

Western Watauga Senior Center June 2022



| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| <p>Classes and events are subject to change w/o notice. May call ahead to verify if desired.</p> | | <p>1</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p> | <p>2</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am</p> <p>Community Meal 4-6</p> | <p>3</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| | | <p>6</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>7</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>8</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p> |
| <p>13</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>14</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>15</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p> | <p>16</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am</p> <p>Community Meal 4-6</p> | <p>17</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>20</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>21</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>22</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p> | <p>23</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am</p> <p>Community food give out 4-6</p> | <p>24</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>27</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>28</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>29</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p> | <p>30</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am</p> <p>Community food give out 4-6</p> | <p>Reserve your lunches ahead of time!!</p> |

WESTERN WATAUGA SENIOR CENTER June 2022

Janeene Ross, our new knitting teacher, has lots of great ideas for her class. Come join her for knitting and more!

Amber from Area Agency on Aging will talk on June 15th about Balance and Tai Chi. The Library is having a Magic Show in the living room on June 15th at 10am.

Those 60+ come join us for lunch and fun classes!!



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 - Call for more 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 to 12 noon**

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



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

**Western Watauga Senior Center
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Email - cindy.lamb@watgov.org

