

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b>                      Card Games 9am                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm                      Computer 9-11am                      Speaker 10am</p>	<p><b>2</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Card Games 9am                      Speaker 10am                      AA Meeting 7:30pm</p>	<p><b>3</b>                      BP check 10am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Speaker 10am                      Community Meal 4-6pm</p>	<p><b>4</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Trivia 10am</p>
<p><b>7</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm                      Weight Loss Support</p>	<p><b>8</b>                      Card Games 9am                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm</p>	<p><b>9</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      AA Meeting 7:30pm</p>	<p><b>10</b>                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 9am                      Speaker 10am                      Community Meal 4-6pm</p>	<p><b>11</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Bingo 10am</p>
<p><b>14</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm                      Weight Loss Support 6-7pm</p>	<p><b>15</b>                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm                      Card Games 9am</p>	<p><b>16</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Speaker 10am                      Book Club 2:30-4pm                      AA Meeting 7:30pm</p>	<p><b>17</b>                      Pneumonia shots 9am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Speaker 10am                      Community Meal 4-6pm                      Fiber Guild 6:30pm</p>	<p><b>18</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm</p>
<p><b>21</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm                      Weight Loss Support 6-7pm</p>	<p><b>22</b>                      Bead /Jewelry 10am-1pm                      Woodcarving 9am-12pm                      Card Games 9am</p>	<p><b>23</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 9am                      Bridge Group 10am                      Speaker 10am                      AA Meeting 7:30pm</p>	<p><b>24</b>                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 9am                      CRAFT SALE 10am-7pm                      Community Meal 4-6pm</p>	<p><b>25</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Bingo w/ Bob 10am                      CRAFT SALE 10am-7pm</p>
<p><b>28</b>                      Card Games 9am                      Gentle Exercise 10-11am                      Music 10-11am                      Rug Hooking 1-3pm                      Weight Loss Support 6-7pm</p>	<p><b>29</b>                      Bead /Jewelry 10am-1pm                      Woodcarving 9am-12pm                      Card Games 9am</p>	<p><b>30</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 9am                      Bridge Group 10am                      Speaker 10am                      AA Meeting 7:30pm</p>	<p><b>31</b>                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 9am                      Community Meal 4-6pm</p>	



## August 2017 Western Watauga Community Center

**Come check out our Seniors' Craft Sale here at WWCC on  
Aug. 24th from 10-7 and Aug. 25th from 10-2!**

**Pneumonia shots given here on Aug. 17th at 9am. Sign up  
and bring Medicare card.**

**Now playing Trivia** first Friday of the month at 10am!

**Civil War lesson w Tudd Dean** on August 2nd. Period uni-  
forms and history about our local area.

**Gentle Exercise class** -Mondays from 10-11am.

**New Bridge Group (all levels)** -Wednesdays at 10am. Begin-  
ners welcome! Call for more info and to sign up.

**Paul Scott, a Deputy with the Sherriff's dept.,** will be doing  
a new topic every first Tuesday at 10am.

**Candy Jones from Watauga Medical Center**-new health  
topic every 3rd Wednesday at 10:45am.

**Also speakers on Med Safety, Staying Hydrated, and Food  
Programs this month!**

**Bingo on second and fourth Fridays at 10am.**

**BP Check** -Thursday, August 3rd, at 10am.

**Computer Assistance**-First Tuesday from 9-11am. Appt. only.

**Bingo w/ Bob** from Medi-Home Hospice on Friday, Aug. 25th at  
10am.

**Western Watauga Food Outreach Schedule** Every Thursday  
4pm-6pm with free food distribution and a drop in community  
meal. All ages are welcome on a first-come first-served basis. Call  
Hunger & Health **828-262-1628** for more info.

**AA group meets Wednesday nights at 7:30pm.**

**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 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 9am-12.

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

**Watauga Woodcarving** Tuesdays 9am-11:30am

**Decorative Beading /Jewelry making** Tuesdays 10am-1pm

**Weaving** meets Friday 10am -1pm: lessons by appointment,  
call before coming.

**Hand Spinning** First Sunday of month, 2-4pm

**Fiber Guild** Third Thursday of the month, 6:30pm.

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

**Knitting** Wednesdays 9am-12pm

**Pottery**-Wednesdays 9am-1pm

**Art**-Thursdays 9:30am-12:30pm

**Lap Quilting**-Thursdays 9am-12:30pm

**Rug Hooking**-Mondays 1-3pm

**Computer Assistance** -First Tuesday of the month, 9-11am

**Bridge**-Wednesdays 10am

**Yoga (\$)**-Tues. at 11:15 and Thurs. at 4:15. Call for info.

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise

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

Email: cindy.lamb@watgov.org

Western Watauga  
Community Center

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

