

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>29 Walking 8am-11am Sewing Class 9am-1pm Rug Hooking /fiber arts 10am-1pm</p> | <p>30 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games 10am-2:30pm</p> | <p>1 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Rook & Bridge 8am-2:30</p> | <p>2 Health Presentation <i>10am Walking down blood sugar instructional DVD</i> Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO free groceries and Community meal</p> | <p>3 Walking 8-11am Live Music 10am –11:30 with Naomi & the Homefolks Weaving Guild 9-1pm Card games 8am-2pm</p> |
| <p>6 Walking 8am-11am Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm Rook & Bridge 8am-2:30pm</p> | <p>7 Walking 8am-11am Wood Carving 8:30am Jewelry 10am-1pm Wii games 10am-2:30pm</p> | <p>8 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Farmers Market Coupons 10-11:30am Walk to CC Park 12-1pm</p> | <p>9 Walking to lower Blood sugar 10am-11 Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15pm</p> | <p>10 Walking 8-11am In the gym BINGO 10am Weaving Guild 9-1pm</p> |
| <p>13 Walking 8am-11am Rug Hooking & 10am-1pm Sewing Class 9am-1 Zumba Gold 9:30-10:30 am Medicare Assistance by Appointment- 9am-12pm</p> | <p>14 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games-10am-2:30pm</p> | <p>15 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Outside games 10-11am Card games 8am-2:30pm</p> | <p>16 Art 9:30am-12:30pm Lap Quilting 9am-Noon Farmers Market Coupons 10-11:30am Zumba Gold 12:15-1:15 Community meal 4:30pm</p> | <p>17 Walking 8-11am Weaving Guild 9-1pm Live music 10-11:30am Card games 8am-2:30pm</p> |
| <p>20 Rug Hooking/fiber arts- 10am-1pm Sewing Class 9am-1pm Zumba Gold 9:30-10:30 am</p> | <p>21 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30pm Wii games 10am-2:30pm</p> | <p>22 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm</p> | <p>23 Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15pm</p> | <p>24 Walking 8-11am Gym use 12-1pm Weaving Guild 9am-1pm Live music 10-11:30am</p> |
| <p>27 Zumba Gold 9:30-10:30 am Rug Hooking -10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm BINGO 10am –11:15am Medi Home Hospice</p> | <p>28 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30pm Wii Bowling 10am-2:30pm</p> | <p>29 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Outside games 10-11am Card games 8am-2:30pm</p> | <p>30 Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15-1:15 WWFO 4:30-6:30pm 6:30pm</p> | <p>31 Walking 8-11am Weaving Guild 9am-1pm Card games 8am-2:30pm</p> |

July 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

SHIP volunteers will be here to assist with Medicare questions on Monday July 13th 9am-12pm by appointment. Call or make an appointment at the senior center, and specify a 30 minute or one hour session.

Anita Jones from Medi Home Hospice Monday, July 27th will play **Bingo** 10am-11:15am. She is also available for private or group sessions on coping with negative changes in our lives.

Farmers Market Coupon distribution 10am-11:30am
Wednesday July 8th and Thursday July 16th

Activities and Special Interests

Free Blood Pressure and Oxygen Level Checks with Linda Bretz **Second Tuesday each month** July 14th 10am-11:30am

Art classes: mixed media with Marsha on Thursdays 10am

Zumba Gold- open enrollment

Mondays 9:30-10:30am, and Thursdays 12:15-1:15pm
Previously held in the gym, changed to the senior center

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 all welcome to drop in. carry outs are available for home bound only.

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

The building may be used for private and civic groups by advance reservation.

Weekly Activities

Coffee Time and Talk: in the dining room Monday-10:30am Tuesday through Friday 8am-11:30am. Bring snacks 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-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 or in the park Mon-Fri 8am-1pm

Join the Watauga woodcarving group Tuesdays 8:30am-12:30

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, GamesWii 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 & Fiber Arts meets Mondays 10am-1pm

Hand Spinning guild meets First Thursday July 2nd at 6:30pm

Sewing Classes -Mondays 9am-1pm

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

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

**Western Watauga
Community Center**

