

Western Watauga Senior Center September 2022



Mon

Tue

Wed

Thu

Fri



1
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

2
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

5

**CLOSED FOR
LABOR DAY**

6
Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

7
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

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

HHC Food give out 4-6pm

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

Caregiver Support Group 2-4pm

12
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

13
Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

14
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

15
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

Community meal- 4-6

16
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

19
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

20
Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

21
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

22
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food give out 4-6pm

23
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

26
Walking 8am
Bone Builders 10:30am
Card games 10am
Weaving 10am

27
Walking 8am
Card Games 9am
Woodcarving 9am
Yoga(\$) 5:30pm

28
Walking 8am
Bridge 10am
Knitting 9am
Pottery 9am

AA Mtg 7:30pm

29
Walking 8am
Card Games 9am
Lap Quilting 9am
Bridge 10am

HHC Food give out 4-6pm

30
Bingo 10am
Walking 8am
Card Games 9am
Sewing 9am
Weaving 10am

WESTERN WATAUGA SENIOR CENTER September 2022

Fall is here with cooler weather!!

Kim McCullough from ASU-talk on Strong Body, Strong Mind on Sept. 1st.

Betsy Richards from APS-talk about Elder Abuse on Sept. 8th.

Bingo every Friday at 10am. Come have some fun and win a prize!

Come join one of our fun classes and have lunch afterwards!

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

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. 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 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

