

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Closed for New Year's</p>  <p>Happy New Year!</p>	<p>2 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am</p>	<p>3 New Year's Party 10am Card Games 9am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:15-5:15pm AA Meeting 7:30pm</p>	<p>4 BP Checks 10am Walking 8-11am Card Games 9am Lap Quilting 9am-12:30pm</p>	<p>5 Walking 8-11am Card games 9am Weaving 9:30am-1pm Sewing 9am-12pm Bingo w/ Carrie 10am Yoga (\$) 11:15am-12:15pm</p>
<p>8 Walking 8-11am Card Games 9am Chair Exercise 10-11am Rug Hooking 10-12</p>	<p>9 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am</p>	<p>10 Card Games 9am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Book Club 2:30-4pm Yoga(\$) 4:15-5:15pm AA Meeting 7:30pm</p>	<p>11 Walking 8-11am Card Games 9am Lap Quilting 9am-12:30pm Community Meal 4-6pm</p>	<p>12 Walking 8-11am Card games 9am Weaving 9:30am-1pm Sewing 9am-12pm Yoga (\$) 11:15am-12:15pm Bingo w/ Kim/Danielle 10am</p>
<p>15 Closed for Martin Luther King Day</p>  <p>Martin Luther King Day</p>	<p>16 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am</p>	<p>17 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Book Club Yoga(\$) 4:15-5:15pm AA Meeting 7:30pm</p>	<p>18 Walking 8-11am Card Games 9am Lap Quilting 9am-12:30pm Community Meal 4-6pm</p>	<p>19 Walking 8-11am Card games 9am Weaving 9:30am-1pm Sewing 9am-12pm Yoga (\$) 11:15am-12:15pm Bingo w/ Carrie 10am</p>
<p>22 Walking 8-11am Card Games 9am Chair Exercise 10-11am Rug Hooking 10-12</p>	<p>23 Hearing Checks 10:30am Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am</p>	<p>24 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:15-5:15pm AA Meeting 7:30pm</p>	<p>25 Walking 8-11am Card Games 9am Lap Quilting 9am-12:30pm Community Meal 4-6pm</p>	<p>26 Walking 8-11am Card games 9am Weaving 9:30am-1pm Sewing 9am-12pm Yoga (\$) 11:15am-12:15pm Bingo w/ Bob</p>
<p>29 Walking 8-11am Card Games 9am Chair Exercise 10-11am Rug Hooking 10-12 Live Bluegrass 10am</p>	<p>30 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am</p>	<p>31 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:15-5:15pm AA Meeting 7:30pm</p>		

2018

January 2018 Western Watauga
Community Center

**Let's celebrate the New Year with a little party
on Weds., Jan. 3rd at 10am! Games and goodies!
Join us!**

****The Senior Center will be closed on January 1st and
January 15th for holidays.**

Bingo every Friday at 10am by Medi-Home Health! Come
have some fun and win some prizes!

Speakers this month will talk on various health and nutrition
topics.

Yoga—Wednesdays, 4:45-5:45pm and Fridays, 11:15am-
12:15pm. Call 264-1384 for info and to sign up. (New classes
start Jan. 3rd and 5th)

Need new Rook players! Beginners come learn!

Bridge Group (all levels) -Wednesday morning. Beginners
welcome! Call for more info and to sign up.

BP Check and Hearing Checks -Thursday, January 4th at
10am.

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

Western Watauga Food Outreach Schedule Every Thursday
4pm-6pm with free food distribution and a drop in community
meal. All ages are welcome on a first-come first-served basis. Call
Hunger & Health **828-262-1628** for more 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 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 -\$7.18. (See a staff member for details)

Card Groups- Rook, etc: Mon- Fri 9am-12:30pm.

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

Watauga Woodcarving-Will start back in March.

Decorative Beading /Jewelry making-Tuesdays 10am-1pm

Weaving-meets Friday 10am -1pm.

Hand Spinners-First Sunday of month, 2-4pm

Fiber Guild-Third Saturday of the month.

Sewing-Fridays, 9am-1pm- make clothes & household items

Knitting-Wednesdays, 9am-12pm

Pottery-Wednesdays, 9am-1pm

Art-Will start back in March.

Lap Quilting-Thursdays, 9am-12:30pm

Rug Hooking-Mondays, 10am-12pm

Computer Assistance -First Tuesday of the month, 9-11am.
(Must make appt.)

Bridge-Wednesdays, call for info.

Bingo-Fridays at 10am by Medi Home Health/Hospice.

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise

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.**

