

Western Watauga Senior Center January 2023



Mon

Tue

Wed

Thu

Fri

2
**HAPPY
NEWYEAR**
(CLOSED)

3
Walking 8am
Card Games 9am
Woodcarving 9am

4
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

5
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

6
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

9
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

10
Walking 8am
Card Games 9am
Woodcarving 9am

11
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

12
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Caregiver group-2pm

HHC Food give out

13
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

16

(CLOSED)

17
Walking 8am
Card Games 9am
Woodcarving 9am

18
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

19
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

20
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

23
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

24
Walking 8am
Card Games 9am
Woodcarving 9am

25
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

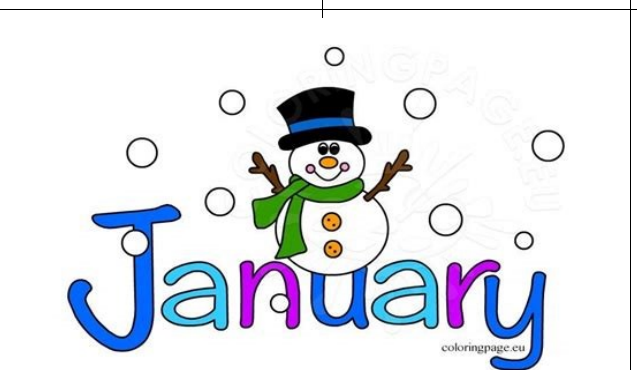
26
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Caregiver group-2pm

HHC Food give out

27
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

30
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

31
Walking 8am
Card Games 9am
Woodcarving 9am



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

WESTERN WATAUGA SENIOR CENTER January 2023

Happy New Year to everyone! It is hard to believe it is 2023?!

Join one of our great classes and learn something new!

We will be closed Monday, January 2nd, for New Year's and Monday, January 16th, for MLK Day.

Be prepared for snowy weather! We will send out an 'All Call' to let you know if lunch and classes are cancelled on bad weather days. Or you can also look at Ray's Weather, Blueridge.net, or listen to local radio.



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 9am-11am

Congregate Nutrition - Monday-Friday at 11:30am

Card Games - Monday-Friday 9am-11:30am

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 - Wednesday 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 anytime!



****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.

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm.

Free food products on all Thursdays. All ages are welcome on a first come-first serve basis.

Call Hunger and Health Coalition at 828-262-1628 for more info.

AA Group - Wednesday nights at 7:30pm

Reserve your lunches ahead of time!



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

