



# Western Watauga Senior Center

## DECEMBER 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p>	<p>4</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am</p>	<p>5</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm  AA Mtg 7:30pm</p>	<p>6</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6</p>	<p>7</p> <p><b>Bingo 10am</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am</p>
<p>10</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p>	<p>11</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am</p>	<p>12</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm  AA Mtg 7:30pm</p>	<p>13</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6</p>	<p>14</p> <p><b>Bingo 10am</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am</p>
<p>17</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p>	<p>18</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9:30am Bridge 10am</p>	<p>19</p> <p>Walking 8am Card Games 9am Knitting 9am Pottery 9am Yoga (\$) 4:45pm Book Club 2:30pm AA Mtg 7:30pm</p>	<p>20</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6</p>	<p>21</p> <p><b>Christmas Party 9am</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am</p>
<p>24</p> <p style="color: red; font-weight: bold;">Closed for Christmas</p>	<p>25</p> <p style="color: red; font-weight: bold;">Closed for Christmas</p> 	<p>26</p> <p style="color: red; font-weight: bold;">Closed for Christmas</p>	<p>27</p> <p>Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm  Community Meal 4-6</p>	<p>28</p> <p><b>Bingo 10am</b> Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 11am</p>
<p>31</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am</p> <p style="color: red; font-weight: bold;">NO BLUEGRASS TODAY</p>				

# WESTERN WATAUGA SENIOR CENTER December 2018

**Christmas Party-Friday, December 21st at 9am**  
**Closed for Christmas Holidays-December 24, 25, and 26**  
**Medicare Counseling- through December 7th (appointment only)**  
**Bingo on Fridays at 10am**  
**No Bluegrass Music in December**



## Weekly and Monthly Activities

**Coffee and Chat** - Monday-Friday, 8am-11:30am  
**Congregate Nutrition** - Monday-Friday at 11::25am  
**Card Games** - Monday-Friday 9am-12pm  
**Walking in the Old CC Gym or Park** - Monday- Friday 8am-1pm  
**Bone Builders**- Mondays at 10:30am  
**Watauga Woodcarving** - Tuesdays at 9:30am  
**Beading/Jewelry** - Tuesdays at 10am  
**Knitting** - Wednesdays at 9am  
**Pottery** - Wednesday at 9am  
**Art** - Thursdays at 9:30am  
**Lap Quilting** - Thursdays at 9am  
**Weaving** - Fridays at 10am  
**Sewing** - Fridays at 9am  
**Computer Assistance** - First Tuesday of month (appt. only)  
**Bridge** - Tuesdays at 10am  
**HandspINNers** - First Sunday of each month, 2-4pm  
**Fiber Guild** - Third Saturday of each month  
**Bingo** - Fridays at 10am  
**Dementia Support Group** - last Tuesday of each month at 3pm  
**Book Club** -Third Wednesday at 2:30pm  
**Bluegrass Music**- last Monday of each month at 10am  
**Western Watauga Food Outreach Community Dinner** - Every Thursday 4-6pm with 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. Most classes are free to those 60+.  
**Building rental** available after hours and weekends for 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**

