

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

Lois E Harrill Senior Center

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 Spring Arts & Crafts Class 10-12 BINGO 11-11:45</p>	<p>2 UNC Health App Health Talk 11:00 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>3 Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3 Improv! 4-5:30</p>	<p>4 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>5 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>8 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 Spring Arts & Crafts Class 10-12 BINGO 11-11:45</p>	<p>9 Mah Jong 10-12 VIP Club 10-12 MED Instead of Meds Nutrition Series 11:00 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>10 Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Table Top Games 12:30 Knitting 1-3</p>	<p>11 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>12 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>15 **Grandfather Mountain Trip ** Bone Builders 9:30 Weaving 9-12 Spring Arts & Crafts Class 10-12 BINGO 11-11:45 Outlander Club 1:30-3</p>	<p>16 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>17 Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Table Top Games 12:30 Knitting 1-3 Senior Companions 2:00</p>	<p>18 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>19 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>22 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 Spring Arts & Crafts Class 10-12 Let's Grow! Lettuce Planters 10:00 BINGO 11-11:45</p>	<p>23 Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>24 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30 Knitting 1-3</p>	<p>25 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>26 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>29 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</p>	<p>30 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>			

Lois E Harrill Senior Center April 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)



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



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.

*** Monthly Health Presentations***

UNC Health Appalachian—Tuesday, April 2nd at 11:00

Dementia and Alzheimer's Information Presentation

Vaya Health—Tuesday, April 23rd Med Instead of Meds

10:00 - Facing Substance Use and Misuse in Your World

11:00– Not As Prescribed: Effects of Medication Misuse

Med Instead of Meds

Grandfather Mountain Trip Monday, April 15th

We're headed up to Grandfather Mountain to take advantage of Dollar Days! The van will leave LEH at 10:30 and will return by 3:00. We will enjoy lunch at Mildred's Grill or pack a lunch, if you prefer. We have scheduled a special program, Nature at the Bridge, to enjoy after lunch. This program will focus on the rare and endangered plants and animals found on Grandfather Mountain. A \$5 fee will cover park entry and transportation. Registration is required and fee is due upon registering. See Kristi to sign up or for more info.

Celebrate Earth Day With a Take Home Container Garden Project

Monday, April 22nd at 10:00 Paige Patterson, Horticulture Agent with the Watauga County Cooperative Extension will bring her team of gardeners to lead our annual lettuce planter activity. Participants will leave with planters filled with their choice of delicious, nutritious salad greens ready to enjoy all summer long. There is no fee for this valuable program, but registration is required!



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*

Congregate Lunch served at
12:00 PM Monday—Friday

Senior Center!

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. April 24th at 10:00— Exploring Pattern and Geometry Through Drawing and Collage

This workshop is inspired by Islamic art in observance of Arab American Heritage Month.

LEH Presents An Arts and Crafts Spring Series!

Each Monday, April 1st—April 22nd at 10 AM

Join us for this special series of workshops hosted by our guest team of ASU Recreation Management Students. We will sculpt charms with modeling compound and create Spring inspired stationary cards while learning about the processes involved. Sculptural and paper/print making techniques are foundational creative outlets and perfect expressions of growth and new life.

All materials are provided for these workshops and there is no fee for registered senior center participants. Call Kristi to register or for more information at 828-265-8090.

***Trivia Time at Lois E Harrill Senior Center!

Every Wednesday at 11:00 in the Dining Room***

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.

