

Monday

Tuesday

Wednesday

Thursday

Friday

**Lunch is served  
at 11:30am**



**1**  
Walking 8-11am  
Card games 9am  
Weaving 9:30am-1pm  
Sewing 9am-12pm  
Bingo w/ Carrie 10am  
Yoga (\$) 11:15am-12:15pm

**4**  
Walking 8-11am  
Card Games 9am  
Chair Exercise 10-11am  
Rug Hooking 10-12

**5**  
Card Games 9am  
Bead /Jewelry 10am-1 pm  
Woodcarving 9am-12pm  
Walking 8-11am

**6**  
Walking 8-11am  
Card Games 9am  
Knitting 9am-12pm  
Pottery 9am-1pm  
Bridge Group 10am  
Yoga(\$) 4:45-5:45pm  
AA Meeting 7:30pm

**7**  
Walking 8-11am  
Diabetes Class 10am  
Card Games 9am  
Lap Quilting 9am-12:30pm  
Community Meal 4-6pm

**8**  
Walking 8-11am  
Card games 9am  
Weaving 9:30am-1pm  
Sewing 9am-12pm  
Yoga (\$) 11:15am-12:15pm  
Bingo w/ Kim/Danielle 10am

**11**  
Walking 8-11am  
Card Games 9am  
Chair Exercise 10-11am  
Rug Hooking 10-12

**12**  
Card Games 9am  
Bead /Jewelry 10am-1 pm  
Woodcarving 9am-12pm  
Walking 8-11am

**13**  
Walking 8-11am  
Knitting 9am-12pm  
Pottery 9am-1pm  
Bridge Group 10am  
Book Club 2:30-4pm  
AA Meeting 7:30pm

**14**  
Walking 8-11am  
Card Games 9am  
Lap Quilting 9am-12:30pm  
Community Meal 4-6pm

**15**  
Walking 8-11am  
Card games 9am  
Weaving 9:30am-1pm  
Sewing 9am-12pm  
Bingo w/ Carrie 10am

**18**  
Walking 8-11am  
Card Games 9am  
Chair Exercise 10-11am  
Rug Hooking 10-12

**19**  
Card Games 9am  
Bead /Jewelry 10am-1 pm  
Woodcarving 9am-12pm  
Walking 8-11am

**20**  
Walking 8-11am  
Knitting 9am-12pm  
Pottery 9am-1pm  
Bridge Group 10am  
AA Meeting 7:30pm

**21**  
Walking 8-11am  
Card Games 9am  
Lap Quilting 9am-12:30pm  
Community Meal 4-6pm

**22**  
Walking 8-11am  
Card games 9am  
Weaving 9:30am-1pm  
Sewing 9am-12pm  
Bingo w/ Bob

**25**  
**\*Closed for Christmas  
Holidays\***

**26**  
**\*Closed for Christmas  
Holidays\***

**27**  
**\*Closed for Christmas  
Holidays\***

**28**  
Walking 8-11am  
Card Games 9am  
Lap Quilting 9am-12:30pm  
Community Meal 4-6pm

**29**  
Walking 8-11am  
Card games 9am  
Weaving 9:30am-1pm  
Sewing 9am-12pm  
Bingo w/ Shirley



## December 2017 Western Watauga Community Center

**Our wonderful Christmas party will be on Tuesday, December 19th at 10am! Santa will be here with gifts for all! Will sing Christmas carols, and have some yummy snacks! Come join us!**

**The Senior Center will be closed on December 25th, 26th, and 27th for Christmas holidays.**

**Craft Fair at Boone Senior Center on Dec. 11, 12, and 13!**

**Bingo every Friday at 10am by Medi-Home Health!**

**Medicare Open Enrollment** for Part D (prescriptions) and C (Advantage Plans) is Oct. 15th-Dec. 7th. (Appt. only)

**Free Diabetes Class** on Nov. 30th and Dec. 7th.

**Speakers** will talk on various health and nutrition topics.

**Yoga**—Wednesdays, 4:45-5:45pm and Fridays, 11:15am-12:15pm. Call 264-1384 for info and to sign up. (New classes start Jan. 3rd and 5th)

**Bridge Group** (all levels) -Wednesday afternoon. Beginners welcome! Call for more info and to sign up.

**BP Check** -Thursday, November 7th, at 10am.

**Computer Assistance**-First Tuesday from 9-11am. Appt. only.

**Western Watauga Food Outreach Schedule** Every Thursday 4pm-6pm with free food distribution and a drop in community meal. All ages are welcome on a first-come first-served basis. Call Hunger & Health **828-262-1628** for more info.

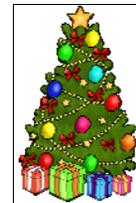
**AA group meets Wednesday nights at 7:30pm.**

**Center Hours of Operation: Monday-Friday-8am-4pm**

**Most classes are offered free to seniors age 60+**

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

## Weekly Activities



**Coffee Time and Talk:** Monday- 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 -\$7.18. (See a staff member for details)

**Card Groups- Rook, etc:** Mon- Fri 9am-12:30pm.

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

**Watauga Woodcarving**-Tuesdays 9am-12pm

**Decorative Beading /Jewelry making**-Tuesdays 10am-1pm

**Weaving**-meets Friday 10am -1pm.

**Hand Spinners**-First Sunday of month, 2-4pm

**Fiber Guild**-Third Saturday of the month.

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

**Knitting**-Wednesdays, 9am-12pm

**Pottery**-Wednesdays, 9am-1pm

**Art**-Will start back in March.

**Lap Quilting**-Thursdays, 9am-12:30pm

**Rug Hooking**-Mondays, 10am-12pm

**Computer Assistance** -First Tuesday of the month, 9-11am. (Must make appt.)

**Bridge**-Wednesdays, call for info.

**Bingo**-Fridays at 10am by Medi Home Health/Hospice.

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise

1081 Old US Hwy 421  
Sugar Grove, NC 28679  
Phone:/Fax (828)297-5195

Director: Cindy Lamb  
Email: cindy.lamb@watgov.org

Western Watauga  
Community Center

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

