



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

# Lois E Harrill Senior Center

## August 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Mah Jong 10-12 <b>ARHS Health Talk 11:00</b> <b>Lions Club 12-1</b> Quilt Guild 12:30-3:30 Line Dancing 1:30 \$Sewing 5:30-8	<b>2</b> Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 <b>Knitting 1-3</b>	<b>3</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>4</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
<b>7</b> Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>8</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	<b>9</b> Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 <b>Knitting 1-3</b>	<b>10</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>11</b> Bone Builders 9:00 <b>VAYA Health Webinar 10:00</b> BINGO 11-11:45 Bread Distribution 12:30
<b>14</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 <b>ImprovImprov! 4:30</b>	<b>15</b> Mah Jong 10-12 <b>VAYA Health Talk 10-12</b> <b>Lions Club 12-1</b> Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30-8	<b>16</b> Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 <b>Ice Cream Social 12:30</b> <b>Knitting 1-3</b>	<b>17</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>18</b> Bone Builders 9:00 <b>\$Dreams As Art 10:00</b> BINGO 11-11:45 Bread Distribution 12:30
<b>21</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	<b>22</b> Mah Jong 10-12 Line Dancing 1:30 <b>VAYA Health Webinar 10:00</b> \$Sewing 5:30-8	<b>23</b> Bone Builders 9:00 Quilter's Circle 10-2 <b>Book Club 10-12</b> BINGO 11-11:45 <b>Writer's Room 12-2</b> <b>Knitting 1-3</b>	<b>24</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>25</b> Bone Builders 9:00 <b>\$Dreams As Art 10:00</b> BINGO 11-11:45 Bread Distribution 12:30
<b>28</b> Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 <b>Get To Know Your Smartphone 1:00</b>	<b>29</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	<b>30</b> Bone Builders 9:00 <b>BRAHM Art 10:00</b> Quilter's Circle 10-2 <b>Advanced Directives then BINGO with Amorem 10 &amp; 11</b> <b>Writer's Room 12-2</b> <b>Knitting 1-3</b>	<b>31</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	

# Lois E Harrill Senior Center August 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.

We will begin an exciting new art workshop this month,

**\*Dreams As a Visual Language: An Innovative Art Class**

**10:00—12:00 Fridays beginning August 18th in**

**classroom 2 of LEH Senior Center.** This 6-week long

program is being taught by local art educator Irmaly

Brackin and is a study of dreams through painting. If you

are interested in dream interpretation, self expression

with watercolor, or just looking for a creative journaling

artistic experience, this is a wonderful opportunity to

explore. This will be a fee based program with materials

provided and registration requested. Sign up with Kristi or

give us a call with any questions at 828-265-8090.

For another engaging art program, join us for our monthly

**\*BRAHM Art Workshop—Wednesday August 30th**

**10:00—12 :00 in classroom 2 of LEH Senior Center.** This

workshop will be a weaving technique class with woven

postcards as the product. Materials are provided and no

registration is required. Call Kristi for more information.

AMOREM will be at LEH on Wednesday August 30th to facilitate an **Advance Care Planning Workshop** at 10:00, then hosting **BINGO** at 11:00. \*Registration is requested for **The Gift: The Guide To Advance Care Planning**. Call Kristi for information or registration.

Classes and activities are subject to change or cancellation with no prior notice. Please call to confirm – 828-265-8090

Follow us on Facebook  
Lois E Harrill Senior Center



**\*\*ARHS Health Talk ---**

**Tues. Aug. 1st at 11:00**

**Let's Explore Movement With Some Chair Exercises**

**\*\*VAYA Health Talk ---**

**Tues. Aug. 15**

**10:00 Opportunities to Help During Crisis**

**11:00 Communication 101**



**\*\*ICE CREAM SOCIAL\*\***

**Wednesday, August 16th at 12:30**

What better way to mark the middle of the month than ice cream with friends after lunch? Feel free to bring an unopened, store bought topping to share.

Must be a registered participant. Let Kristi know if you'll join us for lunch if not already signed up.

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



## New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

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 outlet for sales of Lions Club brand brooms.

### 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
    - **Library:** 828-264-8784
  - **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
    - **OASIS:** 828-264-1532
  - **Social Security (National Number):** 1-800-772-1213
  - **Social Security (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.

**Western Watauga: Cindy Lamb**  
(828) 297-5195

**Lois E. Harrill: Kristi Bunn**  
(828) 265-8090

**Lois E. Harrill is a  
SENIOR CENTER OF EXCELLENCE**  
Serving Individuals age 60 and older

