

Western Watauga Community Center

APRIL 2016

828-297-5195

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 28 Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Tax assistance 9am-3pm</p>	<p>29 Walking 8am-11am Beading & Jewelry class 10am-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>30 Walking 8-11am Knitting 9am-12pm Rook & Bridge 8am-2:30 Pottery 9am-12pm Gentle Exercise 10-11am</p>	<p>31 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Community meal 4-6pm</p>	<p>1 Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am (Outside weather Permitting)</p>
<p>4 Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Tax assistance 9am-3pm</p>	<p>5 Walking 8am-11am Beading & Jewelry class 10am-1pm Woodcarving 8:30am-12pm Cards 8:30-2pm Hand spinning 6-8pm</p>	<p>6 Walking 8-11am Knitting 9am-12pm Rook & Bridge 8am-2:30 Gentle Arthritis Exercise 10-11am</p>	<p>7 Walking 8am-1pm Art 9:30-12:30 Lap Quilting 9- 12:30 Yoga (\$) 11-12 Community meal 4-6pm</p>	<p>8 Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>
<p>11 Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11 Tax assistance 9am-3pm</p>	<p>12 Blood Pressure 10-11am Beading & Jewelry class 10-1pm Woodcarving 8:30am-12pm Walking 8am-11am Active games 10-2:30pm</p>	<p>13 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Gentle Exercise 10-11am Friends Book Sale 4-7pm</p>	<p>14 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11am-12pm Book Sale 10am-7pm Community meal 4-6pm</p>	<p>15 Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am Friends Book Sale 9-12pm</p>
<p>18 Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11</p>	<p>19 Walking 8am-11am Woodcarving 8:30am-12pm Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>20 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Gentle Exercise 10-11am</p>	<p>21 Easter Party 10-11:30A Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Yoga (\$) 11am-12pm Community meal 4-6pm Fiber Guild 6-8pm</p>	<p>22 Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>
<p>25 Walking 8-11am Sewing Class 9am-1pm Card games 9- 2:30pm Rook & Bridge 8am-2:30 Gentle Exercise 10-11 Bingo w/ Bob 10-11</p>	<p>26 Walking 8am-11am Woodcarving 8:30am-12pm Beading & Jewelry class 10-1pm Active games 10-2:30pm Cards 8:30-2pm</p>	<p>27 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Gentle Exercise 10-11am</p>	<p>28 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30 Yoga (\$) 11am-12pm Community meal 4-6pm</p>	<p>29 Walking 8-11am Card games 8:30- 3:45pm Weaving Guild 9-1pm Corn hole games 9-11am</p>

April 2016

We are excited to welcome Cindy Lamb as the new Director of the Western Watauga Community Center. Cindy comes to us from the Area Agency on Aging. Cindy will be starting the first of April and we hope you will all stop by to meet her and introduce yourself!

Agency Information

AARP Tax Assistance: Mondays through April 11th 2016

Appointments begin at 9am and end at 3pm.

Call or see a staff person for information and to make appointment.

Bob Richardson from Medi Home Hospice will play Bingo

Monday, April 24th 10am-11am. Bob is also available by appointment for private or group sessions on coping with loss and changes in life.

Activities and Special Interests

Free Blood Pressure and Oxygen Level Checks with Linda Bretz

Second Tuesday each month April 12th 10am-11am

Senior Games Registration is now open! Stop by the center for a packet!

Western Watauga Food Outreach Schedule

Meets each Thursday 4pm-6pm with free food distribution and a drop in community meal for rural folks. All ages are welcome to drop in on a first come first served basis.

Call **Hunger Coalition-828-262-1628** for information.

Reservations are suggested but not mandatory

WW Friends of the Branch Library Book Sale

Wed April 13th 4-7pm, Thursday, April 14th 10am-7pm, Friday April 15th 9am-12pm Featuring new and gently used books for all ages

Center Hours of Operation: Monday-Friday- 8am –4pm with evening classes; Most class 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 may be required.

Weekly Activities

Coffee Time and Talk: in the dining room 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 or Bridge: Mon-Wed- Fri 8am-3:45

Call before hand to assure there are enough players

Nutrition Education: Mondays 10am-10:30am - topics vary

Ongoing weekly classes and guilds Open enrollment for 60+ Mon-Fri See calendar for days of the week

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

Watauga woodcarving group Tuesdays 8:30am-11:30pm

Call to make sure they are here and not at a show!

Decorative Beading & jewelry making Tuesdays 10am-1pm

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

Bocce-horse shoes-Cards-Copy Machine (.05/copy)-Croquet-

Board Games-Puzzles-Exercise Equipment-Library-Movies-

Books-Kindles for check out- Guitar-Piano-Puzzles-

Word Games- Corn Hole-Wii games- TVVCR/DVD players

Fiber Arts

Weaving meets each Friday 10am –1pm: lessons by appointment

Rug Hooking & Fiber Arts on break

Hand Spinning Guild meets the first Tuesday 6-8:30pm

Fiber Guild meets the third Thursday 6:30-8:30pm

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

AA group meets Wednesday nights 7pm

1081 Old US Hwy 421

Sugar Grove, NC 28679

Phone:/Fax (828)297-5195

Director: Cindy Lamb

Email: cindy.lamb@watgov.org

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



**Western Watauga
Community Center**