



Lois E Harrill Senior Center

April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bone Builders 9:30 Weaving 9-12 Open Art 10-1 BINGO 11-11:45 DIG IN! Garden Crew 9-3	4 Mah Jong 10-12 ARHS Health Talk 11:00 Lions Club 12-1 Table Top Games 12:30 Quilt Guild 12:30-3:30 Line Dancing 1:30 \$Sewing 5:30-8	5 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45 Knitting 1-3	6 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	7 Closed 
10 Bone Builders 9:30 Weaving 9-12 Open Art 10-1 Scam Awareness Presentation 10-11 BINGO 11-11:45 DIG IN! Garden Crew 9-3	11 Mah Jong 10-12 Advance Directive/ Living Will Clinic 10-12 Table Top Games 12:30 Line Dancing 1:30 \$Sewing 5:30-8	12 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 Book Club 11-1 BINGO 11-11:45 Knitting 1-3	13 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	14 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30
17 Bone Builders 9:30 Weaving 9-12 Open Art 10-1 Fraud Detection Presentation 10:30 BINGO 11-11:45 DIG IN! Garden Crew 9-3	18 Mah Jong 10-12 VAYA Health Talk 10-12 Lions Club 12-1 Quilt Guild Meeting 12-4 Table Top Games 12:30 Line Dancing 1:30 \$Sewing 5:30-8	19 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45 Knitting 1-3	20 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	21 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30 Dementia Support Group 2-4
24 Bone Builders 9:30 Weaving 9-12 Open Art 10-1 BINGO 11-11:45 DIG IN! Garden Crew 9-3	25 Mah Jong 10-12 Table Top Games 12:30 Line Dancing 1:30 \$Sewing 5:30-8	26 Bone Builders 9:30 BRAHM Art Workshop 10:00 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45 Knitting 1-3	27 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	28 Bone Builders 9:30 BINGO 11-11:45 Bread Dist 12:30

April 2023

Welcome Spring! That means new growth and we'll honor that here at Lois E Harrill Senior Center with some fresh activities including getting in the garden and seeing what we can grow there. Every Monday this month, we will have garden work days to get our raised beds ready for planting, starting seeds, planting flowers and food, and whatever other projects will get our hands dirty and the garden growing.

DIG IN! Garden Crew: Every Mon in April 9-3

We will be hosting a Dementia Support Group for caregivers and a peer group program for the loved ones needing extra care. There will be helpers engaging the peer group while the Caregivers meet with their support group. This will be a monthly meeting.

Dementia Support Group: Friday April 21, 2-4

There will be a 2 week series of presentations focusing on fraud prevention for older adults. The Sherriff's Office will educate us about circulating scams and how to protect ourselves with current information. Then, the Watauga County Register of Deeds will help participants register for the Fraud Alert System which notifies registrants of possible fraud activity around their personal information.

Scam Awareness: Monday April 10, 10-11 and

Fraud Detection Presentation: Monday April 17, 10:30

There will be an Advance Directive/Living Will Clinic offered at the center with a Notary Public present to complete the document process.. To register, call Kristi at (828)265-8090.

Advance Directive/Living Will Clinic:

Tues. April 11, 10-12

In the Rec Room, for anyone looking for some friendly competition :

Every Tues. at 12:30– Table Top Games

Every Wed. at 10:00– Domino Domination

BINGO every M,W,F 11:00

Bread Distribution every Fri. 12:30

Movement and Fitness:

Bone Builders-M,W,F (9:30-10:30)

Line Dancing-Tues (1:30)

Tai Chi-Thurs (4:30)

Fitness Room Available M-F 8-5

Healthcare Presentations

Tues, April 4th at 11:00 ARHS presents: Stroke Awareness and Education

Tues., April 18th VAYA Health presents:

10:00- Understanding Schizophrenia and Psychosis

11:00– Antipsychotics: Indications, Risks, and Challenges

Blowing Rock Art & History Museum

Art Workshop: Wed. April 26th 10:00

Join us for a Mark Making Visual Journaling Activity inspired by the works of Cy Twombly. All materials are provided and no registration is required. We are honored to offer this high value, monthly art program at no cost to our center participants. For more info, see Kristi.

Follow us on Facebook at

Lois E Harrill Senior Center

Lois E Harrill Senior Center/Project on Aging
132 Poplar Grove Connector Suite A
Boone, NC 28607 (828)265-8090

Mon-Fri 8am-5pm

Senior Center Director—Kristi Bunn

kristi.bunn@watgov.org

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 (SHIP-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

