

Western Watauga Senior Center

OCTOBER 2018



Mon	Tue	Wed	Thu	Fri
1 Walking 8am Bone Builders 10:30am Card Games 9am	2 Flu Shots 10-12 Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	3 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm AA Mtg 7:30pm	4 Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6	5 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am
8 Walking 8am Bone Builders 10:30am Card Games 9am	9 Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	10 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm AA Mtg 7:30pm	11 Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6	12 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am
15 Walking 8am Bone Builders 10:30am Card Games 9am	16 Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	17 Flu Shots 10am Knitting 9am Pottery 9am Book Club 2:30pm Yoga (\$) 4:45pm AA Mtg 7:30pm	18 Lap Quilting 9am Art 9:30am Rug Hooking 1pm Fiber Guild 6pm Community Meal 4-6	19 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am
22 Walking 8am Bone Builders 10:30am Card Games 9am	23 Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am	24 Walking 8am Bingo 10am Knitting 9am Pottery 9am Book Club 2:30pm Yoga (\$) 4:45pm	25 Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6	26 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am
29 Bluegrass 10am Walking 8am Bone Builders 10:30am Card Games 9am	30 Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am Dementia group-3pm	31 Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm AA Mtg 7:30pm		

WESTERN WATAUGA SENIOR CENTER **September 2018**

Flu Shots by Boone Drugs from 10am-12pm on Oct. 2nd and 17th (must sign up ahead of time)

Bingo-Fridays at 10am

Bluegrass Music - Monday, October 29th at 10am

Blood Pressure Checks –Wednesday, October 17th at 9:30am



Weekly and Monthly Activities

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

Congregate Nutrition - Monday-Friday at 11::25am

Card Games - Monday-Friday 9am-12pm

Walking in the Old CC Gym or Park - Mon., Weds., Fri. 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 at 10am

Dementia Support Group - last Tuesday 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



