

Monday	Tuesday	Wednesday	Thursday	Friday
<p>December 28</p> <p>Walking 8am-11am</p> <p>Sewing Class 9am-1pm</p> <p>Rug Hooking /fiber arts 10-1pm</p> <p>Card games 9-2:30pm</p>	<p>29</p> <p>Walking 8am-11am</p> <p>Wood Carving 8:30am</p> <p>Beading & Jewelry 10-1pm</p> <p>Active games 10-2:30pm</p>	<p>30</p> <p>Walking 8-11am</p> <p>Pottery 10am-1pm</p> <p>Knitting 9am-12pm</p> <p>Rook & Bridge 8am-2:30</p> <p>Corn Hole 9-11:30am</p>	<p>31</p> <p>Walking 8am-1pm</p> <p>New year Resolutions 10-11am</p> <p>Art 9:30am-12:30pm</p> <p>Lap Quilting 9am-Noon</p>	<p>1</p> <p>CLOSED</p> <p>for New Year's Day</p> <p>Happy 2016</p>
<p>4</p> <p>Walking 8am-11am</p> <p>Rug Hooking 10-1pm</p> <p>Nutrition info 10-11am</p> <p>Sewing Class 9-1pm</p> <p>Rook & Bridge 8-2:30</p>	<p>5</p> <p>Walking 8-11am</p> <p>Wood Carving 8:30am</p> <p>Beading & Jewelry 10-1pm</p> <p>Active games 10-2:30pm</p> <p>Nutrition Ed 10-10:30am</p>	<p>6</p> <p>Walking 8-11am</p> <p>Pottery 10am-1pm</p> <p>Knitting 9am-12pm</p> <p>Rook & Bridge 8am-2:30</p> <p>Corn Hole 9-11:30am</p>	<p>7</p> <p>Art 9:30-12:30pm</p> <p>Lap Quilting 9am-Noon</p> <p>Yoga (\$) 11-12</p> <p>WWFO Community meal 4:30-6pm</p>	<p>8</p> <p>Walking 8-11am</p> <p>In the gym</p> <p>Card games 8:30- 3:30pm</p> <p>Weaving Guild 9-1pm</p>
<p>11</p> <p>Walking 8-11am</p> <p>Nutrition facts 10-11am</p> <p>Rug Hooking 10-1pm</p> <p>Sewing Class 9-1</p> <p>Rook & Bridge 8-2:30</p>	<p>12</p> <p>Walking 8am-11am</p> <p>Wood Carving 8:30am</p> <p>Beading & Jewelry 10-1pm</p> <p>Active games 0am-2:30pm</p> <p>Blood Pressures 10-11am</p>	<p>13</p> <p>Walking 8-11am</p> <p>Pottery 10am-1pm</p> <p>Knitting 9am-12pm</p> <p>Card games 8am-2:30pm</p> <p>Corn Hole 9-11:30am</p>	<p>14</p> <p>Walking 8am-1pm</p> <p>Art 9:30-12:30pm</p> <p>Lap Quilting 9-Noon</p> <p>WAMY program 10-12pm</p> <p>Yoga (\$) 11-12</p>	<p>15</p> <p>Walking 8-11am</p> <p>Weaving Guild 9-1pm</p> <p>Card games 8:30-3:30pm</p> <p>Corn hole 9am-11am</p>
<p>18</p> <p>C L O S E D</p> 	<p>19</p> <p>Walking 8am-11am</p> <p>Wood Carving 8:30am</p> <p>Beading & Jewelry 10-1pm</p> <p>Active games 10am-2:30pm</p>	<p>20</p> <p>Walking 8-11am</p> <p>Pottery 10am-1pm</p> <p>Knitting 9am-12pm</p> <p>Card games 8am-2:30pm</p>	<p>21</p> <p>Walking 8am-11</p> <p>Art 9:30-12:30pm</p> <p>Lap Quilting 9-Noon</p> <p>Yoga (\$) 11-12</p> <p>WWFO Community meal 4:30-6pm</p>	<p>22</p> <p>Walking 8-11am</p> <p>Weaving Guild 9-1pm</p> <p>Card games 8:30-3:30pm</p> <p>Corn hole 9am-11am</p>
<p>25</p> <p>Walking 8-11am</p> <p>Rug Hooking 10-1pm</p> <p>Sewing Class 9-1pm</p> <p>Card games 8-2:30pm</p> <p>Bingo with Bob 10-11am</p>	<p>26</p> <p>Walking 8am-11am</p> <p>Wood Carving 8:30am</p> <p>Beading & Jewelry 10-1pm</p> <p>Active games 10am-2:30pm</p>	<p>27</p> <p>Walking 8-11am</p> <p>Pottery 10am-1pm</p> <p>Knitting 9am-12pm</p> <p>Card games 8am-2:30pm</p>	<p>28</p> <p>Art 9:30am-12:30pm</p> <p>Lap Quilting 9am-Noon</p> <p>Yoga 11am-12pm</p> <p>Nutritious recipes 10-11am</p>	<p>29</p> <p>Walking 8-11am</p> <p>Weaving Guild 9-1pm</p> <p>Card games 8:30-3:30pm</p> <p>Corn hole 9am-11am</p>

