

# Western Watauga Senior Center

## July 2024

Mon	Tue	Wed	Thu	Fri
<b>1</b> Walking 8am Bone Builders 10:30am	<b>2</b> Walking 8am Woodcarving 9am Weaving 10am	<b>3</b> Knitting 9am Pottery 9am Bridge 10am Bone Builders 10:30am	<b>4 CLOSED</b> 	<b>5</b> Walking 8am Sewing 9am Bingo 9:45am Weaving 10am
<b>8</b> Walking 8am Bone Builders 10:30am	<b>9</b> Walking 8am Woodcarving 9am Weaving 10am	<b>10</b> Knitting 9am Pottery 9am Bridge 10am Bone Builders 10:30am	<b>11</b> Walking 8am Lap Quilting 9am Bridge 10am HHC Food Give Out 4-6pm	<b>12</b> Walking 8am Sewing 9am Bingo 9:45am Weaving 10am
<b>15</b> Walking 8am Bone Builders 10:30am BRAHM Art 12p	<b>16</b> Walking 8am Woodcarving 9am Weaving 10am	<b>17</b> Knitting 9am Pottery 9am Bridge 10am Bone Builders 10:30am	<b>18</b> Walking 8am Lap Quilting 9am Bridge 10am Community Meal 4-6pm	<b>19</b> Walking 8am Sewing 9am Bingo 9:45am Weaving 10am
<b>22</b> Walking 8am Bone Builders 10:30am	<b>23</b> Walking 8am Woodcarving 9am Weaving 10am	<b>24</b> Knitting 9am Pottery 9am Bridge 10am Bone Builders 10:30am	<b>25</b> Walking 8am Lap Quilting 9am Bridge 10am HHC Food Give Out 4-6pm	<b>26</b> Walking 8am Sewing 9am Bingo 9:45am Weaving 10am
<b>29</b> Walking 8am Bone Builders 10:30am	<b>30</b> Walking 8am Woodcarving 9am Weaving 10am	<b>31</b> Knitting 9am Pottery 9am Bridge 10am Bone Builders 10:30am		

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The senior center will be closed on Thursday July 4th in observance of Independence Day.

We will resume normal hours on Friday July 5th. There will be no community meal on July 4th.

Join Kayla with BRAHM on Monday July 15th at 12pm for our monthly BRAHM art program. This month she will focus on self portraits in honor of Frida Kahlo's birth month. This class is free for registered senior center participants and all materials will be provided.

We will not be having poetry for the month of July, and classes will resume on Monday August 5th.

Andrea L from the Appalachian Institute for Health and Wellness will be doing a Lunch and Learn on Wednesday July 24th at 11:30am in the dining room. She will be focusing on Nutrition Related Lab Values. Andrea is a registered dietitian from Appalachian State University. Call Molly to get signed up for lunch that day!

Rebecca Kappus will be joining us for a lunch and learn on Wednesday July 17th at 11:30am in the dining room to give a talk about exercise! Rebecca is a professor of exercise science at Appalachian State and has experience in cardiopulmonary rehab, cardiovascular health, and other exercise management! Call Molly to sign up for lunch that day!

Lori from Amorem will be joining us on Friday July 5th to call BINGO! BINGO is played every Friday at 9:45am! We hope you can join!

Western Watauga Food Outreach Community Dinners are held on the first and third Thursday of each month at 4pm in the dining room. We will only have a third Thursday meal this month. These dinners are free for ANYONE in the community. Free food products are given out every Thursday at 4pm. Please call the Hunger and Health Coalition at 828-262-1628 for more information!

If you are still looking to get a farmers market voucher, please contact Kristi at the Lois E Harrill Senior Center at 828-265-8090 to see if some are still available! If you're unsure what a farmers market voucher is or if you qualify, please see Molly!

The Watauga Dementia Project Caregiver Support Group will be held on the 2nd and 4th Friday at 2pm.

Handspinners will be held on the first Sunday of the month.

Contact Molly if you have any questions about upcoming classes or events!

Molly Gilleskie, Senior Center Director      828-297-5195    [molly.gilleskie@watgov.org](mailto:molly.gilleskie@watgov.org)

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