

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games 10am-2:30pm	2 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook & Bridge 8am-2:30	3 Art 9:30am-12:30pm Lap Quilting 9am-Noon (WWFO) Food Outreach and Community Meal 4:30pm-6pm	4 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am
7 CLOSED 	8 BP Checks 10-11:30am Walking 8am-11am Wood Carving 8:30am Jewelry 10am-1pm Wii games 10am-2:30pm	9 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Walk to CC Park 12-1pm	10 Art 9:30am-12:30pm Yoga Starts (\$) 11am Yoga for Beginners (\$) 12:30pm Lap Quilting 9am-Noon	11 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am
14 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1	15 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games- 10am-2:30pm	16 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"	17 Glenbridge Information Table 10am-Noon Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO 4:30pm-6	18 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9-1pm Card games 8am-2:30pm
21 Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm BINGO 10-11am Card games 8am-2:30pm	22 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm	23 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm	24 Art 9:30am-12:30pm Lap Quilting 9am-Noon	25 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9am-1pm
28 Rug Hooking 10am-1pm Sewing Class 9am-1pm BINGO (SPONSORED BY MEDI HOME HEALTH) 10-11am Card games 8am-2:30pm	29 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm	30 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm SMP Medicare Fraud Presentation 10:30 am Card games 8am-2:30pm	1 OCTOBER Art 9:30am-12:30pm Lap Quilting 9am-Noon	2 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9am-1pm Card games 8am-2:30pm

September 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

Julie Getty with Glenbridge Health and Rehabilitation will have a table at the senior center on Thursday September 17th from 10am-Noon with information about their services.

Bob Richardson from Medi Home Hospice will play Bingo Monday, September 28th 10-11am. Bob is also available afterwards or by appointment for private or group sessions on coping with the stressful negative changes in our lives.

Diane Trainor with Senior Medicare Patrol will be here to present on Medicare Fraud and will provide information on how to prevent you from becoming a victim. Wednesday Sept. 30th, 10:30am.

Activities and Special Interests

Talent Show at the Harrill Senior Center New Date: Thursday, September 17th, 10am-Noon, Come show off your skills! Sign up with Jen by Sept. 16.

Free Blood Pressure and Oxygen Level Checks with Linda Bretz **Second Tuesday each month** September 8 10am-11:30am

Yoga Classes: New 12 week session begins on Thurs., Sept. 10th, 11am-Noon, cost is \$74.00 register by 11am.

New Yoga: Yoga for Beginners Class: New 12 weeks session begins on Thurs., Sept. 10th, 12:30-1:30pm, cost is \$74.00, register by 11am.

Western Watauga Food Outreach 828-262-1628

Meets each Thursday 4:30pm-6pm 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: Dining Room Mon.-10:30am; Tues. through Fri. 8am-11:30am. Bring snacks to share.

Congregate Nutrition (lunch): Monday-Friday 11:30am-Noon; 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-2:30pm
Call before hand to assure there are enough players

Nutrition Education: Thursdays 10am (topics vary)

Ongoing weekly classes and guilds: Open to those 60+, Mon-Fri; See calendar for days of the week

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

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 offers individual instruction, & group workshops.

Weaving- Fridays 10am -11pm -lessons by appointment

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

Hand Spinning guild- First Tuesday at 6pm

Sewing Classes -clothes & other items, Mondays 9A-1P

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 transportation, please contact the Center Director.



**Western Watauga
Community Center**