

Western Watauga Senior Center March 2022



Mon	Tue	Wed	Thu	Fri
	1 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	2 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	3 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community meal- 4-6	4 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
7 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	8 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	9 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	10 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am HHC Food give out	11 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
14 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	15 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	16 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	17 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community meal- 4-6	18 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
21 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	22 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	23 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	24 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am HHC Food give out	25 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
28 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	29 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	30 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	31 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am HHC Food give out	

WESTERN WATAUGA SENIOR CENTER March 2022

Join us to win a prize at Bingo on Fridays @ 10am!
Remember to make your lunch reservations by Thursday for the following week (see Cindy).



Come join one of our fun classes, meet new friends, and have lunch afterwards!

ASU will be doing Aging Screenings on Fri., March 25th from 10-11am.

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 - 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!



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

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
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