

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

# Lois E Harrill Senior Center

## July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p><b>2</b> <b>Dogs and Doughnuts 11:00</b> Mah Jong 10-12 <b>Lions Club 12-1</b> <b>Quilt Guild Meeting 1-3</b> Line Dancing 1:30 \$Sewing 5:30-8</p>	<p><b>3</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 <b>Tech With Taylor 12:30</b> Knitting 1-3 <b>Improv! 4-5:30</b></p>	<p><b>4</b> </p>	<p><b>5</b> Bone Builders 9:30 <b>NCSFMNP Voucher Dist. 9-11</b> BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>8</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p><b>9</b> Mah Jong 10-12 VIP Meeting 10-12 <b>Hearing Loss and Accessibility 11:00</b> Line Dancing 1:30 \$Sewing 5:30-8</p>	<p><b>10</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 <b>Tech With Taylor 12:30</b> Knitting 1-3</p>	<p><b>11</b> Crafts 10-1:30 Get To Know Your Smartphone 1:00 \$Needlework 1-3 Ping Pong 2-4 \$TAI CHI 4:30</p>	<p><b>12</b> Bone Builders 9:30 <b>NCSFMNP Voucher Dist. 9-11</b> BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>15</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p><b>16</b> Mah Jong 10-12 <b>Hearing Loss and Accessibility 11:00</b> <b>Lions Club 12-1</b> <b>Quilt Guild Workshop 1-4</b> Line Dancing 1:30 \$Sewing 5:30-8</p>	<p><b>17</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 <b>Tech With Taylor 12:30</b> Knitting 1-3 <b>Senior Companions 2:00</b></p>	<p><b>18</b> <b>Rowdy Readers Book Club 10:00</b> Crafts 10-1:30 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p><b>19</b> Bone Builders 9:30 <b>NCSFMNP Voucher Dist. 9-11</b> BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>22</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p><b>23</b> Mah Jong 10-12 <b>VAYA Health Talk 10-12</b> Line Dancing 1:30 \$Sewing 5:30-8 <b>Senior Day at the King St. Farmers' Market 3:30-6:30</b></p>	<p><b>24</b> Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 <b>Tech With Taylor 12:30</b> Knitting 1-3 <b>Accessibility In Voting Seminar 1:00</b></p>	<p><b>25</b> Crafts 10-1:30 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p><b>26</b> Bone Builders 9:30 <b>NCSFMNP Voucher Dist. 9-11</b> BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>29</b> Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1</p>	<p><b>30</b> Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p><b>31</b> Bone Builders 9:30 <b>BRAHM Art 10:00</b> Quilter's Circle 10-2 Trivia Time! 11:00 <b>Tech With Taylor 12:30</b> Knitting 1-3</p>	<p></p>	

# Lois E Harrill Senior Center July 2024 Newsletter

## Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:00-10:00)  
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 newly refurbished Billiards table, ping pong, cards and other table top games, and space to enjoy them.

Computer Lab: Our computer lab is available Mon.-Fri. (8:00-5:00) providing access to the internet, printers, and a shredder.

All facilities are available to registered center participants with no fee for registration. Just see Kristi Bunn to register or for more info.

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

## Dogs & Doughnuts with UNC Health Appalachian—

Tuesday, July 2nd at 11:00

Let's take a mental health break to eat some tasty doughnuts and pet Chet, a therapy dog for UNC Health Appalachian. Self care and stress relief are important to our overall health and well being, boosting immunity and safeguarding us from illness. Plus, dogs and doughnuts are pure fun!

## Vaya Health—Tuesday, July 23rd

**11:00—OCD: Thought-Behavior Cycle**

When intrusive thoughts create increased anxiety and overwhelming emotion, it can lead to compulsive behavior. This thought-behavior cycle can be overpowering to individuals, negatively affecting one's ability to function in daily life. This class focuses on obsessive-compulsive disorder symptoms and evidence-based treatment options.

**11:00—Bipolar Disorder: Creating Balance**

Having extreme mood changes can have a significant impact on a person's ability to function in life. This cycle is difficult to stabilize without proper treatment. This course looks at the causes, symptoms, and current treatment options for the older adult.

**BRAHM Art Workshop Wed. July 31st at 10:00—**

**Self portraits For Frida Kahlo's Birth Month**

All materials are provided for this monthly workshop and there is no fee for registered senior center participants

**Trivia Time** at Lois E Harrill Senior Center is every Wednesday and **BINGO** is every Monday and Friday at 11:00 in the Dining Room.



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 North Carolina Seniors Farmers' Market Nutrition Program (SFMNP)

has begun and coupons are being distributed. The program provides eligible participants with vouchers to purchase locally grown fresh fruits and vegetables, raw honey, and fresh cut herbs at NC SFMNP certified farmers' markets.

Participants can apply for and receive coupons at the Lois E Harrill Senior Center on Friday mornings in July from 9:00-11:00.

Call Kristi for more information at 828-265-8090.

**July is Disability Pride Month** commemorating the passing of the Americans with Disabilities Act (ADA) in July 1990. During Disability Pride Month we celebrate people with disabilities, their identities and culture, and their contributions to society. It also serves as an opportunity to educate about disabilities and work to end the stigma of disability while promoting the knowledge that disability is a natural part of human diversity which deserves celebration.

**\*Hearing Loss and Accessibility To State Services Presentation on Tues., July 16th at 11:00\***

## **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.

