



Western Watauga Senior Center March 2019



Mon

Tue

Wed

Thu

Fri



1
Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

4
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

5
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9:30am
 Bridge 10am

6
 Walking 8am
 Card Games 9am
 Knitting 9am
 Pottery 9am
 Yoga (\$) 4:45pm
 AA Mtg 7:30pm

7
 Walking 8am
 Lap Quilting 9am
 Rug Hooking 1pm
 Community Meal 4-6

8
Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

11
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

12
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9:30am
 Bridge 10am

13
 Walking 8am
 Card Games 9am
 Knitting 9am
 Pottery 9am
 Yoga (\$) 4:45pm
 AA Mtg 7:30pm

14
 Walking 8am
 Lap Quilting 9am
 Rug Hooking 1pm
 Community Meal 4-6

15
Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

18
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

19
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9:30am
 Bridge 10am

20
 Walking 8am
 Card Games 9am
 Knitting 9am
 Pottery 9am
 Yoga (\$) 4:45pm
 Book Club 2:30pm

21
 Walking 8am
 Lap Quilting 9am
 Rug Hooking 1pm
 Community Meal 4-6

22
Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

25
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am
 Bluegrass 10am

26
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9:30am
 Bridge 10am
 Dementia group 3pm

27
 Walking 8am
 Card Games 9am
 Knitting 9am
 Pottery 9am
 Yoga (\$) 4:45pm
 AA Mtg 7:30pm

28
 Walking 8am
 Lap Quilting 9am
 Rug Hooking 1pm
 Community Meal 4-6

29
Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

WESTERN WATAUGA SENIOR CENTER March 2019

Tax Assistance through April 8th-appt. only-297-5195

New Grief Support Group every third Tuesday at 2pm—call for info

Bluegrass Music on Monday, March 25th at 10am

Bridge Group on Tuesdays-all levels welcome-call Cindy for more info

Hearing checks on March 5th; eye checks on March 12th



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

Bridge - Tuesdays at 10am

Handspinnners - 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



