

# Western Watauga Senior Center

## October 2025

Mon	Tue	Wed	Thu	Fri
		1 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a Amorem 11:30a	2 Lap Quilting 9a Hope 4 NC 9a Walking 2-4p Community Meal 4p	3 Sewing 9a BINGO 9:45a Weaving 10:30a
	6 \$Basket Making 9a \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	7 Woodcarving 9a Weaving 10:30a Walking 2-4p	8 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	9 Lap Quilting 9a Hope 4 NC 9a Food Give Out 3p Walking 2-4p
	13 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	14 Woodcarving 9a Weaving 10:30a Walking 2-4p	15 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	16 Lap Quilting 9a Hope 4 NC 9a Community Meal 4p Walking 2-4p
	20 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a BRAHM Art 12p	21 Woodcarving 9a Weaving 10:30a Walking 2-4p	22 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	23 Lap Quilting 9a Hope 4 NC 9a Food Give Out 3p Walking 2-4p
	27 \$Tai Chi 10a Poetry 10a Bone Builders 10:30a	28 Woodcarving 9a Weaving 10:30a Walking 2-4p	29 Pottery 9a Knitting 9a Bridge 10a Bone Builders 10:30a	30 Lap Quilting 9a Hope 4 NC 9a Food Give Out 3p Walking 2-4p
				31 Sewing 9a BINGO 9:45a Weaving 10:30a



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Amorem will be joining us for lunch on Wednesday October 1st to educate us about their volunteer services.

Hope 4 NC will be set up at the center every Thursday morning in October from 9a-12p. This grant based program aims to assist individuals in communities as they recover from Hurricane Helene. They have trained crisis outreach workers who are trained to link survivors with resources that assist with recovery and rebuilding, help with disaster preparedness, and offer emotional and educational support. The program is free and anonymous. If you think this program could be helpful to you, please stop by.

Boone Drug will be here on Tuesday October 21st offering a flu shot clinic starting at 9a. Sign ups are located on the counter across from the desk, or call Molly to have your name added to the list.

Teresa will be hosting another basket making class with us on Monday October 6th starting at 9a. There is a \$45 supply fee for the class and sign ups are on the counter across from the desk, along with a demo of the basket she will be making. Spots are filling up quick so sign up soon!

Join Kayla with BRAHM for our monthly art program on Monday October 20th at 12pm. This month, we'll celebrate autumn produce by creating a still life of pumpkins and gourds. No sign up required, all supplies provided. Class is free for registered participants.

Medicare Open Enrollment starts October 15th! If you would like to schedule an appointment at the center, please see Molly or call 828-297-5195.

WWFO continues to offer free community dinners on the first and third Thursday of each month. These meals are free for ANYONE in the community. This month, dinners will be held on Thursday October 2nd and Thursday October 16th at 4pm. WWFO also continues to hand out free food items every Thursday at 3pm. If you have questions about food outreach, please see Molly or call the Hunger and Health Coalition at 828-262-1628.

If you have any questions about an upcoming class or event, please reach out to Molly!

Molly Presnell, Senior Center Director

828-297-5195

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