

Western Watauga Senior Center

March 2025



Mon	Tue	Wed	Thu	Fri
3 Poetry 10a Bone Builders 10:30a	4 Woodcarving 9a Weaving 10a Walking 2-4p	5 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	6 Lap Quilting 9a Bridge 10a Community Meal 4p Walking 2-4p	7 Sewing 9a BINGO 9:45a Weaving 10a
10 Poetry 10a Bone Builders 10:30a	11 Woodcarving 9a Weaving 10a Walking 2-4p	12 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	13 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p Walking 2-4p	14 Sewing 9a BINGO 9:45a Weaving 10a
17 Poetry 10a Bone Builders 10:30a BRAHM Art 12p	18 Woodcarving 9a Weaving 10a Walking 2-4p	19 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a 10:30a Vaya Health Talk	20 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p Walking 2-4p	21 Sewing 9a BINGO 9:45a Weaving 10a
24 Poetry 10a Bone Builders 10:300a	25 Woodcarving 9a Weaving 10a Walking 2-4p	26 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	27 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p Walking 2-4p	28 Sewing 9a BINGO 9:45a Weaving 10a
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Teresa will be offering another basket making class on Monday March 10th at 9am! She'll be making a sunflower basket, and the class is \$45/person. Limited space available so call Molly to get signed up!

We are able to start walking at the Old Cove Creek Gym again! Currently, we are on the schedule to walk Tuesdays and Thursdays from 2-4pm. If you would like access to the gym during these times, please see Molly.

Join Kayla with BRAHM on Monday March 17th at 12pm in the weaving room. This month, she'll be working on a Howardena Pindell inspired collage in honor of Women's History Month. Howardena Pindell is an American artist, curator, critic, and educator. She is known as a painter and mixed media artist who uses a wide variety of techniques and materials. Create your own Pindell inspired collage for Women's History Month. This class is free for registered senior center participants and all supplies are provided.

Vaya Health will be joining us on Wednesday March 19th at 10:30am in the dining room for An Overview of Mental Health. This introductory course aims to educate individuals on the most common mental health diagnoses among the aging population, along with treatment options to help overcome stigma. Variations between mental health and illness will be considered.

The children's council will be here on the third Wednesday, March 19th, passing out diapers and other baby items to community members. If you are a grandparent raising a grandchild or have a family member that could use baby supplies, stop by in the morning!

Community meals are now held on the first Thursday of the month only. This month, the meal will be held on Thursday March 6th from 4-6pm. Western Watauga Food Outreach continues to hand out food items every Thursday from 4-6pm. If the weather is hazardous, these services could potentially be canceled. If you have questions about food outreach, see Molly or call the Hunger and Health Coalition at 828-262-1628.

If you have questions about an upcoming class or activity Please contact Molly!

Molly Gilleskie, Senior Center Director molly.gilleskie@watgov.org 828-297-5195

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