

# Western Watauga Senior Center

## July 2023



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| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <b>3</b><br>Walking 8am<br>Bone Builders 10:30am<br>Poetry Class 10am<br>Weaving 10am                            | <b>4</b><br>  | <b>5</b><br>Walking 8am<br>Bridge 10am<br>Knitting 9am<br>Pottery 9am<br>Bone Builders 10:30am<br>AA Mtg 7:30pm  | <b>6</b><br>Walking 8am<br>Lap Quilting 9am<br>Bridge 10am<br>Community Meal 4-6           | <b>7</b><br>Bingo 9:30am<br>Walking 8am<br>Sewing 9am<br>Weaving 10am                           |
| <b>10</b><br>Walking 8am<br>Bone Builders 10:30am<br>Poetry Class 10am<br>Weaving 10am                           | <b>11</b><br>Walking 8am<br>Card Games 9am<br>Woodcarving 9am | <b>12</b><br>Walking 8am<br>Bridge 10am<br>Knitting 9am<br>Pottery 9am<br>Bone Builders 10:30am<br>AA Mtg 7:30pm | <b>13</b><br>Walking 8am<br>Lap Quilting 9am<br>Bridge 10am<br>Community food give out—4-6 | <b>14</b><br>Bingo 9:30am<br>Walking 8am<br>Sewing 9am<br>Weaving 10am<br>Caregiver Support 2pm |
| <b>17</b><br>Walking 8am<br>Bone Builders 10:30am<br>Poetry Class 10am<br>Weaving 10am                           | <b>18</b><br>Walking 8am<br>Card Games 9am<br>Woodcarving 9am | <b>19</b><br>Walking 8am<br>Bridge 10am<br>Knitting 9am<br>Pottery 9am<br>Bone Builders 10:30am<br>AA Mtg 7:30pm | <b>20</b><br>Walking 8am<br>Lap Quilting 9am<br>Bridge 10am<br>Community Meal 4-6          | <b>21</b><br>Bingo 9:30am<br>Walking 8am<br>Sewing 9am<br>Weaving 10am                          |
| <b>24</b><br>Walking 8am<br>Bone Builders 10:30am<br>Poetry Class 10am<br>Weaving 10am<br>Basket Weaving 9am-2pm | <b>25</b><br>Walking 8am<br>Card Games 9am<br>Woodcarving 9am | <b>26</b><br>Walking 8am<br>Bridge 10am<br>Knitting 9am<br>Pottery 9am<br>Bone Builders 10:30am<br>AA Mtg 7:30pm | <b>27</b><br>Walking 8am<br>Lap Quilting 9am<br>Bridge 10am<br>Community food give out—4-6 | <b>28</b><br>Bingo 9:30am<br>Walking 8am<br>Sewing 9am<br>Weaving 10am<br>Caregiver Support 2pm |
| <b>31</b><br>Walking 8am<br>Bone Builders 10:30am<br>Poetry Class 10am<br>Weaving 10am                           |   |  |  |   |

# WESTERN WATAUGA SENIOR CENTER-JULY 2023

- ◆ We will be closed Tuesday, July 4th in observance of Independence Day.
- ◆ Ice Cream Sundaes after lunch on Thursday, July 6th! Bring your favorite topping!
- ◆ July Birthday cupcakes on Wednesday, July 19th.
- ◆ Farmers' Market Vouchers this month!



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