

Western Watauga Senior Center October 2019



Mon	Tue	Wed	Thu	Fri
	1 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	2 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	3 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga (\$)	4 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
	7 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am Crafts 10am	8 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	9 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	10 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga (\$)
14 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am	15 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	16 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Book Club 2:30pm AA Mtg 7:30pm	17 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga (\$)	18 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
21 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am	22 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am	23 Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	24 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga (\$)	25 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
28 Walking 8am Bone Builders 10:30am Card Games 9am Pottery 9am Hand & Foot Card Game 10am	29 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am Dementia Support 3pm	30 Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	31 Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga (\$)	

WESTERN WATAUGA SENIOR CENTER October 2019

Medicare Open Enrollment-10/15-12/7. Call Billie at 265-8095 to make an appointment.

Flu Shots for Seniors on October 10th and 16th from 10-12. Sign up!

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

Bridge on Tuesdays and Wednesdays-call if would like to play!

Pottery class now on Mondays and Wednesdays!



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

HandspINNers - 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



