

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

Lois E Harrill Senior Center

May 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	 <p style="text-align: center; font-size: small;">THE MAYPOLE DANCE.</p>		1 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	2 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
5 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 BINGO 11-11:45 \$Sewing 2-5 State Retirees' Medicare 101—2-4	6 Mah Jong 10-12 UNC Health App 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	7 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3 Improv Improv! 4-5:30	8 Crafts 10-1:30 Hand and Foot 11-3 BRAHM Knitting For Beginners 1-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	9 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
12 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	13 Mah Jong 10-12 Financial Fraud Prevention Presentation 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	14 Bone Builders 9:30 Quilter's Circle 10-2 Table Top Games 12:30-3 Digital Literacy Workshop 1:00 Knitting 1-3 Senior Companions 2:00	15 Crafts 10-1:30 Let's Grow Container Planting Project 11:00 Hand and Foot 11-3 BRAHM Knitting For Beginners 1-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3	16 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
19 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 BINGO 11-11:45 \$Sewing 2-5	20 Mah Jong 10-12 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	21 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3	22 Crafts 10-1:30 Hand and Foot 11-3 BRAHM Knitting For Beginners 1-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	23 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
26 CLOSED 	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 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3	29 Crafts 10-1:30 Hand and Foot 11-3 BRAHM Knitting For Beginners 1-3 Medicare 101 1-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	30 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3

Lois E Harrill Senior Center May 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

Tuesday Talks

*UNC Health Appalachian-Tuesday, May 6th at 11:00

Let's get physical! Our friends from UNC Health Appalachian will be here to explore Occupational Therapy and the importance of physical movement with chair exercise.

*Financial Fraud Prevention— Tuesday May 13th at 11:00

PNC Bank will be here to talk to us about financial fraud and what we can do to protect ourselves from the growing problem of malevolent activity.

*VAYA Health— Tuesday, May 27th at 10:30-11:30

Facing the Emotional Challenges of Chronic Illness

*Digital Literacy Workshop—Wednesday, May 14th at 1:00

Fred Wilson, Digital Navigator with the High Country Area Agency On Aging, will guide us through our digital world to help us better understand and use our electronic devices. This workshop is interactive and allows for plenty of questions to be explored and the opening of other device related topics as they arise. See Kristi for more info about any of these programs.

State Retiree Medicare Info Session—Monday, May 5th at 2:00

This will be a Medicare 101 specifically for state retirees.

Medicare 101 Seminar—Thursday, May 29th from 1:00-3:00

This seminar is open to anyone new to Medicare or interested in learning more about Medicare.

Call Kristi Bunn at 828-265-8090 for more info or to register for either of these programs.

The Seniors Farmers' Market Nutrition Program is right around the corner and we'll have farmers' market vouchers soon. If you would like to be on the list to get a call when they arrive, call Kristi Bunn.

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.

Let's Grow Container Planting Project—

Thursday, May 15th at 12:30 Paige Patterson with
the Watauga County Cooperative Extension will be
here to facilitate our lettuce planter project. These
compact containers are ideal to take home for salad
mix all season long. All materials are provided and
there is no fee, but space is limited and registration is
required. Call Kristi to sign up at 828-265-8090.



Watercolor Exploration with Irmaly Brackin

Mondays at 11:00

This will be an abstract watercolor class taught by
Irmaly with all materials provided. There will be a \$5
fee per class for registered participants.

BRAHM Knitting For Beginners—

Thursdays 1-3, Beginning 5/8—

Students will learn
to knit, read a pattern, design a project, and felt a
knitted piece. Call Kristi at 828-265-8090 to sign up.

BRAHM Art Workshop—

Wednesday, May 28th at 10:00

Celebrate AAPI Heritage Month with Drawing

Inspired By Pacita Abad Over a 32-year career,
Filipina artist, Pacita Abad has made art traversing
diverse subjects from colorful masks to intricately
constructed underwater scenes to abstract
compositions. Come create a drawing inspired by this
visual and conceptual expanse. There is no fee and all
materials are provided by BRAHM. Call Kristi for more
information 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 Gilleskie (828) 297-5195
Lois E Harrill Senior Center is a
SENIOR CENTER OF EXCELLENCE
Serving individuals age 60 and older.

