

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Walking 8am-11am Sewing Class 9am-1pm Rug Hooking /fiber arts 10am-1pm Card games 9am-2:30pm</p>	<p>3 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games 10am-2:30pm</p>	<p>4 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Rook & Bridge 8am-2:30 Alcohol ink class 12:30-2pm</p>	<p>5 Art 9:30-12:30pm Lap Quilting 9am-Noon Yoga 11-12 12:15-1:15pm WWFO free groceries & Community meal 4:30-6pm</p>	<p>6 Walking 8-11am In the gym Weaving Guild 9-1pm Card games 8:30am- 3:30pm Corn hole sign up/ games 9am-11am</p>
<p>9 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1pm Rook & Bridge 8am-2:30</p>	<p>10 Walking 8am-11am Wood Carving 8:30am Jewelry 10am-1pm Wii games 10am-2:30pm</p>	<p>11 CLOSED FOR VETERAN'S DAY</p>	<p>12 Art 9:30-12:30pm <i>Share the Warmth program 10-11:30am</i> Lap Quilting 9am-Noon</p>	<p>13 Walking 8-11am In the gym Card games 8:30- 3:30pm Weaving Guild 9-1pm</p>
<p>16 Walking 8am-11am Rug Hooking 10am-1pm Sewing Class 9am-1 Rook & Bridge 8am-2:30</p>	<p>17 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii games- 10am-2:30pm</p>	<p>18 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Alcohol ink class 12:30-2pm</p>	<p>19 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-12 12:15-1:15pm WWFO free groceries-Community meal 4:30pm</p>	<p>20 Walking 8-11am Weaving Guild 9-1pm Card games 8:30-3:30pm Corn hole games 9-11am</p>
<p>23 Walking 8am-11am Bingo with Bob 10-11am Rug Hooking /fiber arts 10am-1pm Sewing Class 9am-1pm</p>	<p>24 Walking 8am-11am Beading & Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm</p>	<p>25 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Holiday Party 9am-11am</p>	<p>26 CLOSED FOR THANKSGIVING HOLIDAY</p>	<p>27 CLOSED FOR THANKSGIVING HOLIDAY</p>
<p>30 Rug Hooking 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm Yoga sign up 8am-4pm</p>	<p>1 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30am-12:30 Wii games 10am-2:30pm Yoga sign up 8am-4pm</p>	<p>2 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Card games 8am-2:30pm Alcohol ink class 12:30-2pm Yoga sign up 8am-4pm</p>	<p>3 Art 9:30-12:30pm Lap Quilting 9am-Noon Yoga sign up 8am-1pm Free groceries-Community meal 4:30pm</p>	<p>4 Walking 8-11am Corn hole games 9am-11am Weaving Guild 9am-1pm Card games 8-3:30pm Yoga sign up 8am-4pm</p>

November 2015

Medicare Open Enrollment

The enrollment period for 2016 Part D Plans runs **October 15-December 7, 2015**. Please call the Harrill Center 265-8090 for an appointment to review your drug plan or coverage.

Agency Information

SHARE THE WARMTH PROGRAM: Thursday, Nov. 12th 10am-11:30am

A speaker will discuss how this charitable program works including collection and distribution of items to those in need, & Volunteer opportunities; Sponsored by the The Bairds Creek Presbyterian Church and the Valle Crucis community

Donations of clean warm clothing will be collected Mon-Fri 8am-4pm through February 2016

Bob Richardson from Medi Home Hospice will play Bingo Monday, November 23rd 10am-11am. Bob is also available afterwards or by appointment for private or group sessions on coping with the stressful or negative changes in our lives.

Activities and Special Interests

Free Blood Pressure and Oxygen Level Checks with Linda Bretz

Second Tuesday each month November 10th; 10am-11:30am

Yoga Registration Begins the last week of November through the first week of December. Advance sign up with payment is required.

Call for more information

Western Watauga Food Outreach

Meets each Thursday 4:30pm-6:30pm with food distribution for rural folks. Free groceries and a drop in community meal are

Held on the 1st and 3rd Thursday 4:30-6pm. All are welcome to drop in on a first come first served basis.

Call **Hunger Coalition-828-262-1628** for information.

**Center Hours of Operation: Monday-Friday- 8am -4pm
with evening classes**

Private and civic groups may use or rent the building after hours and on weekends. Must be reserved in advance. Fees may be required.

Weekly Activities

Coffee Time and Talk: in the dining room Monday-through Friday 8am-11:30am. Bring snacks and a story to share.

Congregate Nutrition (lunch): Served Monday-Friday 11:30am-12:00pm- must be a registered participant or paying guest. Meal price -\$7.08. See a staff member for details

Card Groups- Rook or Bridge: Mon-Wed- Fri 8am-2:30

Call before hand to assure there are enough players

Nutrition Education: Thursdays 10am -topics vary

Ongoing weekly classes and guilds Open enrollment for 60+ Mon-Fri See calendar for days of the week

Walking in the old CC Gym or in the park Mon-Fri 8am-1pm

Join the Watauga woodcarving group Tuesdays 8:30am-12:30

Drop-In Activities for age 60 only -sign up required

Bocce-horse shoes, Cards, Copy Machine (.05/copy)-Croquet-Board Games-Puzzles-Exercise Equipment-Library-movies and books, Kindles for check out- Guitar, Piano, Puzzles, word games Wii games- TVVCR/DVD players-

Fiber Arts

Weaving meets each Friday 10am -11pm -lessons by appointment

Rug Hooking & Fiber Arts meets Mondays 10am-1pm

Hand Spinning guild meets First Thursday 6pm -8:30

Fiber Guild meets the **Third Saturday 10am-12:30pm**

Sewing Mondays 9am-1pm- make clothes & household items

AA group meets Wednesday nights 7pm

1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone: (828)297-5195
Director: Toni Wait
Email: Toni.wait@watgov.org

For additional information, questions, suggestions or to register for activities or transportation, please contact the Center Director.

**Western Watauga
Community Center**

