

Western Watauga Senior Center

January 2020



Mon	Tue	Wed	Thu	Fri
		1 <u>CLOSED FOR NEW YEAR'S DAY</u> 	2 Walking 8am Card Games 9am Lap Quilting 9am Community Meal 4-6	3 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
		6 Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am Craft Class 10am	7 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	8 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm
13 Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am	14 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Crafts 10am	15 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Book Club 2:30pm AA Mtg 7:30pm	16 Walking 8am Card Games 9am Lap Quilting 9am Yoga 10:30am Community Meal 4-6	17 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
20 <u>CLOSED FOR MARTIN LUTHER KING DAY</u> 	21 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	22 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	23 Walking 8am Card Games 9am Lap Quilting 9am Yoga 10:30am Community Meal 4-6	24 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
27 Walking 8am Bone Builders 10:30am Card Games 9am Hand & Foot Card Game 10am Weaving 10am	28 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 9:30am Dementia Support 3pm	29 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	30 Walking 8am Card Games 9am Lap Quilting 9am Yoga 10:30am Community Meal 4-6	31 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am

WESTERN WATAUGA SENIOR CENTER January 2020

Closed on Wednesday, January 1st for New Year's Day. Happy New Year!!
Closed on Monday, January 20th for Martin Luther King Day.
Craft class with Sandy on Monday, January 6th at 10am.
Art Class with Marsha will start again in May.
Winter Yoga class on Thursdays from 10:30-11:30, starting January 9th.



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am
Congregate Nutrition - Monday-Friday at 11:25am
Hand and Foot Card Game-Mondays 10am-2pm
Card Games - Monday-Friday 9am-11:30am
Walking in the Old CC Gym or Park - Monday- Friday 8am-1pm
Craft Class- First Monday of each month at 10am
Bone Builders- Mondays and Wednesdays at 10:30am
Watauga Woodcarving - Tuesdays at 9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery -Wednesdays at 9am
Studio Art - Starts up again in May.
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Bridge - Tuesdays and Wednesdays at 10am
Handspinners - First Sunday of each month, 2-4pm
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Dementia Support Group - last Tuesday of each month at 3pm
Book Club -3rd Wednesday at 2:30pm
Games, puzzles, and more available for seniors
Western Watauga Food Outreach Community Dinner - Every Thursday from 4-6pm free food distribution and meal. All ages are welcome on first come-first serve basis.
Call Hunger and Health Coalition at 828-262-1628 for more info.

****Lunch is served from 11:25am to 12 noon**



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

For additional information, questions about activities, or to register for transportation, please contact 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

