
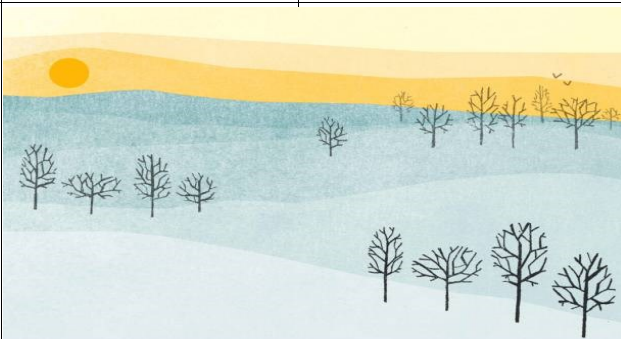


CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

December 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 Weaving 9-12 Bone Builders 9-10 Deck the Halls 10-12 \$Watercolor Exploration 11:00 BINGO 11:00 \$Sewing 2-5	2 Mah Jong 10-12 Deck the Halls 10-12 Let's Talk Nutrition 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	3 Bone Builders 9-10 Deck the Halls 10-12 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	4 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	5 Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Holiday Craft 1:00 Table Top Games 12:30-3
8 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	9 BRAHM Trip 9:30 Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	10 Holiday Fashion/ Ugly Christmas Sweater Day Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	11 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	12 *Hot Cocoa Day* Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
15 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 \$Sewing 2-5	16 Mah Jong 10-12 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	17 Bone Builders 9-10 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	18 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	19 Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
22 Weaving 9-12 Bone Builders 9-10 LEH Holiday Party 10-12 \$Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	23 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Christmas Lunch 12:00 *must be signed up* Ping Pong 1-4 Line Dancing 1:30	24 CLOSED 		
29 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 \$Sewing 2-5	30 Mah Jong 10-12 Ping Pong 1-4 Line Dancing 1:30	31 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time! 11:00 New Year's Eve Lunch 12:00 *must be signed up* Knitochet 1:00 Tai Chi 1-2		

Lois E Harrill Senior Center December 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

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

*See y'all at the
senior center!*

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.

Chair Yoga at LEH!

Thursday, December 18th at 10:30

Our new and growing Chair Yoga class is free to registered senior center participants. This class is sponsored by Liberty Hospice and refreshments are provided. Space is limited, so sign up is required. For more information or to register, call Kristi at 828-265-8090.

Tuesday Talks

***Let's Talk Nutrition—**

Tuesday, December 2nd at 11:00

***Digital Literacy —**

Tuesday, December 9th at 11:00

***VAYA Health—**

Tuesday, December 23rd at 10:30—

Communication 101-The Basics

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 curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges.

Deck the Halls at LEH Monday, 12/1—Wednesday, 12/3 10:00-12:00

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! Friday, December 5th 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.

Holiday Fashion/Ugly Christmas Sweater Day Wednesday, December 10th

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 12th

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.

BRAHM Art Workshop Wednesday, December 17th 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.

Merry and Bright Party! Monday, December 22nd from 10:00-12:00

Wear your best, brightest Holiday attire and let's celebrate the season! Bring an unopened, store bought treat to share if you'd like. We'll have games, contests, and lots of laughs.

Annual Christmas Lunch Tuesday, 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 19th.

Traditional New Year's Lunch Wednesday, December 31st at 12:00

Get ready to ring in the New Year with a lucky lunch of roast pork, black-eyed peas, greens, cornbread, and ring cake.

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

