

DECEMBER



Lois E. Harrill Senior Center December 2022



Mon

Tue

Wed

Thu

Fri

Classes and events are subject to change without notice! Call ahead to verify if desired.



1
Crafts 10-1:30
\$Needlework 1-3
\$Tai Chi 4:30

2
Bone Builders 9-10
BINGO 11-11:45
Bread Dist 12:30
Covid-19 Booster Clinic 9:30-11:30

5
Bone Builders 9-10
Weaving 9-12
BINGO 11-11:45
Open Art 10-1
Wills Clinic 8-5

6
Mah Jong 10-12
ARHS Health Talk 11:00
Line Dancing 1:30
\$Sewing 5:30-8

7
Bone Builders 9-10
Quilter's Circle 10-2
BINGO 11-11:45
Book Club 12-3

8
Crafts 10-1:30
\$Needlework 1-3
\$Tai Chi 4:30

9
Bone Builders 9-10
BINGO 11-11:45
Bread Dist 12:30
Lion's Club Party 11:00

12
Bone Builders 9-10
Weaving 9-12
BINGO 11-11:45
Open Art 10-1

13
Mah Jong 10-12
Line Dancing 1:30
\$Sewing 5:30-8

14
Bone Builders 9-10
Quilter's Circle 10-2
BINGO 11-11:45
Book Club 12-3
Medicare 101 2-4

15
Crafts 10-1:30
\$Needlework 1-3
\$Tai Chi 4:30

16
Bone Builders 9-10
BINGO 11-11:45
Bread Dist 12:30

19
Bone Builders 9-10
Weaving 9-12
BINGO 11-11:45
Open Art 10-1

20
Mah Jong 10-12
Line Dancing 1:30
\$Sewing 5:30-8
VAYA Mental Health Presentation 10-12

21
Bone Builders 9-10
Quilter's Circle 10-2
BINGO 11-11:45
Book Club 12-3

22
Crafts 10-1:30
\$Needlework 1-3
\$Tai Chi 4:30
Holiday Party 10-11

23 Closed for Christmas



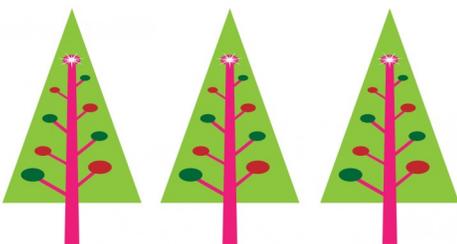
26 Closed for Christmas

27 Closed for Christmas

28
Bone Builders 9-10
Quilter's Circle 10-2
BINGO 11-11:45
Book Club 12-3
BRAHM Art Workshop 10-11

29
Crafts 10-1:30
\$Needlework 1-3
\$Tai Chi 4:30

30
Bone Builders 9-10
BINGO 11-11:45
Bread Dist 12:30



December 2022

Medicare Open Enrollment: Open enrollment is your chance to make changes to your current Medicare part D or advantage plans and continues through December 7th. You can learn about all the changes to your current plan and see what options are new for next year. The friendly and knowledgeable SHIIP counselors are your local Medicare experts-not salespeople. They will help you find the best plan and lowest cost. They are booking appointments now for open enrollment. To make your appointment call Billie Lister at 919-899-5820.

If you're looking to learn about Medicare, Medicare 101 with Billie Lister is scheduled for Wednesday December 14th 2:00-4:00.

Art With BRAHM: Come join us for a lively art workshop and creative project on Wednesday December 28th 10:00-11:30. We will be experiencing Gelli Prints with Marion Cloaninger this month and are excited for this opportunity to learn about the vibrant print making technique.. You do not need to register, just show up ready to explore and materials will be provided for the lesson. Call Kristi for more information 828-265-8090.

*We leave the art classroom open 3 days a week all month so that artists may work together on projects. We encourage you to come use the space and practice your skills together. See Kristi for more information..

We will be hosting a Covid-19 Booster Vaccine Clinic Friday December 2nd 9:30-11:30. Boone Drug will be here to administer the current bivalent booster shot in order to better protect our community moving into the Winter months. With cases of Influenza, RSV, and Covid-19 all on the uptick, it is recommended that all of us who are eligible, be vaccinated for a healthier community.

