

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

Lois E Harrill Senior Center

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bone Builders 9:30 BRAHM Weaving Class 10-12 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	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 BRAHM Presents Zoe & Cloyd 11:00 Bone Builders 9:30 Bread Distribution 12:30 Table Top Games 12:30-3
10 Bone Builders 9:30 BRAHM Weaving Class 10-12 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 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	14 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
17 Bone Builders 9:30 BRAHM Weaving Class 10-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5	18 Mah Jong 10-12 Lions Club 12-1 Medicare 101 1-3 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 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 BRAHM Weaving Class 10-12 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 Spring Luau 1:00
31 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5				

Lois E Harrill Senior Center March 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

Health and Wellness Education

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

Our friends from UNC Health Appalachian will share information about the health benefits of tea as we enjoy sipping some nourishing tea samples.

***United Way 211 Presentation-Tuesday, March 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, March 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.

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

PTSD: Healing the Emotional Wounds

*****Medicare 101 Seminar— Tuesday, March 18th 1:00-3:00**

at Watauga County Public Library If you or someone you know will be new to the complicated world of Medicare or would just like to learn more about the Seniors' Health Insurance Information Program, join us for this free seminar. SHIIP is a division of the NC Department of Insurance that offers unbiased information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance.

Call Kristi to sign up for this program at 828-265-8090.

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



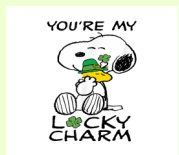
Congregate Lunch served at 12:00 PM Monday—Friday
Registration and reservations are required no later than
the week before desired lunch and any change or
cancellation must be made by 9:00 the day of the
reservation.

**BRAHM Presents: A musical experience with
Zoe & Cloyd — Friday, March 7th at 11:00**

The innovative “klezgrass” music of Zoe & Cloyd springs from the rich traditions and complementary styles of fiddler/vocalist Natalya Zoe Weinstein and multi-instrumentalist/vocalist John Cloyd Miller. Descending from a lineage of klezmer and jazz musicians, Natalya trained classically in her home state of Massachusetts before moving south in 2004. John, a twelfth generation North Carolinian and grandson of pioneering bluegrass fiddler, Jim Shumate, is a 1st place winner of the prestigious Chris Austin Songwriting Contest and the Hazel Dickens Songwriting Contest. Based in Asheville, NC, Zoe & Cloyd delight audiences with soaring harmonies and heartfelt songwriting, seamlessly combining original bluegrass, klezmer, old-time, and folk with sincerity and zeal.

**BRAHM Art Workshop—
Wednesday, March 26th at 10:00**
Howardena Pindell Inspired Collage

We'll celebrate Women's History Month in this month's workshop while we create collage inspired by Howardena Pindell, a contemporary American artist, curator, critic, and educator. She is known as a painter and mixed media artist who uses a wide variety of techniques and materials. Her work explores texture, color, structures, and the process of making art..



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.

