and gourds. All materials are provided and there is no fee for registered senior center participants.

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

**Medicare Open Enrollment Begins Oct. 15th!**

Call Kristi to schedule an appointment with a SHIIP counselor to review your Part D Drug Plan.

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

