

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Feb 29</p> <p>Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Tax assistance 9am-3pm</p>	<p>1</p> <p>Walking 8am-11am Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>2</p> <p>Walking 8-11am Knitting 9am-12pm Rook & Bridge 8am-2:30 Pottery 9am-12pm Nutrition info 10-11am</p>	<p>3 Early Voting 10am-6pm</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Financial literacy program 1-3pm Community meal 4-6pm</p>	<p>4 Early Voting 10am-6pm</p> <p>Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>
<p>7</p> <p>Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Tax assistance 9am-3pm</p>	<p>8 Early Voting 10am-6pm</p> <p>Blood Pressure 10-11am Walking 8am-11am Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>9 Early Voting 10am-6pm</p> <p>Walking 8-11am Knitting 9am-12pm Rook & Bridge 8am-2:30 Active games 10-11am</p>	<p>10 Early Voting 10am-6pm</p> <p>Walking 8am-1pm Art 9:30-12:30 Lap Quilting 9- 12:30 Yoga (\$) 11-12 Community meal 4-6pm</p>	<p>11 Early Voting 10am-6pm</p> <p>Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>
<p>14</p> <p>Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11 Tax assistance 9-11am Will Clinics 1-5 by appt.</p>	<p>15 ELECTION DAY</p> <p>6:30A-7:30P</p> <p>Walking 8am-11am Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>16</p> <p>Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Gentle Exercise 10-11am</p>	<p>17 ST Patty's party 9:30am wear green!</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Community meal 4-6pm</p>	<p>18</p> <p>Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>
<p>21</p> <p>Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11 Tax assistance 9-3pm</p>	<p>22</p> <p>Walking 8am-11am Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>23</p> <p>Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Gentle Exercise 10-11am Goodbye Center Director Reception 10-2pm</p>	<p>24 Easter Party 10-11:30A</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Yoga (\$) 11am-12pm Community meal 4-6pm</p>	<p>25</p> <p>CLOSED GOOD FRIDAY</p>
<p>28</p> <p>Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11 Bingo w/ Bob 10-11 Tax assistance 9-3pm</p>	<p>29</p> <p>Walking 8am-11am Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>30</p> <p>Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Gentle Exercise 10-11am</p>	<p>31 TONI'S LAST DAY</p> <p>Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Yoga (\$) 11am-12pm Community meal 4-6pm</p>	<p>April 1</p> <p>Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>

March 2016

NEW CLASS

Gentle Exercise Program approved by the Arthritis Foundation, begins on Monday March 14, and continues every Mon. & Wed from 10-11am and runs for 9 weeks. Great for anyone with limited mobility or those who need a whole body exercise program.

Register by Friday March 11 at 2pm

Agency Information

AARP Tax Assistance: Mondays 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, March 28th 10am-11am. Bob is also available by appointment for private or group sessions on coping with loss and changes in life.

Activities and Special Interests

Free Will Clinic: Monday March 14th, Simple wills, power of attorney, healthcare power of attorney and living wills will be completed. Appointment is REQUIRED and limited spaces available.

Call to schedule by Mon. Mar. 7th.

Free Blood Pressure and Oxygen Level Checks with Linda Bretz

Second Tuesday each month March 8th 10am-11am

Western Watauga Food Outreach Program

Meets each Thursday 4pm-6pm with free food distribution and a drop in community meal open to rural folks of all ages first come first served basis.

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

Financial Literacy Fraud Protection Program: Thurs. Mar. 3, 1-3pm

Early Voting (One Stop)

Begins Thursday March 3 ends after primary on Tuesday March 15th

Center Hours of Operation: Monday-Friday- 8am –4pm with evening classes; Most class 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: in the dining room 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 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-

Books-Kindles for check out- Guitar-Piano-Puzzles-

Word Games- Corn Hole-Wii games- TVVCR/DVD players

Fiber Arts

Weaving meets each Friday 10am –1pm: lessons by appointment

Rug Hooking & Fiber Arts on break until April

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

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

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

Fraud and Scams Program: March 3, 1-3pm

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**

