

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

Lois E Harrill Senior Center

May 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>THE MAYPOLE DANCE.</p>		<p>1</p> <p>Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Writers Room 12-2 Table Top Games 12:30 Knitting 1-3</p>	<p>2 Adult Services Expo 9-2 at WCRC</p> <p>Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>3 *34th Annual High Country Senior Games Begins*</p> <p>Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30</p>
<p>6</p> <p>Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45</p>	<p>7</p> <p>UNC Health App Health Talk 11:00</p> <p>Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30</p>	<p>8</p> <p>Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Table Top Games 12:30 Knitting 1-3</p>	<p>9</p> <p>Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>10</p> <p>Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>13</p> <p>Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Outlander Club 2-4</p>	<p>14</p> <p>Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>15</p> <p>Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Table Top Games 12:30 Knitting 1-3</p>	<p>16</p> <p>Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>17</p> <p>Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>20</p> <p>Medicare101 9:00</p> <p>Bone Builders 9:30 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45</p>	<p>21</p> <p>Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>22</p> <p>Bone Builders 9:30 Trivia Time 11:00 Quilter's Circle 10-1:30 Table Top Games 12:30 Knitting 1-3 Senior Companions 2:00</p>	<p>23</p> <p>Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>24</p> <p>Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>27 CLOSED</p> 	<p>28</p> <p>Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30 Outlander Club 2-4 \$Sewing 5:30-8</p>	<p>29</p> <p>Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30 Knitting 1-3</p>	<p>30</p> <p>Crafts 10-1:30 \$Needlework 1-3 \$TAI CHI 4:30</p>	<p>31</p> <p>Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>

Lois E Harrill Senior Center May 2024 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 Rec Room available Mon-Fri (8:00-5:00)

Fitness equipment including treadmills, rowing machine, NuStep machine, free weights, and more. Rec Room games and activities including organized card games (Hand and Foot, Rook, Phase 10, etc.), Dominoes, Board Games, and Billiards throughout the day.

*** Monthly Health Presentations***

UNC Health Appalachian—Tuesday, May 7th at 11:00

Stroke Safety and Education

Vaya Health—Tuesday, May 28th, 10:00-11:00

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.

***May is Older Americans Month and this year's theme is **Powered By Connection**

which recognizes the impact that social connection and meaningful relationships have on our health and well-being. Senior centers play such an important role in supporting independence and aging in place by combatting isolation, loneliness, and other issues for older adults in our communities. Celebrate connection with us by participating in any of our programs. Registration is free at both of Watauga County's senior centers for anyone age 65 and up. Making new friendships is priceless.

Adult Services Expo* Thurs. May 2nd 9am—2pm

The Adult Services Coalition of Watauga County is hosting our annual expo at the Watauga County Rec Center. Come explore the local agencies, businesses, and adult service providers.

34th Annual High Country Senior Games* May 3rd—June 8th

Join the fun and competition hosted by Watauga County Parks and Rec. There are sports events, as well as the SilverArts showcase for the creative endeavors of the High Country's participating seniors. Registration is open and participants must be 50 years old or better.

***Trivia Time at Lois E Harrill Senior Center
Every Wednesday at 11:00 in the Dining Room

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



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

See y'all

at the

Senior Center!

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 Art Workshop

Wed. May 29th at 10:00— Dots! Art inspired by the work of Yayoi Kusama

In celebration of Asian American and Pacific Islander Month, we will use Yayoi Kusama's exuberant polka dots to create colorful pieces and discuss her impact on the art world. This monthly workshop is facilitated by BRAHM Education Outreach Coordinator, Kayla Reische, and is always free of charge for registered senior center participants. All materials are provided and you can call Kristi Bunn for more information at 828-265-8090.

The Watauga County Project On Aging and the Lois E Harrill Senior Center has been undergoing a complete facility renovation! We are so excited to welcome our community into our freshly updated space. Stay tuned for announcements about an Open House Celebration coming later this month.



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.

