

Tuesday		Wednesday		Thursday		Friday	
<b>1</b> Walking 8am-11 Rug Hooking 10am-1pm Sewing Class 9am-1pm Rug Hooking 10am-1pm	<b>2</b> Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii Bowling 10am-2:30pm	<b>3</b> Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Rook & Bridge 8am-2:30p	<b>4</b> Wii bowling 10am Art 9:30am-12:30pm Lap Quilting 9am-Noon <i>WWFO free groceries and Community meal 4:30pm-6pm</i>	<b>5</b> Walking 8-11am <i>Live Music 10am –11:30 with Naomi &amp; the Homefolks</i> Weaving Guild 9-1pm Card games 8am-2pm			
<b>8</b> Walking 8am-9am Rug Hooking 10am-1pm Sewing Class 9am-1pm Rook & Bridge 8-2:30pm <i>NEW CLASS!! -Zumba Gold 9:30-10:30 am</i>	<b>9</b> Walking 8am-11am Wood Carving 8:30am Jewelry 10am-1pm Wii Bowling 10am-2:30pm Blood Pressures & Oxygen levels 10am	<b>10</b> Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Walk to CC Park 12-1pm	<b>11</b> Art 9:30am-12:30pm Lap Quilting 9am-Noon <i>NEW CLASS!! — Zumba Gold 12:15pm-1:15 Old CC Gym</i>	<b>12</b> Walking 8-11am In the gym BINGO 10am Weaving Guild 9-1pm			
<b>15</b> Walking 8am-9am Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1 Zumba Gold 9:30-10:30am	<b>16</b> Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii Bowling 10am-2:30pm	<b>17</b> Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm HC Community Health info 10am-12:30pm Card games 8am-2:30pm	<b>18</b> Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15 –Old CC Gym Community meal 4:30pm	<b>19</b> Walking 8-11am Gym use 12-1pm Weaving Guild 9-1pm Live music 10-11:30am Card games 8am-2:30pm			
<b>22</b> Coping w/ Life's Changes 10am Walking 8am-9am Rug Hooking 10am Sewing Class 9am-1pm Zumba Gold 9:30-10:30am	<b>23</b> Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30pm Wii Bowling 10am-2:30pm	<b>24</b> Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm	<b>25</b> Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15 –Old CC Gym	<b>26</b> Walking 8-11am Gym use 12-1pm Weaving Guild 9am Live music 10-11:30am			
<b>29</b> Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Zumba Gold 9:30-10:30am	<b>30</b> Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30pm Wii Bowling 10am-2:30pm	<b>1</b> JULY Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm	<b>2</b> Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15 –Old CC Gym WWFO 4:30-6:30pm	<b>3</b> CLOSED for July 4th holiday			

## June 2015

Most classes and activities are offered free to seniors age 60+ Other adults may enroll in some activities and classes as long as there is space. Some classes require a minimal tuition fee Call to learn the requirements The list is posted at the center

### Agency Information

Amanda Blair, outreach coordinator from the **High Country Community Health** will have information on who they serve, pay plans, qualifications, and health care services, Handouts and brochures will be available. Contact HCCH- 828-262-3886

### Special Activities and Interests

**Trip:** Apple Hill Farm (Alpaca Farm) and Valle Crucis Picnic, Tuesday June 16, 9am-3pm, RSVP by June 12th. The cost is \$5.00

**Free Blood Pressure and Oxygen Level Checks** with Linda Bretz -**Second Tuesday**, June 9th, 10am-11:30am

**How to Cope with Changes in our lives** –Adult Grief Support activity and counseling *with Bob* meets Fourth Monday of each month-**June 22nd** 10am-11am

**Farmer's Market Vouchers** will be available in July.

### Classes

**Art Class: mixed media** with Marsha on Thursdays 10am.

**Alcohol Inks and Collage** each Wed. with Pegge 12:30pm-2pm

**NEW CLASS: Zumba Gold** begins **June 8th for 10 weeks** Mondays 9:30-10:30am, and Thursdays 12:15-1:15pm

### Western Watauga Food Outreach

Meets each Thursday 4:30pm-6pm with food distribution for rural folks. Free groceries and a drop in community meal are Held on the 1st and 3rd Thursday 4:30-6pm

**Hours of Operation:** Monday-Friday 8-4pm, with evening classes

### Weekly Activities

**Coffee Time and Talk: in the dining room** Monday-Friday 8am-11:30am bring in a snack to share

**Congregate Nutrition (lunch):** Served Monday-Friday 11:30am-12:00pm- must be a registered participant or paying guest. Meal price -\$6.91. See a staff member for details

**Card Groups- Rook or Bridge:** Mon-Wed- Fri 8am-2:30 Call before hand to assure there are enough players

**Nutrition Education:** Thursdays 10am

**Ongoing weekly classes and guilds** Open enrollment for 60+ Mon-Fri. See calendar for days of the week

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

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

Bocce-horse shoes, Cards, Copy Machine (.05/copy)-Croquet- Board Games-Puzzles-Exercise Equipment-Library (movies and books)-Kindles for check out- Guitar, Piano, Puzzles, Games- TVVCR/DVD players-Sewing Machines

### Fiber Arts

**Fiber arts** offer individual instruction, and group workshops.

**Weaving** meets each Friday 9am lessons by appointment

**Rug Hooking & Stitching** meets Mondays 10am

**Hand Spinning guild** meets First Tuesday, June 2 at 6:30pm

### Weight loss Support Group

Meets Monday nights at 6pm

AA group meets Wednesday nights 7pm

1081 Old US Hwy 421  
Sugar Grove, NC 28679

Phone: (828)297-5195

Director: Toni Wait

Email: [Toni.wait@watgov.org](mailto:Toni.wait@watgov.org)

For additional information, questions about activities, or to register for transportation please contact the Center Director.

**Western Watauga  
Community Center**

