

Western Watauga Senior Center October 2022



Mon

Tue

Wed

Thu

Fri

3

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

4

Walking 8am
Card Games 9am
Woodcarving 9am

5

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

AA Mtg 7:30pm

6

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

7

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

10

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

11

Walking 8am
Card Games 9am
Woodcarving 9am

12

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

AA Mtg 7:30pm

13

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food Give out- 4-6pm

14

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

Caregiver Support Group 2-4pm

17

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

18

Walking 8am
Card Games 9am
Woodcarving 9am

19

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

AA Mtg 7:30pm

20

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community Meal-4-6

21

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

24

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

25

Walking 8am
Card Games 9am
Woodcarving 9am

26

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

AA Mtg 7:30pm

27

Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food give out- 4-6pm

28

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

31

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



WESTERN WATAUGA SENIOR CENTER October 2022

Flu Shot Clinic on Weds., Oct. 5th from 9:30-11:30. Must sign up with Cindy.
Medicare Counseling-October 17th-December 7th. Call Billie at LEH for appointment.
Monica from App Health will talk about Food Safety on October 12th at lunch.
We will celebrate all those w/ October birthdays on Weds.,
Oct. 19th w/ cupcakes donated by Bairds Creek Church.
Bingo every Friday at 10am! Join us!
Reserve your lunches 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 and 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!



****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 week-ends for a fee.

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm.
Free food products on all Thursdays from 4-6pm . 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 are subject to change w/o notice. Call ahead to verify if desired.**

Reserve your lunches ahead of time!



For additional information, questions about activities, or to register for transportation, please contact 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**

