

Monday		Tuesday		Wednesday		Thursday		Friday	
Note: New Class The Magic of Alcohol Inks; Wed. 12:30-2pm Oct. 7, 14, 21, 28, Nov. 4, 11, 18, and Dec. 2						1 Art 9:30am-12:30pm Lap Quilting 9am-Noon (WWFO) Food Outreach and Community Meal 4:30pm-6pm		2 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am	
5 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1		6 Walking 8am-11am Wood Carving 8:30am Flu Shot Clinic 9-12:30pm Jewelry 10am-1pm Wii games 10am-2:30pm		7 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Walk to CC Park 12-1pm		8 Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO-Food Distribution 4:30-6pm		9 Walking 8-11am In the gym Weaving Guild 9-1pm Horse shoes 9am-11am	
12 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1		13 BP Checks 10-11:30am Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games- 10am-2:30pm		14 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Outside games 10-11am Card games 8am-2:30pm		15 Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO Community Meal 4:30pm-6		16 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9-1pm Card games 8am-2:30pm	
19 Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm		20 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm		21 Walking 8-11am Flu Shot Clinic 9-12:30pm Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm		22 Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO-Food Distribution 4:30-6pm		23 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9am-1pm	
26 Rug Hooking 10am-1pm Sewing Class 9am-1pm BINGO (SPONSORED BY MEDI HOME HEALTH) 10-11am Card games 8am-2:30pm		27 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm		28 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm		29 Art 9:30am-12:30pm Lap Quilting 9am-Noon WWFO-Food Distribution 4:30-6pm		30 Walking 8-11am Horse shoes 9am-11am Weaving Guild 9am-1pm Card games 8am-2:30pm Halloween Party 10am	

October 2015

Medicare Open Enrollment

The enrollment period for 2015 Part D Plans will begin on

October 15, 2015 and end on December 7, 2015.

Call the Harrill Center 265-8090 for an appointment if you would like to review your drug plan or Medicare Advantage Plan.

Agency Information

Flu Shot Clinic: Tuesday Oct. 6 and Wednesday Oct. 21, 9am-12:30. Free if you have Medicare Part B. Bring your Medicare card or other insurance cards, those without insurance the cost is \$29.99.

Bob Richardson from Medi Home Hospice will play Bingo Monday, October 26th 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.

Activities and Special Interests

Christmas Craft Sale: All seniors age 60 and over who make hand-made crafts are encouraged to register for the annual Christmas Craft Sale. The sale will be held at the Harrill Center in November. Call 265-8090 to reserve your space by November 6th.

Spaces are first come first serve.

Magic of Alcohol Inks: Wednesdays 12:30-2pm; Oct. 7, 14, 21, 28, Nov. 4, 11, 18 and Dec. 2; No fee for the class, find out fees for supplies on October 7th. Free DEMO in class on October 7th.

Free Blood Pressure and Oxygen Level Checks with Linda Bretz **Second Tuesday each month** October 13th 10am-11:30am.

Halloween Party! Oct. 30th, 9am; Games, Refreshments, and More!!

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**

