

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

Lois E Harrill Senior Center

May 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	 THE MAYPOLE DANCE.			1 Bone Builders 9:30-10:30 BINGO with AMOREM 11 Bread Distribution 12:30 Table Top Games 12:30-3
4 **Crossnore Trip Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	5 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	6 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	7 Crafts 10-1:30 Chair Yoga 10:30 Hand and Foot 11-3 Container Planting Project 11:15 \$TAI CHI 4:30	8 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
11 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 Word Search Races 11:00 \$Sewing 2-5	12 Advance Directives Workshop 11:00 Mah Jong 10-12 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	13 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time with Medi Home Health and Hospice 11:00 Writer's Room 11-4 Knitochet 1:00 Tai Chi 1-2	14 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	15 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
18 Weaving 9-12 Bone Builders 9:30-10:30 Open Art 10-1 BINGO 11:00 \$Sewing 2-5	19 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 \$Yoga with Allie 3:00	20 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 Senior Companions 2:00	21 Rowdy Readers 10 Crafts 10-1:30 Hand and Foot 11-3 Medicare 101 3-5 \$TAI CHI 4:30	22 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
25 CLOSED 	26 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30 \$Yoga with Allie 3:00	27 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 Tai Chi 1-2	28 Crafts 10-1:30 Ball of Stars Craft 10-12 Hand and Foot 11-3 \$TAI CHI 4:30	29 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 May 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

Chair Yoga sponsored by Liberty Hospice

Thursday, May 7th, at 10:30

Gentle Restorative Yoga with Allie Xiong

Tuesdays at 3:00 beginning May 19th—\$5 per student each class
See Kristi to register or for more info.

Crossnore Trip—Monday, May 4th, 10-4

Join us for a trip down to Crossnore where we will visit E.H. Sloop Chapel at Crossnore School and experience a Ben Long fresco. *Suffer the Little Children.* We'll have a tour of the campus and go to the Crossnore Weavers Working Museum, the Crossnore Fine Arts Gallery, and the Blair Fraley Sales Store, the largest resale shop in the High Country. We'll plan to have lunch at Miracle Grounds Coffee Shop & Café. A \$5 fee will be required with registration for this trip to cover transportation.

Participants will be responsible for their lunch.

Space is limited. See Kristi to sign up.



***Advance Directives Workshop—Tuesday, 5/12**

Representatives from Amorem will be here to facilitate this program for anyone seeking assistance with documents such as a Living Will or Health Care Power of Attorney.

Call Kristi at 828-265-8090 for more information or to register.

***Digital Literacy— Tuesday, 5/19 at 11:00**

***VAYA Health—Tuesday, 5/26 at 10:30**

Brain Health in Aging — With focus on maintaining brain health as we age, participants will learn about normal cognitive aging, risk factors for decline, and strategies to support brain health through lifestyle choices like nutrition, exercise, and mental stimulation. Practical tips for caregivers and healthcare professionals will be provided to enhance the cognitive well-being of older adults.

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

Lettuce Container Planting Project—

Thursday, May 7th at 11:15 in the LEH Garden

Paige Patterson, Horticulture Agent with the Watauga County Cooperative Extension will bring her team of gardeners to lead our annual lettuce planter activity. Participants will leave with planters filled with their choice of delicious, nutritious salad greens ready to enjoy all summer long. There is no fee for this valuable program, but registration is required!

BRAHM Art Workshop—

Wednesday, May 27th at 10:00

Tadashi Sato Inspired Watercolor Painting

Tadashi Sato was a painter, muralist, mosaicist, and one of the most active artists to emerge from Hawai'i since World War II. Sato took inspiration from nature, calligraphy, and Zen Buddhism to create effervescent, abstract compositions. Create a watercolor painting inspired by Sato for Asian, Asian American, Native Hawaiian and Pacific Islander Heritage Month. All materials are provided and there is no fee for registered senior center participants.

Medicare 101 Seminar—Thursday, May 21, 3-5pm If you or someone you know will be new to the complicated world of Medicare or would just like to learn more about the Seniors' Health Insurance Information Program, join us for this free seminar. SHIIP is a division of the NC Department of Insurance that offers unbiased information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. Call Kristi at 828-265-8090 to register.

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.

