

# Western Watauga Senior Center

## SEPTEMBER 2018

Mon	Tue	Wed	Thu	Fri
				
<b>3</b>  <b>CLOSED FOR LABOR DAY</b>	<b>4</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	<b>5</b> Walking 8am Card Games 9am Knitting 9am Pottery 9am  AA Mtg 7:30pm	<b>6</b> Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6pm	<b>7</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Bingo 10am
<b>10</b> Walking 8am Bone Builders 10:30am Card Games 9am	<b>11</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	<b>12</b> Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm  AA Mtg 7:30pm	<b>13</b> Walking 8am Lap Quilting 9am Art 9:30am Fiber Guild 6pm Rug Hooking 1pm Community Meal 4-6pm	<b>14</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Bingo 10am Yoga (\$) 11am
<b>17</b> Walking 8am Bone Builders 10:30am Card Games 9am	<b>18</b> Flower Class 9:30am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	<b>19</b> Walking 8am Bingo 10am Knitting 9am Pottery 9am Book Club 2:30pm Yoga (\$) 4:45pm	<b>20</b> Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6pm	<b>21</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am
<b>24</b> Bluegrass 10am Walking 8am Bone Builders 10:30am Card Games 9am	<b>25</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	<b>26</b> Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm  AA Mtg 7:30pm	<b>27</b> Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Dementia Support-3pm  Community Meal 4-6pm	<b>28</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Bingo 10am Yoga (\$) 11am

# WESTERN WATAUGA SENIOR CENTER **September 2018**

**New Bone Builders Class on Mondays at 10:30am**

**Blood Pressure Checks on Thursday, September 6th at 10am**

**Talks by VA-Sept. 6th, WAMY-Sept. 12th, Medi Home Health-Sept. 26th  
(all at 11:45am)**

**Bluegrass Music - Monday, September 24th at 10am**

**Flower Arranging Class on Tuesday, September 18th at 9:30am (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**

**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 and third Wednesday at 10am**

**Dementia Support Group - last Thursday of each month, 3pm**

**Book Club - Third Wednesday at 2:30pm**

**Bluegrass Music - last Monday of each month, 10am**

**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.**

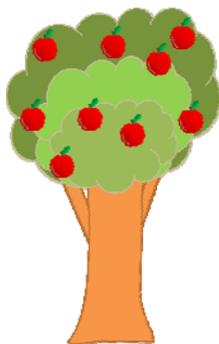
**AA Group - Wednesday nights at 7:30pm**

**\*\*Lunch is served from 11:25am to 12 noon**

## **Hours of Operation -**

Monday-Friday 8am-4pm. Most classes are free to those 60+.

**Building rental** available after hours and weekends for fee.



**For additional information, questions about activities, or to register for transportation, please contact the Center Director: Cindy Lamb at**

**Western Watauga Senior Center**

**1081 Old US Hwy 421**

**Sugar Grove, NC 28679**

**Phone - 828-297-5195**

**Email - [cindy.lamb@watgov.org](mailto:cindy.lamb@watgov.org)**

