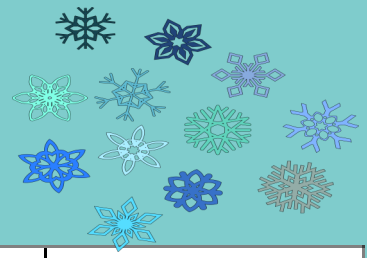


CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center



January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED 	2 Mah Jong 10-12 Lions Club 12-1 Quilt Guild Meeting 1-3 Line Dancing 1:30	3 Bone Builders 9:30 Quilter's Circle 10-1:30 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00	4 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$TAI CHI 4:30	5 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
8 Bone Builder 9:30 Weaving 9-12 Outlander Book Club 11-1 BINGO 11-11:45 Open Art 10-1	9 Mah Jong 10-12 Line Dancing 1:30	10 Bone Builders 9:30 Quilter's Circle 10-1:30 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00 ImprovImprov! 4-5:30	11 Crafts 10-1:30 \$Tai Chi 4:30	12 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
15 CLOSED 	16 Mah Jong 10-12 Lions Club 12-1 Dementia Caregiver Support Group 1:00 Quilt Guild WS 1-4 Line Dancing 1:30	17 Bone Builders 9:30 Quilter's Circle 10-1:30 Writers Room 10-3 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00	18 Rowdy Readers Book Club 10:00 Crafts 10-1:30 \$TAI CHI 4:30	19 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
22 Bone Builder 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	23 VAYA Health Talk 10:00—12:00 Mah Jong 10-12 Line Dancing 1:30	24 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00	25 Crafts 10-1:30 Matter Of Balance 1-3 \$Tai Chi 4:30	26 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
29 Bone Builder 9:30 Hearing Screenings 10-2 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	30 Mah Jong 10-12 Line Dancing 1:30	31 Bone Builders 9:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Knitting 1-3 Table Top Games 12:30-3:00		

Lois E Harrill Senior Center January 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 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.

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

VAYA Health Monthly Presentation
Tues. Jan.23rd-

10:00 Enriching Mental Health with Complimentary Treatments Part 1

11:00 Enriching Mental Health with Complimentary Treatments Part 2

Hearing Screenings

Monday, Jan. 29th 10:00—2:00 HearingLife will be at LEH to spread awareness about hearing loss and how it effects our lives. A specialist will perform complimentary screenings (by appointment) and offer suggestions if loss is detected. Appointments are for a 15 minute screening including a gift bag. There will be an information table with treats, giveaways, and a door prize raffle to promote a Campaign for Better Hearing. Call Kristi Bunn for an appointment.

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.

***Trivia Time at Lois E Harrill Senior Center!

Every Wednesday beginning Jan. 3rd at

11:00 in the Dining Room***

Get a trivia team together, join one when you get here, or wing it solo to show off your knowledge. We will feature a variety of topics with a different theme each week.

January's weekly trivia themes will be "Decades" :

Jan. 3rd.– Rock Around the Clock (1950s)

Jan. 10th– I Have A Dream (1960s)

Jan. 17th- Houston, We Have A Problem (1970s)

Jan. 24th– Phone Home (1980s)

Jan. 31st– Play It By Ear



*See y'all
at the
Senior Center!*

January

A Matter of Balance Weekly classes will begin Thursday, Jan. 25th and will be at LEH from 1:00—3:00 in the dining room. This 8-week, evidence based program is offered at no cost to registered center participants. A Matter of Balance is designed to address and manage concerns about falling, increase confidence around balance, and help foster independence. The award winning class is for those who have fallen or have a fear of falling and will help participants view falls as controllable, make lifestyle changes to reduce falls, and increase strength and balance. The class will be led by Kristi Bunn and the Project On Aging's RN, Kaylee Holcomb. Call Kristi to register at 828-265-8090.

*BRAHM Art Workshop-

Wed. Jan. 31st at 10:00—Freedom to Paint for Jackson Pollock's Birth Month. All materials are provided for this monthly workshop and it is free for registered center participants.

*Rowdy Readers Book Club—

Tues. Jan.4th and 18th at 10:00—The January book pick is Lessons in Chemistry by Bonnie Garmus. Garmus' debut novel is a national bestseller and now a TV miniseries. Join us for lively discussion and snacks to celebrate this rowdy read.

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 Death 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.

