

Western Watauga Senior Center

March 2023



Mon

Tue

Wed

Thu

Fri



1
 Walking 8am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 AA Mtg 7:30pm

2
 Walking 8am
 Card Games 9am
 Lap Quilting 9am
 Bridge 10am
 Chair Yoga 10am
 Community meal- 4-6

3
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am
 Weaving 10am

6
 Walking 8am
 Bone Builders 10:30am
 Card games 10am
 Weaving 10am
 Poetry Class 10am

7
 Walking 8am
 Card Games 9am
 Woodcarving 9am

8
 Walking 8am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 AA Mtg 7:30pm

9
 Walking 8am
 Card Games 9am
 Lap Quilting 9am
 Bridge 10am
 Chair Yoga 10am
 HHC Food give out

10
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am
 Weaving 10am

13
 Walking 8am
 Bone Builders 10:30am
 Card games 10am
 Weaving 10am
 Poetry Class 10am

14
 Walking 8am
 Card Games 9am
 Woodcarving 9am

15
 Walking 8am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 AA Mtg 7:30pm

16
 Walking 8am
 Card Games 9am
 Lap Quilting 9am
 Bridge 10am
 Chair Yoga 10am
 Community meal- 4-6

17
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am
 Weaving 10am

20
 Walking 8am
 Bone Builders 10:30am
 Card games 10am
 Weaving 10am
 Poetry Class 10am

21
 Walking 8am
 Card Games 9am
 Woodcarving 9am

22
 Walking 8am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 AA Mtg 7:30pm

23
 Walking 8am
 Card Games 9am
 Lap Quilting 9am
 Bridge 10am
 Chair Yoga 10am
 HHC Food give out

24
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am
 Weaving 10am

27
 Walking 8am
 Bone Builders 10:30am
 Card games 10am
 Weaving 10am
 Poetry Class 10am

28
 Walking 8am
 Card Games 9am
 Woodcarving 9am

29
 Walking 8am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 AA Mtg 7:30pm

30
 Walking 8am
 Card Games 9am
 Lap Quilting 9am
 Bridge 10am
 Chair Yoga 10am
 HHC Food give out

31
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am
 Weaving 10am

WESTERN WATAUGA SENIOR CENTER March 2023

- ◆ Hello Spring!! It is time for snow-covered daffodils!
- ◆ New Chair Yoga Class on Thursdays at 10am!
- ◆ New Poetry Class on Mondays at 10am!
- ◆ Karen Phoenix will speak on Dementia this month.
- ◆ We will not be offering tax assistance this year, but the Boone Library will be helping seniors again, by appointment only.



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 - Wednesdays, Thursdays at 10am(Call for info)
Chair Yoga-Thursdays at 10am
Poetry Class-Mondays at 10am
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 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

****Don't forget to 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

Phone - 828-297-5195

Email - cindy.lamb@watgov.org

