

Western Watauga Senior Center

December 2025

Mon	Tue	Wed	Thu	Fri
1 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	2 Woodcarving 9a Weaving 10:30a Walking 2-4p	3 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a 10:30a Diabetes Education	4 Lap Quilting 9a Walking 2-4p Community Meal 4p	5 Sewing 9a BINGO 9:45a Weaving 10:30a
8 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	9 Woodcarving 9a Weaving 10:30a Walking 2-4p	10 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	11 Lap Quilting 9a Food Give Out 3p Walking 2-4p	12 Sewing 9a BINGO 9:45a Weaving 10:30a
15 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a BRAHM Art 12p	16 Woodcarving 9a Weaving 10:30a Walking 2-4p	17 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	18 Lap Quilting 9a Community Meal 4p Walking 2-4p	19 Sewing 9a BINGO 9:45a Weaving 10:30a
22 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	23 Woodcarving 9a Weaving 10:30a Walking 2-4p	24 CLOSED	25 CLOSED	26 CLOSED
29 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	30 Woodcarving 9a Weaving 10:30a Walking 2-4p	31 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a		



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The center will be closed on Wednesday December 24th, Thursday December 25th, and Friday December 26th for the Christmas holiday. We will resume normal hours on Monday December 29th. In addition, we will be closed on Thursday January 1st for New Years, and will resume normal hours on Friday January 2nd. Thank you!

We will be having our annual Christmas celebration on Wednesday December 17th starting at 10am! The Jeritol Jammers will join us for music, and we'll pass out goody bags. Come dressed in your Christmas attire, bring a shareable dish, and celebrate Christmas with us!

Join Andrea and Quinn for an educational diabetes talk and BINGO game in the dining room on Wednesday December 3rd at 10:30am. Andrea is a registered dietitian with App State, and Quinn is the health promotion specialist with our Area Agency on Aging. They'll offer education about some of the best ways to manage diabetes around the holidays. We hope you can join!

We'll have our Christmas lunch here at the center on Tuesday December 23rd at 11:30am! We'll enjoy ham, mashed potatoes with gravy, green bean casserole, sweet potato pie, and a roll. We'll also enjoy a New Years Ever lunch on December 31st at 11:30, where we'll have roast pork with gravy, black eyed peas, collard greens, corn bread, and ring cake. Please call Molly if you would like to sign up for either day!

WWFO continues to offer free community dinners on the first and third Thursday of each month. These meals are free for ANYONE in the community. This month, dinners will be held on Thursday December 3rd and Thursday December 18th at 4pm. WWFO also continues to hand out free food items every Thursday at 3pm. If you have questions about food outreach, please see Molly or call the Hunger and Health Coalition at 828-262-1628.

Join Kayla with BRAHM on 15th at 12pm for our monthly BRAHM art program! This month, she'll celebrate the winter season by creating needle felted ornaments. No sign up is required, class is free for participants. We hope you can join!

Medicare Open Enrollment is still taking place through December 7th! Molly is able to work in Medicare counseling appointments through Friday December 5th, so give her a call if you need help checking on your Medicare.

The winter months are upon us, and that means snow! During these colder months, the senior center may have days where we don't serve meals, or where we even open on a delay or close. Information about whether we're open, or serving meals, can be found on Watauga online, GoBlueRidge.net, or by calling the center.

If you have any questions about an upcoming class or event, please contact Molly!

Molly Presnell, Senior Center Director 828-297-5195 molly.presnell@watgov.org

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