

Western Watauga Senior Center

July 2018



Mon	Tue	Wed	Thu	Fri
2 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	3 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	4 <p style="color: red; font-weight: bold; font-size: 1.2em;">Closed for Fourth of July</p>	5 BP checks 11am Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	6 Walking 8am Card Games 9am Weaving 10am Bingo 10am Yoga(\$ 11:15-12:15)
9 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	10 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	11 Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	12 Walking 8am Card Games 9am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	13 Walking 8am Card Games 9am Weaving 10am Bingo 10am Yoga(\$ 11:15-12:15)
16 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	17 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	18 Card Games 9am Knitting 9am Pottery 9am Book Club 2:30pm Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	19 Walking 8am Card Games 9am Lap Quilting 9am Art 9:30am Fiber Guild 6pm Community Meal 4-6pm	20 Walking 8am Card Games 9am Weaving 10am Bingo 10am Yoga(\$ 11:15-12:15)
23 Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	24 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am	25 Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45-5:45pm AA Mtg 7:30pm	26 Walking 8am Card Games 9am Lap Quilting 9am Art 9:30am Community Meal 4-6pm	27 Walking 8am Card Games 9am Weaving 10am Bingo 10am Yoga(\$ 11:15-12:15)
30 Bluegrass 10am Walking 8am Card Games 9am Rug Hooking 10am Pottery 9am Weight Loss Group 5:30pm	31 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am			

WESTERN WATAUGA SENIOR CENTER **JULY 2018**

Fourth of July Party-Friday, July 6th - Bingo and desserts
Farmers' Market Vouchers -7/5 and 7/11 from 9-11am
Bingo every Friday at 10am
HDM Volunteer Training – Wednesday, July 18 from 9-10am
Bluegrass Music - Monday, July 30th at 10am



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 - Wednesday at 9am
Art - Thursdays at 9:30am
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am (Will restart Sept 7th)
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
Bingo-Fridays at 10am

Hours of Operation -
Monday-Friday 8am-
4pm. Most classes are
free to those 60+.
Building rental avail-
able 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**

**Western Watauga Senior Center
1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone - 828-297-5195**