

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p>4 <b>CLOSED</b></p> 	<p>5                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm                      Hand Spinners-6-8pm</p>	<p>6                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p>7                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p>8                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p>11                      Walking 8-11am                      Sewing Class 9am-1pm                      Card Games 8am-3:45pm</p>	<p>12                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p>13                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p>14                      Walking 8am-1pm                      Lap Quilting 9am-12:30pm                      Art 9:30am-12:30pm                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p>15                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am- 3:45pm                      Weaving Guild 9am-1pm</p>
<p>18                      Walking 8-11am                      Sewing Class 9am-1pm                      *Special Music-10-11am                      Card Games 8am-3:45pm</p>	<p>19                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p>20                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p>21                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 8am-3:45pm                      Fiber Guild 6:30-8:30pm                      Community Meal 4-6pm</p>	<p>22                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am-3:45pm                      Weaving Guild 9am-1pm</p>
<p>25                      Walking 8-11am                      Sewing Class 9am-1pm                      Card Games 8am-3:45pm                      Bingo w/ Bob 10-11am</p>	<p>26                      Walking 8-11am                      Beading &amp; Jewelry class 10am-1pm                      Woodcarving 8:30am-12pm                      Card Games 8am-3:45pm</p>	<p>27                      Walking 8-11am                      Knitting 9am-12pm                      Pottery 9am-1pm                      Stretching/Toning 10-11am                      Card Games 8am-3:45pm</p>	<p>28                      Walking 8am-1pm                      Art 9:30am-12:30pm                      Lap Quilting 9am-12:30pm                      Card Games 8am-3:45pm                      Community Meal 4-6pm</p>	<p>29                      Walking 8-11am                      Music/Singing 9-11am                      Card games 8am-3:45pm                      Weaving Guild 9am-1pm</p>

# July 2016

## Western Watauga Community Center

**Bingo and Cake Walk on Friday, July 1st!**  
**(Anyone who can, bring a delicious cake to use for our Cake Walk! Sign up with Cindy.)**

### Special Interests

Farmer's Market vouchers available 7/11 and 7/27: 10-11am  
Nutrition program on 7/12 and 7/19 at 10:30am  
Special Music on 7/11 and 7/25 at 10-11am

### Agency Information

**Jessica Collins with Boone Drugs will be here on 7/13 at 10am to present on services offered at Boone Drug**

**Bob Richardson from Medi -Home Hospice will call Bingo Monday, July 31st @ 10am-11am.**

(Bob is also available by appointment for private or group sessions on coping with loss and changes in life.)

### Western Watauga Food Outreach Schedule

Meets each Thursday 4pm-6pm with free food distribution and a drop in community meal for rural folks. All ages are welcome to drop in on a first-come first-served basis.

Call **Hunger Coalition-828-262-1628** for information.

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

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**Center Hours of Operation: Monday-Friday- 8am –4pm  
with evening classes;**

**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.

## Weekly Activities

**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 or Bridge:** Mon- Fri 8am-3:45  
Call before hand to assure there are enough players.

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

**Watauga woodcarving group** Tuesdays 8:30am-11:30am

**Decorative Beading & jewelry making** Tuesdays 10am-1pm

**Weaving** meets each Friday 10am –1pm: lessons by appointment

**Hand Spinning** meets first Saturday of the month, 10am-1pm

**Fiber Guild** meets third Thursday of the month, 10am-1pm

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

**Knitting** Wednesdays 9am-12pm

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

**Stretching/Toning Exercise** Wednesdays 10am-11am

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

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

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

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

1081 Old US Hwy 421  
Sugar Grove, NC 28679  
Phone:/Fax (828)297-5195  
Director: Cindy Lamb

**Western Watauga  
Community Center**

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