



Western Watauga Senior Center June 2019

Mon	Tue	Wed	Thu	Fri
3 Walking 8am Bone Builders 10:30am Card Games 9am	4 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	5 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Yoga (\$) 4:45pm	6 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm	7 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am
10 Walking 8am Bone Builders 10:30am Card Games 9am	11 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	12 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Yoga (\$) 4:45pm	13 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6	14 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am
17 Walking 8am Bone Builders 10:30am Card Games 9am	18 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	19 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Yoga (\$) 4:45pm Book Club 2:30pm	20 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm Community Meal 4-6	21 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am
24 Walking 8am Bone Builders 10:30am Card Games 9am	25 Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	26 Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Yoga (\$) 4:45pm	27 Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm	28 Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am

**Bread available
Monday and
Friday mornings**



**Lunch Monday
thru Friday
11:25am-12pm**

WESTERN WATAUGA SENIOR CENTER June 2019

Need volunteers for front desk and alternates for Home-Delivered Meals
Bluegrass Music on the last Monday of each month at 10am
Bridge on Tuesdays and Wednesdays-welcome new players!
Dementia Support group - last Tuesday of each month at 3pm
Grief Support Group-3rd Tuesday of each month at 2pm



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am
Congregate Nutrition - Monday-Friday at 11:25am
Card Games - Monday-Friday 9am-12pm
Walking in the Old CC Gym or Park - Monday– Friday 8am-1pm
Bone Builders– Mondays and Wednesdays at 10:30am
Watauga Woodcarving - Tuesdays at 9:30am
Beading/Jewelry - Tuesdays at 10am
Knitting - Wednesdays at 9am
Pottery - Wednesdays at 9am
Studio Art - Thursdays at 9:30am
Lap Quilting - Thursdays at 9am
Weaving - Fridays at 10am
Sewing - Fridays at 9am
Bridge - Tuesdays and Wednesdays at 10am
Handspinnners - First Sunday of each month, 2-4pm
Fiber Guild - 3rd Saturday of each month
Bingo - Fridays at 10am
Dementia Support Group - last Tuesday of each month at 3pm
Book Club –3rd Wednesday at 2:30pm
Bluegrass Music– last Monday of each month at 10am
Games, puzzles, cornhole and more available for seniors
Western Watauga Food Outreach Community Dinner - Every Thursday from 4-6pm free food distribution and meal. All ages are welcome on first come-first serve basis.

****Lunch is served from 11:25am to 12 noon**



Hours of Operation - Monday-Friday 8am-4pm. Classes are free to those 60+. Building rental available after hours and weekends for a



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**



