

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

Lois E Harrill Senior Center

October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	2 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
5 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 BINGO 11:00 \$Sewing 2-5	6 Mah Jong 10-12 UNC Health App Health Talk 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild 1-4 Jewelry Makers 1-3 Line Dancing 1:30	7 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00 Improv Improv! 4-5:30	8 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	9 *Vaccine Clinic 10-12 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
12 Weaving 9-12 Bone Builders 9:30-10:30 Nutrition Series 10:00 \$Watercolor Exploration 11-12:30 Word Search Races 11:00 \$Sewing 2-5	13 Mah Jong 10-12 Music with Dr. Tom 10:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	14 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time with Medi Home Health 11:00 Writers' Room 11-1 Knitochet 1:00 Senior Companions 2:00	15 *Medicare Open Enrollment Begins* Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	16 Bone Builders 9:30-10:30 Nutrition Series 10:00 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
19 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 BINGO 11:00 \$Sewing 2-5	20 Mah Jong 10-12 Digital Literacy 11:00 Lions Club 12-1 Ping Pong 1-4 Quilt Guild WS 1-4 Jewelry Makers 1-3 Line Dancing 1:30	21 Bone Builders 9:30-10:30 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00	22 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	23 Bone Builders 9:30-10:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
26 Weaving 9-12 Bone Builders 9:30-10:30 \$Watercolor Exploration 11-12:30 Word Search Races 11:00 \$Sewing 2-5	27 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Jewelry Makers 1-3 Line Dancing 1:30	28 Bone Builders 9:30-10:30 BRAHM Art 10:00 Quilter's Circle 10-2 Trivia Time 11:00 Writers' Room 11-1 Knitochet 1:00	29 Crafts 10-1:30 Hand and Foot 11-3 \$TAI CHI 4:30	30 Bone Builders 9:30-10:30 Halloween Party 10-12 Bread Distribution 12:30 Table Top Games 12:30-3

Lois E Harrill Senior Center October 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

Vaccine Clinic—Friday, October 9th 10:00-12:00

Boone Drug will be here to administer flu vaccines. Other seasonal vaccines may be administered based on availability. For an appointment, call Kristi at 828-265-8090.

***UNC Health Appalachian—Tuesday, October 6th 11:00**

Want to know more about that recent Rabies exposure incident? Deanne will come tell us all about it.

***Music with Dr. Tom —Tuesday, October 13th at 10:30**

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

***Digital Literacy— Tuesday, October 20th at 11:00**

Fred Wilson will be here to offer support with our devices.

***VAYA Health—Tuesday, October 27th at 10:30**

Unseen Losses: Aging, Grief, and Change

This training equips care providers with tools to recognize and respond to various types of loss and grief, offering practical ways to support caregivers navigating emotional fatigue, role strain, and prolonged uncertainty. Participants will learn grief-informed strategies to foster resilience and promote compassionate, holistic support.

***Nutrition Education Series with App State's Department of**

Nutrition and Healthcare Management—

***Monday, 10/12 at 10:00 —Bone Appetit**

This session focuses on how nutrition and physical activity support bone health. Participants will learn about the importance of calcium, vitamin D, and protein and will plan meals with these nutrients. The importance of physical activity in relation to bone strength will be discussed and adaptable exercise options will be explored.

***Friday, 10/16 at 10:00—Eat Smart, Love Your Heart!**

Learn about reading food labels, the DASH diet, and ideas for physical activity focused on heart health.

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.

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.

BRAHM Art Workshop—

Wednesday, October 28th at 10:00

Jose T. Joya Rice Paper Collage for Filipino Heritage Month

Jose Tanig Joya was a Filipino abstract artist and a National Artist of the Philippines awardee. Joya was a printmaker, painter, mixed media artist, and former dean of the University of the Philippines' College of Fine Arts. He pioneered abstract expressionism in the Philippines. 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.



Medicare Open Enrollment Begins October 15th!

It's time to review Part D Drug Plans or make Medicare Advantage Plan changes. Call Kristi at 828-265-8090 for an appointment with a SHIP counselor.

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.

