

Lois E. Harrill Senior Center

November 2022

Mon	Tue	Wed	Thu	Fri
	1 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk- TBA Lions Club- 12-1 Quilt Guild 12:30-3:30 \$Sewing-5:30-8pm	2 Bone Builders-9:00am Art Space-11-1 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3	3 Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30	4 BINGO-11-11:45 Bone Builders-9-10 Bread Dist- 12:30 Pet Survey Presentation Dining Room 10:30
7 Bone Builders-9:00 Open Art-10-1 Weaving-9-12 BINGO- 11-11:45	8 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk -TBA \$Sewing-5:30-8pm	9 Bone Builders-9:00am Art Space-11-1 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3	10 Needlework\$-1-3 Crafts-10-1:30 \$Tai Chi\$-4:30	 VETERANS DAY Closed
14 Bone Builders-9:00 Open Art-10-1 Craft Sale 10 - 4 Weaving-9-12 BINGO- 11-11:45	15 Mah Jong-10-12 Health Talk-Mental Health 10-12 Craft Sale 10 - 4 Line Dancing-1:30-DR Lions Club- 12-1 \$Sewing-5:30-8pm Quilt Guild- 9-2	16 Bone Builders-9:00am Craft Sale 10 - 4 Art Space-11-1 BINGO- 11-11:45 Quilter's Circle 10-2	17 Needlework\$-1-3 Craft Sale 10 - 4 \$Tai Chi\$-4:30	18 Craft Sale 10 - 12 BINGO-11-11:45 Bone Builders-9-10 Bread Dist- 12:30
21 Bone Builders-9:00am Open Art-10-1 Weaving-9-12 BINGO- 11-11:45	22 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk-TBA \$Sewing-5:30-8pm	23 Bone Builders-9:00am Art Space-11-1 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3	 Closed	25  Closed
28 Bone Builders-9:00am Open Art-10-1 Weaving-9-12 BINGO- 11-11:45	29 Mah Jong 10-12 Line Dancing-1:30-DR Health Talk-TBA \$Sewing-5:30-8pm	30 Bone Builders-9:00am Art Space-11-1 BINGO- 11-11:45 Quilter's Circle 10-2 Book Club 12-3 BRAHM Art- 10-11	Meal Served Inside Daily at noon. You must be registered for our congregate meals. See Kristi Bunn for registration information.	Classes and events are subject to change without notice! Call ahead to verify if desired.

November 2022

Hi! My name is Kristi Bunn and I am the new senior center director here at the Lois E Harrill Senior Center. I've been really enjoying meeting everyone and trying to get to know something about each one of you. It's important to me that you feel comfortable coming to me with any questions, concerns, needs, or funny jokes you may have and I will do my best to help. Please stop by my office and introduce yourself if I haven't met you yet. I'm excited to serve you all and hope to introduce some programs and new activities soon. Thank you for all of the encouragement and understanding with this big transition.

Medicare Open Enrollment: Open enrollment is your chance to make changes to your current Medicare part D or advantage plans and continues through December 7th. You can learn about all the changes to your current plan and see what options are new for next year. The friendly and knowledgeable SHIP counselors are your local Medicare experts-not salespeople. They will help you find the best plan and lowest cost. They are booking appointments now for open enrollment. To make your appointment call Billie Lister at 919-899-5820.

Art With BRAHM: We have an instructor from BRAHM who will come to teach an art lesson once a month. We leave the art classroom open 3 days a week all month so that artists may work together on projects and sharpen skills learned. The art lesson will be every last Wednesday at 10-11:30. You do not need to register-just show up ready to learn and materials will be provided for the lesson. We encourage you to come use the space and practice your skills together! See Kristi for more information..

Craft Fair at the Lois E Harrill Senior Center! Come do your holiday shopping and support our local crafters. Our crafty friends will be selling their handmade treasures beginning Monday, November 14 - Friday, November 18. (Monday - Thursday 10 a.m.-4 p.m. and Friday 10 a.m.. - noon.) If you are a maker and wish to sell your craft work. (Crafter must be age 60 or over) see Kristi Bunn for information on how to enter your crafts in the Fair.

Weekly Exercise Classes Available offered :

- Bone Builders-M, W, F
- Tai Chi- Th
- Line Dancing- Tu

Are you a proud pet owner? A beloved best friend of the furry kind? We're presenting a survey to study the influence pet ownership can have on the quality of life for older adults. Appalachian State students of Social Work will be here to discuss the study on Friday Nov 4th at 10:30 and participants will be registered for a \$75 gift card drawing. If you have any questions, just ask Kristi. Thanks, y'all!

Weekly Activities

Congregate Nutrition: Served in-person Monday-Friday promptly at Noon

BINGO: M,W, F 11-11:45

Facebook Activity: Daily interactions

Nutrition/Wellness Education: Virtual & in-person Presentations Monthly & resources available for pick up daily M-F 8-5.

Drop In and In-Person Activities:

Bocce-Cards-Computer Lab- Copy Machine-Croquet-Puzzles-Exercise Equipment-Library-Shredder-Piano-Pool Table-Board Games-Ping Pong-Gardening-Sewing TV/VCR/DVD-Sewing Machines-Wii-Shuffleboard-Corn Hole- Ladder Ball-Bean Bag Toss-Table Tennis

Resources you can pick-up/Check-out:

Puzzles, Books, Movies, Audio Books, Magazines, limited art/craft supplies, Health and wellness and Medicare information, durable medical equipment, coloring pages, incontinence supplies
Just call Kristi to ask about these items. 828-265-8090.

132 Poplar Grove Connector Suite A
Boone, NC 28607

Phone: (828)265-8090

Snr. Center Director: Kristi Bunn

Email: kristi.bunn@watgov.org

Upcoming Events:

Medicare open enrollment is Oct 15th-Dec 7th- make your appointment now!

Thanksgiving Party-TBD

Holiday Heroes TBD- please see Karin for more info or to register

For additional information, questions about activities, or to register for transportation please contact the Center Director.

Hours of Operation: Monday-Friday 8-5pm

Notice: Classes and events are subject to change without notice! Call ahead to verify if desired.

Is there something you wish the senior center would offer? Call us with your thoughts at 828-265-8090

New participants are always welcome!

There is no fee to join the senior center, however, we do ask for participants to register with the senior center directors and call the week before they plan to attend to reserve a meal.

Congregate lunch is available Monday-Friday by registration. Meals are served at Western Watauga at 11:30 and at the Lois E. Harrill Senior Center at noon, consumer contributions can be given to staff.

The Project on Aging also offers additional services including: Home Delivered Meals, In-home Aide Services and

CAP (Community Alternatives 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)
- Tax Preparation - referral through partnership with Vita Volunteer Income Tax Assistance 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 onsite (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)
 - Virtual Programming
 - Friends Connection Assistance

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 Coalition:**
 - 828-262-1628
 - **Legal Aid Helpline:** 1-877-579-7562
 - **Library:** 828-264-8784
 - **NC Division of Deaf & Hard of Hearing:** 1-800-999-8915
 - **OASIS:** 828-264-1532
 - **Social Security (National Number):** 1-800-772-1213
 - **Social Security (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.

**Western Watauga: Cindy Lamb
(828) 297-5195**

**Lois E. Harrill: Kristi Bunn
(828) 265-8090**



**Lois E. Harrill is a
SENIOR CENTER OF EXCELLENCE**
Serving Individuals age 60 and older