

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

Lois E Harrill Senior Center

August 2026



Monday	Tuesday	Wednesday	Thursday	Friday
3 Weaving 9-12 Bone Builders 9:30-10:30 Judy's Pop-Up Tailor Shop 10:00 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	4 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	5 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Improv Improv! 4-5:30	6 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	7 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
10 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	11 Mah Jong 10-12 Music with Dr. Tom 10:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	12 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00	13 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	14 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
17 Weaving 9-12 Bone Builders 9:30-10:30 Judy's Pop-Up Tailor Shop 10:00 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	18 Mah Jong 10-12 Digital Literacy 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	19 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Senior Companions 2:00	20 Crafts 10-1:30 Summer Soap Making Class 1:00 Hand and Foot 11-3 \$TAI CHI 4:30	21 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
24 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	25 *Piedmont Triad Farmers' Market Trip Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	26 Bone Builders 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00	27 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	28 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
31 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5				

Lois E Harrill Senior Center August 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

Music with Dr. Tom—Tuesday, August 11th at 10:30

Dr. Tom Pace brings his acoustic guitar and love of Americana music looking for a sing-a-long. Please join us!

*UNC Health Appalachian—Tuesday, August 4th at 11:00—

Rethink Your Drink - Deanne will be here for her monthly presentation and we will learn about how what we choose to drink affects our health.

*Digital Literacy— Tuesday, August 18th at 11:00

*VAYA Health—Tuesday, August 25th at 10:30

Not as Prescribed: Effects of Medication Misuse — Did you know misuse of medications is a growing problem in older adults? This course will review how the aging process can lead to unintentional misuse and adverse changes to the brain. Here, we will discuss interventions and methods available to support the reduction of this evolving concern.

Summer Soap Making Class—Thursday, August 20th at 1:00

Join Kristi for an introductory class to basic soap making. We will practice a basic Melt & Pour technique that anyone can do at home for a fun, sustainable craft. Cost is \$5 and materials are included for soap to take home. Call Kristi to sign up at 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



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.

Judy's Pop-Up Tailor Shop—

Monday, August 3rd & 17th—Do you have any garments or items that could use some TLC including mending or alteration? Some perfect pants or skirt that needs hemming or a dress that would be perfect if only it had pockets? Well, Judy will be here to take care of those things for you two days in August. You would drop the items off at 10:00 am and pick up that afternoon, unless Judy makes other arrangements with you. If you have any questions about this special service, call Kristi for more information.

BRAHM Art Workshop—

Wednesday, August 26th at 10:00

Stamps and Prints! Learn how to create simple stamps with recycled Styrofoam. All materials are provided and there is no fee for registered senior center participants. Call Kristi at (828)265-8090 for more information or to sign up.



Trip to Piedmont Triad Farmers Market—Tuesday, August 25th from 8:00-5:00

Join us for a trip down to Guilford County to enjoy late summer's best produce offerings. This will be an all day trip leaving from LEH by 8:30 and returning at 5:00. This market has vendors accepting the

Senior Farmers' Market Nutrition Program Vouchers and will have a variety of products available. We'll enjoy lunch at Olympic Family Restaurant which is a family owned restaurant with something on the menu for everyone's taste. The cost for this trip is \$7 to cover van transportation. Lunch and shopping are not included in that fee. We will proudly be supporting North Carolina food producers and family businesses with our spending power! Registration and payment are required and due by Friday, August 21st to reserve space on the vans.

Call Kristi for more info or to sign up at 828-265-8090.

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.

