

Western Watauga Senior Center February 2022



Mon

Tue

Wed

Thu

Fri



1
Walking 8am
Card Games 9am
Woodcarving 9am
Bridge 10am

2
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

3
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Yoga (\$) 10:30am

Community meal- 4-6

4
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

7
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

8
Walking 8am
Card Games 9am
Woodcarving 9am
Bridge 10am

9
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

10
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Yoga (\$) 10:30am

HHC Food give out

11
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

14

Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

15
Walking 8am
Card Games 9am
Woodcarving 9am
Bridge 10am

16
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

17
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Yoga (\$) 10:30am

Community meal- 4-6

18
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

21
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

22
Walking 8am
Card Games 9am
Woodcarving 9am
Bridge 10am

23
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

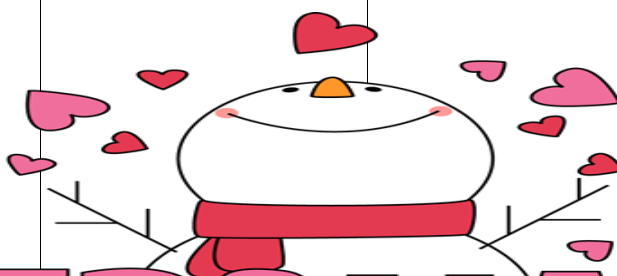
AA Mtg 7:30pm

24
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am
Yoga (\$) 10:30am

HHC Food give out

25
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

28
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am



FEBRUARY

WESTERN WATAUGA SENIOR CENTER February 2022

Boone Library is helping with Tax Assistance this year. Call early to make an appointment.

On February 17th, Billie Lister will speak on Emergency Preparedness and Response/Active Shooter Training.

Be careful if out in snowy/icy weather! Stay safe at home unless you must get out.

Classes and events are subject to change without notice. Call ahead to verify if desired.



Weekly and Monthly Activities

****Lunch is served from 11:30am to 12 noon**

Coffee and Chat - Monday-Friday, 9am-11am
Congregate Nutrition - Monday-Friday at 11:30am
Card Games - Monday-Friday 9am-11:30am
Walking in the Old CC Gym - Monday- Friday 8am-1pm
Bone Builders Exercise Class - Mondays 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 - Tuesdays, Thursdays at 10am(Call for info)
Handspinners - First Sunday of each month
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Games, puzzles, cornhole, and more available for seniors anytime!



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

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**