

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| |  | | <p>1 BP check 10am Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p> | <p>2 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p> |
| <p>5 Walking 8-11am Gentle Exercise 10-11am Card Games 9am Pottery 9am-1pm Weight Loss Support-6-7pm</p> | <p>6 Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Computer Help 9-11am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm</p> | <p>7 Knitting 9am-12pm Pottery 9am-1pm Stained Glass 12-2pm Bridge Group 10am Book Club 2:30-4pm AA Meeting 7:30pm</p> | <p>8 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p> | <p>9 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am Bingo 10am</p> |
| <p>12 Walking 8-11am Gentle Exercise 10-11am Card Games 9am Pottery 9am-1pm Weight Loss Support-6-7pm</p> | <p>13 Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm</p> | <p>14 Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Stained Glass 12-2pm Bridge Group 10am AA Meeting 7:30pm</p> | <p>15 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p> | <p>16 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p> |
| <p>19 Walking 8-11am Gentle Exercise 10-11am Card Games 9am Pottery 9am-1pm Weight Loss Support-6-7pm</p> | <p>20 Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm</p> | <p>21 Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Stained Glass 12-2pm Bridge Group 10am AA Meeting 7:30pm</p> | <p>22 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p> | <p>23 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am Bingo w/ Bob 10am</p> |
| <p>26 Walking 8-11am Gentle Exercise 10-11am Card Games 9am Pottery 9am-1pm Weight Loss Support-6-7pm</p> | <p>27 Bead /Jewelry 10am-1pm Balance Refresher 10-11am Woodcarving 9am-12pm Card Games 9am Rug Hooking 12-2pm Yoga (\$) 4:15-5:15pm</p> | <p>28 Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Stained Glass 12-2pm Bridge Group 10am AA Meeting 7:30pm</p> | <p>29 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p> | <p>30 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Line Dancing 9-10am</p> |



June 2017

Western Watauga Community Center

Free Medicare Seminar at the Lois E. Harrill Senior Center on June 1st from 4-6pm.

New Gentle Exercise class -Mondays from 10-11am.

New Bridge Group (all levels) -Wednesdays at 10am. Beginners welcome!

Candy Jones from Watauga Medical Center-new health topic every 3rd Wednesday at 10:45am

Yoga Classes -Thursdays, 11:15-12:15 at CCHS, and Tuesdays, 4:15-5:15 at WWCC. (\$)

Line Dancing—on Fridays, 9-10am here at WWCC.

Bingo on second and fourth Fridays at 10am-bring one item or \$1 to play. (Your dollar will be used to buy prizes)

BP Check -Thursday, June 1st at 10am.

Computer Assistance-First Tuesday from 9-11am. Appt. only.

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

Bingo w/ Bob from Medi-Home Hospice on Friday, June 23rd at 10am.

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 Support Group meets Mondays 6-7pm.

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 Thursday of the month, 6:30pm.

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

Bridge-Wednesdays 10am

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.