

Western Watauga Senior Center

February 2025

Mon	Tue	Wed	Thu	Fri
3 Poetry 10a Bone Builders 10:30a 	4 Woodcarving 9a Weaving 10a	5 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	6 Lap Quilting 9a Bridge 10a Community Meal 4p	7 Sewing 9a BINGO 9:45a Weaving Workshop 10a
10 Poetry 10a Bone Builders 10:30a	11 Woodcarving 9a Weaving 10a	12 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a 11:30a 211 Talk	13 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p	14 Sewing 9a Chocolate BINGO 9:45a Weaving 10a
17 Poetry 10a Bone Builders 10:30a BRAHM Art 12p	18 Woodcarving 9a Weaving 10a BRAHM Field Trip	19 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a 10:30a Vaya Health Talk	20 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p	21 Sewing 9a BINGO 9:45a Weaving 10a
24 Poetry 10a Bone Builders 10:30a 	25 Woodcarving 9a Weaving 10a	26 Pottery 9a Knitting 9a Bridge 10a 10a Tech Present- ation Bone Builders 10:30a	27 Lap Quilting 9a Bridge 10a HHC Food Give Out 4p	28 Sewing 9a BINGO 9:45a Weaving 10a 
27	28	29	30	31

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We've partnered with the Western Watauga Branch Library to play Chocolate Bingo again this year! Join us Friday February 14th at 9:45am in the dining room for a great time with snacks, prizes, and chocolate! We hope to see you there!

We'll be taking a trip to the Blowing Rock Art and History Museum on Tuesday February 18th at 9:30am. Sign ups are located across from the desk or call Molly to sign up. We hope you can join!

High Country United Way will be joining us at lunch on Wednesday February 12th to talk to us about the 211 system and how it could benefit you, in honor of national 211 day on February 11th. Everyone present gets a free t-shirt! Call Molly to reserve for lunch that day!

Vaya Health will be giving a health talk on Wednesday February 19th at 10:30am in the dining room. This month, they will focus on Facing the Emotional Challenges of Chronic Illness. Receiving a chronic illness diagnosis can produce a range of emotional responses. In this training, we will explore the physical and mental impact of these conditions. Understanding can help us remain proactive, be resilient and promote better outcomes. We hope you can join!

Fred Wilson, Digital Navigator from the High Country Area Agency on Aging, will be here Wednesday February 26th at 10am to offer us a tech presentation to educate us on different tech tips.

Join Kayla with BRAHM on Monday February 17th at 12pm for our monthly BRAHM art program. This month, she will focus on making a collage inspired by Gee's Bend Quilting in honor of Black History Month. The quilts of Gee's Bend are among the most important African-American visual and cultural contributions to the history of art within the United States. This class is free for registered senior center participants and all supplies are provided.

Starting in February, the Children's Council will be at the center every 3rd Wednesday to pass out diapers and wipes. This month, they'll be here the morning of February 19th. If you need diapers for a friend or family member, please stop by and take what you need.

Community meals are now served on the first Thursday ONLY from 4-6pm. These meals are free to ANYONE in the community, regardless of age. The Western Watauga Food Outreach Project continues to give out food items every Thursday from 4-6pm as long as the center is open. If the weather is hazardous, please call the center to make sure we are still having the food give out. If you have questions, please ask Molly or call the Hunger and Health Coalition at 828-262-1628.

If you have questions about an upcoming class or event, please contact Molly!

Molly Gilleskie, Senior Center Director 828-297-5195 molly.gilleskie@watgov.org

1081 Old US HWY 421, Sugar Grove, NC 28679

