

Western Watauga Community Center

MARCH 2018

828-297-5195

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
|    |    |  | <p><b>1</b></p> <p>BP Checks 10am<br/>                     Card Games 9am<br/>                     Lap Quilting 9am-12pm<br/>                     Art 9:30am-12:30pm</p> <p><b>Community Meal 4-6pm</b></p>  | <p><b>2</b></p> <p>Walking 8-11am<br/>                     Card games 9am<br/>                     Weaving 10am-1pm<br/>                     Sewing 9am-1pm<br/>                     Bingo w/ Carrie 10am<br/>                     Yoga (\$) 11:15am-12:15pm</p>       |
| <p><b>5</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Rug Hooking 10-12<br/>                     Weight Loss Group 5:30pm</p>   | <p><b>6</b></p> <p>Card Games 9am<br/>                     Bead /Jewelry 10am-1 pm<br/>                     Woodcarving 9am-12pm<br/>                     Walking 8-11am</p>  | <p><b>7</b></p> <p>Card Games 9am<br/>                     Knitting 9am-12pm<br/>                     Pottery 9am-1pm<br/>                     Bridge Group 10am<br/>                     Yoga(\$) 4:15-5:15pm<br/>                     AA Meeting 7:30pm</p>  | <p><b>8</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Lap Quilting 9am-12pm<br/>                     Art 9:30am-12:30pm</p> <p><b>Community Meal 4-6pm</b></p>  | <p><b>9</b></p> <p>Walking 8-11am<br/>                     Card games 9am<br/>                     Weaving 10am-1pm<br/>                     Sewing 9am-1pm<br/>                     Yoga (\$) 11:15am-12:15pm<br/>                     Bingo w/ Kim/Danielle 10am</p> |
| <p><b>12</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Rug Hooking 10-12<br/>                     Weight Loss Group 5:30pm</p>  | <p><b>13</b></p> <p>Card Games 9am<br/>                     Bead /Jewelry 10am-1 pm<br/>                     Woodcarving 9am-12pm<br/>                     Walking 8-11am<br/>                     Gentle Exercise 10am</p> | <p><b>14</b></p> <p>Walking 8-11am<br/>                     Knitting 9am-12pm<br/>                     Pottery 9am-1pm<br/>                     Bridge Group 10am<br/>                     Yoga(\$) 4:15-5:15pm<br/>                     AA Meeting 7:30pm</p> | <p><b>15</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Lap Quilting 9am-12pm<br/>                     Art 9:30am-12:30pm<br/>                     Gentle Exercise 10am<br/>                     Community Meal 4-6pm</p>          | <p><b>16</b></p> <p>Walking 8-11am<br/>                     Card games 9am<br/>                     Weaving 10am-1pm<br/>                     Sewing 9am-1pm<br/>                     Yoga (\$) 11:15am-12:15pm<br/>                     Bingo w/ Carrie 10am</p>      |
| <p><b>19</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Rug Hooking 10-12<br/>                     Weight Loss Group 5:30pm</p>  | <p><b>20</b></p> <p>Card Games 9am<br/>                     Bead /Jewelry 10am-1 pm<br/>                     Woodcarving 9am-12pm<br/>                     Walking 8-11am<br/>                     Gentle Exercise 10am</p> | <p><b>21</b></p> <p>Walking 8-11am<br/>                     Knitting 9am-12pm<br/>                     Pottery 9am-1pm<br/>                     Bridge Group 10am<br/>                     Yoga(\$) 4:15-5:15pm<br/>                     AA Meeting 7:30pm</p> | <p><b>22</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Lap Quilting 9am-12pm<br/>                     Art 9:30am-12:30pm<br/>                     Gentle Exercise 10am<br/>                     Community Meal 4-6pm</p>          | <p><b>23</b></p> <p>Walking 8-11am<br/>                     Card games 9am<br/>                     Weaving 10am-1pm<br/>                     Sewing 9am-1pm<br/>                     Yoga (\$) 11:15am-12:15pm<br/>                     Bingo w/ Bob 10am</p>         |
| <p><b>26</b></p> <p>Walking 8-11am<br/>                     Card Games 9am<br/>                     Rug Hooking 10-12<br/>                     Live Bluegrass 10am<br/>                     Weight Loss Group 5:30pm</p> | <p><b>27</b></p> <p>Card Games 9am<br/>                     Bead /Jewelry 10am-1 pm<br/>                     Woodcarving 9am-12pm<br/>                     Walking 8-11am<br/>                     Gentle Exercise 10am</p> | <p><b>28</b></p> <p>Walking 8-11am<br/>                     Knitting 9am-12pm<br/>                     Pottery 9am-1pm<br/>                     Bridge Group 10am<br/>                     Yoga(\$) 4:15-5:15pm<br/>                     AA Meeting 7:30pm</p> | <p><b>29</b></p> <p>Easter Party 10am<br/>                     Lap Quilting 9am-12pm<br/>                     Art 9:30am-12:30pm<br/>                     Gentle Exercise 10am<br/>                     Community Meal 4-6pm<br/>                     Dementia Support 3pm</p> | <p><b>30</b></p> <p>Walking 8-11am<br/>                     Card games 9am<br/>                     Weaving 10am-1pm<br/>                     Sewing 9am-1pm<br/>                     Yoga (\$) 11:15am-12:15pm<br/>                     Bingo 10am</p>                |



## March Western Watauga Community Center

**Tax Assistance is on Mondays thru April 9th. Call 297-5195 to make an appointment.**  
**Wills Clinic on March 12th and 14th at LEH Senior Center. Call 265-8090 for appointment.**

**Easter Party on Thurs., March 29th at 10am!**  
**Starting March 1st, Marsha Holmes is back with her Art Class on Thursdays from 9:30-12:30! All levels welcome!**  
**New Gentle Exercise Class with Mallory from Area Agency on Aging Tuesdays and Thursdays at 10am starting March 13th!**

**New Dementia Support Group with Sandra Basel meets the last Thursday of each month at 3pm.**

**Bingo every Friday at 10am by Medi-Home Health! Come have some fun and win some prizes!**

**Yoga**–Wednesdays, 4:45-5:45pm and Fridays, 11:15am-12:15pm. Call 264-1384 for info and to sign up.

**Need new Rook players! Beginners come learn!**

**Bridge Group** (all levels) -Wednesdays at 10am. Beginners welcome! Call for more info and to sign up.

**BP Check**–Friday, March 9th 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-**Tuesdays, 9:30am

**Decorative Beading /Jewelry making-**Tuesdays 10am-1pm

**Weaving-meets** Fridays, 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-**Thursdays, 9:30-12:30

**Lap Quilting-**Thursdays, 9am-12:30pm

**Rug Hooking-**Monday, 10am-12pm

**Computer Assistance** –First Tuesday of the month, 9-11am. (Must make appt.)

**Bridge-**Wednesdays, 10am

**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

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.**

