




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

Lois E Harrill Senior Center

January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED 	2 Bone Builders 9:30-10:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
5 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 BINGO 11:00 \$Sewing 2-5	6 Mah Jong 10-12 Lions Club 12-1 Let's Talk About Sleep Health 11:00 Ping Pong 1-4 Quilt Guild 1-4 Line Dancing 1:30	7 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room Writingpalooza 11-4 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	8 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	9 Bone Builders 9:30-10:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
12 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	13 Mah Jong 10-12 Falls Prevention Presentation with Schuster PT 10:30 Ping Pong 1-4 Line Dancing 1:30	14 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room Writingpalooza 11-4 Knitochet 1:00 Tai Chi 1-2	15 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	16 Bone Builders 9:30-10:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
19 CLOSED 	20 Mah Jong 10-12 Digital Literacy 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	21 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	22 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 Medicare 101 2-4 \$TAI CHI 4:30	23 Bone Builders 9:30-10:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
26 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	27 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	28 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	29 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	30 Bone Builders 9:30-10:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3

Lois E Harrill Senior Center January 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, January 8th 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. Space is limited, so sign up is required. For more information or to register, call Kristi at 828-265-8090.

Tuesday Talks

***Let's Talk About Sleep Health—**

Tuesday, January 6th at 11:00

***Falls Prevention with Schuster Physical Therapy —**

Tuesday, January 13th at 10:30

***Digital Literacy Focus on Video Chat**

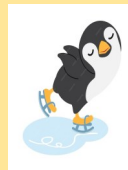
Tuesday, January 20th at 11:00

***VAYA Health— Ageism in Focus**

Tuesday, January 27th at 10:30—

This course offers an examination of ageism and its effects on older adults in various aspects of life, including health care, social interactions, and community engagement. Participants will gain a deeper understanding of how age-based discrimination impacts well-being and learn practical strategies to challenge and reduce ageism, fostering a more inclusive and respectful environment for all ages.

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 reservation.

The LEH Senior Center will be closed on Thursday, January 1st in observance of New Year's Day and on Monday, January 19th in observance of Martin Luther King Jr. Day.

*****Medicare Advantage Open Enrollment Period*****

From January 1-March 31 each year, if you're enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) once during this time.

*****Medicare 101 Seminar— Thursday, January 22nd 2-4pm**

If you or someone you know will be new to the complicated world of Medicare or would just like to learn more about the Seniors' Health Insurance Information Program, join us for this free seminar. SHIIP is a division of the NC Department of Insurance that offers unbiased information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. Call Kristi to sign up for this program at 828-265-8090.

Watercolor Exploration with Irmaly Brackin—Mondays at 11:00

This is an abstract, watercolor , mixed media class taught by Irmaly Brackin with all materials provided. There is a \$5 fee per class for registered participants.

BRAHM Art Workshop— Wednesday, January 28th at 10:00

Gesso Winter Scenes Create a mixed media winter landscape. All materials are provided and there is no fee for registered senior center participants.

For more information about any of these programs, call Kristi Bunn.



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.

