

Western Watauga Senior Center September 2023



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Bingo 9:45am Walking 8am Sewing 9am Weaving 10am
4 Closed for Labor Day 	5 Walking 8am Card Games 9am Woodcarving 9am	6 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	7 Walking 8am Lap Quilting 9am Bridge 10am Community Meal 4-6	8 Bingo 9:45am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
11 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	12 Walking 8am Card Games 9am Woodcarving 9am	13 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	14 Walking 8am Lap Quilting 9am Bridge 10am Community food give out—4-6	15 Bingo 9:45am Walking 8am Sewing 9am Weaving 10am
18 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am Basket Weaving 9am-2pm	19 Walking 8am Card Games 9am Woodcarving 9am	20 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	21 Walking 8am Lap Quilting 9am Bridge 10am Community Meal 4-6	22 Bingo 9:45am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
25 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	26 Walking 8am Card Games 9am Woodcarving 9am	27 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	28 Walking 8am Lap Quilting 9am Bridge 10am Community food give out—4-6	29 Bingo 9:45am Walking 8am Sewing 9am Weaving 10am

WESTERN WATAUGA SENIOR CENTER September 2023

WWCC will be closed Monday, September 4th for Labor Day.
September birthday cupcakes after lunch on Weds., Sept., 20th.
Remember to use your Farmers' Market vouchers by the end of
this month!

Sign up for a Cartonnage Class that Mark Palkovic will be doing October
9th here at WWCC. Call 828-297-5195 or more info!



Weekly and Monthly Activities

Poetry-Mondays at 10am
Congregate Nutrition - Monday-Friday at 11:30am
Walking in the Old CC Gym - Monday- Friday 8am-1pm
Bone Builders Exercise Class - Mondays & Wednesdays 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, 2-4pm
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 9:30am
Games, puzzles, cornhole and more available for seniors any-
time!



*****Lunch is
served at
11:30am**

**Hours of Operation -
Monday-Friday
8am-4pm. Classes
are free to those 60+.
Building rental
available on
weekends 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 subject to change w/o notice. Call ahead to verify
if desired.**

***Remember to 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

