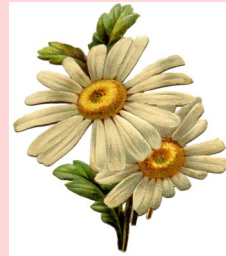


CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

June 2025



Monday	Tuesday	Wednesday	Thursday	Friday
2 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11-11:45 Hearts 1:00 \$Sewing 2-5	3 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	4 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Table Top Games 12:30-3 Improv Improv! 4-5:30	5 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	6 Let's Grow 9-11:30 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
9 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	10 Sew Creative 10-2 Mah Jong 10-12 Ping Pong 1-4 Line Dancing 1:30	11 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3	12 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	13 *Elder Abuse Awareness Walk* 1:00 at LEH Let's Grow 9-11:30 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
16 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00-11:45 Hearts 1:00 \$Sewing 2-5	17 Sew Creative 10-2 Mah Jong 10-12 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	18 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3 Senior Companions 2:00	19 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	20 Let's Grow 9-11:30 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
23 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	24 **SFMNP Voucher Distribution 9-11** Sew Creative 10-2 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	25 Bone Builders 9-10 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 **SFMNP Voucher Distribution 9-11 (WWCC)	26 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	27 **SFMNP Voucher Distribution 9-11** Let's Grow 9-11:30 Bone Builders 9-10 BINGO with AMOREM 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
30 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00-11:45 Hearts 1:00 \$Sewing 2-5				



Lois E Harrill Senior Center June 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

World Elder Abuse Awareness Day is June 15th

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is defined as the harming of an older person and can include neglect, physical, emotional, financial, or sexual abuse. It is up to all of us to care for and protect the most vulnerable of our community and there are things everyone can do to make a difference. We will be working to bring attention to the elder abuse problem while offering educational programs and resources for senior center participants and the community all month.

Join us for our World Elder Abuse Awareness Walk

Friday, June 13th at 1:00

We will meet at LEH Senior Center. Wear your purple to support the work of bringing awareness to this cultural problem. Call 828-265-8090 for more information.

Tuesday Talks

***UNC Health Appalachian-Tuesday, June 3rd at 11:00**

***Digital Literacy Workshop—Tuesday, June 17th at 11:00**

This month we will talk about the most effective, safe ways to search for information online.

***VAYA Health— Tuesday, June 24th at 10:30**

Neurocognitive Disorders and the Basics of Dementia

Sew Creative—Tuesdays beginning June 10th, from 10-2

Do you know a teenager interested in learning to sew? Our crafters would love to teach them! This is a free class for creative teens with all materials provided and machines for use during class. This unique opportunity is free and participants are invited to bring a lunch for a mid-class break.

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.

Rowdy Readers Book Club

Thursday, June 12th and 26th at 10:00

The Rowdy Readers are diving into Demon Copperhead by Barbara Kingsolver this month. Demon Copperhead is a 2022 novel inspired by Charles Dickens's "David Copperfield." Set in southern Appalachia, the story follows a boy born to a teenage single mother and explores themes of survival and resilience.

Watercolor Exploration with Irmaly Brackin

Mondays at 11:00

This is an abstract, watercolor , mixed media class taught by Irmaly Brackin with all materials provided. There is a \$5 fee per class for registered participants.

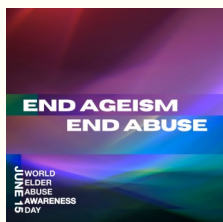
BRAHM Art Workshop—

Wednesday, June 25th at 10:00

Using oil pastels, we will be creating a piece inspired by Beauford Delaney for LGBTQIA+ Pride Month. Delaney was an American modernist painter who is remembered for his work with the Harlem Renaissance in the 1930s and 1940s, as well as his later works in abstract expressionism following his move to Paris in the 1950s. All materials are provided by BRAHM and this monthly workshop is free for registered senior center participants. Call Kristi for more information at 828-265-8090.

The Seniors Farmers' Market Nutrition Program .

Farmers' Market Vouchers will be here this month! Call Kristi to sign up or for more information about eligibility.



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.

