

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

# Lois E Harrill Senior Center

## November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>1</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>4</b> Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p><b>5</b> Let's Ramble! 9-10 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30</p>	<p><b>6</b> Bone Builders 9:00 Cards of Hope Art Workshop 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 ImprovImprov! 4-5:30</p>	<p><b>7</b> Rowdy Readers Book Club 10:00 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p><b>8</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3</p>
<p><b>11</b> CLOSED</p>	<p><b>12</b> Let's Ramble! 9-10 Mah Jong 10-12 BreakThrough PT Health Talk 11:00 Line Dancing 1:30</p>	<p><b>13</b> Bone Builders 9:00 Trivia Time! 11:00 Quilter's Circle 10-1:30 Knitting 1-3 Senior Companions 2:00</p>	<p><b>14</b> Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p><b>15</b> Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>18</b> *Craft Sale* Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p><b>19</b> *Craft Sale* Let's Ramble! 9-10 Mah Jong 10-12 AMOREM Health Talk 11:00 Lions Club 12-1 Quilt Guild Workshop1-4 Line Dancing 1:30</p>	<p><b>20</b> *Craft Sale* Bone Builders 9:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p><b>21</b> *Craft Sale* Rowdy Readers Book Club 10:00 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p><b>22</b> *Craft Sale* Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p><b>25</b> Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1 \$Sewing 2-5</p>	<p><b>26</b> Let's Ramble! 9-10 Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30</p>	<p><b>27</b> Bone Builders 9:00 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p><b>28</b> CLOSED</p>	<p><b>29</b> CLOSED</p>

# Lois E Harrill Senior Center November

## 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)

**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:** Come see our updated computer lab! Brand new computers, access to the internet, printers, and a shredder.

**All facilities are available to registered center participants with no fee for registration, Mon-Fri 8:00-5:00**

**Just see Kristi Bunn to register or for more info.**

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

**UNC Health Appalachian—Tuesday, November 5th at 11:00**

### **ReThink Your Drink**

Let's discuss how what we drink effects our overall health.

**BreakThrough Physical Therapy— Tuesday, November 12th at 11:00**

### **Pelvic Health Introduction**

Paola Powell, Certified Pelvic Health Physical Therapist with BreakThrough Physical Therapy, will teach us about pelvic health and the therapy available to treat issues such as pelvic pain, including hip and back pain, and incontinence. Physical therapy can reduce or eliminate pain, prevent surgery, and eliminate the need for medication in many patients.

**AMOREM— Tuesday, November 19th at 11:00**

### **Palliative Medicine Or Hospice Care?**

Palliative and hospice care both support the care, comfort, and quality of life of individuals living with serious illness. This presentation will teach us about how they differ and the treatment options available.

**Vaya Health—Tuesday, November 26th**

### **10:00 Navigating Depression**

Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression.

### **11:00 Communication 101— The Basics**

Communication is the string that ties us all together. If that string isn't strong enough or is broken, relationships tend to unravel. Effective communication cultivates strong relationships and supports one's voice being heard. This curriculum is designed to look at ways to neutralize barriers and methods to enhance clear, concise, and deliberate exchanges

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

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!*



### **Cards of Hope Art Workshop**

**Wednesday, November 6th at 10:00**

In partnership with Watauga County Arts Council, LEH participants will have the opportunity to contribute to public art. Cindy Michaud will facilitate this exploration of Hope, Gratitude, and Love through cardmaking and free expression. These cards are meant to inspire and be included in a public art project planned with the Arts Council. All materials will be provided and future opportunities to engage in this valuable project will be planned.

### **BRAHM Art Workshop**

**Wednesday, Nov. 27th at 10:00**

Bears are a large part of the Cherokee culture and appear in many of the stories and legends that the Cherokee people hold sacred. The culture currently recognizes contributions from the clans of Bird, Blue, Deer, Long Hair, Paint, Wild Potato, and Wolf. Create your own mixed-media Cherokee bear for Native American Heritage Month. All materials are provided and this monthly workshop is hosted by BRAHM at LEH free of charge for registered participants.

**Call Kristi Bunn at 828-265-8090 for more info.**

## **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.

