



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

Lois E Harrill Senior Center

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 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 \$Sewing 5:30-8</p>	<p>1 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 \$Sewing 5:30-8</p>	<p>2 Bone Builders 9:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Improv! 4-5:30</p>	<p>3 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>4 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>7 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1</p>	<p>8 Let's Ramble! 9-10 Mah Jong 10-12 VIP Meeting 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>9 Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Knitting 1-3</p>	<p>10 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 2-4 \$TAI CHI 4:30</p>	<p>11 Bone Builders 9:00 VAYA Health Webinar 10-12:15 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3</p>
<p>14 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1</p>	<p>15 *Medicare Open Enrollment Period Begins* Let's Ramble! 9-10 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Workshop 1-4 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>16 Bone Builders 9:00 Trivia Time 11:00 Quilter's Circle 10-1:30 Knitting 1-3</p>	<p>17 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>18 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>21 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1</p>	<p>22 *Senior Road Trip To Barter Theatre* Let's Ramble! 9-10 Mah Jong 10-12 VAYA Health Talk 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>23 *BRAHM Trip* Bone Builders 9:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p>24 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	<p>25 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00</p>
<p>28 Bone Builders 9:00 Weaving 9-12 Virtual Seated Tai Chi 10:00 BINGO 11-11:45 Open Art 10-1</p>	<p>29 Let's Ramble! 9-10 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8</p>	<p>30 Bone Builders 9:00 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3</p>	<p>31 Crafts 10-1:30 Sun 73 Tai Chi 1-2 \$Needlework 1-3 Ping Pong 1-4 \$TAI CHI 4:30</p>	

Lois E Harrill Senior Center October 2024 Newsletter

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, October 1st, 11:00

ReThink Your Drink: Let's discuss how what we drink effects our overall health.

Vaya Health—Tuesday, October 22nd

10:00—Understanding Schizophrenia and Psychosis: People living with schizophrenia and other psychotic disorders have been misunderstood throughout history. In this presentation, the focus is on the manifestation of symptoms, causality, and risk factors. We'll also explore ways to support and treat an individual experiencing psychosis.

11:00—Antipsychotics: Indications, Risks, and Challenges: The utilization of antipsychotic medications is accompanied by many challenges when treating older individuals. This course will focus on the classifications of medication, indications for use, and potential side effects. Emphasis will be on the vulnerabilities of using antipsychotics for this demographic.

BRAHM Art Workshop Wednesday, October 30th at 10:00—

Come make Papier Mache Pumpkins with us! All materials are provided and there is no fee for this monthly class.

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!*

BRAHM Trip—Wednesday, October 23rd
Blowing Rock Art & History Museum
Join us for an engaging tour featuring
The Hard Edge & The Soft Line:

A Retrospective of Maud Gatewood
Maud Gatewood is an exceptional figure in the art history of North Carolina and the American Southeast. A painter of exacting technique with a keen eye for composition and cultural commentary, her pictures capture the Carolinas across much of the 20th Century. Of particular interest to this exhibition are her landscape and figural studies. The installation features approximately 40 works that represent the breadth of Gatewood's career. This trip will cost \$5 and transportation is provided from LEH Senior Center and WWCC to BRAHM. Registration is required.

Call Kristi for more info at 828-265-8090.
BRAHM is a valued partner of the Project On Aging and our senior centers providing engaging art workshops, exclusive cultural performances, and hosting our participants for private tours.

Medicare Open Enrollment—October 15th—December 7th

Open Enrollment is your chance to make changes to your current Medicare Part D or Advantage Plan. Our volunteer SHIIP counselors are a source of unbiased information and will assist beneficiaries with finding the best plan at the lowest cost available. As Watauga County's SHIIP Coordinator Site, we are currently scheduling appointments for Open Enrollment. Call Kristi at (828)265-8090 for your Medicare counseling appointment.

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.

