

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

# Lois E Harrill Senior Center

## December 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
<b>4</b> Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>5</b> <b>ARHS Health Talk</b> <b>11:00</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	<b>6</b> Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	<b>7</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>8</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
<b>11</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>12</b> Mah Jong 10-12 VIP Party 11:00 Line Dancing 1:30 \$Sewing 5:30-8	<b>13</b> Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	<b>14 LEH Book Club!</b> <b>10:00</b> Crafts 10-1:30 Dementia Caregiver- Support Group 1:30 \$Needlework 1-3 \$TAI CHI 4:30	<b>15</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
<b>18</b> Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>19</b> <b>VAYA Health Talk</b> <b>10:00—12:00</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	<b>20</b> Bone Builders 9:00 <b>BRAHM Art 10:00</b> Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	<b>21</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>22</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
<b>25 CLOSED</b>	<b>26 CLOSED</b>	<b>27 CLOSED</b>	<b>28</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>29</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30

# Lois E Harrill Senior Center November 2023 Newsletter

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.

**\*\*\*Monthly Wellness Presentations\*\*\***

**\*\*\*UNC Health Appalachian —**

**Tues. Nov. 7th at 11:00:**

**\*\*\*VAYA Health —**

**Tues. Nov. 21st:**

**10:00 Dementia: A Deeper Understanding**

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

**\*\*\*Holiday Celebrations\*\*\***

**Friday, Dec. 15th at 10:00—**

Tune up your voice and get ready to make a joyful noise! We are having a caroling sing-a-long with the Kudzu Strummers in the dining room.

**Wednesday, Dec. 20th from 10:00-12:00- -**

Wear your best, brightest Holiday attire and let's celebrate! Bring an unopened, store bought treat to share if you'd like. We'll have games, contests, and lots of laughs.

Friday, Dec. 22nd at 12:00 we will enjoy our annual Christmas lunch. Glazed ham and all the fixins with Pumpkin Pie to finish the week.

You must be a registered participant and let Kristi know you will join us for lunch. You can do that by filling out the monthly menu here at LEH or by calling us at 828-265-8090.

We will then be closed for the Christmas holiday and will reopen on Thursday, Dec. 28.

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



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.

**Medicare Open Enrollment Runs Through December 7th**

Open Enrollment is your chance to make changes to your current Medicare Part D or Advantage Plan. Our volunteer SHIIP counselors are a source of unbiased information and will assist beneficiaries with finding the best plan at the lowest cost available. As Watauga County's SHIIP Coordinator Site, we are currently scheduling appointments for Open Enrollment. Call Kristi at (828)265-8090 for your Medicare counseling appointment.

**\*BRAHM Art Workshop-Wed. Dec. 20 at 10:00**  
Watercolor Resist Notecards—All materials are provided and the workshop is free for registered participants.

**\*Rowdy Readers Book Club— Thurs. Dec. 7 at 10:00.** We are reading The Immortal Life of Henrietta Lacks by Rebecca Skloot this month. If you're Book Club curious, we just may have the new Book Club for you! We're reading something new each month and talking about it over snacks and coffee or tea. For more info, see Kristi.

**Dementia Caregiver Support Group— Thurs. Dec. 21st at 1:00** If you are caring for a loved one with Dementia and could use some resources and support, we can help. Call us at 828-265-8090 for more information.

*See y'all  
at the  
Senior Center!*

## **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 Death 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.

