

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

Lois E Harrill Senior Center

September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	2 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00 Improv Improv! 4-5:30	3 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	4 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
7 CLOSED 	8 Mah Jong 10-12 Medicare Fraud Prevention 11:00 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	9 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00	10 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	11 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
14 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 Word Search Races 11:00 \$Sewing 2-5	15 Mah Jong 10-12 Digital Literacy 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	16 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00 Senior Companions 2:00	17 Morganton Trip 9-4 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	18 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
21 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 BINGO 11:00 \$Sewing 2-5	22 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	23 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00	24 Adult Services Expo at Watauga County Rec Center 9-1 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	25 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
28 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 Word Search Races 11:00 \$Sewing 2-5	29 Mah Jong 10-12 Music with Dr. Tom 10:30 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	30 Bone Builders 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00		

Lois E Harrill Senior Center September 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

*UNC Health Appalachian—Tuesday, September 1st 11:00

Vein Health

*Medicare Fraud Prevention—Tuesday, September 8th 11:00

Dianne Trainer from NCSHIP will be here to talk about Medicare fraud and scams, how to help prevent problems, and what to do should you become a victim.

*Digital Literacy— Tuesday, September 15th at 11:00

*VAYA Health—Tuesday, September 22nd at 10:30

Enriching Mental Health with Complementary Treatments —

This course covers a variety of complementary treatments for overall mental health that can support managing everyday stressors and improving wellness. These treatments can create opportunities for balance, stability, and stress reduction. Join us to explore topics from nutrition to mindfulness and many in between.

Music with Dr. Tom—Tuesday, September 29th at 10:30

Dr. Tom Pace brings his acoustic guitar and love of Americana music looking for a sing-a-long. Please join us!

Watauga County Adult Services Coalition

Annual Expo at Watauga County Rec Center—

Thursday, September 24th 9-12:30



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



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.

Watercolor Exploration with Irmaly Brackin

Mondays at 11:00

This is an abstract, watercolor, mixed media class taught by Irmaly Brackin with all materials provided. There is a \$5 fee per class for registered participants.

BRAHM Art Workshop—

Wednesday, September 30th at 10:00

Hojalata for Hispanic Heritage Month

“Hojalata” is a Spanish word that translates to tinsplate or tin in English. In the context of Mexican folk art, “hojalate” specifically refers to Mexican tin art, a craft where artisans create decorative or functional objects from cut, shaped, and embossed tin. All materials are provided and there is no fee for registered senior center participants. Call Kristi at (828)265-8090 for more information or to sign up.



Trip to Morganton —Thursday, September 17th from 9:30-4:00

Let's go pick some apples! And, experience a **Ben Long Fresco** on the ceiling of **City of Morganton Municipal Auditorium (COMMA)**! We'll visit **Apple Hill Orchard and Cider Mill** where visitors can buy a pass to enter the orchard to pick the freshest apples or choose to shop the Farm Market and Bakery. We'll have lunch at one of Morganton's wonderful restaurants (TBD) then visit COMMA to view **“Sacred Dance & the Muses”** which is unique in that it is part of the auditorium atrium's ceiling. This will be an all day trip leaving from LEH at 9:30 and returning at 4:00. Cost of the trip is \$7 to cover transportation and registration and payment are required and due by

Monday, September 14th to reserve space on the vans.

Call Kristi for more info or to sign up 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.

