

Western Watauga Senior Center October 2023



Mon

Tue

Wed

Thu

Fri

2

Walking 8am
Bone Builders 10:30am
Poetry Class 10am
Weaving 10am

3

Walking 8am
Card Games 9am
Woodcarving 9am

4

Flu Shots 9:30am
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am
Bone builders 10:30am

AA Mtg 7:30pm

5

Walking 8am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

6

Bingo 9:45am
Walking 8am
Sewing 9am
Weaving 10am

9

Walking 8am
Bone Builders 10:30am
Poetry Class 10am
Weaving 10am
Cartonnage 9am

10

Walking 8am
Card Games 9am
Woodcarving 9am

11

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am
Bone Builders 10:30am

AA Mtg 7:30pm

12

Walking 8am
Lap Quilting 9am
Bridge 10am

HHC Food Give out-
4-6pm

13

Bingo 9:45am
Walking 8am
Sewing 9am
Weaving 10am

Caregiver Support
Group 2-4pm

16

Walking 8am
Bone Builders 10:30am
Poetry Class 10am
Weaving 10am

17

Walking 8am
Card Games 9am
Woodcarving 9am

18

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am
Bone Builders 10:30am

AA Mtg 7:30pm

19

Walking 8am
Lap Quilting 9am
Bridge 10am

Community Meal-4-6

20

Bingo 9:45am
Walking 8am
Sewing 9am
Weaving 10am

23

Walking 8am
Bone Builders 10:30am
Poetry Class 10am
Weaving 10am

24

Walking 8am
Card Games 9am
Woodcarving 9am

25

Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am
Bone Builders 10:30am

AA Mtg 7:30pm

26

Walking 8am
Lap Quilting 9am
Bridge 10am

HHC Food give out-
4-6pm

27

Bingo 9:45am
Walking 8am
Sewing 9am
Weaving 10am

Caregiver Support
Group 2-4pm

30

Walking 8am
Bone Builders 10:30am
Poetry Class 10am
Weaving 10am

31

Walking 8am
Card Games 9am
Woodcarving 9am



WESTERN WATAUGA SENIOR CENTER October 2023

A big welcome to our new Senior Center Director, Molly Gilleskie!
Flu Shot Clinic on Wednesday, October 4th from 9:30-11:30am.
Medicare counseling October 15th-December 7th. Must make appointment!
Cartonnage class on Monday, October 8th from 9-1:30.
October birthdays cupcakes during lunch on Wednesday, Oct. 18th.
Bingo at 9:45am every Friday! Come join us!



Weekly and Monthly Activities

Congregate Nutrition - Monday-Friday at 11:30am
Poetry Class - Mondays at 10am
Walking in the Old CC Gym - Monday- Friday 8am-1pm
Bone Builders Exercise Class - Mondays and Wednesdays 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 9:45am
Games, puzzles, cornhole, and more available for seniors any-time!



****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, Molly Presnell, at:
Western Watauga Senior Center**

**1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone - 828-297-5195**

Email - molly.gilleskie@watgov.org

