

Western Watauga Senior Center August 2022



Mon

Tue

Wed

Thu

Fri

1

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

2

Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

3

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

4

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

5

Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

8

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

9

Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

10

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

11

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food give out 4-6pm

12

Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

Caregiver Support Group 2-4pm

15

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

16

Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

17

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

18

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

19

Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

22

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

23

Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

24

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

25

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food give out 4-6pm

26

Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

29

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

30

Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

31

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm



Classes and events are subject to change without notice. May call ahead to verify.

WESTERN WATAUGA SENIOR CENTER August 2022

Bingo every Friday at 10am. Come have some fun and win a prize!
April with Wamy will speak on August 24th about the services they offer.
Kim and ASU students will talk about “Strong Body, Strong Mind” on August 25th.
Come join one of our fun classes and have lunch afterwards!



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 9am-11am
Congregate Nutrition - Monday-Friday at 11:30am
Card Games - Monday-Friday 9am-11:30am
Walking in the Old CC Gym - Monday– Friday 8am-1pm
Bone Builders Exercise Class - Mondays at 10:30am
Watauga Woodcarving - Tuesdays at 9am
Knitting - Wednesdays at 9am
Pottery - Wednesdays at 9am
Lap Quilting - Thursdays at 9am
Weaving - Mondays and Fridays at 10am
Sewing - Fridays at 9am
Bridge - Wednesdays and Thursdays at 10am (Call for info)
Handspinners - First Sunday of each month
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Games, puzzles, cornhole, and more available for seniors anytime!



****Lunch is served from 11:30am-12 noon**

Hours of Operation - Monday-Friday, 8am-4pm. Classes are free to those 60+. Building rental available on week-ends for a fee.

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm.
Free food products on all Thursdays. All ages are welcome on a first come-first serve basis.
Call Hunger and Health Coalition at 828-262-1628 for more info.

AA Group - Wednesday nights at 7:30pm

****Classes/events are subject to change w/o notice. Call ahead to verify if desired.**

Reserve your lunches ahead of time!



For additional information, questions about activities, or to register for transportation, please contact the Center Director, Cindy Lamb at:

Western Watauga Senior Center

**1081 Old US Hwy 421
Sugar Grove, NC 28679**

Phone - 828-297-5195

Email - cindy.lamb@watgov.org

