

# Western Watauga Senior Center November 2019



Mon

Tue

Wed

Thu

Fri

# November



Mon	Tue	Wed	Thu	Fri
				<b>1</b> Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
<b>4</b> Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am	<b>5</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	<b>6</b> Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am  AA Mtg 7:30pm	<b>7</b> Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)  Community Meal 4-6	<b>8</b> Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
<b>11</b> <b>CLOSED FOR VETERAN'S DAY</b> 	<b>12</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Crafts 10am	<b>13</b> Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am  AA Mtg 7:30pm	<b>14</b> Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)  Community Meal 4-6	<b>15</b> Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
<b>18</b> Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am	<b>19</b> <b>Pneumonia shots-10am</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am	<b>20</b> Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am <b>Farm Café 11:30am</b> Book Club 2:30pm  AA Mtg 7:30pm	<b>21</b> Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)  Community Meal 4-6	<b>22</b> Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
<b>25</b> <b>Thanksgiving Party 10am</b> Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am	<b>26</b> Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am  Dementia Support 3pm	<b>27</b> Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am  AA Mtg 7:30pm	<b>28</b> <b>CLOSED FOR THANKSGIVING</b> 	<b>29</b> <b>CLOSED FOR THANKSGIVING</b> 

# WESTERN WATAUGA SENIOR CENTER November 2019

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

Thanksgiving Party on Monday, November 25th from 9:30-11am!

Pneumonia shots on Tuesday, November 19th from 10-12. Sign up now.

Craft Class on November 12 at 10am. Must sign up.

Farm Café does cooking demo and brings produce to share on November 20th at 11:45.



## 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 -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

Handspinnners - 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](mailto:cindy.lamb@watgov.org)**



