



Western Watauga Senior Center

APRIL 2019

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|--|--|
| <p style="text-align: center;">1</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p> | <p style="text-align: center;">2</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am</p> | <p style="text-align: center;">3</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm</p> | <p style="text-align: center;">4</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm</p> | <p style="text-align: center;">5</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am</p> |
| <p style="text-align: center;">8</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p> | <p style="text-align: center;">9</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am</p> | <p style="text-align: center;">10</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm AA Mtg 7:30pm</p> | <p style="text-align: center;">4</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6</p> | <p style="text-align: center;">12</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am</p> |
| <p style="text-align: center;">15</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p> | <p style="text-align: center;">16</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Grief Support 2pm</p> | <p style="text-align: center;">17</p> <p>Easter Party 10am Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm Book Club 2:30pm</p> | <p style="text-align: center;">4</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6</p> | <p style="text-align: center;">19</p> <p style="text-align: center;">CLOSED FOR EASTER</p>  |
| <p style="text-align: center;">22</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p> | <p style="text-align: center;">23</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am</p> | <p style="text-align: center;">24</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm AA Mtg 7:30pm</p> | <p style="text-align: center;">4</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm</p> | <p style="text-align: center;">26</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am</p> |
| <p style="text-align: center;">29</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Bluegrass 10am</p> | <p style="text-align: center;">30</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Dementia group 3pm</p> |  |  | |

WESTERN WATAUGA SENIOR CENTER April 2019

Studio Art with Marsha is back on Thursdays at 9:30am
Volunteer Breakfast at Grace Lutheran Church on April 4th, 9-10:30am
Easter Party on Wednesday, April 17th at 10am
New Grief Support Group every third Tuesday at 2pm—call for info
Bluegrass Music on Monday, April 29th at 10am
Bridge Group on Tuesdays—all levels welcome—looking for new players



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 -
Friday 8am-1pm
Bone Builders— Mondays and Wednesdays
Watauga Woodcarving - Tuesdays at
9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery - Wednesdays at 9am
Art - Starts again in April
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Bridge - Tuesdays at 10am
HandspINNers - 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

Monday—
at 10:30am



****Lunch is
served from
11:25am to
12 noon**

**Hours of Operation -
Monday-Friday
8am-4pm. Classes
are free to those 60+.
Building rental
available after hours
and weekends for a**

**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**



