

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

Lois E Harrill Senior Center

March 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 BINGO 11:00	3 Mah Jong 10-12 Strong Nutrition Strategies 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Line Dancing 1:30	4 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	5 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 Jewelry Makers' Club 1-2:30 \$TAI CHI 4:30	6 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
9 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	10 Mah Jong 10-12 Ping Pong 1-4 Line Dancing 1:30	11 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	12 *National Plant a Flower Day Project 10:00 Crafts 10-1:30 Hand and Foot 11-3 Jewelry Makers' Club 1-2:30 \$TAI CHI 4:30	13 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
16 Weaving 9-12 Bone Builders 9:30-10:30 \$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 9:30-10:30 Quilter's Circle 10-2 Writer's Room 11-4 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	19 BRAHM Visit 10:00 Crafts 10-1:30 Hand and Foot 11-3 Jewelry Makers' Club 1-2:30 \$TAI CHI 4:30	20 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3 
23 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Digital Literacy 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 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Medicare 101 2-4 Knitochet 1:00 Tai Chi 1-2	26 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Jewelry Makers' Club 1-2:30 \$TAI CHI 4:30	27 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
30 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	31 Mah Jong 10-12 Strong Nutrition Strategies 11:00 Ping Pong 1-4 Line Dancing 1:30			

Lois E Harrill Senior Center March 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

*See y'all at the
senior center!*

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

Chair Yoga at LEH! Thursday, March 5th, at 10:30

Our new and growing Chair Yoga class is free to registered senior center participants. This class is sponsored by **Liberty Hospice** and refreshments are provided. For more information or to register, call Kristi at 828-265-8090.

Health and Wellness Education

*Strong Nutrition Strategies, a Series with Margie Mansure

Margie Mansure, Extension Agent in Nutrition and Foods with the N.C. Cooperative Extension, will bring a series of nutrition talks to LEH. This series will give us practical tips for aging strong and living better.

Tuesday, 3/3 at 11:00: Nutrition on a Budget

Tuesday, 3/17 at 11:00: Preventing Food Borne Illness

Tuesday, 3/31 at 11:00: Controlling HBP with Nutrition

*Digital Literacy—Monday, 3/23 at 11:00

*VAYA Health—Tuesday, 3/24 at 10:30: An Overview of

Mental Health— This introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered.

***Medicare 101 Seminar—

Wednesday, March 25th, 2-4pm 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 at 828-265-8090 to register.

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

National Plant a Flower Day Project

Thursday, 3/12 at 10:00 Spring is right around the corner and we will celebrate National Plant a Flower Day by doing just that. We will plant a flower in a container to take home and enjoy to remind us of Spring's promise.

A Visit to Blowing Rock Art & History Museum

Thursday, March 19th 10:00—12:00

Join us for a special trip over to BRAHM to explore their current exhibits and enjoy a special engagement with Eric Seritella, a North Carolina based ceramic and glass work artist who will be in residence that week. We will also experience *Patrick Dougherty: Pilgrimage*, the first exhibition of its kind, which is dedicated to the acclaimed environmental sculptor. This trip will be free for senior center participants and transportation will be provided on the county van. Space is limited and registration is required.

BRAHM Art Workshop—

Wednesday, March 25th at 10:00

Barbara Kruger Inspired Collage for

Women's History Month

Barbara Kruger is an American conceptual artist and collagist associated with the Pictures Generation. She is most known for her visual word art that consists of black-and-white photographs, overlaid with declarative captions. All materials are provided and there is no fee for registered senior center participants.

For more information about any of these programs, call Kristi Bunn 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 Presnell (828) 297-5195**
**Lois E Harrill Senior Center is a
SENIOR CENTER OF EXCELLENCE**
Serving individuals age 60 and older.

