



Western Watauga Senior Center

May 2023



Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Walking 8am Bone Builders 10am Poetry Class 10 am Weaving 10 am</p>	<p>2</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>3</p> <p>Walking 8am Bridge 10am Knitting 9am Bridge 10am</p> <p>AA Mtg. 7:30pm</p>	<p>4</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community Meal - 4-6pm</p>	<p>5</p> <p>Bingo 10am Walking 8am Sewing 9am Weaving 10am</p>
<p>8</p> <p>Walking 8am Bone Builders 10am Poetry Class 10 am Weaving 10 am</p>	<p>9</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>10</p> <p>Walking 8am Bridge 10am Knitting 9am Bridge 10am</p> <p>AA Mtg. 7:30pm</p>	<p>11</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community Meal - 4-6pm</p>	<p>12</p> <p>Bingo 10am Walking 8am Sewing 9am Weaving 10am</p> <p>Caregiver Support Group 2-4pm</p>
<p>15</p> <p>Walking 8am Bone Builders 10am Poetry Class 10 am Weaving 10 am</p>	<p>16</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>17</p> <p>Walking 8am Bridge 10am Knitting 9am Bridge 10am</p> <p>AA Mtg. 7:30pm</p>	<p>18</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community Meal - 4-6pm</p>	<p>19</p> <p>Bingo 10am Walking 8am Sewing 9am Weaving 10am</p>
<p>22</p> <p>Walking 8am Bone Builders 10am Poetry Class 10 am Weaving 10 am</p>	<p>23</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>24</p> <p>Walking 8am Bridge 10am Knitting 9am Bridge 10am</p> <p>AA Mtg. 7:30pm</p>	<p>25</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community Meal - 4-6pm</p>	<p>26</p> <p>Bingo 10am Walking 8am Sewing 9am Weaving 10am</p> <p>Caregiver Support Group 2-4pm</p>
<p>29</p> <p style="text-align: center; color: red; font-weight: bold;">Closed</p> 	<p>30</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>31</p> <p>Walking 8am Bridge 10am Knitting 9am Bridge 10am</p> <p>AA Mtg. 7:30pm</p>		

WESTERN WATAUGA SENIOR CENTER - MAY 2023

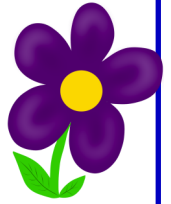
Paige Patterson is back to do our Lettuce Planters Class on Wednesdays, May 3rd at 10 a.m. (There is a few spots open. See Cindy to sign up!)

Stephanie Reece Speaks on May 4th about tax exemptions for seniors.

Cooking Demo given by Rachel and Amelia after lunch on May 10th.

Learn more about Hospice, Palliative Care, and Living Wills on May 18th.

Cupcakes for May birthdays after lunch on May 17th (donated by Bairds Creek Presbyterian Church.



Weekly and Monthly Activities

Chair Yoga - Thursdays at 10am
Congregate Nutrition - Monday—Friday at 11:30am
Poetry Class—Mondays at 10am
Walking in the Old Cove Creek Gym— Monday - Friday 8am-1pm
Bone Builders Exercise Class - Mondays at 10:30am
Watauga Woodcarving - Tuesdays at 9am
Knitting - Wednesday at 9am
Pottery - Wednesdays at 9 am
Lap Quilting - Thursdays at 9am
Weaving - Mondays and Fridays at 10am
Sewing - Fridays at 9am
Bridge - Wednesdays and Thursday at 10am (Call for info.)
Handspinnners - 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 - 12noon**



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

Western Watauga Food Outreach Community Dinner—First and Third Thursday from 4-6pm. Free food products on all Thursdays from 4 - 6pm. All ages are welcome on a first come-first serve basis. Call Hunger and Health Coalition at 828-262+1628 for more information.

AA Group - Wednesday nights at 7:30pm

Reserve your lunches !!



**** Classes/events are subject to change without notice. Call ahead to verify if desired.**

**For additional information, questions about activities,
Or to register for transportation, please contact
Senior Center Director, Cindy Lamb at:
Western Watauga Senior Center
1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone—828-297-5195
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