

Monday	Tuesday	Wednesday	Thursday	Friday
2 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm	3 Walking 8am-11am Beading & Jewelry class 10am-1pm Exercise for Strength 10:30am	4 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm	5 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga 11-Noon	6 Walking 8-11am 12-1pm Weaving Guild 9-12pm Exercise 10:30-11:25am
9 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm Will Clinic-1-5pm, appointment needed	10 Walking 8am-11am Beading & Jewelry class 10am-1pm Blood Pressures & Oxygen levels 10am Exercise for Strength 10:30am	11 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Basic Computer Help by appointment 10-11am	12 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga 11-Noon	13 Walking 8-11am 12-1pm Weaving Guild 9-12pm Exercise 10:30-11:25am
16 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm Basic Computer Help by appointment 10-11am	17 Walking 8am-11am Beading & Jewelry class 10am-1pm ST Patrick's Day party 9:30am-11:30 Fraud Prevention Program 12:15-1:15pm	18 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Basic Computer Help by appointment 10-11am	19 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga 11-Noon	20 Walking 8-11am 12-1pm Weaving Guild 9-12pm Exercise 10:30-11:25am
23 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm	24 Walking 8am-11am Beading & Jewelry class 10am-1pm Exercise for Strength 10:30am	25 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm	26 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga 11-Noon	27 Walking 8-11am 12-1pm Weaving Guild 9-12pm Exercise 10:30-11:25am
30 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm	31 Walking 8am-11am Beading & Jewelry class 10am-1pm Exercise for Strength 10:30am	1 APRIL Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm	2 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga 11-Noon	3 Walking 8-11am 12-1pm Weaving Guild 9-12pm Exercise 10:30-11:25am

March 2015

Tax Assistance Available:

Free tax preparation for seniors and low and middle income taxpayers. E-file is available. The tax aide program will run each Monday until April 13, 2015. Counselors are trained AARP volunteers. Please call for an appointment 828-297-5195.

Special Activities and Interests

Wills & Advance Directives Clinics: Monday, March 9th
1-3pm and 3-5pm by appointment only

Elder Investment and Fraud Prevention Program

Tuesday: March 17 12:15-1:15pm

St Patrick's Day Party: Tuesday, March 17, 10-11:30am
Games, Music & refreshments. Wear green! Bring a snack!

Free Blood Pressure Checks and Oxygen Level:

Tuesday, March 10th 10am-11:30am

Treasured Memories: Grief Support counseling

4th Monday 10am-11am

Basic Computer Assistance: Monday & Wednesday 10am

Weekly Activities

Coffee Time and Talk: Monday-Friday 8am-11:30am

Congregate Nutrition (lunch): Served Monday-Friday
11:30am-12:00pm- must be a registered participant or paying guest

Card Groups- Rook or Bridge: Mon-Fri 8:30am-4pm

Nutrition Education: Thursdays 10am

Drop-In Activities

Bocce-horse shoes, Cards- Copy Machine (.05/copy)-Croquet
-Board Games-Puzzles-Exercise Equipment-Library (movies
and books)-Kindles for check out- Guitar, Piano, Puzzles,
Games- TVVCR/DVD players-Sewing Machines

The Western Watauga Senior Center offers the following services and information:

- Tax Preparation - partnership with AARP's Volunteer
 - Income Tax Assistance Program
- Transportation to the senior center and for errands and
- medical appointments provided through partnership with AppalCART 828-297- 1300 ext 0
 - Legal Services & Information Available
 - AA, ALANON & Grief Support Groups
 - Caregiver & Respite information
 - Consumer Education
 - Advocacy Opportunities
 - High Country Senior Games
 - Congregate Meals onsite (Monday-Friday)
- Agency & Community Information and Referral
 - Job & Volunteer Placement Opportunities
 - Arts and Crafts Sales
 - Nutrition and Wellness Education
 - Use of Old Cove Creek Gym Monday –Friday
 - Medicare Information and SHIP Counseling

Hours of Operation: Monday-Friday 8-4pm, with evening classes

The community center is also available for weekend classes & activities.

Private groups may rent the facility.



1081 Old US 421

Sugar Grove, NC 28679

Phone: (828)297-5195

Director: Toni Wait

Email: Toni.wait@watgov.org

For additional information,
questions about activities, or to
register for transportation
please contact the
Center Director.

Western Watauga Community Center