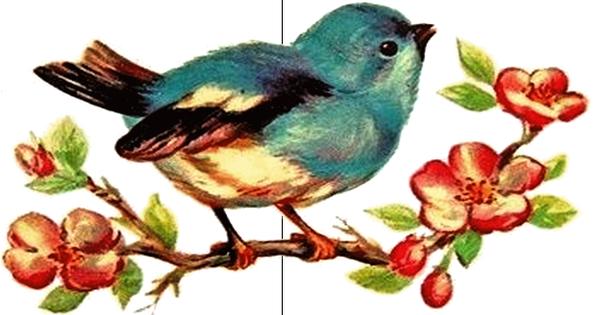


CLASSES AND ACTIVITIES
ARE SUBJECT TO CHANGE
OR CANCELLATION.
PLEASE CALL TO CONFIRM
(828)265-8090

Lois E Harrill Senior Center

April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	1 *P&R Senior Road Trip Mah Jong 10-12 UNC Health App 11:00 Lions Club 12-1 Let's Grow 12:30-3 Ping Pong 1-4 Quilt Guild 1-3 Line Dancing 1:30	2 Bone Builders 9:30 Quilter's Circle 10-2 Writers Room 11-1 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3 Improv Improv! 4-5:30	3 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	4 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
7 Let's Grow 9-11:30 Weaving 9-12 Bone Builders 9:30 BINGO 11-11:45 \$Sewing 2-5	8 Let's Grow 9-11:30 Mah Jong 10-12 Financial Fraud Presentation 11:00 Ping Pong 1-4 Line Dancing 1:30	9 Let's Grow 9-11:30 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3	10 Let's Grow 9-11:30 Crafts 10-1:30 Hand and Foot 11-3 Mark209 Performance 1:00 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	11 Let's Grow 9-11:30 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3
14 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	15 Mah Jong 10-12 Lions Club 12-1 Let's Grow 12:30-3 Ping Pong 1-4 Quilt Guild WS 1-4 Line Dancing 1:30	16**Grandfather Mountain Trip** Bone Builders 9:30 Quilter's Circle 10-2 Table Top Games 12:30-3 Knitting 1-3 Senior Companions 2:00	17 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	18 CLOSED 
21 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 BINGO 11-11:45 \$Sewing 2-5	22 Earth Day Planter Project 10:00 Mah Jong 10-12 VAYA Health Talk 10:30-11:30 Ping Pong 1-4 Line Dancing 1:30	23 Bone Builders 9:30 Quilter's Circle 10-2 Trivia Time! 11:00 Table Top Games 12:30-3 Knitting 1-3	24 Wills Clinic 9-5 Crafts 10-1:30 Hand and Foot 11-3 Sun 73 Tai Chi 1-2 \$Needlework 1-3 \$TAI CHI 4:30	25 Bone Builders 9:30 BINGO 11-11:45 Bread Distribution 12:30 Table Top Games 12:30-3:00
28 Weaving 9-12 Bone Builders 9:30 Watercolor Exploration 11:00 Word Search Races 11:00 \$Sewing 2-5	29 *P&R Senior Road Trip Mah Jong 10-12 Digital Literacy Workshop 11:00 Let's Grow 12:30-3 Ping Pong 1-4 Line Dancing 1:30	30 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		

Lois E Harrill Senior Center April 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, April 1st 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 April 8th 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, April 22nd 10:30-11:30**

Facing the Emotional Challenges of Chronic Illness

***Digital Literacy Workshop—Tuesday, April 29th at 11:00**

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 will explore password management and help us to develop strategies for keeping track of our passwords we use for our many logins while protecting our information and data. 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.

*****Grandfather Mountain Trip*** Wednesday, April 16th**

We're headed up to Grandfather Mountain to take advantage of Dollar Days with our friends from Western Watauga Senior Center. The van will leave LEH at 10:30 and will return by 3:00. We will enjoy lunch at Mildred's Grill or pack a picnic lunch, if you prefer. A \$5 fee will cover park entry and transportation. We'll be able to leisurely enjoy the Woods Walk, Wilson Center for Nature Discovery, wildlife habitats, and the thrilling views from the Mile High Swinging Bridge. We have limited space on the vans and registration is required and fee is due upon registering. See Kristi to sign up or for more info.

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 Garden Crew will have clean up days
and workshops as scheduled on the calendar and
weather permitting. If you're interested in
helping to get the garden ready for the growing
season, see Kristi for more information.

Mark209 will perform for us at LEH Thursday,
April 10th at 1:00 in the dining room.

Watercolor Exploration with Irmaly Brackin
Tuesday at 11:00 beginning 4/14

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. See Kristi to
register.

BRAHM Art Workshop—

Wednesday, April 30th at 10:00

Etel Adnan Landscapes Celebrating Arab American
Heritage Month Etel Adnan was a Lebanese-American

poet, essayist, and visual artist. Her work spanned
multiple mediums and was informed by her
philosophy studies and engagement with the
world. Adnan's poetry, which addressed themes like
war, displacement, and social injustice, was
influenced by Rimbaud and others. Her paintings,
often semi-abstract landscapes, used bold colors to
convey the power of nature and explore her
memories of the Middle East. All materials are
provided by BRAHM for this monthly workshop and
there's no fee for registered LEH participants.
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.

