

# Western Watauga Senior Center

## November 2024

Mon	Tue	Wed	Thu	Fri
				1 Early Voting 9-5 Sewing 9a Weaving Workshop 10a
4 Poetry 10a Bone Builders 10:30a	5 Woodcarving 9a Weaving 10a	6 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	7 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p	8 Sewing 9a BINGO 9:45a Weaving Workshop 10a
11 CLOSED 	12 Woodcarving 9a Weaving 10a	13 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	14 Lap Quilting 9a Bridge 10a Pelvic Health 11:30 Community Meal 4p	15 Sewing 9a BINGO 9:45a Weaving Workshop 10a
18 Basket Making 9a Poetry 10a Bone Builders 10:30a BRAHM Art 12p	19 Woodcarving 9a Weaving 10a	20 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	21 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p	22 Sewing 9a BINGO 9:45a Weaving Workshop 10a
25 Poetry 10a Bone Builders 10:30a	26 Woodcarving 9a Weaving 10a	27 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	28 CLOSED 	29 CLOSED

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The center will be closed on Monday November 11th in honor of Veteran's day. We will resume normal hours on Tuesday November 12th.

The center will also be closed on Thursday November 28th and Friday November 29th for Thanksgiving. There will be no WWFO food give out on Thursday November 28th. We will resume normal hours on Monday December 2nd.

Due to flooding at the Old Cove Creek High School, seniors are unable to walk at the gym until further notice. Please check in about this resuming in the future.

BINGO will restart at the center on Friday November 8th at 9:45am in the dining room! Come join us!

Early voting is currently taking place at the center, and will be here Friday November 1st from 9a-5p and Saturday November 2nd from 8a-3p. To find out about classes resuming in Classroom A after early voting, please contact Molly with questions.

Susan Sharpe from weaving and the Blue Ridge Fiber Guild will be hosting a special weaving workshop every Friday in November at 10am. Participants can work on either a group or individual project, and will focus on clasp weaving technique using floor looms. The workshop is for adults of all ages, beginner or advanced weavers, and participants can join the workshop at any point. If you have any questions or would like to sign up, please reach out to Molly or Susan!

Join us for lunch on Thursday November 14th for a pelvic health talk presented by Paola Powell, Certified Pelvic Health Physical Therapist from Breakthrough Therapy. She will focus on improving pelvic health and the therapy used to treat it, and will give pointers and tips you can use at home!

Teresa Tingler will be hosting a basket class on Monday November 18th at 9am! She will be doing a Christmas themed basket that is on display across from the desk. The class will cost \$40 for each participant for materials, and sign up is required. Class size is limited so register now.

Join Kayla with BRAHM on Monday November 18th at 12pm for our monthly BRAHM art workshop. This month, she will focus on Cherokee Bears in honor of Native American Heritage Month. Bears are a large part of Cherokee culture and appear in many of the stories and legends that the Cherokee people hold sacred. Create your own mixed media Cherokee bear in honor of their culture.

Community meals are served at the center through the Western Watauga Food Outreach on every first and third Thursday from 4-6pm. These meals are free for ANYONE in the community, no sign up required. There is a free food give out every Thursday from 4-6 pm, registration required. For more information, please call the Hunger and Health Coalition at 828-262-1628. Please note there will NOT be a fourth Thursday food give out this month due to Thanksgiving. Food give outs will resume on Thursday December 5th.

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

Molly Gilleskie, Senior Center Director

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