

Monday		Tuesday		Wednesday		Thursday		Friday	
30 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-3pm	31 Walking 8am-11am Beading & Jewelry class 10am-1pm Exercise 10am-11	1 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Rook & Bridge 8am-2:30p	2 Art 9:30am-12:30pm Lap Quilting 9am-Noon Better Choices Nutrition class 10am Yoga sign up 11-Noon WWFO 4pm	3 Closed for Good Friday Holiday		6 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Tax assistance 9am-pm Rook & Bridge 8am-2:30		7 Walking 8am-11am Beading & Jewelry class 10am-1pm Exercise 10am-11 Hand Spinning 6:30pm	
13 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am- last day for Tax assistance		14 Walking 8am-11am Beading & Jewelry class 10am-1pm Blood Pressures & Ox- ygen levels 10am Exercise 10am-11		15 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm		16 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11-Noon WWFO 4pm-6:30pm Fiber Guild 6:30pm-		17 Walking 8-11am Gym use 12-1pm Weaving Guild 9-12pm Gardening sale 9am-4pm	
20 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm		21 Walking 8am-11am Beading & Jewelry class 10am-1pm Woodcarving 8:30am-12:30pm		22 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm		23 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11am-12 WWFO 4pm-6:30pm		24 Walking 8-11am 12-1pm Weaving Guild 9-12pm Carpet cleaning after 3pm	
27 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm		28 Walking 8am-11am Beading & Jewelry class Woodcarving 8:30am-12:30pm Exercise 10am-11am		29 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm		30 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11am-12 WWFO 4pm-6:30pm		May 1 Walking 8-11am 12-1pm Weaving Guild 9-12pm Card games 8am-2:30pm	

April 2015

Tuesday April 7th: Shopping in Hickory, 8am-4:30pm
Tuesday May 26th: Barter Theater-Mary Poppins, Tickets are \$27.00 plus lunch, register by April 14th
Contact Jen or Toni to sign up for trips.

Special Activities and Interests

Tax appointments still available, call 297-5195.

1940s & 1950s themed Party -Friday April 10th, 12:30-2:30pm (after lunch) Music, trivia games, prizes, party favors, ice cream sodas, and other goodies. Wear something vintage 40s or 50s.

Free Blood Pressure and Oxygen Level Checks

Tuesday, April 14th 10am-11:30am

How to Cope with Changes in our lives –Adult Grief Support activity and counseling *with Bob* meets each month

4th Monday April 27th 10am-11am

Friends of the Br. Library Gardening Themed Book Sale

Friday April 17th 9am-4pm books, tools, live plants, flower pots etc. No early birds please! Clean donations are needed and will be accepted Monday through Friday that week. Call the branch library for more information 828-297-5515

Art classes: mixed media with Marsha Thursdays 10am-1pm

Alcohol inks and collage each Wed 12:30pm-2:30pm with Pegge Laine from the Turchin Center * instruction is free material cost will be provided by students

Western Watauga Food Outreach program Meets every

Thursday 4pm-6:30pm Food boxes, cooking classes, and agency assistance call 828-262-1628 for information

The community center is also available for weekend classes & activities. Private groups may rent the facility.

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

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. Meal price -\$6.91. See a staff member for details

Card Groups- Rook or Bridge: Mon-Wed- Fri 8am-2:30
Call before hand to assure there are enough players

Nutrition Education: Thursdays 10am

Ongoing classes and guilds Open enrollment

Drop-In Activities for age 60 only

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

Fiber Arts

Fiber arts offer individual instruction, and group workshops.

Weaving meets each Friday 9am

Rug Hooking meets Mondays 10am

Hand Spinning guild meets First Tuesday, April 7 at 6:30pm

Fiber guild meets Third Thursday April 16th 6:30pm

Weight loss Support Group

Meets Monday nights at 6pm

Walking in the gym: Mon-Fri 8am-1pm

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**

