

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

Lois E Harrill Senior Center

February 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	4 Mah Jong 10-12 UNC Health App 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	5 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	6 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	7 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
10 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	11 Mah Jong 10-12 United Way 211 Presentation 11:00 Ping Pong 1-4 Line Dancing 1:30	12 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Digital Literacy Workshop 1:00 Knitting 1-3	13 Galentines Day Craft Party 10:00 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	14 Bone Builders 9:30 Valentines Party 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
17 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	18 *BRAHM Trip* Mah Jong 10-12 Medicare Scams and Fraud 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	19 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Senior Companions 2:00	20 Crafts 10-1:30 Rowdy Readers 10:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	21 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
24 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	25 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	26 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	27 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	28 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00

Lois E Harrill Senior Center February 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

Galentines Day Craft Party—February 13th at 10:00 Join Kristi and the Craft Ladies for a fun soap making party and celebrate our lady friends. Sign up with Kristi.

Valentine's Day Party—February 14th at 10:00 We'll crown our new King and Queen of Hearts and celebrate love and friendship with snacks and games

Health and Wellness Education

*UNC Health Appalachian-Tuesday, February 4th at 11:00

February is Heart Health Month and we will learn more about how to show our hearts some love.

*United Way 211 Presentation-Tuesday, February 11th at 11:00

Our friends from High Country United Way will be here to introduce NC 211, a free, confidential, multilingual health and human services information and referral system. This trusted resource is playing a key role in our State Emergency Response Team. There will be games and prizes so come join the fun and learn what help is available to our community.

*Digital Literacy Workshop—Wednesday, February 12th at 1:00

Fred Wilson, Digital Navigator with the High Country Area Agency On Aging, will guide us through our digital world to help us better understand and use our electronic devices. We'll learn about the Medical ID features of our smartphones, what that access allows, and how to get it set up. This workshop is interactive and allows for plenty of questions to be explored and the opening of other device related topics as they arise.

*Medicare Scams and Fraud—Tuesday, February 18th at 11:00

Diane Trainor from the NC SHIIP Senior Medicare Patrol Department will present the most up to date information for participants to know what to look out for and how to prevent Medicare fraud.

*VAYA Health—Tuesday, February 25th at 10:30

Anxiety: Managing Nervous Energy

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!*

The Rowdy Readers Book Club— Thursday, February 20th at 10:30

We are reading The Soul of an Octopus: A Surprising Exploration Into the Wonder of Consciousness by Sy Montgomery. "Sy Montgomery is a naturalist, documentary scriptwriter, and author of twenty acclaimed books of nonfiction for adults and children, including the memoir The Good Good Pig, which was a national bestseller. The recipient of numerous honors, including lifetime achievement awards from the Humane Society and the New England Booksellers Association, she lives in New Hampshire with her husband, border collie, and flock of chickens." Join us in the dining room for coffee and snacks to discuss this engaging book which brings better understanding of this intelligent creature and a love of the natural world to readers.

BRAHM Trip—Tuesday, February 18th at 10:00

Join us for a visit to Blowing Rock Art & History Museum where we will enjoy a tour of the current exhibition and return to the senior center in time for lunch. Call Kristi to register.

BRAHM Art Workshop— Wednesday February 26th at 10:00

Celebrate Black History Month with Gee's Bend Quilt Inspired Collage. The quilts of Gee's Bend are among the most important African-American visual and cultural contributions to the history of art within the United States. Create a collage inspired by the artistry of the Gee's Bend quilts for Black History Month. Call Kristi for more information at 828-265-8090



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.