January 2016

Tax Assistance Available: Free tax preparation for seniors and low and middle income taxpayers. E-file is available. The tax aide program will run from February 3 to April 14, 2016. Counselors will be available at Western Watauga on Mondays. Please call for an appointment, **297-5195**.

Agency Information

WAMY Community Action Weatherization Program

Thursday Jan 14th 10am-12noon information and assistance

Bob Richardson from Medi Home Hospice will play Bingo

Monday, January 25th 10am-11am. Bob is also available afterwards or by appointment for private or group sessions on coping with the stressful or negative changes in our lives, and getting on with life after a loss.

Activities and Special Interests

Free Blood Pressure and Oxygen Level Checks with Linda Bretz
Second Tuesday each month January 12th 10am-11am

12 week Yoga Begins Jan 7th, 11am Held at the Jung Tao School

Call Akal Dev Sharonne: 828-264-1384 for sign up info.

Share the Warmth Program

We are collecting clean "like New" warm clothing through March

Western Watauga Food Outreach

Meets each Thursday 4:30pm-6:30pm with food distribution for rural folks. Free groceries and a drop in community meal are held on the 1st and 3rd Thursday 4:30-6pm. All are welcome to drop in on a first come first served basis.

Call **Hunger Coalition-828-262-1628** for information.

**Center Hours of Operation: Monday-Friday- 8am –4pm
with evening classes**

Private and civic groups may use or rent the building after hours and on weekends. Must be reserved in advance. Fees may be required.

Weekly Activities

Coffee Time and Talk: in the dining room Monday-Friday 8am-11:30am. Bring snacks and a story to share.

Congregate Nutrition (lunch): Served Monday-Friday 11:30am-12:00pm- must be a registered participant or paying guest. Meal price -\$7.08. See a staff member for details

Card Groups- Rook or Bridge: Mon-Wed- Fri 8am-2:30

Call before hand to assure there are enough players

Nutrition Education: Mondays 10am-10:30am - topics vary

Ongoing weekly classes and guilds Open enrollment for 60+ Mon-Fri See calendar for days of the week

Walking in the old CC Gym or in the park Mon-Fri 8am-1pm

Watauga woodcarving group Tuesdays 8:30am-11:30pm

Call to make sure they are here and not at a show!

Drop-In Activities for age 60 only -sign up required

Bocce-horse shoes, Cards, Copy Machine (.05/copy)-Croquet-Board Games-Puzzles-Exercise Equipment-Library-movies and books, Kindles for check out- Guitar, Piano, Puzzles, word games, Corn Hole, Wii games- TVVCR/DVD players

Fiber Arts

Weaving: Fridays 10am -11pm -lessons by appointment

Rug Hooking & Fiber Arts: Mondays 10am-1pm

Hand Spinning: Second Saturday 10am-1pm on Jan 9th

Fiber Guild meets the third Saturday 10am-1pm

Sewing Mondays 9am-1pm- make clothes & household items

Fraud reporting info Mon-Friday 8:30am-3pm by appointment

AA group meets Wednesday nights 7pm

1081 Old US Hwy 421

Sugar Grove, NC 28679

Phone:/Fax (828)297-5195

Director: Toni Wait

Email: Toni.wait@watgov.org

For additional information, questions, suggestions or to register for activities or transportation, please contact the Center Director.

**Western Watauga
Community Center**

