



# Lois E Harrill Senior Center

## February 2023

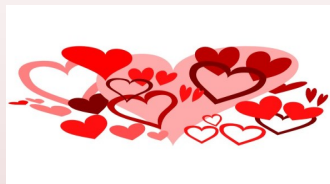


Mon	Tue	Wed	Thu	Fri
		<b>1</b> Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45	<b>2</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>3</b> Bone Builders 9:30 <b>BINGO 11-11:45</b> <b>Bread Dist 12:30</b>
		<b>6</b> Bone Builders 9:30 <b>Weaving 9-12</b> <b>BINGO 11-11:45</b> <b>Open Art 10-1</b>	<b>7</b> Mah Jong 10-12 <b>ARHS Health Talk 11:00</b> Lions Club 12-1 <b>Table Top Games 12:30</b> <b>Line Dancing 1:30</b> <b>\$Sewing 5:30-8</b>	<b>8</b> Bone Builders 9:30 Quilter's Circle 10-2 BINGO 11-11:45
<b>13</b> Bone Builders 9:30 <b>Weaving 9-12</b> <b>BINGO 11-11:45</b> <b>Open Art 10-1</b>	<b>14</b> Mah Jong 10-12 <b>Valentine's Day Social 10-12</b> <b>Table Top Games 12:30</b> <b>Line Dancing 1:30</b> <b>\$Sewing 5:30-8</b>	<b>15</b> Bone Builders 9:30 Quilter's Circle 10-2 <b>Health Bingo with ARHS 11:00</b>	<b>16</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>17</b> Bone Builders 9:30 <b>BINGO 11-11:45</b> <b>Bread Dist 12:30</b>
<b>20</b> Bone Builders 9:30 <b>Weaving 9-12</b> <b>BINGO 11-11:45</b> <b>Open Art 10-1</b>	<b>21</b> Mah Jong 10-12 <b>VAYA Health Talk 10-12</b> Lions Club 12-1 <b>Table Top Games 12:30</b> <b>Line Dancing 1:30</b> <b>\$Sewing 5:30-8</b>	<b>22</b> Bone Builders 9:30 <b>BRAHM Art Workshop 10:00</b> Quilter's Circle 10-2 BINGO 11-11:45	<b>23</b> Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	<b>24</b> Bone Builders 9:30 <b>BINGO 11-11:45</b> <b>Bread Dist 12:30</b>
<b>27</b> Bone Builders 9:30 <b>Weaving 9-12</b> <b>BINGO 11-11:45</b> <b>Open Art 10-1</b>	<b>28</b> Mah Jong 10-12 <b>Table Top Games 12:30</b> <b>Line Dancing 1:30</b> <b>\$Sewing 5:30-8</b>			

# February 2023

Winter weather brings schedule changes and cancellations for the High Country community and we all have learned to stay flexible and aware of notifications. It's just part of this mountain life! When we have inclement weather, the Project on Aging will make announcements through a variety of outlets for our participants' convenience. If you are a registered participant, we send a recorded message to the phone number we have on file. We will also have announcements on [Goblueridge.net](http://Goblueridge.net), [Ray's Weather online](http://Ray's Weather online), [Wataugaonline](http://Wataugaonline), and [WATA](http://WATA). We will also post on our [Facebook page](#), [Lois E Harrill Senior Center](#), so follow us there for updates. If you ever have any questions, just give us a call at (828)265-8090.

[Blowing Rock Art History Museum](#) will be here for our monthly art workshop with a theme to honor Black History Month. We will explore Faith Ringgold Inspired Collage. All materials are provided and no registration is required. Join us Wednesday Feb. 22 at 10:00 for this engaging, creative opportunity. We hope to see you there!



## *Valentine's Day Social and Advocacy Event*

Please join us on Tuesday, February 14th to celebrate love and friendship with our senior center friends. We will crown our Valentine Queen and King, enjoy snacks and games, and have an opportunity to send messages to our representatives. We will begin voting for our King and Queen the first of the month.

## 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 Healthcare

Facebook at Presentations:

Lois E Harrill Tuesday Feb.7 10:00-ARHS

Senior Center Love Your Heart:Let's Talk  
for updates About Heart Health

Tuesday Feb.21 VAYA  
10:00 Personality Disorder-  
Reaction To Interaction

BINGO every 11:00 Facing the Emotional  
M,W,F 11:00 Challenges of Chronic Illness

Feb. 15th— Every Tuesday 12:30 (right  
BINGO For Health after lunch) Table Top  
Bread Distribution Game Time! Meet up with  
Fridays @ 12:30 our game loving card  
sharks for players' choice  
of games.

Lois E Harrill Senior Center/Project on Aging  
132 Poplar Grove Connector Suite A  
Boone, NC 28607 (828)265-8090  
Mon-Fri 8am-5pm  
Senior Center Director—Kristi Bunn  
[kristi.bunn@watgov.org](mailto:kristi.bunn@watgov.org)



## **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

