

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm</p>	<p><b>3</b>                      Card Games 9am                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm                      Walking 8-11am</p>	<p><b>4</b>                      Card Games 9am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Alcohol Inks 12:15pm                      Yoga(\$) 4:45-5:45pm</p>	<p><b>5</b>                      BP check                      Card Games 9am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Community Meal 4-6pm</p>	<p><b>6</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Sewing 9am-12pm                      Bingo w Carrie 10am                      Yoga (\$) 11:15am-12:15pm</p>
<p><b>9</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm</p>	<p><b>10</b>                      Card Games 9am                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm                      Walking 8-11am</p>	<p><b>11</b>                      Card Games 9am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Alcohol Inks 12:15                      Yoga(\$) 4:45-5:45pm</p>	<p><b>12</b>                      Card Games 9am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Community Meal 4-6pm</p>	<p><b>13</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Sewing 9am-12pm                      Bingo w Kim                      Yoga (\$) 11:15am-12:15pm</p>
<p><b>16</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm</p>	<p><b>17</b>                      Bead /Jewelry 10am-1 pm                      Woodcarving 9am-12pm                      Card Games 9am                      Walking 8-11am</p>	<p><b>18</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Alcohol Inks 12:15                      Yoga(\$) 4:45-5:45pm</p>	<p><b>19</b>                      Card Games 9am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Community Meal 4-6pm                      Fiber Guild 6:30pm</p>	<p><b>20</b>                      Fall Party 10am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Sewing 9am-12pm                      Yoga (\$) 11:15am-12:15pm                      Bingo w Carrie 10am</p>
<p><b>23</b>                      Card Games 9am                      Pottery 9am-1pm                      Gentle Exercise 10-11am                      Rug Hooking 1-3pm</p>	<p><b>24</b>                      Bead /Jewelry 10am-1pm                      Woodcarving 9am-12pm                      Card Games 9am                      Walking 8-11am</p>	<p><b>25</b>                      Knitting 9am-12pm                      Pottery 9am-1pm                      Bridge Group 10am                      Yoga(\$) 4:45-5:45pm                      AA Meeting 7:30pm</p>	<p><b>26</b>                      Card Games 9am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Community Meal 4-6pm</p>	<p><b>27</b>                      Walking 8-11am                      Card games 9am                      Weaving Guild 9:30am-1pm                      Sewing 9am-12pm                      Bingo w Bob                      Yoga(\$) 11:15am- 12:15pm</p>
<p><b>30</b>                      Card Games 9am                      Gentle Exercise 10am                      Live Bluegrass Music 10-11am                      Rug Hooking 1-3pm</p>	<p><b>31</b>                      Bead /Jewelry 10am-1pm                      Woodcarving 9am-12pm                      Card Games 9am                      Walking 8-11am</p>	 <p style="text-align: center; font-size: 2em; font-weight: bold;">October</p>		<p style="text-align: center; color: red; font-weight: bold;">Lunch is served at 11:30am</p>



## October 2017 Western Watauga Community Center

**Fall Party on Friday, October 20th at 9:45am! Cup-  
cake walk, Candy Jar Guess, Hall Cornhole, and Bingo!**

**New Senior Trips** coming up in October and November. Ask Cindy for more info.

**Flu Shots by Walgreen's on Oct. 19th at 9am.**

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

**Thanks, Medi for making every Friday a Bingo day!**

**Yoga**—Wednesdays, 4:45-5:45pm and Fridays, 11:15am-12:15pm, \$75 for 12 classes. Call 264-1384 for info and to sign up.

**New Bridge Group (all levels)** -Wednesday afternoon. 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 Oct. 10th; Linda Breitz will speak on Oct. 25th, Eric Saunders on October 31st, and others.

**BP Check** -Thursday, October 5th, 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.

**AA group meets Wednesday nights at 7:30pm.**

**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-12pm

**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, 12pm.

**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.**

