

Western Watauga Senior Center October 2021



| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|---|
| <p>Classes and events are subject to change w/o notice. Call ahead to verify.</p> | | <p>Reserve your lunch ahead of time!!</p> | | <p>1</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>4</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>5</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>6</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm</p> | <p>7</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community food 4-6</p> | <p>8</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>11</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>12</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>13</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm</p> | <p>14</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community Meal 4-6</p> | <p>15</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>18</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>19</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>20</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm</p> | <p>21</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community food give out 4-6</p> | <p>22</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |
| <p>25</p> <p>Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am</p> | <p>26</p> <p>Walking 8am Card Games 9am Woodcarving 9am Bridge 10am Yoga 5:30pm</p> | <p>27</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm</p> | <p>28</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community food give out 4-6</p> | <p>29</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p> |

WESTERN WATAUGA SENIOR CENTER October 2021

Medicare Open Enrollment is October 15th thru December 7th. Call 265-8095 to make an appointment to check your Part D (Prescription Coverage) plan to see if you are getting the best coverage for you.

ASU will be here again on Tuesday, October 19th at 10am to do Wellness Screenings. Sign up with Cindy.

Craft Class with Sandy on Monday, October 4th. Sign up now.



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 9am-11am
Congregate Nutrition - Monday-Friday at 11:30am
Card Games - Monday-Friday 9am-11:30am
Walking in the Old CC Gym - Monday- Friday 8am-1pm
Bone Builders Exercise Class - Mondays at 10:30am
Watauga Woodcarving - Tuesdays at 9am
Knitting - Wednesdays at 9am
Pottery - Wednesdays at 9am
Lap Quilting - Thursdays at 9am
Weaving - Mondays and Fridays at 10am
Sewing - Fridays at 9am
\$Yoga-Tuesdays at 5:30 (must register and pay ahead of time)
Bridge - Tuesdays, Thursdays at 10am(Call for info)
Handspinners - First Sunday of each month, 2-4pm
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Games, puzzles, cornhole, and more available for seniors anytime!



****Lunch is served from 11:30am 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.

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm. Free food products on all Thursdays. All ages are welcome on a first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.

AA Group - Wednesday nights at 7:30pm



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**

