

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

# Lois E Harrill Senior Center

## June 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bone Builders 9:00 Weaving 9-12 NCDNJ presents: Avoiding Scams and Fraud 10:00 BINGO 11-11:45 Rook Games 12:30	<b>4</b> <b>UNC Health App Health Talk 11:00</b> Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30	<b>5</b> Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3	<b>6</b> Rowdy Readers Book Club 10:00 Crafts 10-1:30 Get To Know Your Smartphone 1:00 \$Needlework 1-3 \$TAI CHI 4:30	<b>7</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30- 3:00
<b>10</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Rook Games 12:30	<b>11</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	<b>12 *Elder Abuse Awareness Walk* 2:00 at LEH</b> Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3	<b>13</b> Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30	<b>14</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30- 3:00
<b>17</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Rook Games 12:30	<b>18</b> Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8	<b>19</b> Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3 Senior Companions 2:00	<b>20</b> Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30	<b>21</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30- 3:00 State Board of Elections Voter Photo ID Seminar 1:00
<b>24</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Rook Games 12:30	<b>25</b> Mah Jong 10-12 <b>VAYA Health Talk 10-12</b> Line Dancing 1:30 Outlander Club 2-4 \$Sewing 5:30-8	<b>26</b> Bone Builders 9:00 <b>BRAHM Art 10:00</b> Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3	<b>27</b> Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30	<b>28</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30- 3:00

# Lois E Harrill Senior Center June 2024 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 Health Presentations\*\*\*

[UNC Health Appalachian](#)—Tuesday, June 4th at 11:00 All About Arthritis: Diagnosis, Forms, and Treatments

[Vaya Health](#)—Tuesday, June 25th, 10:00-11:00 Neurocognitive Disorders and the Basics of Dementia: Top 4 Dementias

A course designed to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.

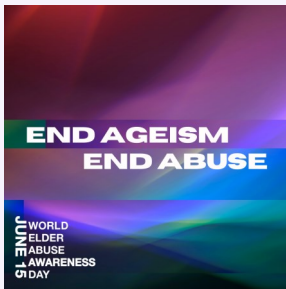
## World Elder Abuse Awareness Day is June 15th

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is defined as the harming of an older person and can include neglect, physical, emotional, financial, or sexual abuse. It is up to all of us to care for and protect the most vulnerable of our community and there are things everyone can do to make a difference. We will be working to bring attention to the elder abuse problem while offering educational programs and resources for senior center participants and the community all month.

### **Join us for our World Elder Abuse Awareness Walk Wednesday, June 12th at 2:00**

We will meet at LEH Senior Center. Wear your purple to support the work of bringing awareness to this cultural problem.

Call 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.**

### Blowing Rock Art & History Museum Workshop

**Wed. June 26th at 10:00— Paper Rhododendrons**

Join us for a paper-craft workshop and create this beloved , mountain, botanical wonder. As always, there is no fee for registered participants to enjoy our monthly art program. All materials are provided by **BRAHM**. For more information, call Kristi at 828-265-8090.

### North Carolina Senior Farmers' Market Nutrition Program

Farmers' Market Vouchers will be here this month! Call Kristi to sign up or for more information about eligibility.

\*\*\*Trivia Time at Lois E Harrill Senior Center Every Wednesday at 11:00 in the Dining Room

*See y'all  
at the  
Senior Center!*



**Monday, June 3rd at 10:00**—North Carolina Department of Justice presents **Avoiding Scams and Fraud**.

As the state's frontline agency on consumer protection and crime prevention, the NCDNJ has the most current, comprehensive information and resources for presentation participants.

**Thursday, June 6 at 1:00**— Carolina West presents **Get To Know Your Smartphone**

**Friday, June 21st at 1:00**—North Carolina State Board of Elections presents a **Voter Photo ID Seminar** which will Inform participants about the new voter photo identification requirements in N.C. This seminar covers a range of related topics, including the acceptable forms of photo identification, the new procedures involved in the voting experience, and the process of voter registration.

## **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.

