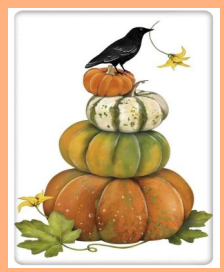




CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00	3 Mah Jong 10-12 ARHS Health Talk 11:00 Lions Club 12-1 Quilt Guild 12:30-3:30 Line Dancing 1:30 \$Sewing 5:30-8	4 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	5 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	6 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
9 Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00 IMPROV! 4:30	10 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8	11 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	12 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	13 Bone Builders 9:00 VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
16 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	17 Mah Jong 10-12 VAYA Health Talk 10-12 Lions Club 12-1 Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30-8	18 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	19 Crafts 10-1:30 Dementia Caregiver Support Group 1:30 \$Needlework 1-3 \$Tai Chi 4:30	20 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
23 Bone Builder 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00	24 Mah Jong 10-12 Line Dancing 1:30 VAYA Health Webinar 10:00 \$Sewing 5:30-8	25 Bone Builders 9:00 BRAHM Art 10:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3 TAI CHI 2 1:00 TAI CHI 1 2:00	26 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	27 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
30 Bone Builder 9:00 Weaving 9-12 Halloween Party 10:00-12:00 Open Art 10-1 TAI CHI 2 1:00 TAI CHI 1 2:00	31 Mah Jong 10-12 Line Dancing 1:30 \$Sewing 5:30-8 			

Lois E Harrill Senior Center October 2023 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
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

***Monthly Health Presentations

***UNC Health Appalachian ---

Tues. Oct. 3rd at 11:00

Prostate and Breast Cancer
Awareness Presentation

***VAYA Health ---

Tues. Oct.17th

10:00—Navigating Depression:
Finding Happiness

11:00—Bipolar Disorder: Creating
Balance

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.

Medicare Open Enrollment— October 15th—December 7th

Open Enrollment is your chance to make changes to your current Medicare Part D or Advantage Plan. Our volunteer SHIP counselors are a source of unbiased information and will assist beneficiaries with finding the best plan at the lowest cost available. As Watauga County's SHIP Coordinator Site, we are currently scheduling appointments for Open Enrollment. Call Kristi at (828)265-8090 for your Medicare counseling appointment.

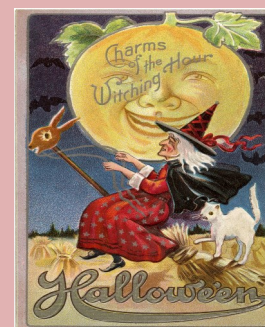
Lois E Harrill Senior Center Dementia Caregiver Support Group

Thursday, October 19th at 1:30, we will host caregivers of loved ones living with dementia for support through discussion and sharing of information and resources.

Care recipients are invited to participate with a parallel group for socializing, organized activities, and skill building relevant to their experience with memory and thinking issues. For more information or to register, call Kristi Bunn at (828)265-8090.

BRAHM Art Workshop—Wednesday, Oct. 25th at 10:00—This month we will get creative with Nick Cave inspired sculpture.

Cave's work is rooted in our current societal moment and is best known for sculptural forms called Soundsuits. All materials are provided and free for registered senior center participants. See Kristi for more information.



*See y'all
at the
Senior Center!*

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

