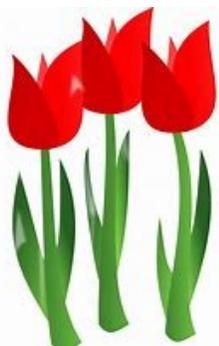


Western Watauga Senior Center

April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
3 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	4 Walking 8am Card Games 9am Woodcarving 9am	5 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	6 Walking 8am Chair Yoga 10am Lap Quilting 9am Bridge 10am Community meal- 4-6	7  <u>Closed for Easter</u>
10 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	11 Walking 8am Card Games 9am Woodcarving 9am	12 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	13 Walking 8am Chair Yoga 10am Lap Quilting 9am Bridge 10am HHC Food Give out- 4-6pm	14 Bingo 10am Walking 8am Sewing 9am Weaving 10am Caregiver Support Group 2pm
17 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	18 Walking 8am Card Games 9am Woodcarving 9am	19 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	20 Walking 8am Chair Yoga 10am Lap Quilting 9am Bridge 10am Community meal- 4-6	21 Bingo 10am Walking 8am Sewing 9am Weaving 10am
24 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	25 Walking 8am Card Games 9am Woodcarving 9am	26 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	27 Walking 8am Chair Yoga 10am Lap Quilting 9am Bridge 10am HHC Food Give out- 4-6pm	28 Bingo 10am Walking 8am Sewing 9am Weaving 10am Caregiver Support Group 2pm



WESTERN WATAUGA SENIOR CENTER April 2023

April birthday cupcakes after lunch on April 19th (donated by Bairds Creek Presbyterian Church).

Fun Senior Trips through Parks and Rec Center-ask Cindy for more info.

Vaya Health Talk on April 27th.

Bingo every Friday at 10am! Join us!

New: Chair Yoga Class-Thursdays @ 10am and Poetry-Mondays @10am.



Weekly and Monthly Activities

Congregate Nutrition - Monday-Friday at 11:30am

Chair Yoga-Thursdays at 10am

Poetry Class-Mondays at 10am

Walking in the Old CC Gym - Monday- Friday 8am-1pm

Bone Builders Exercise Class - Mondays at 10:30am

Watauga Woodcarving - Tuesdays at 9am

Knitting - Wednesdays at 9am

Pottery -Wednesdays at 9am

Lap Quilting - Thursdays at 9am

Weaving - Mondays and Fridays at 10am

Sewing - Fridays at 9am

Bridge - Wednesdays and Thursdays at 10am (Call for info)

Handspinners - First Sunday of each month

Fiber Guild - 3rd Saturday of each month

Bingo - Fridays at 10am

Games, puzzles, cornhole, and more available for seniors any-time!

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm. Free food products on all Thursdays from 4-6pm . All ages are welcome on a first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.

Dementia Support Group-2nd and 4th Fridays from 2-4pm

AA Group - Wednesday nights at 7:30pm

*Classes/events are subject to change w/o notice. Call ahead to verify if desired.

Reserve your lunches ahead of time!



****Lunch is served from 11:30am-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 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