




Western Watauga Community Center

MAY 2018

828-297-5195

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b>                      Card Games 9am                      Bead /Jewelry 10am                      Woodcarving 9am                      Walking 8am</p>	<p><b>2</b>                      Walking 8am                      Card Games 9am                      Knitting 9am                      Bridge Group 10am                      Yoga(\$) 4:15-5:15pm                      AA Meeting 7:30pm</p>	<p><b>3</b>                      Walking 8am-9am                      Card Games 9am                      Lap Quilting 9am                      Art 9:30am                      Community Meal 4-6pm</p>	<p><b>4</b>                      Walking 8am                      Card games 9am                      Weaving 10am                      Sewing 9am                      Bingo w/ Carrie 10am                      Yoga (\$) 11:15am-12:15pm</p>
<p><b>7</b>                      Walking 8am                      Card Games 9am                      Rug Hooking 10am                      Weight Loss Group 5:30pm</p>	<p><b>8</b>                      Card Games 9am                      Bead /Jewelry 10am                      Woodcarving 9am                      Walking 8am</p>	<p><b>9</b>                      Walking 8am                      Card Games 9am                      Knitting 9am                      Pottery 9am                      Bridge Group 10am                      Yoga(\$) 4:15-5:15pm                      AA Meeting 7:30pm</p>	<p><b>10</b>                      Walking 8am                      Card Games 9am                      Lap Quilting 9am                      Art 9:30am                      Community Meal 4-6pm</p>	<p><b>11</b>                      Walking 8am                      Card games 9am                      Weaving 10am                      Sewing 9am                      Yoga (\$) 11:15am-12:15pm                      Bingo w/ Kim/Danielle 10am</p>
<p><b>14</b>                      Pottery 9am                      Walking 8am                      Card Games 9am                      Rug Hooking 10am                      Weight Loss Group</p>	<p><b>15</b>                      Card Games 9am                      Bead /Jewelry 10am                      Woodcarving 9am                      Walking 8am</p>	<p><b>16</b>                      Walking 8am                      Knitting 9am                      Pottery 9am                      Bridge Group 10am                      Yoga(\$) 4:15-5:15pm                      AA Meeting 7:30pm</p>	<p><b>17</b>                      Walking 8am-9am                      Card Games 9am                      Lap Quilting 9am                      Art 9:30am                      Fiber Guild 6pm                      Community Meal 4-6pm</p>	<p><b>18</b>                      Walking 8am                      Card games 9am                      Weaving 10am                      Sewing 9am                      Yoga (\$) 11:15am-12:15pm                      Bingo w/ Carrie 10am</p>
<p><b>21</b>                      Pottery 9am                      Walking 8am                      Card Games 9am                      Rug Hooking 10am                      Weight Loss Group</p>	<p><b>22</b>                      Card Games 9am                      Bead /Jewelry 10am                      Woodcarving 9am                      Walking 8am</p>	<p><b>23</b>                      Walking 8am                      Knitting 9am                      Pottery 9am                      Bridge Group 10am                      Yoga(\$) 4:15-5:15pm                      AA Meeting 7:30pm</p>	<p><b>24</b>                      Walking 8am                      Card Games 9am                      Lap Quilting 9am                      Art 9:30am                      Community Meal 4-6pm</p>	<p><b>25</b>                      Walking 8am                      Card games 9am                      Weaving 10am                      Sewing 9am                      Yoga (\$) 11:15am-12:15pm                      Bingo w/ Bob 10am</p>
<p><b>28</b>                        Closed for Memorial Day</p>	<p><b>29</b>                      Card Games 9am                      Bead /Jewelry 10am                      Woodcarving 9am                      Walking 8am</p>	<p><b>30</b>                      Walking 8am                      Knitting 9am                      Pottery 9am                      Bridge Group 10am                      Yoga(\$) 4:15-5:15pm                      AA Meeting 7:30pm</p>	<p><b>31</b>                      Walking 8am                      Card Games 9am                      Lap Quilting 9am                      Art 9:30am                      Dementia Support 3pm                      Community Meal 4-6pm</p>	<p>                      Lunch is served Mon-Fri at 11:30am</p>



## May Western Watauga Community Center

**Senior Expo at the Boone Mall on Friday, May 11th from 9am-2pm. Come see all the different services that are available in Watauga County!**

**Studio Art Class begins again this month on Thursdays from 9:30-12:30! All levels welcome!**

**Dementia Support Group with Sandra Basel meets the last Thursday of each month at 3pm.**

**Bingo every Friday at 10am with Medi-Home Health!**

Come have 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 for morning game!** Beginners come learn!

**Bridge Group** (all levels) -Wednesdays at 10am. Beginners welcome! Call for more info and to sign up.

**BP Check**—Friday, May 11th at 11am.

**Exercise equipment** for use from 8am-4pm for those 60+.

**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.**

**Weight Loss Group meets Monday nights at 5:30pm.**

**Center Hours of Operation: Monday-Friday-8am-4pm**

**Most classes are offered free to seniors age 60+**

Private and civic groups may rent the building after hours and on weekends. Must be reserved in advance. Fees required.

## Weekly Activities



**Coffee and Chat:** 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, 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**-Mondays, 10am-12pm

**Computer Assistance**—First Tuesday of the month, 9-11am. (Must make appt.)

**Bridge**-Wednesdays, 10am

**Bingo**-Fridays at 10am with 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.**

