

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nov 30 Walking 8am-11am Sewing Class 9am-1pm Rug Hooking /fiber arts 10am-</p>	<p>1 Walking 8am-11am Beading &amp; Jewelry class 10am-1pm Wood Carving 8:30am Active games 10am-</p>	<p>2 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook &amp; Bridge 8am-2:30  Alcohol ink class 12:30-2pm</p>	<p>3 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-12 WWFO free groceries &amp; Community meal 4:30-6pm</p>	<p>4 Walking 8-11am In the gym Weaving Guild 9-1pm Card games 8:30am- 3:30pm Corn hole sign up/ games 9am-11am</p>
<p>7 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1pm  Rook &amp; Bridge 8am-2:30</p>	<p>8 Walking 8am-11am Wood Carving 8:30am Beading &amp; Jewelry 10am-1pm Active games 10am-2:30pm</p>	<p>9 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook &amp; Bridge 8am-2:30 Alcohol ink class 12:30-2pm</p>	<p>10 Art 9:30am-12:30pm Senior Tar Heel Program 10-11am Lap Quilting 9am-Noon</p>	<p>11 Walking 8-11am In the gym Card games 8:30am- 3:30pm  Weaving Guild 9-1pm</p>
<p>14 Walking 8am-11am  Rug Hooking 10am-1pm Sewing Class 9am-1 Rook &amp; Bridge 8am-2:30</p>	<p>15 Walking 8am-11am Beading &amp; Jewelry class 10am-1pm Wood Carving 8:30am Christmas Party 9am-11:30am</p>	<p>16 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm  Alcohol ink class 12:30-2pm</p>	<p>17 Art 9:30am-12:30pm Lap Quilting 9am-Noon Holiday BINGO Party 10-11am WWFO free groceries-Community meal 4:30pm-6pm</p>	<p>18 Walking 8-11am Weaving Guild 9-1pm Card games 8:30am-3:30pm Corn hole games 9am-11am</p>
<p>21 Walking 8am-11am Bingo with Bob 10-11am Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm</p>	<p>22 Walking 8am-11am Beading &amp; Jewelry class 10am-1pm Woodcarving 8:30am-12:30</p>	<p>23 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Holiday Party 9am-11am</p>	<p>24  CLOSED FOR CHRISTMAS</p>	<p>25  CLOSED FOR CHRISTMAS</p>
<p>28 Rug Hooking 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm</p>	<p>29 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Active games 10am-2:30pm</p>	<p>30 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Alcohol ink class 12:30-2pm</p>	<p>31 Art 9:30am-12:30pm Lap Quilting 9am-Noon Free groceries-Community meal 4:30-6pm</p>	<p>Jan 1  CLOSED FOR NEW YEARS</p>

## December 2015

Most classes and activities are offered free to seniors age 60+ Other adults may enroll in some activities and classes as long as there is space. Some classes require tuition & materials fees. Call to learn the requirements. The list is posted at the center.

### Agency Information

#### **Senior Tar Heel discount cards**

Information and distribution

Thursday December 10th

#### **Bob Richardson from Medi Home Hospice will play Bingo**

**Monday, December 28th** 10am-11am. Bob is also available afterwards or by appointment for private or group sessions on coping with the stressful or negative changes in our lives, and getting through the holidays after a loss

### Activities and Special Interests

**Free Blood Pressure and Oxygen Level Checks** with Linda Bretz **Second Tuesday each month** December 8th, 10am-11:30am

**12 week Yoga Begins Jan 7th 11-12pm** Advance sign up with payment is required now through the first day of class

#### **Western Watauga Food Outreach**

Meets each Thursday 4:30pm-6:30pm with food distribution for rural folks. Free groceries and a drop in community meal are Held on the 1st and 3rd Thursday 4:30-6pm. All are welcome to drop in on a first come first served basis.

Call **Hunger Coalition-828-262-1628** for information.

### **SHARE THE WARMTH**

We are collecting clean "like new" warm clothing through February Monday-Friday 8am-4pm

**Center Hours of Operation: Monday-Friday- 8am –4pm  
with evening classes**

Private and civic groups may use or rent the building after hours and on weekends. Must be reserved in advance. Fees may be required.

## Weekly Activities

**Coffee Time and Talk: in the dining room** Monday-through 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 -\$7.08. See a staff member for details

**Card Groups- Rook or Bridge:** Mon-Wed- Fri 8am-2:30

Call before hand to assure there are enough players

**Nutrition Education:** Thursdays 10am -topics vary

**Ongoing weekly classes and guilds** Open enrollment for 60+ Mon-Fri See calendar for days of the week

**Walking in the old CC Gym or in the park** Mon-Fri 8am-1pm

**Join the Watauga woodcarving group** Tues. 8:30am-12:30

### **Drop-In Activities for age 60 only -sign up required**

Bocce-horse shoes, Cards, Copy Machine (.05/copy)-Croquet-Board Games-Puzzles-Exercise Equipment-Library-movies and books, Kindles for check out- Guitar, Piano, Puzzles, word games, Corn Hole, Wii games- TVVCR/DVD players-

### **Fiber Arts**

**Weaving** meets each Friday 10-11am -lessons by appointment

**Rug Hooking & Fiber Arts** meets Mondays 10am-1pm meets First Sat 10am

**Fiber Guild and Hand Spinning will meet together**

**Saturday December 5th** for lunch and fiber swap

**Sewing** Mondays 9am-1pm- make clothes & household items

**AA group** meets Wednesday nights 7pm

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Phone:/Fax (828)297-5195

Director: Toni Wait

Email: [Toni.wait@watgov.org](mailto:Toni.wait@watgov.org)

For additional information, questions, suggestions or to register for activities or transportation, please contact the Center Director.

**Western Watauga  
Community Center**

