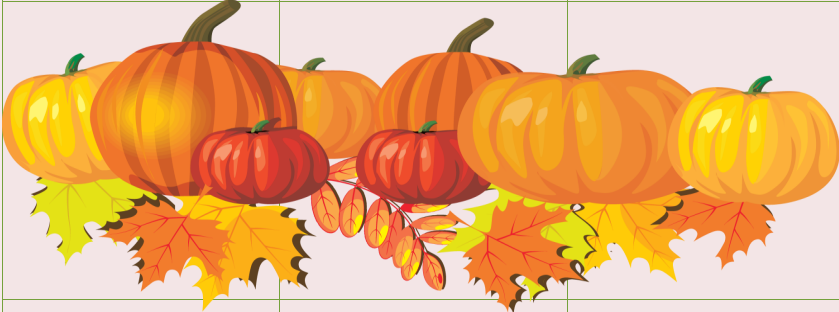


Western Watauga Senior Center

October 2026

Mon	Tue	Wed	Thu	Fri
			1 Lap Quilting 9a Cards 9a Community meal 4p Walking 2-4p	2 Walking 8a Sewing 9a Cards 9a BINGO 9:45a Weaving 10a
5 Walking 8a Cards 9a Bone Builders 10:30a	6 Cards 9a Woodcarving 9a Weaving 10a Walking 2-4p	7 Walking 8a Cards 9a Pottery 9a Knitting 9a Bridge 10a Bone Builders	8 Lap Quilting 9a Cards 9a Walking 2-4p	9 Walking 8a Sewing 9a Cards 9a BINGO 9:45a Weaving 10a
12 Walking 8a Cards 9a Bone Builders 10:30a	13 Cards 9a Woodcarving 9a Weaving 10a Walking 2-4p	14 Walking 8a Cards 9a Knitting 9a Bridge 10a Bone Builders 10:30a	15 Early Voting Lap Quilting 9a Cards 9a WWFO food Distribution 3p Walking 2-4p	16 Early Voting Walking 8a Cards 9a Sewing 9a BINGO 9:45a Weaving 10a
19 Early Voting Walking 8a Cards 9a Bone Builders 10:30a BRAHM 12p	20 Early Voting Cards 9a Woodcarving 9a Weaving 10a Walking 2-4p	21 Early Voting Walking 8a Cards 9a Knitting 9a Bridge 10a Bone Builders	22 Early Voting Cards 9a Lap Quilting 9a Walking 2-4p	23 Early Voting Walking 8a Cards 9a Sewing 9a BINGO 9:45a Weaving 10a
26 Early Voting Walking 8a Cards 9a Bone Builders 10:30a	27 Early Voting Cards 9a Woodcarving 9a Weaving 10a Walking 2-4p	28 Early Voting Walking 8a Cards 9a Knitting 9a Bridge 10a Bone Builders	29 Early Voting Cards 9a Lap Quilting 9a Walking 2-4p	30 Early Voting Walking 8a Cards 9a Sewing 9a BINGO 9:45a Weaving 10a



Western Watauga Senior Center

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Medicare Open Enrollment starts on Thursday October 15th! If you need help looking at your current Medicare plan or Part D plan, please contact Molly for an appointment now through December 7th!

Early voting at the center will start on Thursday October 15th and run through Saturday October 31st. During this time, some classes may be canceled, including pottery, and some may be moved. Please contact Molly if you have questions about your class.

Stacy Killbury with Caption Call will be calling BINGO for us on Friday October 2nd! She will talk to us about the different devices that Caption Call offers and how they might be helpful to you.

Join Deanne Smith from UNC Health in the dining room on Wednesday October 14th at 10:30am for Rethink Your Drink. In this helpful seminar, she will talk about sugar consumption in the drinks we have every day. We hope you can join!

Join Kayla with BRAHM for our monthly art program on Monday October 19th at 12pm. This month, she will focus on Jose T Joya for Filipino Heritage Month. Jose Tanig Joya was a Filipino abstract artist and a National Artist of the Philippines awardee. Joya was a printmaker, painter, mixed media artist, and former dean of the University of the Philippines' College of Fine Arts. He pioneered abstract expressionism in the Philippines. Come make a rice paper collage inspired by Joya. No supplies needed, no sign ups necessary.

Western Watauga Food Outreach continues to hand out free food products on the first and third Thursday of each month. Community meals are ONLY done on the FIRST Thursday of each month. This month, the community meal will be held on September 3rd. If you need food products in between these times, please contact Molly or the Hunger and Health Coalition at 828-262-1628.

The Children's Council will host a diaper give out and loose parts training on Wednesday October 28th from 8:45-10:30a. If you need diapers, or want to learn how common household items can be turned into play devices for your child or grandchild, come join!

If you have questions about an upcoming class or event, please contact Molly.

Molly Presnell, Senior Center Director

828-297-5195 molly.presnell@watgov.org

1081 Old UW HWY 421, Sugar Grove, NC 28679

