

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Walking 8-11am Card games 9am Weaving Guild 9:30am-1pm Sewing 9am-12pm Trivia w Carrie 10am</p>
<p>4 Closed for Labor Day</p>	<p>5 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm</p>	<p>6 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Speaker 10:15am Card Games 9am AA Meeting 7:30pm</p>	<p>7 BP and Hearing Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Speaker 10am Community Meal 4-6pm</p>	<p>8 Walking 8-11am Card games 9am Weaving Guild 9:30am-1pm Sewing 9am-12pm Bingo 10am</p>
<p>11 Card Games 9am Pottery 9am-1pm Gentle Exercise 10-11am Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>12 Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Card Games 9am Speaker 10am</p>	<p>13 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Speaker 10:30am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm</p>	<p>14 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Speaker 10:30am Community Meal 4-6pm Fiber Guild 6:30pm</p>	<p>15 Walking 8-11am Card games 9am Weaving Guild 9:30am-1pm Sewing 9am-12pm Yoga (\$) 11:15am-12:15pm Bingo w Carrie 10am</p>
<p>18 Speaker 10:30am Pottery 9am-1pm Gentle Exercise 10-11am Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>19 Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am</p>	<p>20 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Speaker 10:30am Yoga(\$) 4:45-5:45pm AA Meeting 7:30pm</p>	<p>21 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 9am Speaker 10am Community Meal 4-6pm</p>	<p>22 Walking 8-11am Card games 9am Weaving Guild 9:30am-1pm Sewing 9am-12pm Yoga(\$) 11:15am- 12:15pm</p>
<p>25 Card Games 9am Gentle Exercise 10am Music 10-11am Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>26 Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am</p>	<p>27 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Yoga(\$) 4:45-5:45pm</p>	<p>28 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 9am Speaker 10:30am Community Meal 4-6pm</p>	<p>29 Walking 8-11am Card games 9am Weaving Guild 9:30am-1pm Sewing 9am-12pm Yoga(\$) 11:15am-12:15pm</p>



September 2017 Western Watauga Community Center

Trivia at 10am first Friday; Bingo every other Friday at 10am. Come join us for fun and prizes!

Sewing starts again on Friday, Sept. 1st from 9am-12noon.

Carrie, from Medi Home Hospice will do Trivia first Friday of the month **and Bingo** the third Friday; **Kim from Medi** does Bingo second Friday, and **Bob, from Medi** does Bingo the fourth Friday, all at 10am. **Thanks, Medi!**

Yoga-starts again Sept. 13th, 4:45-5:45pm and Sept. 15th, 11:15am-12:15pm, \$75 for 12 classes. Call 264-1384 for info and to sign up.

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

Paul Scott, a Deputy with the Sherriff's dept., will be talking about CPR on Sept. 12th.

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

Linda Breitz will speak on **Fibromyalgia** Sept. 13th at 10:30am

Margie Mansure-cooking demos on the 7th and the 21st.

Other speakers on the 6th, 14th, 18th, and 28th!

BP and Hearing Check -Thursday, September 7th, at 10am.

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

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.

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 -\$7.18. (See a staff member for details)

Card Groups- Rook, etc: Mon- Fri 9am-12:30pm.

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 Fridays, 9am-1pm- make clothes & household items

Knitting Wednesdays, 9am-12pm

Pottery-Mondays and 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. (Must make appt.)

Bridge-Wednesdays, 10am

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.**

