

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

Lois E Harrill Senior Center

February 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Weaving 9-12 Bone Builders 9:30 \$Watercolor Exploration 11:00 BINGO 11:00	3 Mah Jong 10-12 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	4 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	5 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 \$TAI CHI 4:30	6 Bone Builders 9:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
9 Weaving 9-12 Bone Builders 9:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	10 Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Line Dancing 1:30	11 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	12 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	13 Bone Builders 9:30 Valentines Party 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
16 Weaving 9-12 Bone Builders 9:30 \$Watercolor Exploration 11:00 BINGO 11:00	17 Mah Jong 10-12 Strong Nutrition Strategies 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	18 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Digital Device Support with Carolina West Wireless 1:00 Knitting 1-3 Senior Companions 2:00	19 Crafts 10-1:30 Rowdy Readers 10:30 Hand and Foot 11-3 \$TAI CHI 4:30	20 Bone Builders 9:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
23 Weaving 9-12 Bone Builders 9:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	24 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	25 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3	26 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	27 Bone Builders 9:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00

Lois E Harrill Senior Center February 2026 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)

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



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 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

In the event of weather related cancellations, announcements will be made on Goblueridge.net, Wataugaonline, local radio outlets, including WATA, and the Lois E Harrill Senior Center Facebook page. Registered center participants and Project on Aging Clients in our MySeniorCenter system will receive a recorded message to the phone number we have on file. For more information, call Kristi at (828)265-8090.

Valentine's Day Party—Friday, February 13th at 10:00

We'll crown our new King and Queen of Hearts and celebrate love and friendship with snacks and games.



Digital Device Support with Carolina West Wireless—

Wednesday, February 18th at 1:00

Carolina West representatives will be here to help with any and all things related to your digital devices. If you are looking for some support with an issue you're having with your smartphone or tablet, this is the perfect opportunity. If you'd like to learn something helpful your device can do, come learn something new.

Health and Wellness Education

*Strong Nutrition Strategies, a Series with Margie Mansure —

Part 1: Maintaining Muscle Mass and Bone Health with Nutrition and Exercise—Tuesday, February 17th at 11:00

Margie Mansure, Extension Agent in Nutrition and Foods with the N.C. Cooperative Extension, will bring a series of nutrition talks to LEH. The first class focuses on how to maintain muscle mass and bone health. We'll learn how much protein we need to stay strong and the importance of resistance training and weight-bearing exercise. This series will give us practical tips for aging strong and living better.

*VAYA Health—Aging with Intellectual and Developmental Disabilities (I/DD) and Traumatic Brain Injury (TBI)

Tuesday, February 24th at 10:30 This course explores the unique challenges of aging with Intellectual and Developmental Disabilities and Traumatic Brain Injury. Participants will learn how aging affects individuals with these conditions and discover strategies for supporting their physical, cognitive, and social well-being. Emphasis will be placed on promoting independence and enhancing quality of life as individuals age.

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 19th at 10:30

We will begin reading Just Mercy by Bryan Stevenson.

Just Mercy (2014) is a memoir by American attorney Bryan Stevenson that documents his career defending disadvantaged clients. The book, focusing on injustices in the United States judicial system, alternates chapters between documenting Stevenson's efforts to overturn the wrongful conviction of Walter McMillian and his work on other cases, including children who receive life sentences, and other poor or marginalized clients. Stevenson, a lawyer and the founder of the Equal Justice Initiative, graduated from Harvard Law School. He was inspired to become a lawyer in part by his grandfather's murder, which occurred when he was sixteen. He earned his undergraduate degree from Eastern University, known as Eastern College at the time, and began his career as a lawyer for the poor in Georgia before moving to Alabama and founding the Equal Justice Initiative."

BRAHM Art Workshop—

Wednesday February 25th at 10:00

Celebrate Black History Month with Mickalene Thomas

Inspired Collage. Mickalene Thomas is a contemporary African-American visual artist best known as a painter of complex works using rhinestones, acrylic, and enamel. Create a collage inspired by the work of Mickalene Thomas for Black History Month. All materials are provided and this monthly workshop is free for registered senior center participants.

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 EXCLLENCE
Serving individuals age 60 and older.

