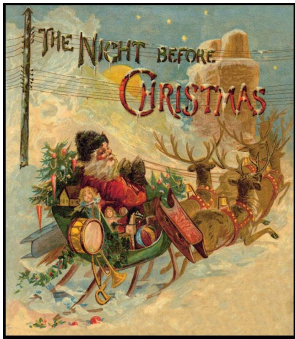





CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Bone Builders 9:00 Weaving 9-12 Deck the Halls 10-1 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Holiday Craft 1:00 \$Sewing 2-5</p>	<p>3 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30</p>	<p>4 Bone Builders 9:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 ImprovImprov! 4-5:30</p>	<p>5 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p>6 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>9 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p>10 Mah Jong 10-12 VIP Party 11:00 Line Dancing 1:30</p>	<p>11***Holiday Fashion/ Ugly Christmas Sweater Day*** Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p>12 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p>13 *Hot Cocoa Day* Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3</p>
<p>16 Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p>17 Mah Jong 10-12 Kudzu Strummers Holiday Singalong 10:00 Digital Literacy Workshop 11:00 Quilt Guild WS 1-4 Line Dancing 1:30</p>	<p>18 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p>19 Crafts 10-1:30 VAYA Health Talk 10-12 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p>20 Bone Builders 9:30 Holiday Party 10-11 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>23 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Christmas Lunch 12 *must be signed up* \$Sewing 2-5</p>	<p>24 CLOSED </p>	<p>25 </p>	<p>26 CLOSED </p>	<p>27 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>30 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p>31 Mah Jong 10-12 Line Dancing 1:30</p>			

Lois E Harrill Senior Center December 2024 Newsletter

Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:00-10:00)

(Beg.12/9, Bone Builders will meet 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: 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

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

UNC Health Appalachian—

Tuesday, December 3rd at 11:00

Winter Safety Tips

The cold, snowy season is upon us with the unique joys and challenges that come with it. Lyndsi from UNC Health Appalachian will be here for the monthly Health Talk to discuss how to stay safe and healthy through Winter. We'll have fresh, hot coffee or tea ready for you.

Digital Literacy Workshop—

Tuesday, December 17th at 11:00

Fred Wilson, Digital Navigator with the High Country Area Agency On Aging, will begin some programming for participants around digital literacy and to help us build our digital skills.

Vaya Health—Thursday, December 19th

10:00 Neurocognitive Disorders and the Basics

of Dementia: Focus on Behaviors

A course designed to increase the understanding of neurocognitive disorders and dementia. The curricula will examine the four most diagnosed types of neurocognitive disorders (NCDs) in older adults, symptoms, risk factors, and treatment options. Also included are intervention strategies to support adaptive care delivery.

11:00 Communication 101– Focus on Dementia

Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This program is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges.

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!*

Deck the Halls at LEH Monday December 2nd from 10-12

Let's get our senior center all jolly for the holidays together! We'll trim the tree, enjoy warm drinks, and feel the joy of the season with our friends.

Get Crafty With Kristi! Monday, December 2nd at 1:00

We'll make hanging holiday decorations inspired by nature with just enough sparkle. Sign up with Kristi. There will be a \$3 fee to cover materials.

BRAHM Art Workshop Wednesday, December 18th at 10:00

Come make Felted Ornaments with Kayla. All materials are provided and this monthly workshop is hosted by Blowing Rock Art & History Museum at LEH free of charge for registered participants.

Holiday Fashion/Ugly Christmas Sweater Day

Wednesday, December 11th

Show up and show out in your best festive fashion, be it your tacky sweater that only sees the light of day once a year, your fanciest Christmas Formalwear, your flashiest elf finery, or your freshly bedazzled red tee shirt. Trivia Time is at 11:00!

Hot Cocoa Day Friday, December 13th

Join us in the LEH Dining Room before BINGO for some decadent hot cocoa to celebrate our new favorite holiday. There will also be fresh coffee and hot tea available as always.

Kudzu Strummers Holiday Singalong

Tuesday, December 17th at 10:00

Tune up your voice and get ready to make a joyful noise! We are having a caroling sing-a-long with the Kudzu Strummers in the dining room.

Annual Christmas Lunch Monday, December 23rd at 12:00

We'll have our traditional Glazed Ham with all of the fixings for lunch before being closed for the Christmas Holiday. You must be a registered participant and to have signed up for lunch by Friday, December 20th. Call Kristi Bunn at 828-265-8090 to sign up.



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.



Notifications of Cancellations

In the event of hazardous conditions due to inclement weather, the Project On Aging may cancel some or all services and programs for participants. We aim to make announcements of those decisions with timeliness. If you are a registered participant or client of the POA in our MySeniorCenter system, you should receive a recorded message to the phone number we have on file. We also make announcements on Goblueridge.net, Wataugaonline, local radio outlets including WATA, and the Lois E Harrill Senior Center Facebook page.

**Call the Watauga County Project On Aging
for more information at 828-265-8090**