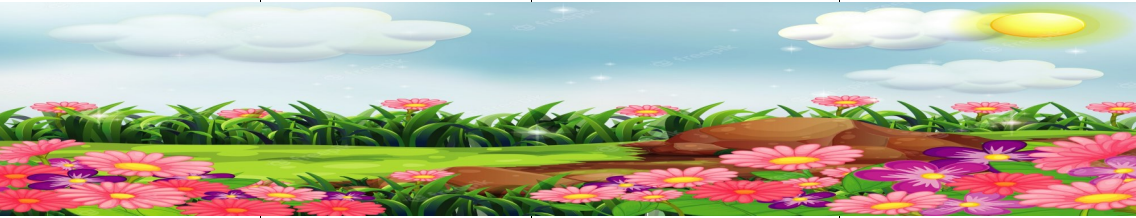


# Western Watauga Senior Center

## May 2026

| Mon                                                                                                    | Tue                                                 | Wed                                                                                                            | Thu                                                                                                                          | Fri                                                         |
|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
|                      |                                                     |                                                                                                                |                                                                                                                              | 1<br>Walking 8a<br>Sewing 9a<br>BINGO 9:45a<br>Weaving 10a  |
| 4<br>Walking 8a<br>Poetry 10a<br>Bone Builders 10:30a<br>\$ Floor Loom Weaving 5:30p                   | 5<br>Woodcarving 9a<br>Weaving 10a<br>Walking 2-4p  | 6<br>Walking 8a<br>Pottery 9a<br>Knitting 9a<br>Bridge 10a<br>Bone Builders 10:30a                             | 7<br>Lap Quilting 9a<br>Bridge 10a<br>Lettuce Planting 10a<br>Walking 2-4p<br>WWFO food distribution 3p<br>Community meal 4p | 8<br>Walking 8a<br>Sewing 9a<br>BINGO 9:45a<br>Weaving 10a  |
| 11<br>Walking 8a<br>Poetry 10a<br>Bone Builders 10:30a<br>\$ Floor Loom Weaving 5:30p                  | 12<br>Woodcarving 9a<br>Weaving 10a<br>Walking 2-4p | 13<br>Walking 8a<br>Knitting 9a<br>Pottery 9a<br>Bridge 10a<br>Bone Builders 10:30a                            | 14<br>Lap Quilting 9a<br>Bridge 10a<br>Walking 2-4p<br>WWFO food distribution 3p                                             | 15<br>Walking 8a<br>Sewing 9a<br>BINGO 9:45a<br>Weaving 10a |
| 18<br>Walking 8a<br>Poetry 10a<br>Bone Builders 10:30a<br>BRAHM Art 12p<br>\$ Floor Loom Weaving 5:30p | 19<br>Woodcarving 9a<br>Weaving 10a<br>Walking 2-4p | 20<br>Walking 8a<br>Knitting 9a<br>Pottery 9a<br>Bridge 10a<br>Bone Builders 10:30a<br>Digital Literacy 10:30a | 21<br>Lap Quilting 9a<br>Bridge 10a<br>Walking 2-4p<br>WWFO food Distribution 3p                                             | 22<br>Walking 8a<br>Sewing 9a<br>BINGO 9:45a<br>Weaving 10a |
| 25 CLOSED                                                                                              | 26<br>Woodcarving 9a<br>Weaving 10a<br>Walking 2-4p | 27<br>Pottery 9a<br>Knitting 9a<br>Bridge 10a<br>Bone Builders 10:30a                                          | 28<br>Lap Quilting 9a<br>Bridge 10a<br>Walking 2-4p<br>WWFO food Distribution 3p                                             | 29<br>Walking 8a<br>Sewing 9a<br>BINGO 9:45a<br>Weaving 10a |

# Western Watauga Senior Center



## May 2026

The community center will be closed on Monday May 25th in observance of Memorial Day. We will resume normal hours on Tuesday May 26th.

Join us Thursday May 7th, rain or shine, for our annual Lettuce Planting with Paige! Paige is the horticulture agent at the Watauga County Cooperative Extension office. She'll bring all the supplies for you to plant your very own hanging lettuce bag, and will go over the benefits of growing your own lettuce. Sign ups are located on the counter across from the desk, class is free for registered senior center participants.

Fred Wilson, Digital Navigator with the High Country Area Agency on Aging, will join us on Wednesday May 20th for an informational session about online health and drug resources. He'll show different resources that are available and how to best access them. No sign up required, all are welcome!

Join Kayla with BRAHM on Monday May 18th at 12pm for our monthly art program. This month, she will focus on Tadashi Sato Watercolors in honor of A/AAPI Heritage Month. Tadashi Sato was a painter, muralist, mosaicist, and one of the most active artists to emerge from Hawaii since World War II. Sato took inspiration from nature, calligraphy, and Zen Buddhism to create effervescent, abstract compositions. Join Kayla and create a watercolor painting inspired by Sato for Asian, Asian American, Native Hawaiian and Pacific Islander Heritage Month. No sign up required, supplies are included, all are welcome!

WWFO continues to offer free community dinners on the first Thursday of each month. These meals are free for ANYONE in the community. This month, dinners will be held on Thursday May 7th. WWFO also continues to hand out free food items every Thursday at 3pm. If you have questions about food outreach, come on a Thursday evening and speak with Jamey or call the Hunger and Health Coalition at 828-262-1628.

If you have questions about an upcoming class or program, please call the center at 828-297-5195.

Molly Presnell, Senior Center Director      828-297-5195      [molly.presnell@watgov.org](mailto:molly.presnell@watgov.org)  
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