

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

Lois E Harrill Senior Center

June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	2 Mah Jong 10-12 Music with Dr. Tom 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	3 Bone Builders 9:30-10:30 Writer’s Room 11-1 Quilter’s Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	4 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	5 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
8 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	9 Mah Jong 10-12 RAPID PFA Training 10:30 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	10 Bone Builders 9:30-10:30 Writer’s Room 11-1 Quilter’s Circle 10-2 Trivia Time 11:00 Knitochet 1:00	11 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	12 *Elder Abuse Awareness Walk* 1:00 at LEH Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
15 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	16 Mah Jong 10-12 Digital Literacy 11:00 Lions Club 12-1 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	17 Bone Builders 9:30-10:30 Quilter’s Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Senior Companions 2:00	18 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	19 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
22 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	23 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	24 Bone Builders 9:30-10:30 BRAHM Art 10:00 Writer’s Room 11-1 Quilter’s Circle 10-2 Trivia Time 11:00 Knitochet 1:00	25 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	26 *NCSFMNP Voucher Distribution 9-11 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
29 *NCSFMNP Voucher Distribution 9-11 (WWCC) Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	30 Mah Jong 10-12 UNC Health Appalachian Health Talk 11:00 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30			

Lois E Harrill Senior Center June 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, June 2nd at 10:30

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



Chair Yoga sponsored by Liberty Hospice

Thursday, June 4th at 10:30

* RAPID Psychological First Aid—Tuesday, June 9th at 10:30

The Aging Adult Mental Health Initiative is a program promoting wellness by reducing mental health stigma and equipping community members to support someone in crisis using **Psychological First Aid**. PFA is a compassionate, evidence-based response to a fellow human being who needs support. Each participant in this training in its entirety will receive certification in RAPID PFA and an e-gift card.

*Digital Literacy— Tuesday, June 16th at 11:00

Helpful Tech Gear—Staying at home as we age can often be made easier with technological advancements. Certain “gadgets” can bring comfort and convenience, as well as safety and peace of mind. Fred Wilson will be here to explore the world of “tech gear” with us and introduce helpful products to support aging in place.

*VAYA Health—Tuesday, June 23rd at 10:30

Ageism in Focus — 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.

UNC Health Appalachian—Tuesday, June 30th at 11:00

Dogs and Doughnuts

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, June 24th at 10:00

Paper Weaving Inspired By Geo Soctomah Neptune

Geo Soctomah Neptune is a Passamaquoddy Two-Spirit, master basket maker, activist, storyteller, model, and educator from Indian Township, Maine. We will celebrate LGBTQIA+ with weaving paper designs inspired by Neptune's work. 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.

World Elder Abuse Awareness Day is June 15th

World Elder Abuse Awareness Day (WEAAD) is commemorated each year on June 15th to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Elder abuse is defined as the harming of an older person and can include neglect, physical, emotional, financial, or sexual abuse. It is up to all of us to care for and protect the most vulnerable of our community and there are things everyone can do to make a difference. We will be working to bring attention to the elder abuse problem while offering educational programs and resources for senior center participants and the community.

Join us for our World Elder Abuse Awareness Walk

Friday, June 12th at 1:00

We will meet at LEH Senior Center.
Wear your purple to support the work of bringing awareness to this cultural problem. Call 828-265-8090 for more information.



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.

