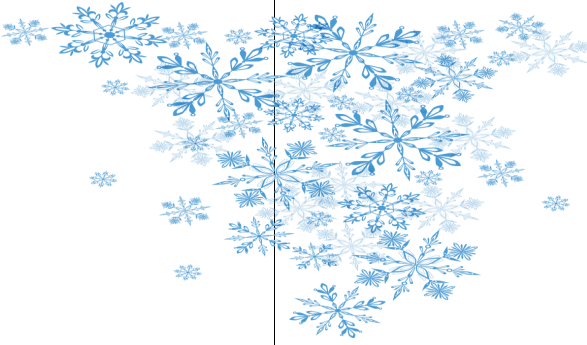




CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED 	2 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	3 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
6 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	7 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30	8 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	9 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 Medicare 101 2-4 \$TAI CHI 4:30	10 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
13 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	14 Mah Jong 10-12 Digital Literacy Workshop 11:00 Line Dancing 1:30	15 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	16 Crafts 10-1:30 Rowdy Readers 10:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	17 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
20 CLOSED 	21 Mah Jong 10-12 BreakThrough PT Health Talk 11:00 Lions Club 12-1 Quilt Guild WS 1-4 Line Dancing 1:30	22 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Senior Companions 2:00	23 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	24 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
27 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	28 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Line Dancing 1:30	29 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	30 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	31 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00

Lois E Harrill Senior Center January 2025 Newsletter

Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:00-10:00)

(Beg.12/9, Bone Builders will meet 9:30-10:30)

Line Dancing—Tues.(1:30-2:30)

Tai Chi—Thurs.(4:30-5:30)

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: Come see our updated computer lab! Brand new computers, access to the internet, printers, and a shredder.

All facilities are available to registered center participants with no fee for registration, Mon-Fri 8:00-5:00

*****Medicare 101 Seminar— Thursday, January 9th 2-4pm**

If you or someone you know will be new to the complicated world of Medicare or would just like to learn more about the Seniors' Health Insurance Information Program, join us for this free seminar. SHIP is a division of the NC Department of Insurance that offers unbiased information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. Call Kristi to sign up for this program at 828-265-8090.

Digital Literacy Workshop—Tuesday, January 14th at 11:00

Fred Wilson, Digital Navigator with the High Country Area Agency On Aging, will guide us through our digital world to help us better understand and use our electronic devices and stay aware of the latest scams and phishing approaches.

BreakThrough Physical Therapy— Tuesday, January 21st at 11:00

Pelvic Health Information

Paola Powell, Certified Pelvic Health Physical Therapist with BreakThrough Physical Therapy, will teach us about pelvic health and the therapy available to treat issues such as pelvic pain, including hip and back pain, and incontinence. Physical therapy can reduce or eliminate pain, prevent surgery, and eliminate the need for medication in many patients. Come learn more about this approach to core health.

VAYA Health—Tuesday, January 28th at 10:30

Enriching Mental Health with Complimentary Treatments
Call Kristi at 828-265-8090 for more information.

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.

*See y'all
at the*

Senior Center!

**The Rowdy Readers Book Club—
Thursday, January 16th at 10:30**

We are reading The Soul of an Octopus: A Surprising Exploration Into the Wonder of Consciousness by Sy Montgomery. “Sy Montgomery is a naturalist, documentary scriptwriter, and author of twenty acclaimed books of nonfiction for adults and children, including the memoir The Good Good Pig, which was a national bestseller. The recipient of numerous honors, including lifetime achievement awards from the Humane Society and the New England Booksellers Association, she lives in New Hampshire with her husband, border collie, and flock of chickens.” Join us in the dining room for coffee and snacks to discuss this engaging book which brings better understanding of this intelligent creature and a love of the natural world to readers.

BRAHM Art Workshop—

Wednesday January 29th at 10:00

Abstract Ink Drawing We will celebrate Robert Motherwell, an American abstract expressionist painter and printmaker, born January 24th, 1915, with large ink painting. This monthly art workshop is free for registered senior center participants. Call Kristi at 828-265-8090 for more information.



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.

