

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

Lois E Harrill Senior Center

November 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	4 Mah Jong 10-12 UNC Health App Presentation 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	5 Bone Builders 9-10 Quilter's Circle 10-2 Writers' Room 11-1 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2 Improv Improv! 4-5:30	6 Crafts 10-1:30 Ball of Stars Craft 10-12 Chair Yoga 10:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	7 Bone Builders 9-10 Felting Fibers Workshop 10-2:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
10 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	11 CLOSED 	12 Holiday Craft Sale 10-3 Bone Builders 9-10 Trivia Time! 11:00 Knitochet 1:00 Tai Chi 1-2 Senior Companions 2:00	13 Holiday Craft Sale 10-3 Ball of Stars Craft 10-12 Rowdy Readers 10 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	14 Holiday Craft Sale 10-3 Bone Builders 9-10 Felting Fibers Workshop 10-2:30 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
17 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 BINGO 11:00 Hearts 1:00 \$Sewing 2-5	18 Mah Jong 10-12 Let's Talk Nutrition 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	19 Bone Builders 9-10 Quilter's Circle 10-2 Writers' Room 11-1 Trivia Time 11:00 Knitochet 1:00 Tai Chi 1-2	20 Crafts 10-1:30 Hand and Foot 11-3 Needlework 1-3 \$TAI CHI 4:30	21 Bone Builders 9-10 Deep Thoughts Discussion Prompts 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
24 Weaving 9-12 Bone Builders 9-10 \$Watercolor Exploration 11:00 Word Search Races 11:00 Hearts 1:00 \$Sewing 2-5	25 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Digital Literacy 1:00 Ping Pong 1-4 Line Dancing 1:30	26 Bone Builders 9-10 Quilter's Circle 10-2 BRAHM Art 10:00 Trivia Time! 11:00 Thanksgiving Lunch 12:00 Knitochet 1:00 Tai Chi 1-2	27 CLOSED 	28 CLOSED

Lois E Harrill Senior Center November 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)

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 at LEH! Thursday, November 6th at 10:30

This opportunity is free for registered senior center participants and sponsored by Liberty Hospice. Refreshments are provided. Space is limited, so sign up is required. For more information or to register, call Kristi at 828-265-8090.

November is for Crafts!

Join us for our annual Holiday Craft Sale!

Wednesday, November 12th-Friday, November 14th from 10-3

Ball of Stars Craft—Thursday, November 6th and 13th, 10-12

BRAHM presents Wet Felting with Jane Campbell

Friday, November 7th and 14th 10-2:30

Learn the basics of wet felting and apply your knowledge to a wet-felted landscape. Registration is required. Call Kristi to sign up.

See y'all at the senior center!

Tuesday Talks

***UNC Health Appalachian—November 4th at 11:00**

***Let's Talk Nutrition—November 18th at 11:00**

***VAYA Health— November 25th at 10:30**

Navigating Depression: Finding Happiness Depression is common in older adults and often overlooked or misdiagnosed. This course explores risk factors, symptoms, and treatment options. Care providers receive tips on how to support others experiencing depression.

***Digital Literacy With Fred Wilson— November 25th at 1:00**

Call Kristi for more info.



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.

Watercolor Exploration with Irmaly Brackin

Mondays at 11:00

This is an abstract, watercolor , mixed media class taught by Irmaly Brackin with all materials provided. There is a \$5 fee per class for registered participants.

Knitochet—Wednesdays at 1:00

Janeene Ross is back to help learners of all levels pick up new knitting and crochet skills. Participants can bring a project they're already working on to craft with others, get help with a pattern problem, find inspiration for a new project, or learn to knit or crochet from the first cast-on. We can get someone started with a hook or needles and yarn from the center stash or bring your own and get busy. This fiber art offering is free for registered senior center participants.

BRAHM Art Workshop—

Wednesday, November 26th at 10:00

Native American Heritage Month brings

Saif Azzuz Watercolors Azzuz is a Libyan-Yurok artist based in suburban San Francisco. His work, which often addresses nature, land, and California Native American cultural practices, is in the North Carolina Museum of Art. Using watercolors, create a painting inspired by this culturally relevant, modern artist. This creative workshop is free for registered senior center participants with materials provided by BRAHM. **For more information about any of these programs, 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.

