

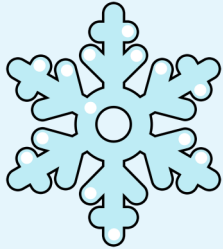
# January 2026

## Western Watauga Senior Center

Mon	Tue	Wed	Thu	Fri
			1 CLOSED 	2 Sewing 9a BINGO 9:45a Weaving 10:30a
5 \$Tai Chi 10a Bone Builders 10:30a	6 Woodcarving 9a Weaving 10:30a Walking 2-4p	7 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	8 Lap Quilting 9a Food Give Out 3p Walking 2-4p	9 Sewing 9a BINGO 9:45a Weaving 10:30a
12 \$Tai Chi 10a Bone Builders 10:30a	13 Woodcarving 9a Weaving 10:30a Walking 2-4p	14 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	15 Lap Quilting 9a Community Meal 4p Walking 2-4p	16 Sewing 9a BINGO 9:45a Weaving 10:30a
19 CLOSED 	20 Woodcarving 9a Weaving 10:30a Walking 2-4p	21 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	22 Lap Quilting 9a Food Give Out 3p Walking 2-4p	23 Sewing 9a BINGO 9:45a Weaving 10:30a
26 \$Tai Chi 10a Bone Builders 10:30a BRAHM Art 12p	27 Woodcarving 9a Weaving 10:30a Walking 2-4p	28 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	29 Lap Quilting 9a Food Give Out 3p Walking 2-4p	30 Sewing 9a BINGO 9:45a Weaving 10:30a

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## Western Watauga Senior Center



Happy New Year! The center will be closed on Thursday January 1st for New Year's Day. We will reopen at 8:00am on Friday January 2nd. Additionally, The center will also be closed on Monday January 19th in observance of Martin Luther King Jr Day. We will resume normal hours on Tuesday January 20th.

Schuster Physical Therapy will join us on January 7th at 10:30am for a fall prevention talk in the dining room. We hope you can join!

Join Kayla with BRAHM on Monday January 26th at 12pm for our monthly BRAHM art program. This month, she will focus on creating a mixed media winter landscape scene. This class is free to anyone, so sign up is required.

WWFO continues to offer free community dinners on the first and third Thursday of each month. These meals are free for ANYONE in the community. This month, because of the New Year Holiday, dinner will be held on Thursday January 15th at 4pm. There will be no first Thursday dinner. WWFO also continues to hand out free food items every Thursday at 3pm. If you have questions about food outreach, please see Molly or call the Hunger and Health Coalition at 828-262-1628.

We've officially reached the cold season, and that means snow! If you have a question about the Project on Aging weather policy, please feel free to ask Molly or call 828-297-5195 and we can answer your questions. The Project on Aging will cancel lunch and meal delivery if the weather is unsafe. To find out if we're closed, check the closings and cancellations on Watauga Online, listen for them on the radio, or check the Lois E Harrill Senior Center Facebook for meal announcements. We will also make an all-call if we are able to make it to the office. If you are not receiving all-calls, please let Molly know so you can be added to the list. If it is unsafe for you to make it to the center because of the snow, don't try to come! Just call and let us know!

Medicare Advantage Open Enrollment is taking place from January 1st—March 31st 2026. During this time, members with a Medicare Advantage plan can either switch plans or switch to original Medicare by joining a separate drug plan. If you have questions about making changes to your Medicare Advantage policy, please see Molly or call 828-297-5195.

HandspINNers will meet the first Sunday, January 4th, at 2pm.

If you have any questions about an upcoming class or event, please contact Molly!

Molly Presnell, Senior Center Director 828-297-5195

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