



Western Watauga Senior Center

MAY 2019

Mon

Tue

Wed

Thu

Fri



1
 Walking 8am
 Card Games 9am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 Bone Builders 10:30am
 Yoga (\$) 4:45pm

2
 Walking 8am
 Lap Quilting 9am
 Art 9:30am
 Rug Hooking 1pm

3
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

6
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

7
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9am
 Bridge 10am

8
 Walking 8am
 Card Games 9am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 Bone Builders 10:30am
 Yoga (\$) 4:45pm

9
 Walking 8am
 Lap Quilting 9am
 Art 9:30am
 Rug Hooking 1pm

 Community Meal 4-6

10
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

13
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

14
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9am
 Bridge 10am

15
 Walking 8am
 Card Games 9am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 Bone Builders 10:30am
 Yoga (\$) 4:45pm
 Book Club 2:30pm

16
 Walking 8am
 Lap Quilting 9am
 Art 9:30am
 Rug Hooking 1pm

 Community Meal 4-6

17
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

20
 Walking 8am
 Bone Builders 10:30am
 Card Games 9am

21
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9am
 Bridge 10am

22
 Walking 8am
 Card Games 9am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 Bone Builders 10:30am
 Yoga (\$) 4:45pm

23
 Walking 8am
 Lap Quilting 9am
 Art 9:30am
 Rug Hooking 1pm

24
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

27

**CLOSED FOR
MEMORIAL DAY**

28
 Walking 8am
 Card Games 9am
 Jewelry 10am
 Woodcarving 9am
 Bridge 10am

29
 Walking 8am
 Card Games 9am
 Bridge 10am
 Knitting 9am
 Pottery 9am
 Bone Builders 10:30am
 Yoga (\$) 4:45pm

30
 Walking 8am
 Lap Quilting 9am
 Art 9:30am
 Rug Hooking 1pm

 Community Meal 4-6

31
 Bingo 10am
 Walking 8am
 Card Games 9am
 Sewing 9am-
 Weaving 10am
 Yoga (\$) 10:30am

AA Mtg 7:30pm

WESTERN WATAUGA SENIOR CENTER May 2019

Join our studio Art with Marsha on Thursdays at 9:30am!
Bluegrass Music on the last Monday of each month at 10am
Bridge on Tuesdays and Wednesdays-new players of any level welcome!
Dementia Support group - last Tuesday of each month at 3pm
New Grief Support Group-3rd Tuesday of each month at 2pm



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 - Monday- Friday 8am-1pm
Bone Builders- Mondays and Wednesdays at 10:30am
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
Handspinnners - 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 free food distribution and meal. All ages are welcome on first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.

****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**

