

# Western Watauga Senior Center

## April 2022



Mon

Tue

Wed

Thu

Fri

SPRING



1  
 Bingo 10am  
 Walking 8am  
 Card Games 9am  
 Sewing 9am  
 Weaving 10am

4  
 Walking 8am  
 Bone Builders 10:30am  
 Card games 10am  
 Weaving 10am

5  
 Walking 8am  
 Card Games 9am  
 Woodcarving 9am  
 Bridge 10am

6  
 Walking 8am  
 Bridge 10am  
 Knitting 9am  
 Pottery 9am  
 AA Mtg 7:30pm

7  
 Walking 8am  
 Card Games 9am  
 Lap Quilting 9am  
 Bridge 10am

8  
 Bingo 10am  
 Walking 8am  
 Card Games 9am  
 Sewing 9am  
 Weaving 10am  
 Caregiver Support Group 2-4pm

11  
 Walking 8am  
 Bone Builders 10:30am  
 Card games 10am  
 Weaving 10am

12  
 Walking 8am  
 Card Games 9am  
 Woodcarving 9am  
 Bridge 10am

13  
 Walking 8am  
 Bridge 10am  
 Knitting 9am  
 Pottery 9am  
 AA Mtg 7:30pm

14  
 Walking 8am  
 Card Games 9am  
 Lap Quilting 9am  
 Bridge 10am  
 HHC Food give out 4-6pm

Closed for Easter

18  
 Walking 8am  
 Bone Builders 10:30am  
 Card games 10am  
 Weaving 10am

19  
 Walking 8am  
 Card Games 9am  
 Woodcarving 9am  
 Bridge 10am

20  
 Walking 8am  
 Bridge 10am  
 Knitting 9am  
 Pottery 9am  
 AA Mtg 7:30pm

21  
 Walking 8am  
 Card Games 9am  
 Lap Quilting 9am  
 Bridge 10am  
 Community meal- 4-6

22  
 Bingo 10am  
 Walking 8am  
 Card Games 9am  
 Sewing 9am  
 Weaving 10am

25  
 Walking 8am  
 Bone Builders 10:30am  
 Card games 10am  
 Weaving 10am

26  
 Walking 8am  
 Card Games 9am  
 Woodcarving 9am  
 Bridge 10am

27  
 Walking 8am  
 Bridge 10am  
 Knitting 9am  
 Pottery 9am  
 AA Mtg 7:30pm

28  
 Walking 8am  
 Card Games 9am  
 Lap Quilting 9am  
 Bridge 10am

29  
 Bingo 10am  
 Walking 8am  
 Card Games 9am  
 Sewing 9am  
 Weaving 10am

HHC Food give out 4-6pm

# WESTERN WATAUGA SENIOR CENTER April 2022

**Easter Party on Thursday, April 14th, after lunch! Snacks and Easter Egg Hunt!**

**Medicare 101 (for those new to Medicare) on April 7th from 1-3pm.**

**Caregiver Support Group-Friday, April 8th, from 2-4pm.**

**We will be closed Friday, April 15th, for Easter.**

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



## 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

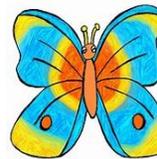
Bridge - Tuesdays, Wednesdays, Thursdays at 10am(Call for info)

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. 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](mailto:cindy.lamb@watgov.org)**

