

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

Lois E Harrill Senior Center

September 2024



Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED  HAPPY LABOR DAY	3 Let's Ramble! 9-10 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30 \$Sewing 5:30-8	4 Bone Builders 9:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Improv! 4-5:30	5 Rowdy Readers Book Club 10:00 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	6 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
9 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1	10 Let's Ramble! 9-10 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	11 Bone Builders 9:00 Trivia Time 11:00 Writers Room 12-2 Quilter's Circle 10-1:30 Knitting 1-3	12 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 2-4 \$TAI CHI 4:30	13 Bone Builders 9:00 VAYA Health Webinar 10-12:15 BRAHM Ballad Singing Performance 11:00 Bread Distribution 12:30 Table Top Games
16 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1	17 Let's Ramble! 9-10 VAYA Health Webinar 1:30-3:45 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8	18 Bone Builders 9:00 Trivia Time 11:00 Writers Room 12-2 Quilter's Circle 10-1:30 Knitting 1-3	19 Rowdy Readers Book Club 10:00 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	20 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
23 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 Fall BINGO with AMOREM 11:00 Open Art 10-1	24 Let's Ramble! 9-10 Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30 \$Sewing 5:30-8	25 Bone Builders 9:00 Health Fair 10-12 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	26 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30	27 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
30 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1				

Lois E Harrill Senior Center September 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 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

Just see Kristi Bunn to register or for more info.

*** Monthly Health Presentations***

UNC Health Appalachian—

Tuesday, September 3rd, 11:00

Prostate and Breast Cancer Awareness

Vaya Health—Tuesday, September 24th

10:00—Opportunities to Help During Crisis

11:00—Living with Anxiety: Medications that Help

To register for webinars, go to [Vayahealth.com/calendar](https://vayahealth.com/calendar)

BRAHM Art Workshop Wed. September 25th at 10:00—

Let's Celebrate Hispanic Heritage Month With Alebrijes Inspired Painting Alebrijes are colorful, whimsical creatures that combine elements of real and imagined animals and mythical, fantastic beasts.

They may hold great symbolic meaning for some artists while signifying Mexican folk art tradition for others. All materials are provided for this monthly workshop and there is no fee for registered senior center participants.

BRAHM Presents Ballad Singer Donna Ray Norton

Friday, September 13th at 11:00 in the LEH Dining Room Donna is an

8th generation ballad singer from Madison County, N.C. and will be

performing a series for Blowing Rock Art & History Museum. Join us at

Fall Health Fair and Flu Vaccine Clinic Wednesday, September 25th, 10:00—12:00

Our partner agencies and local service providers will be at Lois E Harrill Senior Center with resources, information, and presentations focused on health and wellness. Boone Drug will be here to administer Flu vaccines to participants. The event is free and open to the public.

Call Kristi Bunn at 828-265-8090 to sign up for your Flu Vaccine.

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!*

Let's Ramble!

LEH's New Walking Club

We will be meeting at LEH each Tuesday morning at 9:00, then we'll walk into downtown Boone to explore and enjoy the physical and social benefits of wandering around with our senior center friends. Each excursion will take about an hour and we'll ramble rain or shine. There will be weather and terrain, so wear your sporty shoes and dress appropriately. We won't be in a hurry as is the nature of a good ramble. Give Kristi a call at 828-265-8090 if you have questions and we'll see y'all at the senior center!



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.

