

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

# Lois E Harrill Senior Center

## March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00	
<b>4</b> 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	<b>5 ** NC Primary**</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>6</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Knitting 1-3 Table Top Games 12:30	<b>7</b> <b>Rowdy Readers</b> <b>Book Club 10:00</b> <b>Matter Of Balance 1-3</b> Crafts 10-1:30 \$TAI CHI 4:30	<b>8</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
<b>11</b> Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1	<b>12</b> Mah Jong 10-12 <b>MED Instead of Meds Nutrition Series 11:00</b> Line Dancing 1:30	<b>13</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Knitting 1-3 Table Top Games 12:30	<b>14</b> Crafts 10-1:30 <b>Matter Of Balance 1-3</b> \$Tai Chi 4:30	<b>15</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
<b>18</b> Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 <b>Let's Grow! 12:30</b> Outlander Club 1:30-3	<b>19</b> Mah Jong 10-12 <b>MED Instead of Meds Nutrition Series 11:00</b> Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30	<b>20</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Knitting 1-3 Table Top Games 12:30	<b>21</b> <b>Rowdy Readers</b> <b>Book Club 10:00</b> Crafts 10-1:30 <b>Matter Of Balance 1-3</b> \$TAI CHI 4:30	<b>22</b> Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
<b>25</b> Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 <b>Let's Grow/Dig In Garden Crew 12:30</b>	<b>26</b> Mah Jong 10-12 <b>VAYA Health Talk 10-12</b> Line Dancing 1:30	<b>27</b> Bone Builders 9:30 <b>BRAHM Art 10:00</b> Quilter's Circle 10-2 Trivia Time! 11:00 Writers Room 12-2 Knitting 1-3 Table Top Games 12:30	<b>28</b> Crafts 10-1:30 \$Tai Chi 4:30	<b>29 CLOSED</b>  A HAPPY EASTER

# Lois E Harrill Senior Center March 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)

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.

A Matter of Balance—Thursdays 1:00-3:00 at LEH

This 8-week, evidence based program is designed to address and manage concerns about falling, increase confidence around balance, and help foster independence. The award winning class is for those who have fallen or have a fear of falling and will help participants view falls as controllable, make lifestyle changes to reduce falls, and increase strength and balance.

\*\*\* Monthly Health Presentations\*\*\*

UNC Health Appalachian—Tuesday, March 5th at 11:00

We will learn about the health risks of Vaping.

Vaya Health—Tuesday, February 27th

10:00 - PTSD: Healing the Emotional Wound

11:00— Hoarding Disorder: Hidden Secrets

\*\*\*Nutrition Education Series\*\*\* MED Instead of MEDS—

Tuesdays, March 12th, 19th, and April 9th at 11:00—

A 3-week class series led by Margie Mansure, Registered Nutritionist with the NC Cooperative Extension. Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of chronic illnesses. Join us to learn about this healthy and delicious cultural approach to nutrition.

For more information or to register for any of our health and nutrition programs, call Kristi Bunn at 828-265-8090.

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

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

*See y'all  
at the  
Senior Center!*

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.

\*\*\*BRAHM Art Workshop\*\*\*

Wed. March 27th at 10:00—

For Women's History Month, let's enjoy watercolor flowers and mini compositions Inspired by Georgia O'Keefe. All Materials are provided and workshop is free for registered senior center participants.

\*\*\*Let's Grow! Gardening Activities\*\*\*

Monday, March 18th at 12:30—

Join us for this gardening program brought to LEH by Master Gardener, Beth Sarmiento from Second Harvest NWNC. We will learn about delicious, nutritious Microgreens and sample some foods made with various Sprouts. We'll also plant our own container of Microgreens to take home for sprouting and creating all manner of fresh culinary delights! Contact Kristi for more info or to sign up for this exciting, "almost Spring" activity.

Monday, March 25th at 10:00 We will begin with our Dig In Garden Crew organizing and planning for the Spring garden clean up and planting projects. **Let's grow!!!**



## **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.

