

Western Watauga Senior Center

August 2018

Mon	Tue	Wed	Thu	Fri
		1 Walking 8am Card Games 9am Knitting 9am Pottery 9am AA Mtg 7:30pm	2 BP checks 11am Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6pm	3 Walking 8am Card Games 9am Weaving 10am Bingo 10am
6 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am	7 Hearing Checks-10am Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	8 Walking 8am Card Games 9am Knitting 9am Pottery 9am AA Mtg 7:30pm	9 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6pm	10 Walking 8am Card Games 9am Weaving 10am Bingo 10am
13 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am	14 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	15 Walking 8am Card Games 9am Knitting 9am Pottery 9am AA Mtg 7:30pm	16 Walking 8am Lap Quilting 9am Art 9:30am Fiber Guild 6pm Rug Hooking 1pm Community Meal 4-6pm	17 Walking 8am Card Games 9am Weaving 10am Bingo 10am
20 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am	21 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	22 Walking 8am Card Games 9am Knitting 9am Pottery 9am Book Club 2:30pm AA Mtg 7:30pm	23 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6pm	24 Walking 8am Card Games 9am Weaving 10am Bingo 10am
27 Bluegrass 10am Walking 8am Bone Builders 10:30am Card Games 9am	28 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	29 Walking 8am Card Games 9am Knitting 9am Pottery 9am AA Mtg 7:30pm	30 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Dementia Support-3pm Community Meal 4-6pm	31 Walking 8am Card Games 9am Weaving 10am Bingo 10am

WESTERN WATAUGA SENIOR CENTER AUGUST 2018

New Bone Builders Class on Mondays at 10:30am
Hearing Checks on Tuesday, August 7th at 10am
Blood Pressure Checks on Thursday, August 2nd at 10am
Pneumonia Shots on Wednesday, August 22nd at 10 (Must make appt.)
Bluegrass Music - Monday, August 27th at 10am
Flower Arranging Class on Wednesday, August 15th at 9:15 (Must sign up)

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
Bone Builders - Mondays at 10:30am
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 - Thursdays at 10am
Computer Assistance - First Tuesday of month (appt. only)
Bridge - Tuesdays 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
Book Club - Third Wednesday at 2:30pm
Bluegrass Music - last Monday of each month, 10am



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