Weekly Exercise Classes Available offered :

- Bone Builders-M, W, F
- Tai Chi- Th
- Line Dancing- Tu

We will be staging a Blanket Drive to benefit the Hospitality house this holiday season. We are accepting warm blankets, new or clean, gently used of any type to help keep our neighbors cozy and cared for.. If you have questions, see Kristi. Thanks, y'all!

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Crafts, Needlework, Weaving, Quilter's Circle, and Sewing times listed on events calendar-
Bread Distribution Fridays @ 12:30

Drop In and In-Person Activities:

Card Games-Computer Lab- Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games

Resources you can pick-up/Check-out:
Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Kristi to ask about these items. 828-265-8090.

132 Poplar Grove Connector Suite A
Boone, NC 28607
Phone: (828)265-8090
Snr. Center Director: Kristi Bunn
Email: kristi.bunn@watgov.org

For additional information, questions about activities, or to register for transportation please contact the Center Director., Kristi Bunn 828-265-8090

Upcoming Events:
Medicare open enrollment is Oct 15th-Dec 7th- make your appointment now.
Covid Booster Clinic Friday Dec. 2nd 9:30-11:30 see Kristi to sign up.
Wills and Advanced Directives Workshop Monday Dec. 5th 8-5 by appointment.
Holiday Party- Dec. 22

Hours of Operation: Monday-Friday 8-5pm

Notice: Classes and events are subject to change without notice! Call ahead to verify if desired.

Do you have a skill or interest you'd like to share with our participants? Call Kristi with your ideas at 828-265-8090

**Find us on Facebook at
Lois E Harrill Senior Center
for updates.**

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)
- Tax Preparation - partnership with AARP's Volunteer Income Tax Assistance Program
- Transportation to the senior center, errands and medical appointments provided through partnership with Appal-CART
 - 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 pick-up/drive through onsite (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)
 - Virtual Programming
 - Friends Connection Assistance

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<i>1 Pork Chop w/Gravy Sweet Potatoes Peas Roll Poke Cake/w Whipped Topping Milk</i>	<i>2 Beef & Macaroni Casserole Corn Broccoli Roll Applesauce Milk</i>
<i>5 Pimento Cheese Sandwich Vegetable Beef Soup Angel Food Cake w/fruit Milk</i>	<i>6 Salisbury Steak w/Gravy Mixed Vegetables Egg Noodles Wheat Roll Seasonal Fruit Milk</i>	<i>7 Spaghetti w/ Meat Sauce Tossed Salad Winter Blend Vegetables Garlic Bread Mandarin Whip Milk</i>	<i>8 BBQ Ribs Corn Carrots Roll Jello w/ Fruit Milk</i>	<i>9 Pinto Beans Greens Red Potatoes Cornbread Fruit Cocktail Milk</i>
<i>12 Baked Ziti Tossed Salad Broccoli Garlic Roll Cinnamon Baked Apples Milk</i>	<i>13 Chicken Tenders Lima Beans Macaroni & Cheese Roll Seasonal Fruit Milk</i>	<i>14 Sloppy Joes Baked Potatoes Coleslaw w/ Carrots Hamburger Bun Chocolate Chip Cookies Milk</i>	<i>15 Egg Salad on 2 Slices Bread Potato Soup Blushing Pears Milk</i>	<i>17 Chicken Pot Pie Beets Roll Fruit Cobbler Milk</i>
<i>19 Meat Loaf w/ Tomato Sauce Mashed Potatoes Green Peas Wheat Roll Angel Food Cake w/Fruit Milk</i>	<i>20 Smoke Sausage Steamed Cabbage Peas & Carrots Dinner Roll Banana Milk</i>	<i>21 Grilled Chicken Sandwich w/Cheese Lettuce & Tomato Steak Fries Hamburger Bun Fruit Cobbler Milk</i>	<i>22 Blazed Ham Mashed Potatoes w/Gravy Green Bean Casserole Dinner Roll Sweet Potato Pie Milk</i>	<i>23</i>
<i>26</i>	<i>27</i>	<i>28 Hamburger Patty w/Cheese Vegetarian Baked Beans Lettuce & Tomato Hamburger Bun Fruit Fluff Milk</i>	<i>29 Pork Chop w/Gravy Cauliflower Red Potatoes Dinner Roll Fruit Cocktail Milk</i>	<i>30 Pork Roast w/Gravy Black-eyed Peas Greens Cornbread Ring Cake Milk</i>