

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p><b>2</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11-12                      Card Games 8am-3:45pm                      Community meal 4-6pm</p>	<p><b>3</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p><b>6</b>                      Walking 8-11am                      Sewing Class 9am-1pm                      *Special Music-10-11am                      Card Games 8am-3:45pm</p>	<p><b>7</b> Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm                      Hand Spinning 6-8pm</p>	<p><b>8</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p><b>9</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11-12                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p><b>10</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p><b>13</b>                      Walking 8-11am                      Sewing Class 9am-1pm                      Card Games 8am-3:45pm</p>	<p><b>14</b>                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p><b>15</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p><b>16</b> Walking 8am-1pm                      Lap Quilting 9am-12:30pm                      Art 9:30am-12:30pm                      Yoga (\$) 11-12                      Card Games 8am-3:45pm                      Fiber Guild 6-8pm                      Community Meal 4-6pm</p>	<p><b>17</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p><b>20</b>                      Walking 8-11am                      Sewing Class 9am-1pm                      *Special Music-10-11am                      Card Games 8am-3:45pm</p>	<p><b>21</b>                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p><b>22</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p><b>23</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12pm                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p><b>24</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am-3:45pm                      Weaving Guild 9am-1pm</p>
<p><b>27</b>                      Walking 8-11am                      Sewing Class 9am-1pm                      Card Games 8am-3:45pm                      Bingo w/ Bob 10-11am</p>	<p><b>28</b>                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p><b>29</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p><b>30</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12pm                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p><b>JULY 1</b>                      Bingo and Cake Walk 10am                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am-3:45pm                      Weaving Guild 9am-1pm</p>

## June 2016

**Come enjoy pianist, Kim Rhinesmith, June 6th and the 20th as he plays us some tunes!**

**Singing and Gospel Music most Friday mornings-call if interested in playing with our musicians**

### Agency Information

**Bob Richardson from Medi -Home Hospice will call Bingo Monday, June 27th; 10am-11am.**

(Bob is also available by appointment for private or group sessions on coping with loss and changes in life.)

### Activities and Special Interests

\*We have a new exercise class, **Stretching/Toning/Movement** on Wednesdays from 10-11! Come join Addie Bobbitt and let her show you some new moves! This is a free class but please sign up.

**\*Bingo and Cake Walk on Friday, July 1st at 10 am!**

Anyone who can, bring one of your delicious cakes for the Walk!!!

### Western Watauga Food Outreach Schedule

Meets each Thursday 4pm-6pm with free food distribution and a drop in community meal for rural folks. All ages are welcome to drop in on a first come first served basis.

Call **Hunger Coalition-828-262-1628** for information.

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

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**Center Hours of Operation: Monday-Friday- 8am –4pm with evening classes;**

**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 may be 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 or Bridge:** Mon- Fri 8am-3:45  
Call before hand to assure there are enough players.

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

**Watauga woodcarving group** Tuesdays 8:30am-11:30am

**Decorative Beading & jewelry making** Tuesdays 10am-1pm

**Weaving** meets each Friday 10am –1pm: lessons by appointment

**Hand Spinning** meets first Saturday of the month, 10am-1pm

**Fiber Guild** meets third Saturday of the month, 10am-1pm

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

**Knitting** Wednesdays 9am-12pm

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

**Stretching/Toning Exercise** Wednesdays 10am-11am

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

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

**Weaving** Guild Fridays 9am-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-Books-Kindles for check out- Guitar-Piano-Puzzles

1081 Old US Hwy 421  
Sugar Grove, NC 28679  
Phone:/Fax (828)297-5195  
Director: Cindy Lamb

**Western Watauga  
Community Center**

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