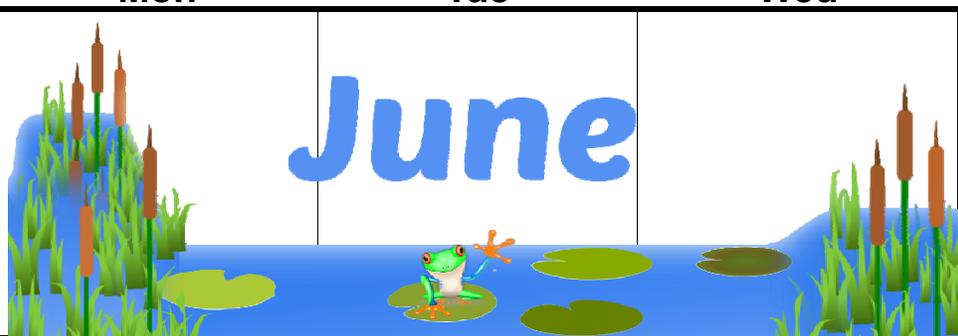


Western Watauga Senior Center

June 2018

Mon	Tue	Wed	Thu	Fri
				1 Walking 8am Card Games 9am Weaving 10am Sewing 9am Bingo 10am Art 1:30-3:30pm Yoga(\$) 11:15-12:15
4 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	5 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	6 Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	7 BP checks 11am Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	8 Walking 8am Card Games 9am Weaving 10am Sewing 9am Bingo 10am Art 1:30-3:30pm Yoga(\$) 11:15-12:15
11 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	12 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	13 Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	14 Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	15 Walking 8am Card Games 9am Weaving 10am Sewing 9am Bingo 10am Art 1:30-3:30pm Yoga(\$) 11:15-12:15
18 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	19 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	20 Card Games 9am Knitting 9am Pottery 9am Book Club 2:30pm Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	21 Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	22 Walking 8am Card Games 9am Weaving 10am Sewing 9am Bingo 10am Art 1:30-3:30pm Yoga(\$) 11:15-12:15
25 Bluegrass 10am Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	26 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	27 Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	28 Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	29 Walking 8am Card Games 9am Weaving 10am Sewing 9am Bingo 10am Yoga(\$) 11:15-12:15

WESTERN WATAUGA SENIOR CENTER JUNE 2018

Eric with Beltone will be here on June 6th at 10am
Food Safety Talk on June 13th at 10:45am
First Baptist Church of Boone Youth Group visits on June 19th at 9:30am.
Independent Living Talk on June 22nd at 10:45am
Margie Mansure Talk on June 28th at 11am.

Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am
Congregate Nutrition - Monday-Friday at 11:30am
Card Games - Monday-Friday 9am-12pm
Walking in the Old CC Gym or Park - Monday-Friday 8am-1pm
Watauga Woodcarving - Tuesdays at 9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery - Monday and Wednesday at 9am
Art - Thursdays at 9:30am
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Rug Hookers - Mondays at 10am
Computer Assistance - First Tuesday of month (appt. only)
Bridge - Wednesdays at 10am
Handspillers - First Sunday of each month, 2-4pm
Fiber Guild - Third Thursday of each month, 6pm
Bingo - Fridays at 10am with Medi Home Health/Hospice
Dementia Support Group - last Thursday of each month, 3pm
Yoga(\$) - Wednesdays, 4:45-5:45pm and Fridays, 11:15am-12:15pm
Book Club - Third Wednesday at 2:30pm

Hours of Operation -
Monday-Friday 8am-4pm. Most classes are free to those 60+.
Building rental available after hours and weekends for fee.

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.

AA Group - Wednesday nights at 7:30pm

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

Cindy Lamb
1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone - 828-297-5195
Email - cindy.lamb@watgov.org



