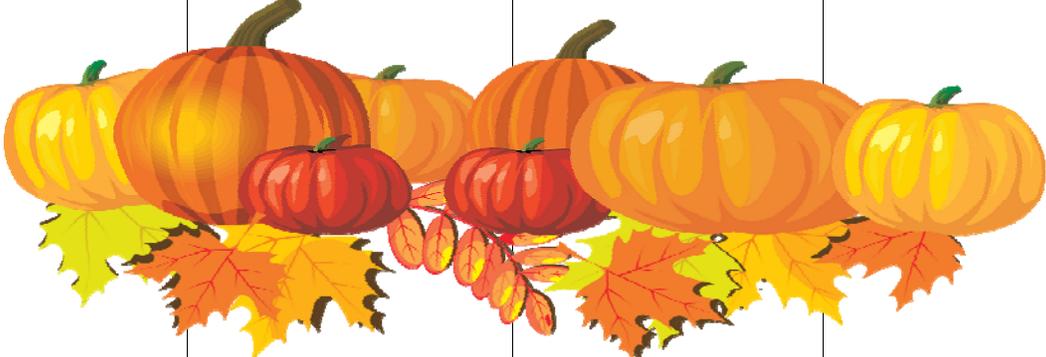


Western Watauga Senior Center

September 2019



Mon	Tue	Wed	Thu	Fri
2 	3 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	4 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	5 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Community Meal 4-6	6 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
9 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am	10 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	11 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	12 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$) 5:30pm Community Meal 4-6	13 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
16 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am Yoga(\$) 5:30pm	17 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	18 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Book Club 2:30pm AA Mtg 7:30pm	19 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$) 5:30pm Community Meal 4-6	20 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
23 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am Yoga(\$) 5:30pm	24 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am Dementia Support 3pm	25 Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	26 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$) 5:30pm Community Meal 4-6	27 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
30 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am Yoga(\$) 5:30pm				

WESTERN WATAUGA SENIOR CENTER September 2019

Medicare Open Enrollment-10/15-12/7. For appt., call Billie at 265-8095.

Yoga w/ Akal Dev starts again this month! (\$) Call for info.

New Card Game (Hand and Foot)-Mondays at 10am. New players welcome!

Bridge on Tuesdays and Wednesdays-call if interested!

New Craft Class on First Monday of month at 10am. Must sign up.



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am

Congregate Nutrition - Monday-Friday at 11:25am

Hand and Foot Card Game-Mondays 10am-2pm

Card Games - Monday-Friday 9am-11:30am

Walking in the Old CC Gym or Park - Monday- Friday 8am-1pm

Craft Class- First Monday of each month at 10am

Bone Builders- Mondays and Wednesdays at 10:30am

Watauga Woodcarving - Tuesdays at 9:30am

Beading/Jewelry - Tuesdays at 10am

Knitting - Wednesdays at 9am

Pottery - Mondays and Wednesdays at 9am

Studio Art - Thursdays at 9:30am

Lap Quilting - Thursdays at 9am

Weaving - Fridays at 10am

Sewing - Fridays at 9am

Bridge - Tuesdays and Wednesdays at 10am

Handspillers - First Sunday of each month, 2-4pm

Fiber Guild - 3rd Saturday of each month

Bingo - Fridays at 10am

Dementia Support Group - last Tuesday of each month at 3pm

Book Club -3rd Wednesday at 2:30pm

Games, puzzles, cornhole and more available for seniors

Western Watauga Food Outreach Community Dinner - Every Thursday from 4-6pm 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. Classes are free to those 60+. Building rental available on week-ends for a 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



