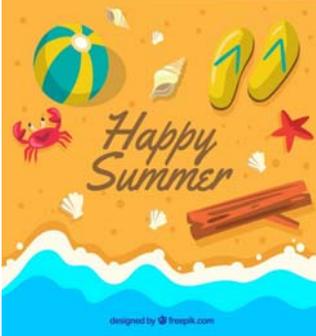




Western Watauga Senior Center July 2019

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|---|
| 1 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Craft Class 10am | 2 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am | 3 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am | 4 Closed for  4th of July | 5 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am |
| 8 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am | 9 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am | 10 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm | 11 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6 | 12 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am |
| 15 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am | 16 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am | 17 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Book Club 2:30pm | 18 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6 | 19 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am |
| 22 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am | 23 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am | 24 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am | 25 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am | 26 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am |
| 29 Walking 8am Bone Builders 10:30am Card Games 9am Blue Grass 10am | 30 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Dementia support-3pm | 31 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm | Lunch Monday thru Friday 11:25am-12pm |  |

WESTERN WATAUGA SENIOR CENTER July 2019

Farmer's Market Vouchers-July 9th and 24th from 10-11
Fourth of July Party on Wednesday, July 3rd after lunch
New Card Game-Hand and Foot-starts Monday, July 1st at 10am.
Bridge on Tuesdays and Wednesdays-welcome new players!
New Craft Class on First Monday of month at 10am. Sign up.



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am
Congregate Nutrition - Monday-Friday at 11:25am
Card Games - Monday-Friday 9am-12pm
Walking in the Old CC Gym or Park - Monday- Friday 8am-1pm
Craft Class- First Monday of each month at 10am
Bone Builders- Mondays and Wednesdays at 10:30am
Watauga Woodcarving - Tuesdays at 9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery - Wednesdays at 9am
Studio Art - Thursdays at 9:30am
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Bridge - Tuesdays and Wednesdays at 10am
Handspinnners - First Sunday of each month, 2-4pm
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Dementia Support Group - last Tuesday of each month at 3pm
Book Club -3rd Wednesday at 2:30pm
Games, puzzles, cornhole and more available for seniors
Western Watauga Food Outreach Community Dinner - Every Thursday from 4-6pm free food distribution and meal. All ages are welcome on first come-first serve basis.

****Lunch is served from 11:25am to 12 noon**



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



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

**Western Watauga Senior Center
1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone - 828-297-5195
Email - cindy.lamb@watgov.org**

