





Lois E Harrill Senior Center

May 2023



Monday	Tuesday	Wednesday	Thursday	Friday
1 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	2 Mah Jong 10-12 ARHS Health Talk 11:00 Table Top Games 12:30 Quilt Guild 12:30-3:30 Line Dancing 1:30 \$Sewing 5:30-8	3 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45	4 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	5 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30
8 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 Improv Improv! 4:30-6:00	9 Mah Jong 10-12 Book Club 11-1 Table Top Games 12:30 Line Dancing 1:30 \$Sewing 5:30-8	10 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45	11 Crafts 10-1:30 Lettuce Container Garden Workshop 10:00 \$Needlework 1-3 \$Tai Chi 4:30	12 Bone Builders 9:30 VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
15 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	16 Mah Jong 10-12 VAYA Health Talk 10-12 Lions Club 12-1 Table Top Games 12:30 Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30-8	17 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45	18 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	19 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30
22 Bone Builders 9:30 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	23 Mah Jong 10-12 Table Top Games 12:30 VAYA Health Webinar 1:30 Line Dancing 1:30 \$Sewing 5:30-	24 Bone Builders 9:30 Quilter's Circle 10-2 Domino Domination 10:00 BINGO 11-11:45 Writer's Room 12-2	25 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	26 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30
29 CLOSED 	30 Mah Jong 10-12 Table Top Games 12:30 Line Dancing 1:30 \$Sewing 5:30-8	31 Bone Builders 9:30 Quilter's Circle 10:00 BRAHM Art Workshop 10:00 Domino Domination 10:00 BINGO 11-11:45 Writer's Room 12-2		

Lois E Harrill Senior Center May 2023 Newsletter

May is **Older Americans Month** and we're excited about some community events planned for our active adults interested in getting out and about.

Adult Services Expo * Thurs. May 4th 9am—2pm

The Adult Services Coalition of Watauga County is hosting this event at the Watauga Community Recreation Center. It's "A Celebration Of Living" with demonstrations, awards, and drawings for door prizes. Come join us!

The High Country Senior Games * May 6—June 30

Join the fun and competition hosted by Watauga County Parks and Recreation. There are sports events, as well as the SilverArts showcase for the creative endeavors of the High Country's participating seniors. Registration is open and participants must be 50 years old or better.

Virginia Creeper Trail Senior Road Trip *

Tues. May 23rd 8am—6pm

As part of the High Country Senior Games, Watauga County Parks and Recreation is hosting monthly road trips and this one is for our bicyclists. Head to Damascus, Virginia to bike the beautiful Virginia Creeper Trail. Cost is \$45 and you can register at rec.watgov.org or call 828-264-9511.

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

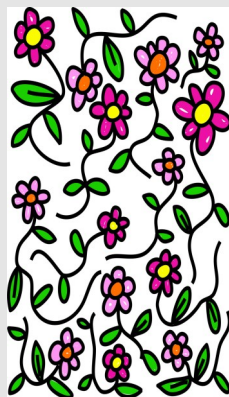
Movement and Fitness:

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



Follow us on Facebook at
Lois E Harrill Senior Center

Thurs. May 11th at 10am ***

Join us for a container gardening project. Watauga County Cooperative Extension will provide the materials for planting a lettuce planter for fresh salads all season long. See Kristi to register for this program.

Wed. May 31st at 10am ***

BRAHM presents a Ruth Asawa inspired weaving workshop in honor of Asian American and Pacific Islander Heritage Month. Asawa was an American sculptor born in California to parents who immigrated from Japan. She was interned as a teenager during the Japanese American Internment and was an art student in Black Mountain, N.C.

Both of these activities are free for senior center participants.

Healthcare Presentations

Tues, May 2nd at 11:00 ARHS presents: Let's Talk About Brain Health

Tues., May 16th VAYA Health presents:
10:00- Living With Anxiety: Medications That Help
11:00– Facing Substance Use and Misuse in Your World

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