



Lois E Harrill Senior Center January 2023



Mon	Tue	Wed	Thu	Fri
2 CLOSED 	3 Mah Jong 10-12 ARHS Health Talk 11:00 Lions Club 12-1 Table Top Game Time 12:30 Line Dancing 1:30 \$Sewing 5:30-8	4 Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45 Book Club 12-3	5 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	6 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30
9 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	10 Mah Jong 10-12 Table Top Game Time 12:30 Line Dancing 1:30 \$Sewing 5:30-8	11 Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45 Book Club 12-3	12 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	13 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30
16 CLOSED MLK Day 	17 Mah Jong 10-12 VAYA Health Talk 10-12 Lions Club 12-1 Table Top Game Time 12:30 Line Dancing 1:30 \$Sewing 5:30-8	18 Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45 Book Club 12-3	19 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	20 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30
23 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	24 Mah Jong 10-12 Table Top Game Time 12:30 Line Dancing 1:30 \$Sewing 5:30-8	25 BRAHM Art Workshop 10:00 Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45 Book Club 12-3	26 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	27 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30
30 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	31 Mah Jong 10-12 Table Top Game Time 12:30 Line Dancing 1:30 \$Sewing 5:30-8			

January 2023 Happy New Year!

Welcome back for a new year at Lois E Harrill Senior Center! We are looking forward to growing our participation and excited to offer some new programs in the coming year. Stay tuned for updates.

Winter is here and so is the weather we know the season brings. Cancellations and schedule changes occur and we work hard to make announcements with timeliness. If you are a registered participant in our MySeniorCenter system, we send a recorded message to the number we have on file. We make announcements through local radio, Goblueridge.net, Ray's Weather online, and the Lois E Harrill Senior Center Facebook page.

A great big thank you to all who donated blankets (and toiletries) for our blanket drive to support our neighbors in need at the Hospitality House. We were able to deliver 4 car loads of warmth during an unprecedented time of increased demand for services and extreme cold. You made a true difference in the lives of others. We will continue with such community service projects in the future and are so grateful for our participants' loving generosity.

Blowing Rock Art History Museum brings us a new and engaging art workshop on the last Wednesday of each month. This is offered at no cost to our participants and brings great value to our activity programming. For January's art theme, Kayla has planned a study of Cezanne Inspired Still Life. Materials are supplied and no registration is required. Just come meet us in Classroom 2 and bring a friend or make some new ones here.

Find us on Facebook at
Lois E Harrill Senior
Center for updates.



Congregate Nutrition is provided in our daily lunch service (Monday-Friday at noon) and registration is required. See Kristi for the current menu and to sign up. The funding for this service is from federal, state, county/local sources, and from **Consumer Contributions** from service recipients. The monetary value of the lunch service you receive is \$8.69 per Congregate Meal and \$10.46 per Home Delivered Meal. Our transportation services cost \$10.54 per ride, on average. We would like to make these services available to as many people in the community as possible and the way we can do this is through voluntary consumer contributions. We are asking our participants to consider making a voluntary contribution toward the cost of the service you receive. We would appreciate any amount you can afford. You are under no obligation to contribute and receipt of this service is not dependent on your willingness to contribute. If you have any questions about how you can make a contribution, you can call Project on Aging at (828)265-8090. Thank you!

Regular Fitness Opportunities
Bone Builders -M,W, F (9:30-10:30)
Line Dancing -Tues (1:30)
Tai Chi -Thurs (4:30)

Monthly Healthcare Presentations:
Tuesday January 3rd 11:00– ARHS Presents “Tips and Tricks for Communication With Your Provider”
Tuesday January 17th 10:00– VAYA Health Presents “Enriching Mental Health with Complimentary Treatments”

**BINGO every Mon,
Wed, Fri 11:00-11:45**

Crafts, Needlework, Weaving, Sewing, and Quilter's Circle times are listed on events calendar.

Bread Distribution Fridays @ 12:30
Card and other Tabletop games are meeting Tuesdays @ 12:30 and other times arranged by players.
Come join us!

Lois E Harrill Senior Center/Project on Aging
132 Poplar Grove Connector, Suite A
Boone, NC 28607

(828)265-8090
Mon-Fri 8am-5pm

Senior Center Director:
Kristi Bunn
kristi.bunn@watgov.org

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 (SHIIP-Seniors Health Insurance Information Program)
- Tax Preparation - partnership with AARP's Volunteer Income Tax Assistance 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

