

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



**5**  
 Walking 8-11am  
 Card Games 9am  
 Chair Exercise 10-11am  
 Rug Hooking 10-12  
 Weight Loss Group 5:30pm

**6**  
 Card Games 9am  
 Bead /Jewelry 10am-1 pm  
 Woodcarving 9am-12pm  
 Walking 8-11am

**7**  
 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

**8**  
 Walking 8-11am  
 Card Games 9am  
 Lap Quilting 9am-12:30pm  
 Community Meal 4-6pm  
 Dementia Support Group-3pm

**9**  
 Walking 8-11am  
 Card games 9am  
 Weaving 9:30am-1pm  
 Sewing 9am-1pm  
 Yoga (\$) 11:15am-12:15pm  
 Bingo w/ Kim/Danielle 10am

**12**  
 Walking 8-11am  
 Card Games 9am  
 Chair Exercise 10-11am  
 Rug Hooking 10-12  
 Weight Loss Group 5:30pm

**13**  
 Card Games 9am  
 Bead /Jewelry 10am-1 pm  
 Woodcarving 9am-12pm  
 Walking 8-11am

**14**  
 Valentine Party 10:30 am  
 Knitting 9am-12pm  
 Pottery 9am-1pm  
 Bridge Group 10am  
 Book Club  
 Yoga(\$) 4:15-5:15pm

**15**  
 Walking 8-11am  
 Card Games 9am  
 Lap Quilting 9am-12:30pm  
 Community Meal 4-6pm  
 Dementia Support Group-3pm

**16**  
 Walking 8-11am  
 Card games 9am  
 Weaving 9:30am-1pm  
 Sewing 9am-1pm  
 Yoga (\$) 11:15am-12:15pm  
 Bingo w/ Carrie 10am

**19**  
 Walking 8-11am  
 Card Games 9am  
 Chair Exercise 10-11am  
 Rug Hooking 10-12  
 Weight Loss Group 5:30pm

**20**  
 Card Games 9am  
 Bead /Jewelry 10am-1 pm  
 Woodcarving 9am-12pm  
 Walking 8-11am

**21**  
 Walking 8-11am  
 Knitting 9am-12pm  
 Pottery 9am-1pm  
 Bridge Group 10am  
 Yoga(\$) 4:15-5:15pm  
 AA Meeting 7:30pm

**22**  
 Walking 8-11am  
 Card Games 9am  
 Lap Quilting 9am-12:30pm  
 Community Meal 4-6pm  
 Dementia Support Group-3pm

**23**  
 Walking 8-11am  
 Card games 9am  
 Weaving 9:30am-1pm  
 Sewing 9am-1pm  
 Yoga (\$) 11:15am-12:15pm  
 Bingo w/ Bob

**26**  
 Walking 8-11am  
 Card Games 9am  
 Chair Exercise 10-11am  
 Rug Hooking 10-12  
 Live Bluegrass 10am  
 Weight Loss Group 5:30pm

**27**  
 Card Games 9am  
 Bead /Jewelry 10am-1 pm  
 Woodcarving 9am-12pm  
 Walking 8-11am

**28**  
 Walking 8-11am  
 Knitting 9am-12pm  
 Pottery 9am-1pm  
 Bridge Group 10am  
 Yoga(\$) 4:15-5:15pm  
 AA Meeting 7:30pm





# February Western Watauga Community Center

**Tax Assistance starts on Monday, Feb. 12th and continues thru April 9th. Call to make an appt. to get your taxes done.**

**Valentine's Day Party-Feb. 14th at 10:30 am**

**New Dementia Support Group starts on Thurs., Feb. 1st at 3pm.**

**Weight Support Group on Mondays at 5:30pm.**

**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, February 1st 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 on a first-come first-served basis. Call Hunger & Health **828-262-1628** for more info.

**AA group meets Wednesday nights at 7:30pm.**

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**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

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Director: Cindy Lamb  
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Western Watauga  
Community Center

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

