




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

Lois E Harrill Senior Center

September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bone Builders 9:00 \$Dreams As Art 10:00 BINGO 11-11:45 Bread Distribution 12:30
4 CLOSED 	5 Mah Jong 10-12 ARHS Health Talk 11:00 Lions Club 12-1 Quilt Guild Meeting 1-3:30 Line Dancing 1:30 \$Sewing 5:30-8	6 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3	7 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	8 Bone Builders 9:00 \$Dreams As Art 10:00 VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
11 Bone Builders 9:00 Weaving 9-12 Judy's Tailor Shop 10 BINGO 11-11:45 TAI CHI 2 1:00 TAI CHI 1 2:00 IMPROV! 4:30	12 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	13 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	14 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	15 Bone Builders 9:00 \$Dreams As Art 10:00 BINGO 11-11:45 Bread Distribution 12:30
18 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00	19 Mah Jong 10-12 VAYA Health Talk 10-12 Lions Club 12-1 Quilt Guild 1-4 Line Dancing 1:30 \$Sewing 5:30-8	20 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Writer's Room 12-2 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	21 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	22 Bone Builders 9:00 \$Dreams As Art 10:00 BINGO 11-11:45 Bread Distribution 12:30
25 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00	26 Mah Jong 10-12 Line Dancing 1:30 VAYA Health Webinar 10:00 \$Sewing 5:30-8	27 Bone Builders 9:00 Health Fair 10-12 BRAHM Art 10:00 Quilter's Circle 10-2 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	28 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	29 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30

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 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.

The week of September 18 –22 is Falls Prevention Awareness Week and we will be kicking off some new programs highlighting the issue of preventing falls.

Beginning Monday Sept. 11th, every Monday and Wednesday, we are hosting 2 levels of TAI CHI FOR ARTHRITIS & FALL PREVENTION—

Beginner Level—2:00-3:00

Advanced Level (Completion of 1st level required) - 1:00—2:00

Registration Required

****ARHS Health Talk —**

Tues. Sept. 5th at 11:00

Drink This, Not That: Choosing Healthy Hydration

****VAYA Health Talk —**

Tues. Sept. 19th

10:00 Neurocognitive Disorders and the Basics of Dementia

11:00 Treating Dementia:

Medications and More

Follow us on

Facebook —

Lois E Harrill

Senior Center

September 2023

LEH Newsletter

Classes and activities are subject to change or cancellation with no prior notice. Please call to confirm—
828-265-8090



*****Join Us For Our Fall Health Fair and Vaccine Clinic*****

Wednesday, September 27th from 10:00—12:00 at LEH Senior Center

Our partner agencies and area service providers will engage participants with information, presentations, and demonstrations focusing on healthful living and resources for older adults. There will be health assessments and a vaccine clinic offering Flu and Covid-19 vaccines administered by High Country Community Health through a grant with Blue Cross Blue Shield of NC Institute for Health and Human Services. This event is free and open to anyone who would like to attend. For more information, call Kristi Bunn at 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



Celebrate National Hispanic Heritage Month With Us!

BRAHM Art Workshop—Wednesday, Sept. 27th 10:00 in Classroom 2 ***

We will be crafting brightly colorful Paper Marigolds with a festive, Hispanic flair in honor of the culture and achievements of our Hispanic friends, family, neighbors, and community. This monthly art program is offered by Blowing Rock Art & History Museum with all materials provided. See Kristi for more info.

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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 outlet for sales of Lions Club brand brooms.

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 Coalition:**
 - 828-262-1628
 - **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
 - **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
 - **Social Security (National Number):** 1-800-772-1213
 - **Social Security (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.

Western Watauga: Cindy Lamb
(828) 297-5195

Lois E. Harrill: Kristi Bunn
(828) 265-8090

**Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE**
Serving Individuals age 60 and older

