



Western Watauga Senior Center

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Walking 8am Card Games 9am Woodcarving 9am	2 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	3 Walking 8am Lap Quilting 9am Bridge 10am Community Meal 4-6	4 Bingo 9:30am Walking 8am Sewing 9am Weaving 10am
7 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	8 Walking 8am Card Games 9am Woodcarving 9am	9 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	10 Walking 8am Lap Quilting 9am Bridge 10am Community food give out—4-6	11 Bingo 9:30am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
14 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	15 Walking 8am Card Games 9am Woodcarving 9am	16 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	17 Walking 8am Lap Quilting 9am Bridge 10am Community Meal 4-6	18 Bingo 9:30am Walking 8am Sewing 9am Weaving 10am
21 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am Basket Weaving 9am-2pm	22 Walking 8am Card Games 9am Woodcarving 9am	23 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	24 Walking 8am Lap Quilting 9am Bridge 10am Community food give out—4-6	25 Bingo 9:30am Walking 8am Sewing 9am Weaving 10am Caregiver Support 2pm
28 Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am	29 Walking 8am Card Games 9am Woodcarving 9am	30 Walking 8am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am AA Mtg 7:30pm	31 Walking 8am Lap Quilting 9am Bridge 10am Community food give out—4-6	

WESTERN WATAUGA SENIOR CENTER August 2023

Medicare 101 on Monday, August 21st-from 1-3pm- (for those new to Medicare).

Call 828-297-5195 to register.

Basket Weaving Class-Monday, August 21st from 9-2pm (Cost is \$25 per person for materials). Must sign up with Cindy.

August birthday cupcakes-Wednesday, August 16th (after lunch)

Come join one of our fun classes and make new friends!



Weekly and Monthly Activities

Poetry-Mondays at 10am

Congregate Nutrition - Monday-Friday at 11:30am

Walking in the Old CC Gym - Monday- Friday 8am-1pm

Bone Builders Exercise Class - Mondays and Wednesdays at 10:30am

Watauga Woodcarving - Tuesdays at 9am

Knitting - Wednesdays at 9am

Pottery -Wednesdays at 9am

Lap Quilting - Thursdays at 9am

Weaving - Mondays and Fridays at 10am

Sewing - Fridays at 9am

Bridge - Wednesdays and Thursdays at 10am

(Call for info)

Handspinners - First Sunday of each month, 2-4pm

Fiber Guild - 3rd Saturday of each month

Bingo - Fridays at 9:30am

Games, puzzles, cornhole and more available for seniors any-time!

*****Lunch is served at 11:30am**



Hours of Operation - Monday-Friday 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. All ages are welcome on a first come-first serve basis.

Call Hunger and Health Coalition at 828-262-1628 for more info.

*AA Group - Wednesday nights at 7:30pm

**Classes/events subject to change w/o notice. Call ahead to verify if desired.

*Remember to reserve your lunches ahead of time!



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

