

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am</p>	<p><b>4 FLU SHOTS 9-12</b>                      Computer Help 9-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm                      Handspinners 6-8pm</p>	<p><b>5</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                      AA Meeting 7:30pm</p>	<p><b>6</b>                      Walking 8-11am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12noon                      Card Games 8:30am                      Community Meal 4-6pm</p>	<p><b>7</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm</p>
<p><b>10</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am</p>	<p><b>11</b>                      Walking 8-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm</p>	<p><b>12</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                      AA Meeting 7:30pm</p>	<p><b>13 FLU SHOTS 9-12</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12noon                      Community Meal 4-6pm</p>	<p><b>14</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm</p>
<p><b>17</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am</p>	<p><b>18</b>                      Walking 8-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm</p>	<p><b>19</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                      AA Meeting 7:30pm</p>	<p><b>20</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12noon                      Community Meal 4-6pm                      Fiber Guild 6:30-8:30pm</p>	<p><b>21</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm</p>
<p><b>24</b>                      Walking 8-11am                      Card Games 8:30am                      Sewing 9am-1pm                      Line Dancing 9am-10am</p>	<p><b>25</b>                      Walking 8-11am                      Bead /Jewelry 10am-1pm                      Woodcarving 8:30-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm                      Yoga (\$) 6-7pm</p>	<p><b>26</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                      AA Meeting 7:30pm</p>	<p><b>27</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11am-12noon                      Community Meal 4-6pm                      VOTING-10AM-5PM</p>	<p><b>28</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm                      VOTING-10AM-5PM</p>
<p><b>31</b>                      Sewing 9am-1pm                      Card Games 8:30am                      Bingo w Bob 10am                      Line Dancing 9am-10am                      Fall Party--10am                      VOTING-10AM-5PM</p>				

# OCTOBER 20162016

## Western Watauga Community Center

**FALL PARTY ON OCTOBER 31ST AT  
10AM! PRIZE FOR BEST COSTUME!**

### Medicare Open Enrollment

The enrollment period for 2016 Part D Plans will begin on  
**Oct. 15, 2016 and end on Dec.7, 2016.**

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

**Line Dancing-** Mondays, 9-10am at the gym. Please sign up.  
(Wear flat comfortable shoes to dance in!)

**Flu Shot Clinic:** Oct. 4th and Oct. 13th, 9am-Noon. Free with  
Medicare Part B. Bring your Medicare card or other insurance  
cards, those without insurance the cost is \$29.99.

**Bingo on Fridays-**bring two items for prizes to play.

**Blood Pressure Checks** –Thursday, Oct. 6 at 10am.

**Computer Assistance-**Oct 4th from 9-11am. Appt. only.

**New Class:** Akal Dev is offering a yoga class on Tuesday nights  
from 6-7pm. There is a fee and starts Oct. 25th. See Cindy for info.

**Crafts for Sale** in front area-pottery, knitted and sewn items, and  
jewelry, all made by our talented participants!

**Bingo w/ Bob/Medi-Home Hospice** on Monday, Oct. 24th, 10am.  
(Bob is available for private/group sessions on coping with loss .)

### Western Watauga Food Outreach Schedule

Every Thursday 4pm-6pm with free food distribution and a drop in  
community meal. All ages are welcome to drop in on a first-come  
first-served basis. Call Hunger & Health **828-262-1628** for info.

**AA group meets Wednesday nights at 7pm.**

**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 may be 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 -\$7.08. See a staff member for details.

**Card Groups- Rook, etc:** Mon- Fri 8:30am.

(Call before hand to assure there are enough players.)

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

**Watauga woodcarving group** Tuesdays 8:30am-11:30am

**Decorative Beading /Jewelry making** Tuesdays 10am-1pm

**Weaving** meets Friday 10am –1pm: lessons by appointment,  
call before coming.

**Hand Spinning** First Tuesday of month, 6-8pm

**Fiber Guild** Third Thursday of the month, 6:30-8:30 pm

**Sewing** Mondays 9am-1pm- make clothes & household items

**Knitting** Wednesdays 9am-12pm

**Pottery-**Wednesdays 9am-1pm

**Art** Thursdays 9:30am-12:30pm

**Lap Quilting** Thursdays 9am-12:30pm

**Rug Hooking** Tuesdays 12-2pm

**Computer Assistance** First Friday of the month, 9-11am

**Line Dancing** Mondays 9-10am

**Drop-In Activities for age 60+only-sign up required**

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise  
Equipment-Library-Movies-Books-Kindles for check out

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.