



# Western Watauga Senior Center February 2019

| Mon  | Tue   | Wed   | Thu  | Fri  |
|--|---|---|--|--|
|                                    |   |   |   | <b>1</b><br><b>Bingo</b> <b>10am</b><br>Walking            8am<br>Card Games       9am<br>Sewing             9am-<br>Weaving            10am<br>Yoga (\$)      |
| <b>4</b><br><br>Walking            8am<br>Bone Builders 10:30am<br>Card Games       9am                            | <b>5</b><br><br>Walking            8am<br>Card Games       9am<br>Jewelry            10am<br>Woodcarving 9:30am<br>Bridge              10am                               | <b>6</b><br><br>Walking            8am<br>Card Games       9am<br>Knitting            9am<br>Pottery             9am<br>Yoga (\$)<br><br>AA Mtg            7:30pm                             | <b>7</b><br><br>Walking            8am<br>Lap Quilting      9am<br>Rug Hooking      1pm<br><br>Community Meal 4-6                                  | <b>8</b><br><br><b>Bingo</b> <b>10am</b><br>Walking            8am<br>Card Games       9am<br>Sewing             9am-<br>Weaving            10am<br>Yoga (\$)  |
| <b>11</b><br><br>Walking            8am<br>Bone Builders 10:30am<br>Card Games       9am                           | <b>12</b><br><br>Walking            8am<br>Card Games       9am<br>Jewelry            10am<br>Woodcarving 9:30am<br>Bridge              10am                              | <b>13</b><br><br>Walking            8am<br>Card Games       9am<br>Knitting            9am<br>Pottery             9am<br>Yoga (\$)<br><br>AA Mtg            7:30pm                            | <b>14</b><br><b>Happy Valentine's Day</b><br><br>Walking            8am<br>Lap Quilting      9am<br>Rug Hooking      1pm<br><br>Community Meal 4-6 | <b>15</b><br><br><b>Bingo</b> <b>10am</b><br>Walking            8am<br>Card Games       9am<br>Sewing             9am-<br>Weaving            10am<br>Yoga (\$) |
| <b>18</b><br><br>Walking            8am<br>Bone Builders 10:30am<br>Card Games       9am                           | <b>19</b><br><br>Walking            8am<br>Card Games       9am<br>Jewelry            10am<br>Woodcarving 9:30am<br>Bridge              10am<br><br>Grief Support Group   | <b>20</b><br><br>Walking            8am<br>Card Games       9am<br>Knitting            9am<br>Pottery             9am<br>Yoga (\$)<br>Book Club        2:30pm<br><br>AA Mtg            7:30pm | <b>21</b><br><br>Walking            8am<br>Lap Quilting      9am<br>Rug Hooking      1pm<br><br>Community Meal 4-6                                 | <b>22</b><br><br><b>Bingo</b> <b>10am</b><br>Walking            8am<br>Card Games       9am<br>Sewing             9am-<br>Weaving            10am<br>Yoga (\$) |
| <b>25</b><br><br>Walking            8am<br>Bone Builders 10:30am<br>Card Games       9am<br>Bluegrass         10am | <b>26</b><br><br>Walking            8am<br>Card Games       9am<br>Jewelry            10am<br>Woodcarving 9:30am<br>Bridge              10am<br><br>Dementia group<br>3pm | <b>27</b><br><br>Walking            8am<br>Card Games       9am<br>Knitting            9am<br>Pottery             9am<br>Yoga (\$)<br><br>AA Mtg            7:30pm                            | <b>28</b><br><br>Walking            8am<br>Lap Quilting      9am<br>Rug Hooking      1pm<br><br>Community Meal 4-6                                 |   |

# WESTERN WATAUGA SENIOR CENTER February 2019

**Valentine Bingo Party on Friday, Feb. 8th at 10am**  
**Tax Assistance starts Feb. 11th-appt. only-297-5195**  
**New Grief Support Group starts on Tues., Feb. 19th –call for info**  
**Bluegrass Music on Monday, February 25th at 10am**  
**Bridge Group on Tuesdays-all levels welcome-all Cindy for more info**



## Weekly and Monthly Activities

**Coffee and Chat** - Monday-Friday, 8am-11:30am  
**Congregate Nutrition** - Monday-Friday at 11::25am  
**Card Games** - Monday-Friday 9am-12pm  
**Walking in the Old CC Gym or Park** - Monday– Friday 8am-1pm  
**Bone Builders**– Mondays at 10:30am  
**Watauga Woodcarving** - Tuesdays at 9:30am  
**Beading/Jewelry** - Tuesdays at 10am  
**Knitting** - Wednesdays at 9am  
**Pottery** - Wednesdays at 9am  
**Art** - Will start back in the Spring  
**Lap Quilting** - Thursdays at 9am  
**Weaving** - Fridays at 10am  
**Sewing** - Fridays at 9am  
**Computer Assistance** - First Tuesday of month (appt. only)  
**Bridge** - Tuesdays at 10am  
**HandspINNers** - First Sunday of each month, 2-4pm  
**Fiber Guild** - Third Saturday of each month  
**Bingo** - Fridays at 10am  
**Dementia Support Group** - last Tuesday of each month at 3pm  
**Book Club** –Third Wednesday at 2:30pm  
**Bluegrass Music**– last Monday of each month at 10am  
**Western Watauga Food Outreach Community Dinner** - Every Thursday 4-6pm with free food distribution and meal. All ages are welcome on first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.  
**AA Group** - Wednesday nights at 7:30pm  
**Grief Support Group**—Third Tuesday of each month

**\*\*Lunch is served from 11:25am to 12 noon**



**Hours of Operation - Monday-Friday 8am-4pm. Most classes are free to those 60+. Building rental available after hours**

**For additional information, questions about activities, or to register for transportation, please contact the Center Director, Cindy Lamb at:**



**Western Watauga Senior Center  
1081 Old US Hwy 421  
Sugar Grove, NC 28679  
Phone - 828-297-5195  
Email - cindy.lamb@watgov.org**

