




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

Lois E Harrill Senior Center

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00</p>	<p>2 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30</p>	<p>3 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30</p>
<p>6 Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00</p>	<p>7 ARHS Health Talk 11:00 Mah Jong 10-12 Lions Club 12-1 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>8 *BRAHM Trip* Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00</p>	<p>9 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30</p>	<p>10 Closed</p> 
<p>13 CRAFT FAIR 10-4 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00</p>	<p>14 Craft Fair 10-4 Mah Jong 10-12 Outlander Book Club 11:00-1:00 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>15 Craft Fair 10-4 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00</p>	<p>16Craft Fair 10-4 LEH Book Club! 10:00 Crafts 10-1:30 Dementia Caregiver- Support Group 1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>17 Craft Fair 10-12 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30</p>
<p>20 Bone Builder9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p>21 VAYA Health Talk 10:00—11:00 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30— 8</p>	<p>22 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3</p>	<p>23 Closed</p> 	<p>24 Closed</p>
<p>27 Bone Builder9:00 Weaving 9-12 Open Art 10-1</p>	<p>28 Mah Jong 10-12 Line Dancing 1:30 VAYA Health Webinar 10:00 \$Sewing 5:30-8</p>	<p>29 Bone Builders 9:00 BRAHM Art 10:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3</p>	<p>30 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30</p>	<p><i>See y'all at the Senior Center!</i></p>

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:

Sleep Health With Tips and Tricks For a Better Night's Rest

*****VAYA Health ---**

Tues. Nov. 21st:

10:00— Suicide and Aging...

Conversations for Life!

11:00—The Many Uses of

Antidepressant Medications

*****NEW BOOK CLUB AT LEH *****

1st meeting Thursday 11/16 at 10:00

More info to come, watch for updates or call Kristi for details.

***** BRAHM Visit on November 8th*****

BRAHM Art Workshop—Wednesday, Nov. 29th 10:00—11:30

We will celebrate Native American Heritage Month with this art workshop! Explore Beadwork inspired by the work of Jeffrey Gibson, an American Mississippi Choctaw/Cherokee painter and sculptor . Gibson's current works layer beads, fringes, trading blankets, jingles, and all manner of fanciful found objects. Join us for this exciting creative opportunity. All materials are provided by Blowing Rock Art & History Museum. Call Kristi for more info at (828)265-8090

Lois E Harrill Senior Center Dementia Caregiver Support Group—

Thursday, Nov. 16th at 1:30* Join us for our monthly sharing of resources and support for caregivers of loved ones living with dementia. Care recipients are invited to participate in an adjoining area for social enrichment and skill building. Snacks are provided. Call Kristi for more information and registration. (828)265-8090

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.

Annual LEH Craft Fair—

Mon. Nov. 13th—Fri. Nov. 17th

(Mon-Thurs 10-4 and Fri. 10-12)

Come do your holiday shopping at the senior center! All handmade crafts!



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 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)
- 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 purchase.

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
- **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.

