

Monday	Tuesday	Wednesday	Thursday	Friday
1 Walking 8am-11am Sewing Class 9am-1pm 10am-11 Card games 9am-2:30pm	2 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Active games 10am-2:30pm	3 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook & Bridge 8am-2:30 Corn Hole 9am-11:30am	4 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO Community meal 4-6pm	5 Walking 8-11am In the gym Card games 8:30am- 3:45pm Weaving Guild 9-1pm
8 Walking 8am-11am Tax assistance 9am-3pm Nutrition info 10-11am Sewing Class 9am-1pm Rook & Bridge 8am-2:30	9 Walking 8am-11am Wood Carving 8:30am Beading & Jewelry 10am-1pm Active games 10am-2:30pm Blood Pressures 10-11am	10 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook & Bridge 8am-2:30 Corn Hole 9am-11:30am	11 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-12 WWFO Community meal 4-6pm	12 Walking 8-11am In the gym Card games 8:30am- 3:45pm Valentine party snacks 9-11am Bingo 10-11am Weaving Guild 9-1pm
15 Walking 8am-11am Nutrition facts 10-11am Tax assistance 9am-3pm Rug Hooking 10-1pm Sewing Class 9am-1	16 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30	17 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Corn Hole 9am-11:30am	18 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-12 WWFO Community meal 4-6pm	19 Walking 8-11am Weaving Guild 9-1pm Card games 8:30am-3:45pm Corn hole games 9am-11am
22 Walking 8am-11am Sewing Class 9am-1pm Card games 8am-2:30pm Tax assistance 9am-3pm Bingo with Bob 10-11am	23 Walking 8am-11am Beading & Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Active games 10- 2:30pm	24 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm	25 Walking 8am-11 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-12 WWFO Community meal 4-6pm	26 Walking 8-11am Weaving Guild 9-1pm Card games 8:30am-3:45pm Corn hole games 9am-11am
29 Walking 8am-11am Tax assistance 9am-3pm Sewing Class 9am-1pm Card games 8am-2:30pm Nutrition facts 10-11am	March 1 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Active games 10-2:30pm	2 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm	3 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11am-12pm WWFO Community meal 4-6pm	4 Walking 8-11am Weaving Guild 9-1pm Card games 8:30am-3:45pm Corn hole games 9am-11am

February 2016

Most classes and activities are offered free to seniors age 60+ Other adults may enroll in some activities and classes as long as there is space. Some classes require tuition & materials fees. Call to learn the requirements. The list is posted at the center.

Agency Information

AARP Tax Assistance Mondays Feb 8th through April 11th 2016
Appointments begin at 9am and end at 3pm.

Call or see a staff person for information and to make appointment .

Bob Richardson from Medi Home Hospice will play Bingo
Monday, February 22, 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, February 9th, 10am-11am

Western Watauga Food Outreach schedule changes

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

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

Share the warmth We are collecting and distributing clean "like new" warm clothing

During normal business hours through March

**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-through 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-3:45

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!

Decorative Beading & jewelry making Tuesdays 10am-1pm

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 meets each Friday 10am -11pm -lessons by appointment

Rug Hooking & Fiber Arts on break until March

Hand Spinning meets the first Saturday 10am-1pm Feb 5th

Fiber Guild meets the third Saturday 10am-1pm Feb 19th

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**

