

Western Watauga Senior Center December 2019



Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am</p>	<p>3</p> <p>Craft Class 10am Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am</p>	<p>4</p> <p>Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am</p> <p>AA Mtg 7:30pm</p>	<p>5</p> <p>Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)</p> <p>Community Meal 4-6</p>	<p>6</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>9</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am</p>	<p>10</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am</p>	<p>11</p> <p>Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am</p> <p>AA Mtg 7:30pm</p>	<p>12</p> <p>Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)</p> <p>Community Meal 4-6</p>	<p>13</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>16</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am</p>	<p>17</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Crafts 10am</p>	<p>18</p> <p>Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am</p> <p>AA Mtg 7:30pm</p>	<p>19</p> <p>Card Games 9am Walking 8am Lap Quilting 9am Art 9:30am Yoga(\$)</p> <p>Community Meal 4-6</p>	<p>20</p> <p>Christmas Party 9:30 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>23</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am</p>	<p>24</p> <p>Closed</p> 	<p>25</p> <p><u>Merry Christmas</u></p> 	<p>26</p> <p>Closed</p> 	<p>27</p> <p>Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am</p>
<p>30</p> <p>Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am</p>	<p>31</p> <p>Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am Dementia Support 3pm</p> 			

WESTERN WATAUGA SENIOR CENTER December 2019

Christmas Party on Friday, December 20th at 9:30am
Craft Class on Tuesday, December 3rd at 10
Advanced Directives Clinic on Wednesday, December 18th from 10-12
Closed for Christmas Holidays December 24th, 25th, and 26th



Merry Christmas to Everyone!

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
Handspinners - 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**



