

# Western Watauga Senior Center February 2023



**Mon**

**Tue**

**Wed**

**Thu**

**Fri**



**1**  
Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
  
AA Mtg 7:30pm

**2**  
Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Bridge 10am  
  
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 10am  
Weaving 10am

**7**  
Walking 8am  
Card Games 9am  
Woodcarving 9am

**8**  
Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
  
AA Mtg 7:30pm

**9**  
Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Bridge 10am  
  
HHC Food give out

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

**13**  
Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

**14**  
Walking 8am  
Card Games 9am  
Woodcarving 9am

**15**  
Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
  
AA Mtg 7:30pm

**16**  
Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Bridge 10am  
  
Community Meal 4-6

**17**  
Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

**20**  
Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

**21**  
Walking 8am  
Card Games 9am  
Woodcarving 9am

**22**  
Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
  
AA Mtg 7:30pm

**23**  
Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Bridge 10am  
  
HHC Food give out

**24**  
Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

**27**  
Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

**28**  
Walking 8am  
Card Games 9am  
Woodcarving 9am



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

# WESTERN WATAUGA SENIOR CENTER February 2023

Happy Valentine's Day!! It is a great day to tell people you love them! Remember, if lunch is canceled, you will get an 'All Call' voicemail to inform you (the call will say it is from Belmont, MA). You can also find out on Ray's Weather, Goblueridge.net, and the local radio station. Would love to know your ideas for new classes and speakers! Reserve your lunches at the center ahead of time!



## Weekly and Monthly Activities

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 - Wednesdays, Thursdays at 10am(Call for info)  
Handspinners - First Sunday of each month, 2-4pm  
Fiber Guild - 3rd Saturday of each month  
Bingo - Fridays at 10am  
Games, puzzles, cornhole, and more available for seniors anytime!



**\*\*Lunch is served from 11:30am 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.**

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

**\*\*Would love ideas for new classes and speakers! See Cindy!**



**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](mailto:cindy.lamb@watgov.org)**