



Western Watauga Senior Center January 2022



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p>	<p>4</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am</p>	<p>5</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>6</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga (\$) 10:30am</p> <p>Community meal- 4-6</p>	<p>7</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>10</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p>	<p>11</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am</p>	<p>12</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>13</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga (\$) 10:30am</p> <p>HHC Food give out</p>	<p>14</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>17</p> <div style="text-align: center;">  <p>Closed for Martin Luther King Day</p> </div>	<p>18</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am</p>	<p>19</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>20</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga (\$) 10:30am</p> <p>Community meal- 4-6</p>	<p>21</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>24</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p>	<p>25</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am</p>	<p>26</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>27</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga (\$) 10:30am</p> <p>HHC Food give out</p>	<p>28</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>31</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p>	<div style="text-align: center;">  <p>Happy January</p> </div>			

WESTERN WATAUGA SENIOR CENTER January 2022

It is hard to believe it is 2022! Happy New Year everyone!
Margie Mansure will be doing a talk for us on Thursday, January 6th, at 11:45.

We are closed on Monday, January 17th, for Martin Luther King day.



Weekly and Monthly Activities

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

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 - Tuesdays, 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!



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

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
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Email - cindy.lamb@watgov.org

