


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

Lois E Harrill Senior Center

August 2025



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
4 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	5 Mah Jong 10-12 Stay Safe In the Sun with UNC Health App 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	6 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3 Knitochet 1:00 Improv Improv! 4-5:30	7 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	8 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
11 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	12 Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	13 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3 Knitochet 1:00	14 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	15 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
18 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	19 Mah Jong 10-12 Heart Health with Hopscotch 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	20 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time! 11:00 Writers' Room 11-1 Table Top Games 12:30-3 Knitochet 1:00 Senior Companions 2:00	21 **Piedmont Triad Farmers Market Trip- Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	22 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
25 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	26 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	27 Bone Builders 9-10 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitochet 1:00	28 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	29 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3

Lois E Harrill Senior Center August 2025 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 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: Updated desktop computers with internet access and Microsoft Office capabilities, printers, and a shredder.

All facilities are available to registered center participants with no fee for registration, Mon-Fri 8:00-5:00

Trip to Piedmont Triad Farmers Market

Senior Citizens Day on Thursday August 21st, 8:00-5:00

Join us for a trip down to Guilford County to enjoy late summer's best produce offerings. This will be an all day trip leaving from LEH by 8:30 and returning at 5:00. This market has vendors accepting the **Senior Farmers' Market Nutrition Program Vouchers** and will have a variety of products available. We'll enjoy lunch at Olympic Family Restaurant which is a family owned restaurant with something on the menu for everyone's taste. The cost for this trip is \$5 to cover van transportation. Lunch and shopping are not included in that fee. We will proudly be supporting North Carolina food producers and family businesses with our spending power! Registration and payment are required and due by Friday, August 15th, to reserve space on the vans.

Call Kristi for more info or to sign up at 828-265-8090.

Tuesday Talks

*Stay Safe In the Sun with UNC Health Appalachian—

Tuesday, August 5th at 11:00

It's the season for "fun in the sun" and we'll talk about how we can stay safe from the sun's harmful effects.

*Digital Literacy Workshop—Tuesday, August 12th at 11:00

*Heart Health Talk and Blood Pressure Checks with

Hopscotch Primary Care—Tuesday, August 19th at 10:30

*VAYA Health— Tuesday, July 22nd at 10:30

Personality Disorders: Reaction to Interaction

Supporting an older adult with a personality disorder can be challenging. This training looks at specific personality disorders, what to expect, and treatment options. Also shared are tips used to make interactions smoother and more effective.

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.

Watercolor Exploration with Irmaly Brackin

Mondays at 11:00

This is an abstract, watercolor , mixed media class
taught by Irmaly Brackin with all materials provided.
There is a \$5 fee per class for registered participants.

Knitochet—Wednesdays at 1:00

Janeene Ross is back to help learners of all levels pick
up new knitting and crochet skills. Participants can
bring a project they're already working on to craft
with others, get help with a pattern problem, find
inspiration for a new project, or learn to knit or
crochet from the first cast-on. We can get someone
started with a hook or needles and yarn from the
center stash or bring your own and get busy. This
fiber art offering is free for registered senior center
participants.

BRAHM Art Workshop—

Wednesday, August 27th at 10:00

**Books! Learn how to create and bind your own
artist book or zine.** All materials are provided by
BRAHM and this monthly workshop is free for
registered senior center participants.

**For more information about any of these programs,
call Kristi Bunn at 828-265-8090.**

*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 Presnell (828) 297-5195
Lois E Harrill Senior Center is a
SENIOR CENTER OF EXCELLENCE
Serving individuals age 60 and older.

