

Monday	Tuesday	Wednesday	Thursday	Friday
1 Walking 8-11am Sewing Class 9am-1pm MOB Class 9-11am Card Games 8:30am	2 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30am-12pm Card Games 8:30am Hand Spinners-6-8pm	3 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Stretching/Toning 10-11am Card Games 8:30am	4 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am Community Meal 4-6pm	5 Walking 8-11am Special Art Class 9-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
8 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am MOB Class 9-11am Special Music 10-11am	9 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am Hand Spinning 6-8pm	10 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Stretching/Toning 10-11am Card Games 8:30am	11 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am Community Meal 4-6pm	12 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
15 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am MOB Class 9-11am	16 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am	17 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Stretching/Toning 10-11am Card Games 8:30am	18 Walking 8am-1pm Lap Quilting 9am-12:30pm Art 9:30am-12:30pm Card Games 8:30am Community Meal 4-6pm Fiber Guild-6:30-8:30pm	19 Walking 8-11am Special Art Class 9-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
8 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am MOB Class 9-11am	23 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30am-12pm Card Games 8:30am	24 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Stretching/Toning 10-11am Card Games 8:30am	25 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Special Music 10-11am Community Meal 4-6pm	26 Walking 8-11am Special Art Class 9-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
29 Walking 8-11am Sewing Class 9am-1pm MOB Class 9-11am Card Games 8:30am Bingo w/ Bob 10-11am	30 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30am-12pm Card Games 8:30am	31 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Stretching/Toning 10-11am Card Games 8:30am		

AUGUST 2016

Western Watauga Community Center

**New Matter of Balance Class (Falls Prevention Program)-August 1st-September 19th-9-11am
See Cindy to sign up!**

Special Interests

Special Art Class on Fri., Aug. 19th and 26th-learn to paint beautiful flowers, etc. on a cake carrier. Questions and sign up with Cindy!

Beautiful Piano Music on Aug. 8th and 26th at 10-11am

Blood Pressure Checks on Thursday, Aug. 4th at 10am

Crafts for sale in front area-pottery, knitted and sewn items, and jewelry, all made by our talented seniors

Bingo with Bob from Medi-Home Hospice on Monday, August 22nd @ 10am-11am.

(Bob is also available by appointment for private or group sessions on coping with loss and changes in life.)

Western Watauga Food Outreach Schedule

Meets each Thursday 4pm-6pm with free food distribution and a drop in community meal for rural folks. All ages are welcome to drop in on a first-come first-served basis.

Call **Hunger and Health Coalition-828-262-1628** for information.

AA group meets Wednesday nights at 7pm.

Center Hours of Operation: Monday-Friday- 8am –4pm

Most classes are offered free to seniors age 60+

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: Monday- Friday 8am-11:30am. Bring snacks and a story 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, etc: Mon- Fri 8:30am.

Call before hand to assure there are enough players.

Walking in the old CC Gym or in the park Mon-Fri 8am-1pm

Watauga woodcarving group Tuesdays 8:30am-11:30am

Decorative Beading & jewelry making Tuesdays 10am-1pm

Weaving meets Friday 10am –1pm: lessons by appointment, call before coming

Hand Spinning meets first Tuesday of month, 6-8pm

Fiber Guild meets third Thursday of the month, 6:30-8:30 pm

Sewing Mondays 9am-1pm- make clothes & household items

Knitting Wednesdays 9am-12pm

Pottery-Wednesdays 9am-1pm

Stretching/Toning Exercise Wednesdays 10am-11am

Art Thursdays 9:30am-12:30pm

Lap Quilting Thursdays 9am-12:30pm

Rug Hooking Tuesdays 1-3pm

Drop-In Activities for age 60+only-sign up required

Bocce-Horse shoes-Cards-Cornhole-Croquet-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out- Piano-Puzzles

1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone:/Fax (828)297-5195
Director: Cindy Lamb

**Western Watauga
Community Center**

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