Western Watauga Senior Center June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
******* Center will be closed June 12th-17th *******		ne	Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am Community Meal 4-6	Bingo 9:30am Walking 8am Sewing 9am Weaving 10am
5	6	7	8	9
Walking 8am Bone Builders10:30am Poetry Class 10am Weaving 10am	Walking 8am Card Games 9am Woodcarving 9am	Walking Bridge Rnitting Pottery AA Mtg 8am 10am 9am 9am 7:30pm	Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am Community food give out—4-6	Bingo 9:30am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
12	13	14	15	16
Closed for Carpet Installation	Closed for Carpet Installation	Closed for Carpet Installation	Closed for Carpet Installation	Closed for Carpet Installation
19	20	21	22	23
Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	Walking 8am Card Games 9am Woodcarving 9am	Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am Community food give out—4-6	Bingo 9:30am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
26	27	28	29	30
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WESTERN WATAUGA SENIOR CENTER-JUNE 2023

- Western Watauga Senior/Community Center will be closed June 12th –
 17th for carpet installation.
- Summer is here with warmer days! Don't leave your pets in the car!
- Mandy with Vaya Health will speak on Depression June 1st.
- Bingo now starts at 9:30am!

Weekly and Monthly Activities

Chair Yoga - Thursdays at 10am

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 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 anytime!

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

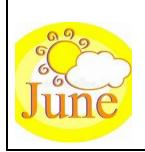
**Classes/events subject to change w/o notice. Call ahead to verify if desired.



served from ll:30am-12 noon

***Lunch is

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



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