

Western Watauga Senior Center November 2022



Mon	Tue	Wed	Thu	Fri
	1 Walking 8am Card Games 9am Woodcarving 9am	2 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	3 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community meal- 4-6	4 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
7 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	8 Walking 8am Card Games 9am Woodcarving 9am	9 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	10 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Caregiver group-2pm HHC Food give out	 Closed for Veterans Day
14 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	15 Walking 8am Card Games 9am Woodcarving 9am	16 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	17 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Community meal- 4-6	18 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
21 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	22 Walking 8am Card Games 9am Woodcarving 9am	23 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	 Closed for Thanksgiving	25 Closed for Thanksgiving
28 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	29 Walking 8am Card Games 9am Woodcarving 9am	30 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm		*Classes/events are subject to change w/o notice. Call ahead to verify if desired.

WESTERN WATAUGA SENIOR CENTER November 2022

Closed for Veterans Day on Friday, November 11th, and also closed for Thanksgiving, Thursday 24th and Friday 25th.

Medicare Counseling until December 7th. Must call Billie @ 919-899-5820 to make an appointment.

We will celebrate November birthdays with cupcakes on Wednesday, November 16th, at lunchtime!

Early voting here thru November 5th! Be sure and vote!



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 - Wednesday and 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

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
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Sugar Grove, NC 28679
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Email - cindy.lamb@watgov.org**

