



Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                        AA Meeting 7:30pm</p>	<p><b>2</b>                      BP/Hearing Check 10am                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11:15-12:15                      Card Games 8:30am                      Community Meal 4-6pm</p>	<p><b>3</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm</p>
<p><b>6</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am</p>	<p><b>7</b>                      Walking 8-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Computer Help 9-11am                      Rug Hooking 12-2pm                      Yoga (\$) 4:15-5:15pm</p>	<p><b>8</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Book Club 2:30-4pm                        AA Meeting 7:30pm</p>	<p><b>9</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11:15-12:15                        Community Meal 4-6pm</p>	<p><b>10</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm                      Bingo 10am</p>
<p><b>13</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am                      Tax help 9:30am-2:30pm</p>	<p><b>14</b>                      Walking 8-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm                      Yoga (\$) 4:15-5:15pm</p>	<p><b>15</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am                        AA Meeting 7:30pm</p>	<p><b>16</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11:15-12:15                        Community Meal 4-6pm</p>	<p><b>17</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm</p>
<p><b>20</b>                      Walking 8-11am                      Card Games 8:30am                      Sewing 9am-1pm                      Line Dancing 9-10am                      Tax help 9:00am-2:30pm</p>	<p><b>21</b>                      Walking 8-11am                      Bead /Jewelry 10am-1pm                      Woodcarving 8:30-12pm                      Card Games 8:30am                      Rug Hooking 12-2pm                      Yoga (\$) 4:15-5:15pm</p>	<p><b>22</b>                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Card Games 8:30am</p>	<p><b>23</b>                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Yoga (\$) 11:15-12:15                        Community Meal 4-6pm</p>	<p><b>24</b>                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8:30am                      Weaving Guild 9am-1pm                      Bingo w/ Bob 10am</p>
<p><b>27</b>                      Walking 8-11am                      Sewing 9am-1pm                      Card Games 8:30am                      Line Dancing 9am-10am                      Tax help 9:00am-2:30pm</p>	<p><b>28</b>                      Walking 8-11am                      Bead /Jewelry 10am-1 pm                      Woodcarving 8:30am-12pm                      Rug Hooking 12-2pm                      Yoga (\$) 4:15-5:15pm</p>			



February 2017

Western Watauga Community Center



Weekly Activities

**Tax Assistance Available at WWCC from February 13th to April 10th, 2017. Free tax preparation for seniors and low/middle income taxpayers. Call WWCC for appointment, 828-297-5195.**

**New Yoga Classes** Thursdays, 11:15-12:15 at CCHS, and January 10th, Tuesdays, 4:15-5:15 at WWCC. Call Cindy for info.

**Line Dancing-** Mondays, 9-10am here at WWCC. Please sign up. (Wear flat comfortable shoes to dance in!)

**Bingo on second and fourth Fridays at 10am-**bring one item or \$1 to play. (Your dollar will be used to buy prizes)

**Blood Pressure Check**—Thursday, February 2nd at 10am.

**Computer Assistance**-First Tuesday from 9-11am. Appt. only.

**Beautiful crafts for sale** in front area-pottery, knitted/sewn items, and jewelry, all made by our talented participants!

**Bingo w/ Bob** from Medi-Home Hospice on Friday, February 24th at 10am.

**Western Watauga Food Outreach Schedule**

Every Thursday 4pm-6pm with free food distribution and a drop in community meal. All ages are welcome on a first-come first-served basis. Call Hunger & Health **828-262-1628** for info.

**AA group meets Wednesday nights at 7:30pm.**

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

**Most classes are offered free to seniors age 60+**

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

**Coffee Time and Talk:** Monday- 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, etc:** Mon- Fri 8:30am-12.

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

**Watauga Woodcarving** Tuesdays 8:30am-11:30am

**Decorative Beading /Jewelry making** Tuesdays 10am-1pm

**Weaving** meets Friday 10am –1pm: lessons by appointment, call before coming.

**Hand Spinning** First Sunday of month, 2-4pm

**Fiber Guild** Third Saturday of the month, 10am-12 noon

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

**Knitting** Wednesdays 9am-12pm

**Pottery**-Wednesdays 9am-1pm

**Art** Thursdays 9:30am-12:30pm

**Lap Quilting** Thursdays 9am-12:30pm

**Rug Hooking** Tuesdays 12-2pm

**Computer Assistance** First Tuesday of the month, 9-11am

**Line Dancing** Mondays 9-10am

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise Equipment-Library-Movies-Books-Kindles for check out.

1081 Old US Hwy 421

Sugar Grove, NC 28679

Phone:/Fax (828)297-5195

Director: Cindy Lamb

Email: cindy.lamb@watgov.org

Western Watauga  
Community Center

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