

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

Lois E Harrill Senior Center

April 2026



Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Bone Builders 9:30-10:30 Quilter's Circle 10-2 DOJ Presentation 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	2 Easter Bonnet Contest 11:30 Ball of Stars Craft 10 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 \$TAI CHI 4:30	3 CLOSED 	
	6 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 BINGO 11:00	7 Mah Jong 10-12 Container Planting Project 11:15 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	8 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	9 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	10 Grandfather Mountain Trip 10:30-4 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
	13 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	14 Mah Jong 10-12 Strong Nutrition Strategies 11:00 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	15 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Writer's Room 11-4 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	16 Ball of Stars Craft 10 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	17 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
	20 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 BINGO 11:00	21 Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	22 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Senior Companions 2:00	23 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	24 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
27 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00	28 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	29 Bone Builders 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	30 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30		

Lois E Harrill Senior Center April 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

Chair Yoga at LEH! Thursday, April 2nd, at 10:30

Our new and growing Chair Yoga class is free to registered senior center participants. This class is sponsored by **Liberty Hospice** and refreshments are provided. For more information or to register, call Kristi at 828-265-8090.

Health and Wellness Education

***Strong Nutrition Strategies, a Series with Margie Mansure**

Tuesday, 4/14 at 11:00 Margie Mansure, Extension Agent in Nutrition and Foods with the N.C. Cooperative Extension, will bring a series of nutrition talks to LEH. This series will give us practical tips for aging strong and living better.

***Digital Literacy— Tuesday, 4/21 at 11:00**

***VAYA Health—Tuesday, 4/28 at 10:30**

Anxiety: Managing Nervous Energy — A growing number of individuals report experiencing anxiety symptoms in recent years. This course examines anxiety as it disproportionately affects the aging population. Traditional and alternative treatments will be the focus of symptom management.

****Grandfather Mountain Trip****

Friday, April 10th It's Dollar Days at Grandfather Mountain! We will leave from LEH at 10:30. Upon arrival, we get to experience a Naturalist Program at the Mile High Swinging Bridge, then participants can enjoy lunch from Mildred's Grill or bring a packed lunch. We can explore the Woods Walk, Wilson Center for Nature Discovery, and the wildlife habitats as we wish. We plan to return to LEH by 4:00. April weather on the mountain is unpredictable, so prepare with layers!

Registration is required and fee is due upon registering. Space is limited. See Kristi to sign up.



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



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

The 1st Annual LEH Easter Bonnet Contest!

Thursday, April 2nd at 11:30— We're going to strut our stuff and show off our best bonnet to celebrate Spring. Go as wild or ornate as your bunny heart desires! Prizes for standout designs and style execution will be awarded.

Lettuce Container Planting Project—

Tuesday, April 7th at 11:15 in the LEH Garden

Paige Patterson, Horticulture Agent with the Watauga County Cooperative Extension will bring her team of gardeners to lead our annual lettuce planter activity. Participants will leave with planters filled with their choice of delicious, nutritious salad greens ready to enjoy all summer long. There is no fee for this valuable program, but registration is required!

BRAHM Art Workshop—

Wednesday, April 29th at 10:00

Helen Zughaib Drawing Celebrating Arab American

Heritage Month Lebanese-American artist Helen Zughaib paints exuberantly prismatic and patterned images that draw on the Arab experience. In her gouache and mixed media works, Zughaib references scenes from her own Middle Eastern childhood and the plight of present-day people of Arab descent in an effort to encourage empathy and promote peaceful dialogue. Come create a drawing inspired by her work to celebrate Arab American Heritage Month. All materials are provided and there is no fee for registered senior center participants.

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.

