



Lois E Harrill Senior Center

June 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crafts 10-1:30 \$Needlework 1-3 Medicare 101 2-4 \$Tai Chi 4:30	2 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
5 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	6 Mah Jong 10-12 Dogs & Doughnuts 11:00 Lions Club 12-1 Quilt Guild 12:30-3:30 Line Dancing 1:30 \$Sewing 5:30-8	7 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3	8 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	9 Bone Builders 9:00 VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
12 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	13 Mah Jong 10-12 Assistive Technology 10:30 Line Dancing 1:30 \$Sewing 5:30-8	14 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3	15 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	16 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
19 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 Get To Know Your Smartphone 1:00	20 Mah Jong 10-12 Lions Club 12-1 VAYA Health Talk 10-12 Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30-	21 Bone Builders 9:00 Kudzu Strummers Make Music 10:15 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3	22 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	23 Bone Builders 9:00 Arborcrest Garden Tours 10AM & 1:15PM BINGO 11-11:45 Bread Distribution 12:30
26 Bone Builders 9:00 Weaving 9-12 BINGO 11-11: 45 Open Art 10-1 Get To Know Your Smartphone 1:00	27 Mah Jong 10-12 Line Dancing 1:30 VAYA Health Webinar 1:30 \$Sewing 5:30-8	28 Bone Builders 9:00 Quilter's Circle 10:00 BRAHM Art 10:00 BINGO with ARHS 10:45 Writer's Room 12-2 Knitting 1-3 Hickory Crawdads Game with P&R 10-5	29 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	30 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30

Lois E Harrill Senior Center June 2023 Newsletter

Feel that warm sunshine? It's summertime! That means getting outside when we can and moving around to stay active and healthy. Older adults gain substantial health benefits from regular physical activity including reduced risk of falls and injury. Physical activity also preserves physical function and mobility helping to maintain independence. The senior center is a great place to participate in a variety of physical activities, as well as opportunities to stay socially active and healthy. Try out a new class, use the fitness room, participate in one of our health related presentations, enjoy the rewards of helping in our garden, or even play a game of billiards in the rec room. If you have any questions about these opportunities, just give us a call and we can get you signed up.

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 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.

Medicare 101—Thurs. June 1st 2:00-4:00 LEH

Call Kristi to register 828-265-8090

June 21st is Make Music Day and The Kudzu Strummers will perform for us at Lois E Harrill to celebrate.

Wednesday June 21st at 10:15 in the dining room

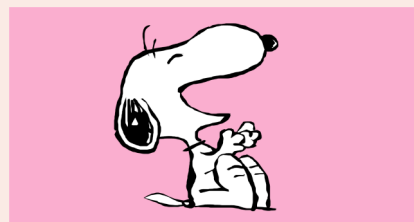
Watauga County Parks & Recreation Senior Trips

Wednesday June 28th 10:00-5:00—Hickory Crawdads

Baseball Game Call 828-264-9511 for more info.

BRAHM presents Kehinde Wiley Inspired Portraits

Wednesday June 28th at 10:00



Dogs & Doughnuts— — —

Mental Health Matters

Tues June 6th at 11:00

Join us at Lois E Harrill to relieve stress, eat doughnuts, and pet Ninja, a therapy dog for ARHS.

Assistive Technology: What is it? How is it used?

Tues. June 13th at 10:30

Assistive products maintain or improve an individual's abilities and independence by supporting their functioning and promoting well being. The NCDHHS Assistive Technologist will present available technologies and devices for participants.

VAYA Health presents

OCD: Thought-Behavior Cycle and PTSD: Healing the Emotional Wound

Tues. June 20th at 10:00 and 11:00

Follow us on
Facebook
Lois E Harrill
Senior Center

We will be participating in the NC Seniors Farmers' Market Nutrition Program this season with vouchers for eligible recipients. The voucher season is from July 1—September 30. Vouchers will be distributed in late June. Watch for announcements mid month.

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

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

