

Western Watauga Senior Center

June 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****</p> <p>Center will be closed June 12th-17th</p> <p>*****</p>			<p>1</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community Meal 4-6</p>	<p>2</p> <p>Bingo 9:30am Walking 8am Sewing 9am Weaving 10am</p>
<p>5</p> <p>Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am</p>	<p>6</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>7</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>8</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community food give out—4-6</p>	<p>9</p> <p>Bingo 9:30am Walking 8am Sewing 9am Weaving 10am</p> <p>Caregiver Support 2pm</p>
<p>12</p> <p><u>Closed for Carpet Installation</u></p>	<p>13</p> <p><u>Closed for Carpet Installation</u></p>	<p>14</p> <p><u>Closed for Carpet Installation</u></p>	<p>15</p> <p><u>Closed for Carpet Installation</u></p>	<p>16</p> <p><u>Closed for Carpet Installation</u></p>
<p>19</p> <p>Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am</p>	<p>20</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>21</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>22</p> <p>Walking 8am Lap Quilting 9am Bridge 10am Chair Yoga 10am</p> <p>Community food give out—4-6</p>	<p>23</p> <p>Bingo 9:30am Walking 8am Sewing 9am Weaving 10am</p> <p>Caregiver Support 2pm</p>
<p>26</p> <p>Walking 8am Bone Builders 10:30am Poetry Class 10am Weaving 10am</p>	<p>27</p> <p>Walking 8am Card Games 9am Woodcarving 9am</p>	<p>28</p> <p>Walking 8am Bridge 10am Knitting 9am Pottery 9am</p> <p>AA Mtg 7:30pm</p>	<p>29</p> <p>Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am</p> <p>Community food give out—4-6</p>	<p>30</p> <p>Bingo 9:30am Walking 8am Sewing 9am Weaving 10am</p>

WESTERN WATAUGA SENIOR CENTER-JUNE 2023

- ♦ **Western Watauga Senior/Community Center will be closed June 12th – 17th for carpet installation.**
- ♦ Summer is here with warmer days! Don't leave your pets in the car!
- ♦ Mandy with Vaya Health will speak on Depression June 1st.
- ♦ Bingo now starts at 9:30am!



Weekly and Monthly Activities

Chair Yoga - Thursdays at 10am
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 anytime!



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

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.**



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