

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

Lois E Harrill Senior Center

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday
		1 *NCSFMNP Voucher Distribution 1-3 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Knitochet 1:00 Improv Improv! 4-5:30	2 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	3 CLOSED
6 Weaving 9-12 Bone Builders 9:30-10:30 Judy's Pop-Up Tailor Shop 10:00 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	7 Mah Jong 10-12 Music with Dr. Tom 10:30 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	8 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Knitochet 1:00	9 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	10 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
13 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	14 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	15 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Ice Cream Social 12:30 Knitochet 1:00 Senior Companions 2:00	16 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	17 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
20 Weaving 9-12 Bone Builders 9:30-10:30 Judy's Pop-Up Tailor Shop 10:00 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	21 Mah Jong 10-12 Digital Literacy 11:00 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30 Senior Day at the King St. Farmers' Market 3:30-6:30	22 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Knitochet 1:00	23 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	24 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
27 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	28 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	29 Farmers' Market Pop Up 10-12 Bone Builders 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Writer's Room 11-1 Knitochet 1:00	30 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	31 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3

Lois E Harrill Senior Center July 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

Music with Dr. Tom—Tuesday, July 7th at 10:30

Dr. Tom Pace brings his acoustic guitar and love of Americana music looking for a sing-a-long. Please join us!

*UNC Health Appalachian—Tuesday, July 14th at 11:00—

Tick Talk—Learn about tick borne illnesses and how to prevent them.

*Digital Literacy— Tuesday, July 21st at 11:00—

*VAYA Health—Tuesday, July 28th at 10:30

Opportunities to Help During Crisis — An individual can experience a crisis suddenly and without warning, especially when symptoms of a mental illness are involved. As a caregiver or responder, possessing skills that support de-escalation is imperative. Did you know that you can help? This course provides information about crises in older adults, barriers to de-escalation, and specific methods of stabilizing support.

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



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.



BRAHM Art Workshop—

Wednesday, July 29th at 10:00

Matisse Inspired Collage for Disability Pride Month

Henri Matisse, a French visual artist known for his Fauvist work and use of color, faced significant physical limitations later in life due to cancer and surgery. These limitations, including the need for a wheelchair and reduced mobility, ultimately led to a new period of artistic innovation for him, particularly his iconic paper cut-outs. Join us to create collages inspired by Matisse to celebrate Disability Pride Month. All materials are provided and there is no fee for registered senior center participants. Call Kristi at (828)265-8090 for more information or to sign up.

Senior Day at the King St. Market—Tuesday, July 21st from 3:30—6:30 The King St. Market will have their annual Senior Day with fun demos and entertainment on the lawn in front of LEH Senior Center. This is the perfect opportunity to enjoy all that the local market has to offer with fresh produce and delicious, nutritious treats, as well as artisan offerings in a vibrant, communal setting. There will also be local service providers set up to offer resource information for older adults looking for information about resources in our community.

Farmers' Market Pop-Up at LEH Wednesday July 29th 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 29th, 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 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.

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.

