

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Walking 8-11am Card Games 9am Pottery I 9am-1pm  Weight Loss Support Group 6-7pm</p>	<p><b>2</b> Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Arthritis Exercise/Walk 9:15-10:30am Yoga (\$) 4:15-5:15pm</p>	<p><b>3</b> Knitting 9am-12pm Pottery II 9am-1pm Card Games 9am Stained Glass 12-2pm  AA Meeting 7:30pm</p>	<p><b>4</b> Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15  Community Meal 4-6pm</p>	<p><b>5</b> Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p>
<p><b>8</b> Walking 8-11am Card Games 9am Pottery I 9am-1pm  Weight Loss Support Group 6-7pm</p>	<p><b>9</b> Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Arthritis Exercise/Walk 9:15-10:30am Yoga (\$) 4:15-5:15pm</p>	<p><b>10</b> Knitting 9am-12pm Pottery II 9am-1pm Card Games 9am Stained Glass 12-2pm  AA Meeting 7:30pm</p>	<p><b>11</b> Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15  Community Meal 4-6pm</p>	<p><b>12</b> Walking 8-11am Bingo 10am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p>
<p><b>15</b> Walking 8-11am Card Games 9am Pottery I 9am-1pm  Weight Loss Support</p>	<p><b>16</b> Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Arthritis Exercise/Walk 9:15-10:30am Yoga (\$) 4:15-5:15pm</p>	<p><b>17</b> Knitting 9am-12pm Pottery II 9am-1pm Card Games 9am Stained Glass 12-2pm Book Club 2:30-4pm AA Meeting 7:30pm</p>	<p><b>18</b> Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15  Community Meal 4-6pm</p>	<p><b>19</b> Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p>
<p><b>22</b> Walking 8-11am Balance Class Refresher- 10-11am Pottery I 9am-1pm Weight Loss Support Group 6-7pm</p>	<p><b>23</b> Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Arthritis Exercise/Walk 9:15-10:30am Card Games 9am Yoga (\$) 4:15-5:15pm</p>	<p><b>24</b> Knitting 9am-12pm Pottery II 9am-1pm Card Games 9am Stained Glass 12-2pm  AA Meeting 7:30pm</p>	<p><b>25</b> Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15  Community Meal 4-6pm</p>	<p><b>26</b> Walking 8-11am Music/Singing 9-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am Bingo w/ Bob 10am</p>
<p><b>29</b> <b>Closed for Memorial Day</b></p> 	<p><b>30</b> Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Arthritis Exercise/Walk 9:15-10:30am Card Games 9am Yoga (\$) 4:15-5:15pm</p>	<p><b>31</b> Knitting 9am-12pm Pottery II 9am-1pm Card Games 9am Stained Glass 12-2pm  AA Meeting 7:30pm</p>		

May 2017

Western Watauga Community Center

**Pottery now on Mondays and Wednesdays!  
New Stained Art Class on Wednesday!  
Call to sign up for either !**

**Senior Games start May 1st**-see Cindy for more info.

**Free Medicare 101 Seminar**-June 1st, 4-6pm at the Lois E. Harrill Senior Center. Open to all.

**Senior Expo**-May 12th from 9-2 at Boone Mall.

**Yoga Classes** Thursdays, 11:15-12:15 at CCHS, and Tuesdays, 4:15-5:15 at WWCC. (\$) Call 828-264-1384 for info.

**Bingo is 2nd and 4th Friday at 10am**-bring one item or \$1 to play. (Your dollar will be used to buy prizes)

**BP and Hearing Check** -Thursday, April 6th at 10am.

**Beautiful crafts for sale** in front area-pottery, knitted/sewn items, wooden pieces, and jewelry, all made by our talented participants!

**Bingo w/ Bob** from Medi-Home Hospice on Friday, April 28th at 10am.

### Western Watauga Food Outreach

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 Coalition-**828-262-1628** for info.

**AA group meets Wednesday nights at 7:30pm.**

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**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 -\$7.08. (See a staff member for details)

**Card Groups- Rook, etc:** Mon- Fri 9am-12.

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

**Watauga Woodcarving** Tuesdays 9am-11:30am

**Decorative Beading /Jewelry making** Tuesdays 10am-1pm

**Weaving** meets Friday 10am -1pm: lessons by appointment, call before coming.

**Hand Spinning** First Sunday of month, 2-4pm

**Fiber Guild** Third Saturday of the month, 10am-12 noon

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

**Knitting** Wednesdays 9am-12pm

**Pottery**-Wednesdays 9am-1pm

**Art** Thursdays 9:30am-12:30pm

**Lap Quilting** Thursdays 9am-12:30pm

**Rug Hooking** Tuesdays 12-2pm

**Computer Assistance** First Tuesday of the month, 9-11am

**Line Dancing** Fridays 9-10am

### **Drop-In Activities for age 60+only-sign up required**

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out.

### **Western Watauga Community Center**

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 about activities, or  
to register for transportation,  
please contact the  
Center Director.**