





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

Lois E Harrill Senior Center

July 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	4 	5 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	6 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	7 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
10 Bone Builder 9:00 Weaving 9-12 Judy's Tailor Shop 10:00 BINGO 11-11:45 Open Art 10-1 Improv 4:30	11 Mah Jong 10-12 ARHS Health Talk 11:00 VIP Club 10:00 Line Dancing 1:30 \$Sewing 5:30-8	12 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	13 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	14 Bone Builders 9:00 VAYA Health Webinar 10:00 BINGO 11-11:45 Bread Distribution 12:30
17 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 Get To Know Your Smartphone 1:00	18 Mah Jong 10-12 Lions Club 12-1 VAYA Health Talk 10-12 Quilt Guild Meeting 12-4 Line Dancing 1:30 \$Sewing 5:30-8	19 Bone Builders 9:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	20 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	21 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
24 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1	25 Mah Jong 10-12 Assistive Technology 11:00 Line Dancing 1:30 VAYA Health Webinar 10:00 \$Sewing 5:30-8	26 Bone Builders 9:00 BRAHM Art Workshop 10:00 Quilter's Circle 10-2 BINGO 11-11:45 Knitting 1-3	27 Crafts 10-1:30 \$Needlework 1-3 \$Tai Chi 4:30	28 Bone Builders 9:00 BINGO 11-11:45 Bread Distribution 12:30
31 Bone Builders 9:00 Weaving 9-12 BINGO 11-11:45 Open Art 10-1 Get To Know Your Smartphone 1:00				

Lois E Harrill Senior Center July 2023 Newsletter

Movement and Fitness Classes:

Bone Builders—Mon.,Wed.,Fri. (9:00-10:00)

Line Dancing—Tues.(1:30-2:30)

Tai Chi—Thurs.(4:30-5:30)

Fitness Room and Rec Room available Mon-Fri (8:00-5:00)

Fitness equipment including treadmills, rowing machine, NuStep machine, free weights, and more.

Rec Room games and activities including organized card games (Hand and Foot, Rook, Phase 10, etc.), Dominoes, Board Games, and Billiards throughout the day.

July is Disability Pride Month which commemorates the passing of the Americans with Disabilities Act (ADA) in July 1990. During Disability Pride Month we celebrate people with disabilities, their identities and culture, and their contributions to society. It also serves as an opportunity to educate about disabilities and work to end the stigma of disability while promoting the knowledge that disability is a natural part of human diversity which deserves celebration.

BRAHM presents: Judith Scott Inspired Wrapped Sculptures on Wednesday, July 26th at 10:00 in Classroom 2 at LEH

Judith Scott was an American artist born with Down Syndrome and deafness. She was internationally renowned for her abstract fiber art sculpture. This workshop will explore this style and all materials are provided by BRAHM. For more information, call Kristi at 828-265-8090

Assistive Technology: What is it? How can it be used? - Tuesday, July 25th at 11:00 Assistive products maintain or improve an individual's abilities and independence by supporting their functioning and promoting well being. The NCDHHS Assistive Technologist will present available technologies and devices for participants.

Classes and activities are subject to change or cancellation with no prior notice. Please call to confirm – 828-265-8090

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Lois E Harrill
Senior Center



****ARHS Health Talk ---
Supplements: Let's Learn
About Vitamins and Minerals
Tues. July 11th at 11:00**

****VAYA Health Talk ---
An Overview of Mental Health
Tues. July 18th at 10:00**

**The North Carolina Seniors
Farmers' Market Nutrition
Program (SFMNP) begins July
1st and coupons will be distributed
to eligible participants once they
are received. The program provides
eligible lower-income older adults
with coupons to purchase fresh
fruits and vegetables at NC SFMNP
certified farmers' markets.
Participants can apply for and
receive coupons through the
Watauga County Senior Centers.
For more info, call 828-265-8090 or
828-297-5195.**



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

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

