

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

Lois E Harrill Senior Center

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sew Creative 10-2 Mah Jong 10-12 Dogs and Doughnuts 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	2 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3 Improv Improv! 4-5:30	3 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	4 CLOSED 
7 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO with Hopscotch 11:00 Hearts 1:00 \$Sewing 2-5	8 Sew Creative 10-2 VIP Club 10-12 Mah Jong 10-12 Ping Pong 1-4 Line Dancing 1:30	9 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3	10 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	11 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
14 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00-11:45 Hearts 1:00 \$Sewing 2-5	15 Sew Creative 10-2 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	16 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time 11:00 Table Top Games 12:30-3 Summer Soap Making Class 1:00	17 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	18 Bone Builders 9-10 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
21 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	22 Sew Creative 10-2 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	23 Farmers' Market Pop Up 10-12 Bone Builders 9-10 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Senior Companions 2:00	24 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	25 Bone Builders 9-10 BINGO with AMOREM 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3 Ice Cream Social 12:30
28 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00-11:45 Hearts 1:00	29 Sew Creative 10-2 Mah Jong 10-12 Medicare Fraud Prevention with Dianne Trainor 11:00 Ping Pong 1-4 Line Dancing 1:30	30 Bone Builders 9-10 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3	31 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 Medicare 101 2-4 \$TAI CHI 4:30	

Lois E Harrill Senior Center July 2025 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)

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

Farmers' Market Pop-Up at LEH Wednesday July 23rd

The King Street Market and Watauga County Farmers' Market are partnering with the Project On Aging to hold a pop-up market at LEH Senior Center on Wednesday, July 23rd, from 10:00-12:00. As the Watauga County Coordinator Site for the N.C. Senior Farmers' Market Nutrition Program, we are excited to host this pilot program to provide expanded access to fresh, local produce while supporting our local food producers. The SFMNP provides seniors who meet income eligibility guidelines with \$50 worth of vouchers for use at SFMNP certified markets across N.C.. **And**, the **Double Up Food Bucks** program funded by the **Blue Ridge Women in Agriculture** makes the vouchers worth twice as much here in Watauga County! The Pop Up Market will be inside the Human Services Building, "rain or shine", and open to the public. For more information about the market or to see if you qualify for the SFMNP, call Kristi Bunn at 828-265-8090.

Tuesday Talks

*Dogs and Doughnuts with UNC Health Appalachian

Tuesday, July 1st at 11:00 Join us for a much appreciated morning of stress relief with Chet the therapy dog and delicious doughnuts.

*Digital Literacy Workshop—Tuesday, July 15th at 11:00

*VAYA Health— Tuesday, July 22nd at 10:30

Treating Dementia: Medications and More

Sew Creative—Tuesdays from 10-2

Do you know a teenager interested in learning to sew? Our crafters would love to teach them! This is a free class for creative teens with all materials provided and machines for use during class. This unique opportunity is free and participants are invited to bring a lunch for a mid-class break.

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!*

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.

It's National Hot Fudge Sundae Day Friday, 7/25!

So, let's have an ice cream social! Join us at LEH at 12:30 for an after-lunch treat. Bring your favorite, unopened, store bought sundae topping to share and enjoy this very important national holiday with friends. Ice cream and good cheer will be provided. Call Kristi to let us know you're coming.

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, July 30th 10:00

Yinka Shonibare Collage and Print-Making for

Disability Pride Month Yinka Shonibare CBE RA, is a

British Artist living in the UK. His work explores cultural identity, colonialism, and post-colonialism within the contemporary context of globalization. A hallmark of his art is the brightly coloured Ankara fabric he uses. Using gelli-plates and collage, we will create works inspired by Shonibare for Disability Pride Month. All materials are provided by BRAHM and this monthly workshop is free for registered senior center participants. Call Kristi for more information at 828-265-8090.

Medicare Fraud Prevention— Tuesday, July 29th at 11:00

Medicare 101—Thursday, July 31st, 2:00—4:00

For more info, call Kristi 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.

