Western Watauga Senior Center MAY 2022



Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
Walking8amBone Builders 10:30amCard games10amWeaving10am	Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	Walking 8am Bridge 10am Knitting 9am AA Mtg 7:30pm	Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am	Bingo10amWalking8amCard Games9amSewing9amWeaving10am
9	10	11	12	13
Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	Walking 8am Bridge 10am Knitting 9am AA Mtg 7:30pm	Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am HHC Food Give out- 4-6pm	Bingo10amWalking8amCard Games9amSewing9amWeaving10amCaregiverSupportGroup2-4pm
16	17	18	19	20
Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	Walking Bridge Knitting Pottery8am 10am 9am 9amAA Mtg7:30pm	Walking8amCard Games9amLap Quilting9am9am8ridge10amYoga(\$)10:30amCommunity Meal-4-6	Bingo10amWalking8amCard Games9amSewing9amWeaving10am
23	24	25	26	27
Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	Walking Bridge8am 10am 9am PotteryAA Mtg7:30pm	Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am HHC Food give out- 4-6pm	Bingo10amWalking8amCard Games9amSewing9amWeaving10am
30	31			
CLOSED FOR MEMORIAL DAY	Walking 8am Card Games 9am Woodcarving 9am Bridge 10am		May	

WESTERN WATAUGA SENIOR CENTER May 2022

We will be closed Monday, May 30th, for Memorial Day. Pottery class is canceled until May 18 due to Early Voting. Bingo every Friday at 10am! Come join us! Come try one of our fun classes and have lunch afterwards! Happy Mother's Day!!



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 - Tuesdays, Wednesdays, 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!

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.

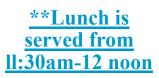
AA Group - Wednesday nights at 7:30pm

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

Reserve your lunches ahead of time!



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



Hours of Operation -Monday-Friday, 8am-4pm. Classes are free to those 60+. Building rental available on weekends for a fee.





