

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed</p> 	<p>3</p> <p>Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Computer Help 9-11am Rug Hooking 12-2pm</p>	<p>4</p> <p>Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm</p>	<p>5</p> <p>BP/Hearing Check 10am Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 8:30am Community Meal 4-6pm</p>	<p>6</p> <p>Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo 10am</p>
<p>9</p> <p>Walking 8-11am Sewing 9am-1pm Card Games 8:30am Line Dancing 9am-10am</p>	<p>10</p> <p>Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Computer Help 9-11am Rug Hooking 12-2pm Yoga (\$) 4:14-5:15pm</p>	<p>11</p> <p>Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Book Club 2:30-4pm AA Meeting 7:30pm</p>	<p>12</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Community Meal 4-6pm</p>	<p>13</p> <p>Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo 10am</p>
<p>16</p> <p>Closed for Martin Luther King Day</p>	<p>17</p> <p>Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm Yoga (\$) 4:14-5:15pm</p>	<p>18</p> <p>Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm</p>	<p>19</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Community Meal 4-6pm</p>	<p>20</p> <p>Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo 10am</p>
<p>23</p> <p>Walking 8-11am Card Games 8:30am Sewing 9am-1pm Line Dancing 9am-10am</p>	<p>24</p> <p>Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30-12pm Card Games 8:30am Rug Hooking 12-2pm Yoga (\$) 4:14-5:15pm</p>	<p>25</p> <p>Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm</p>	<p>26</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Community Meal 4-6pm</p>	<p>27</p> <p>Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Bingo 10am</p>
<p>30</p> <p>Walking 8-11am Sewing 9am-1pm Card Games 8:30am Line Dancing 9am-10am</p>	<p>31</p> <p>Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Computer Help 9-11am Rug Hooking 12-2pm Yoga (\$) 4:14-5:15pm</p>			



January 2017

Western Watauga Community Center

**Tate Davis talks about Elder Law on January 19th
New Tai Chi Class and Yoga Classes Starting in January**

New Tai Chi Class starting Jan. 12th at 10am. Call Cindy to sign up.

New Yoga Classes starting January 5th, Thursdays, 11:15-12:15 at CCHS, and starting January 10th, Tuesdays, 4:15-5:15 at WWCC. Call Cindy.

Line Dancing- Mondays, 9-10am here at WWCC. Please sign up. (Wear flat comfortable shoes to dance in!)

Bingo on Fridays at 10am-bring two items or \$2 to play.

Blood Pressure/Hearing Checks –Thursday, January 5th at 10am.

Computer Assistance-First Tuesday from 9-11am. Appt. only.

Beautiful crafts for sale in front area-pottery, knitted/sewn items, and jewelry, all made by our talented participants!

Bingo w/ Bob from Medi-Home Hospice on Friday, January 27th at 10am.

Western Watauga Food Outreach Schedule

Every Thursday 4pm-6pm with free food distribution and a drop in community meal. All ages are welcome to drop in on a first-come first-served basis. Call Hunger & Health **828-262-1628** for info.

AA group meets Wednesday nights at 7:30pm.

Center Hours of Operation: Monday-Friday-8am-4pm

Most classes are offered free to seniors age 60+

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: 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, etc: Mon- Fri 8:30am-12.

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

Watauga Woodcarving Tuesdays 8:30am-11:30am

Decorative Beading /Jewelry making Tuesdays 10am-1pm

Weaving meets Friday 10am –1pm: lessons by appointment, call before coming.

Hand Spinning First Sunday of month, 2-4pm

Fiber Guild Third Saturday of the month, 10am-12 noon

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

Knitting Wednesdays 9am-12pm

Pottery-Wednesdays 9am-1pm

Art Thursdays 9:30am-12:30pm

Lap Quilting Thursdays 9am-12:30pm

Rug Hooking Tuesdays 12-2pm

Computer Assistance First Tuesday of the month, 9-11am

Line Dancing Mondays 9-10am

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out.

1081 Old US Hwy 421

Sugar Grove, NC 28679

Phone:/Fax (828)297-5195

Director: Cindy Lamb

Email: cindy.lamb@watgov.org

**Western Watauga
Community Center**

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