

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Arthritis Exercise 10-11am Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 9am AA Meeting 7:30pm	2 BP/Hearing Check 10am Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm	3 Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am
		6 Walking 8-11am Sewing 9am-1pm Card Games 9am Tax help 9:00am-2:30pm	7 Arthritis Exercise 10-11am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Computer Help 9-11am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm	8 Arthritis Exercise 10-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Book Club 2:30-4pm AA Meeting 7:30pm
13 Walking 8-11am Sewing 9am-1pm Card Games 9am Tax help 9:30am-2:30pm	14 Arthritis Exercise 10-11am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm	15 Arthritis Exercise 10-11am Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 9am AA Meeting 7:30pm	16 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm	17 Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am
20 Walking 8-11am Sewing 9am-1pm Card Games 9am Tax help 9:00am-2:30pm	21 Arthritis Exercise 10-11am Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm	22 Arthritis Exercise 10-11am Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 9am AA Meeting 7:30pm	23 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm	24 Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am Bingo w/ Bob 10am
27 Walking 8-11am Sewing 9am-1pm Card Games 9am Tax help 9:00am-2:30pm	28 Arthritis Exercise 10-11am Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm	29 Arthritis Exercise 10-11am Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 9am AA Meeting 7:30pm	30 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm	31 Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am

March 2017

Western Watauga Community Center

Tax Assistance Available at WWCC from February 13th to April 10th, 2017. Free tax preparation for seniors and low/middle income taxpayers. Call WWCC for appointment, 828-297-5195.

New Arthritis Class-Tues. and Weds. 10-11.

Yoga Classes Thursdays, 11:15-12:15 at CCHS, and January 10th, Tuesdays, 4:15-5:15 at WWCC. (\$)

Line Dancing— Now on Fridays, 9-10am here at WWCC. Please sign up. (Wear flat comfortable shoes to dance in!)

Bingo on second and fourth Fridays at 10am-bring one item or \$1 to play. (Your dollar will be used to buy prizes)

BP Check and Hearing Check—Thursday, March 2nd at 10am.

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

Beautiful crafts for sale in front area-pottery, knitted/sewn items, wooden pieces, and jewelry, all made by our talented participants!

Bingo w/ Bob from Medi-Home Hospice on Friday, March 24th 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 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 -\$7.08. (See a staff member for details)

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

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

Watauga Woodcarving Tuesdays 9am-11:30am

Decorative Beading /Jewelry making Tuesdays 10am-1pm

Weaving meets Friday 10am -1pm: lessons by appointment, call before coming.

Hand Spinning First Sunday of month, 2-4pm

Fiber Guild Third Saturday of the month, 10am-12 noon

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

Knitting Wednesdays 9am-12pm

Pottery-Wednesdays 9am-1pm

Art Thursdays 9:30am-12:30pm

Lap Quilting Thursdays 9am-12:30pm

Rug Hooking Tuesdays 12-2pm

Computer Assistance First Tuesday of the month, 9-11am

Line Dancing Mondays 9-10am

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out.

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.**