

Western Watauga Community Center

APRIL 2018

828-297-5195

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Walking 8-11am Card Games 9am Rug Hooking 10-12 Weight Loss Group 5:30pm</p>	<p>3</p> <p>Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am Gentle Exercise 10am</p>	<p>4</p> <p>Card Games 9am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm</p>	<p>5</p> <p>BP Checks 10am Card Games 9am Lap Quilting 9am-12pm Art 9:30am-12:30pm Gentle Exercise 10am Community Meal 4-6pm</p>	<p>6</p> <p>Walking 8-11am Card games 9am Weaving 10am-1pm Sewing 9am-1pm Bingo w/ Carrie 10am Yoga (\$) 11:15am-12:15pm</p>
<p>9</p> <p>Walking 8-11am Card Games 9am Rug Hooking 10-12 Weight Loss Group 5:30pm</p>	<p>10</p> <p>Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am Gentle Exercise 10am</p>	<p>11</p> <p>Card Games 9am Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm</p>	<p>12</p> <p>Walking 8-11am Card Games 9am Lap Quilting 9am-12pm Art 9:30am-12:30pm Gentle Exercise 10am Community Meal 4-6pm</p>	<p>13</p> <p>Walking 8-11am Card games 9am Weaving 10am-1pm Sewing 9am-1pm Yoga (\$) 11:15am-12:15pm Bingo w/ Kim/Danielle 10am</p>
<p>16</p> <p>Walking 8-11am Card Games 9am Rug Hooking 10-12 Weight Loss Group 5:30pm</p>	<p>17</p> <p>Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am Gentle Exercise 10am</p>	<p>18</p> <p>Walking 8-11am Knitting 9am-12pm Bridge Group 10am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm AA Meeting 7:30pm</p>	<p>19</p> <p>Card Games 9am Lap Quilting 9am-12pm Art 9:30am-12:30pm Gentle Exercise 10am Fiber Guild 6pm Community Meal 4-6pm</p>	<p>20</p> <p>Walking 8-11am Card games 9am Weaving 10am-1pm Sewing 9am-1pm Yoga (\$) 11:15am-12:15pm Bingo w/ Carrie 10am</p>
<p>23</p> <p>Walking 8-11am Card Games 9am Rug Hooking 10-12 Weight Loss Group 5:30pm</p>	<p>24</p> <p>Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Walking 8-11am Gentle Exercise 10am</p>	<p>25</p> <p>Walking 8-11am Knitting 9am-12pm Bridge Group 10am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm</p>	<p>26</p> <p>Walking 8-11am Card Games 9am Lap Quilting 9am-12pm Art 9:30am-12:30pm Gentle Exercise 10am Community Meal 4-6pm</p>	<p>27</p> <p>Walking 8-11am Card games 9am Weaving 10am-1pm Sewing 9am-1pm Yoga (\$) 11:15am-12:15pm Bingo w/ Bob 10am</p>

<p>30</p> <p>Walking 8-11am Card Games 9am Rug Hooking 10-12 Live Bluegrass 10am Weight Loss Group 5:30pm</p>
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****Classroom A will not be in use from Tuesday 4/17-5/8 because of voting equipment in that room



April Western Watauga Community Center

Tax Assistance is on Mondays thru April 9th. Call 297-5195 to make an appointment.

Come hear some great Bluegrass music on the last Monday of each month from 10-11.

Marsha Holmes is back with her Art Class on Thursdays from 9:30-12:30. All levels welcome! Call to sign up!

New Gentle Exercise Class with Mallory from Area Agency on Aging, Tuesdays and Thursdays at 10am!

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 and Hearing Checks–Thursday, April 5th 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.

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 Thursday of the month at 6pm.

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.**

