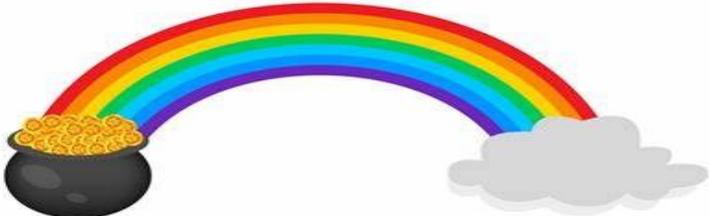


# Western Watauga Senior Center

## March 2026

Mon	Tue	Wed	Thu	Fri
2 Walking 8a \$Tai Chi 10a	3 Woodcarving 9a Weaving 10a Walking 2-4p	4 Walking 8a Pottery 9a Knitting 9a Bridge 10a	5 Lap Quilting 9a Bridge 10a Community Meal 4p Walking 2-4p	6 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
9 Walking 8a \$Tai Chi 10a	10 Woodcarving 9a Weaving 10a Walking 2-4p	11 Walking 8a Pottery 9a Knitting 9a Bridge 10a	12 Lap Quilting 9a Bridge 10a WWFO Food Distribution 3p Walking 2-4p	13 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
16 Walking 8a \$Tai Chi 10a Bone Builders 10:30a BRAHM Art 12p	17 Woodcarving 9a Weaving 10a Walking 2-4p	18 Walking 8a Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	19 Lap Quilting 9a Schuster PT Talk 10:30a Bridge 10a WWFO food Distribution 3p Walking 2-4p	20 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
23 Walking 8a \$Tai Chi 10a Bone Builders 10:30a	24 Woodcarving 9a Weaving 10a Walking 2-4p	25 Walking 8a Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	26 Lap Quilting 9a Bridge 10a WWFO Food distribution 3p Walking 2-4p	27 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
30 Walking 8a \$Tai Chi 10a Bone Builders 10:30a	31 Woodcarving 9a Weaving 10a			



# Western Watauga Senior Center

## March 2026

Please be sure to pay attention to the signs around the center with the updated senior center hours. If the senior center is closed, even though the building is open, no senior center classes or activities will be taking place. If you have any questions, please see Joe!

Join Schuster Physical Therapy on Thursday March 19th at 10:30am for Ergonomics of Quilting. Come learn about practical tips to reduce pain, prevent injury, and stay comfortable while quilting and sewing. No sign ups required, we hope you can join!

Kayla with BRAHM will be here Monday March 16th for our monthly art program. This month, she will focus on making a Barbara Kruger inspired collage in honor of Women's History Month. Barbara Kruger is an American conceptual artist and collagist associated with the Pictures Generation. She is most known for her visual word art that consists of black and white photographs, overlaid with declarative captions, stated in white-on-red Futura Bold Oblique or Helvetica Ultra Condensed Text. Sign ups are not required, class is free for anyone. We hope you can join!

WWFO continues to offer free community dinners on the first Thursday of each month. These meals are free for ANYONE in the community. This month, dinners will be held on Thursday March 5th. WWFO also continues to hand out free food items every Thursday at 3pm. If you have questions about food outreach, please come on a Thursday and speak with a WWFO volunteer or contact the Hunger and Health Coalition at 828-262-1628.

Medicare Advantage Open Enrollment is taking place through March 31st. During this time, you can switch back to Original Medicare with a Prescription Drug Plan, or make changes to your Medicare Advantage policy. If you have questions about Medicare Advantage Open Enrollment, please call the Project on Aging at 828-265-8090 and ask to speak with a SHIIP counselor.

Classes and programs are subject to change. If you have any questions about an upcoming class, please call the center at 828-297-5195.

Molly Presnell, Senior Center Director

828-297-5195

[molly.presnell@watgov.org](mailto:molly.presnell@watgov.org)

1081 Old US HWY 421, Sugar Grove, NC 28679

