

Monday	Tuesday	Wednesday	Thursday	Friday
3 Walking 8am-11am Sewing Class 9am-1pm Rug Hooking /fiber arts 10am-1pm Cards 9am-2pm Zumba Gold 9:30am-10:30	4 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am	5 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook & Bridge 8am-2:30	6 Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO free groceries and Community meal 4:30pm-6:30pm	7 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am
10 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1pm Rook & Bridge 8am-2:30 Zumba Gold 9:30am-10:30	11 Walking 8am-11am Wood Carving 8:30am Jewelry 10am-1pm Wii games 10am-2:30pm	12 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Walk to CC Park 12-1pm	13 Art 9:30am-12:30pm Skybest Medical Alert program 10am-12m Lap Quilting 9am-Noon Zumba Gold 12:15-1:15pm	14 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am
17 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1 Zumba Gold 9:30-10:30 am In the CC gym	18 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games- 10am-2:30pm	19 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Outside games 10-11am Card games 8am-2:30pm Book Club 6:30-8pm “These is my Words”	20 Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15-1:15 Free groceries-WWFO Community meal 4:30pm-6:30pm	21 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9-1pm Card games 8am-2:30pm
24 Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm Zumba Gold 9:30-10:30 am BINGO 10-11am	25 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm Registration for Yoga begin- Classes begin on Sept 10	26 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm	27 Art 9:30am-12:30pm Lap Quilting 9am-Noon Zumba Gold 12:15pm-1:15pm Yoga sign up 8am-4pm	28 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9am-1pm Yoga sign up 8am-4pm
31 Zumba Gold last class 9:30-10:30 am Rug Hooking 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm Yoga sign up 8am-4pm	1 September Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm Yoga sign up 8am-4pm	2 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Yoga sign up 8am-4pm	3 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga sign up 8am-4pm WWFO community meal 4:30-6:30pm	4 Walking 8-11am Horse shoes 9am-11am Yoga sign up 8am-4pm Weaving Guild 9am-1pm Card games 8am-2:30pm Yoga sign up 8am-4pm

August 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 tuition & materials fees. Call to learn the requirements. The list is posted at the center.

Agency Information

Skybest Medical Alert Presentation

Thursday, August 13th 10am-12pm **Representatives** will provide general information about the medical emergency assistance equipment and affordable plans
Individual consultations will be offered

Bob Richardson from Medi Home Hospice will play Bingo Monday, August 24th 10am-11:am. Bob is also available afterwards or by appointment for private or group sessions on coping with the stressful negative changes in our lives.

Activities and Special Interests

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

Zumba Gold– ends Aug 31st

Mondays 9:30-10:30am held in the old CC gym and
Thursdays 12:15--1:15pm in dining room at the senior center

Yoga Registration Begins the last week of August through the first week of September. Advance sign up with payment is required.

Call for more information

Western Watauga Food Outreach 828-262-1628

Meets each Thursday 4:30pm-6:30pm 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.

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

Private and civic groups may use or rent the building after hours and on weekends. Must be reserved in advance. Fees may be required.

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 -topics vary

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, word
games, Wii games- TVVCR/DVD players-Sewing Machines

Fiber Arts

Fiber arts offer individual instruction, and group workshops.

Weaving meets each Friday 10am -11pm -lessons by appointment

Rug Hooking & Fiber Arts meets Mondays 10am-1pm

Hand Spinning guild meets **First Tuesday August 4th** at 6pm

Sewing Classes -Mondays 9am-1pm make clothes & other items

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, suggestions or to
register for activities or trans-
portation, please contact the
Center Director.

**Western Watauga
Community Center**

