

Western Watauga Senior Center

March 2020



Mon	Tue	Wed	Thu	Fri
2 Walking 8am Bone Builders 10am Craft Class 10am Hand & Foot Card Game 10am Weaving 10am	3 Walking 8am Card Games 9am Craft class 10am Jewelry 10am Woodcarving 9am Bridge 10am	4 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10am AA Mtg 7:30pm	5 Walking 8am Card Games 9am Lap Quilting 9am Yoga \$ 10:30am Community Meal 4-6	6 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
9 Walking 8am Bone Builders 10am Craft Class 10am Hand & Foot Card Game 10am Weaving 10am	10 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Dementia Support-3pm	11 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10am AA Mtg 7:30pm	12 Walking 8am Card Games 9am Lap Quilting 9am Yoga \$ 10:30am Community Meal 4-6	13 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
16 Walking 8am Bone Builders 10am Craft Class 10am Hand & Foot Card Game 10am Weaving 10am	17 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	18 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10am AA Mtg 7:30pm	19 Walking 8am Card Games 9am Lap Quilting 9am Yoga \$ 10:30am Community Meal 4-6	20 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
23 Walking 8am Bone Builders 10am Craft Class 10am Hand & Foot Card Game 10am Weaving 10am	24 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	25 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10am AA Mtg 7:30pm	26 Walking 8am Card Games 9am Lap Quilting 9am Yoga \$ 10:30am Community Meal 4-6	27 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
30 Walking 8am Bone Builders 10am Craft Class 10am Hand & Foot Card Game 10am Weaving 10am	31 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am Dementia Support-3pm			

WESTERN WATAUGA SENIOR CENTER March 2020

AARP Tax Assistance Program at WWCC on Mondays, Feb. 10th - April 6th. Call 828-297-5195 to make your appointment now. Come enjoy our great classes—Sewing, Jewelry, Pottery, Lap Quilting, Weaving, Knitting, and Woodcarving. Active Shooter talk by Detective Julian after lunch on March 4th. Craft Class with Sandy on Tues., Feb. 3rd at 10am.



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 - Monday- Friday 8am-1pm
Craft Class- First Monday of each month at 10am
Bone Builders Exercise Class - Mondays and Wednesdays at 10am
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 - Mondays and 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 - second and last Tuesday of each month at 3pm
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.
AA Group - Wednesday nights at 7:30pm

****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**

