

Western Watauga Senior Center

September 2026

Mon	Tue	Wed	Thu	Fri
	1 Woodcarving 9a Weaving 10a Walking 2-4p	2 Walking 8a Knitting 9a Bridge 10a Bone Builders 10:30a	3 Lap Quilting 9a Muscle Mass 10:30a Community meal 4p Walking 2-4p	4 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
7 CLOSED 	8 Woodcarving 9a Weaving 10a Walking 2-4p	9 Walking 8a Knitting 9a Bridge 10a Bone Builders 10:30a	10 Lap Quilting 9a Walking 2-4p	11 Walking 8a Flu Shots 9a Sewing 9a BINGO 9:45a Weaving 10a
14 Walking 8a Cards 9a Bone Builders 10:30a	15 Woodcarving 9a Weaving 10a Walking 2-4p	16 Walking 8a Knitting 9a Bridge 10a Bone Builders 10:30a	17 Lap Quilting 9a WWFO food Distribution 3p Walking 2-4p Morganton Trip	18 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
21 Walking 8a Cards 9a Bone Builders 10:30a BRAHM 12p	22 Woodcarving 9a Weaving 10a Walking 2-4p Mural Reception 10:30a	23 Walking 8a Knitting 9a Bridge 10a Bone Builders 10:30a	24 Lap Quilting 9a Walking 2-4p	25 Walking 8a Sewing 9a BINGO 9:45a Weaving 10a
28 Walking 8a Cards 9a Baskets 9a Bone Builders 10:30a	29 Woodcarving 9a Weaving 10a Walking 2-4p	30 Walking 8a Knitting 9a Bridge 10a Bone Builders 10:30a		



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The center will be closed on Monday September 7th for Labor Day. We will reopen September 8th.

Trip time! We are planning a trip to Apple Hill Orchard and Cider Mill in Morganton on Thursday September 17th. The trip will cost \$7 per person for the ride down to the orchard, where you can pay for a pass to pick apples yourself, or you can shop around their store. We will also stop at the City of Morganton Municipal Auditorium to view a Ben Long Fresco, and stop for lunch. Sign ups are located across from the desk, all money will be due by Monday September 14th.

Join Margie Mansure in the dining room on Thursday September 3rd at 10:30am for a nutrition talk about Tips to Maintain Muscle Mass and Strong Bones!

Boone Drug will host our annual Flu Shot Clinic on Friday September 11th at 9am. They will have flu shots, shingles vaccines, TDAP, and RSV. Please bring a copy of your ID and insurance card with you to the clinic. Sign ups are located across from the desk.

Teresa Tingler will be hosting a beginners basket making class on Monday September 28th at 9am. An example of the basket is on the counter across from the desk along with sign ups. The class is \$40/person, and this is a great opportunity to join a class if you haven't taken one before. Sign ups are limited so join quickly!

Join us for a reception on Tuesday September 22nd at 10:30am for the reveal of our weaving mural, Meet and Part at Grandfather.

Kayla with BRAHM will be here Monday September 21 at 12pm for our monthly BRAHM art program. This month, she will focus on tin art for Hojalata/Hispanic Heritage Month. Hojalata is a Spanish word that translates to tinsplate or tin in English. In the context of Mexican folk art, hojalata specifically refers to Mexican tin art, a craft where artisans create decorative or functional objects from cut, shaped, and embossed tin. Join Kayla to create your own Hojalata. No sign ups required, all supplies are provided.

Western Watauga Food Outreach continues to hand out free food products on the first and third Thursday of each month. Community meals are ONLY done on the FIRST Thursday. This month, the community meal will be held on September 3rd at 4pm. If you need food products in between these times, please contact Molly or the Hunger and Health Coalition at 828-262-1628.

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

Molly Presnell, Senior Center Director

828-297-5195

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