


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Walking 8-11am Trivia/Sundaes 10am Gentle Exercise 10-11am Pottery 9am-1pm Rug Hooking 1-3pm</p>	<p>4 Closed for the Fourth of July</p>	<p>5 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Book Club 2:30-4pm AA Meeting 7:30pm</p>	<p>6 BP check 10am Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Community Meal 4-6pm</p>	<p>7 Walking 8-11am Card games 9am Weaving Guild 9am-1pm</p>
<p>10 SFMNP-9-11am Crochet Class 9-11am Gentle Exercise 10-11am Pottery 9am-1pm Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>11 Card Games 9am Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Yoga (\$) 4:15-5:15pm</p>	<p>12 Knitting 9am-12pm Pottery 9am-1pm Bridge Group 10am Book Club 2:30-4pm AA Meeting 7:30pm</p>	<p>13 SFMNP-10-12 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p>	<p>14 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Bingo 10am</p>
<p>17 Crochet Class 9-11am Gentle Exercise 10-11am Pottery 9am-1pm Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>18 Bead /Jewelry 10am-1 pm Woodcarving 9am-12pm Card Games 9am Yoga (\$) 4:15-5:15pm</p>	<p>19 Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Bridge Group 10am AA Meeting 7:30pm</p>	<p>20 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm Fiber Guild 6:30pm</p>	<p>21 Walking 8-11am Card games 9am Weaving Guild 9am-1pm</p>
<p>24 Walking 8-11am Gentle Exercise 10-11am Pottery 9am-1pm Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>	<p>25 Bead /Jewelry 10am-1pm Woodcarving 9am-12pm Card Games 9am Yoga (\$) 4:15-5:15pm</p>	<p>26 Knitting 9am-12pm Pottery 9am-1pm Card Games 9am Bridge Group 10am AA Meeting 7:30pm</p>	<p>27 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Yoga (\$) 11:15-12:15 Card Games 9am Community Meal 4-6pm</p>	<p>28 Walking 8-11am Card games 9am Weaving Guild 9am-1pm Bingo w/ Bob 10am</p>
<p>31 Walking 8-11am Gentle Exercise 10-11am Pottery 9am-1pm Rug Hooking 1-3pm Weight Loss Support 6-7pm</p>			<p>SFMNP= Senior's Farmer's Market Nutrition Program voucher distribution</p>	



July 2017 Western Watauga Community Center

Play Trivia and make your own ice cream sundae on Monday, July 3rd! (Will be closed July 4th!)

Come learn to crochet a wine tote! Call for info.

Gentle Exercise class -Mondays from 10-11am.

New Bridge Group (all levels) -Wednesdays at 10am. Beginners welcome! Call for more info.

Paul Scott, a Deputy with the Sherriff's dept., will be doing a new topic every first Tuesday at 10am.

Candy Jones from Watauga Medical Center-new health topic every 3rd Wednesday at 10:45am.

Speakers on cooking and gardening this month!

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

BP and Hearing Check -Thursday, July 6th at 10am.

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

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

Bingo w/ Bob from Medi-Home Hospice on Friday, July 28th 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 more info.

AA group meets Wednesday nights at 7:30pm.

Senior Farmer's Market Nutrition Program Vouchers are here- call for more information!

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 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, etc: Mon- Fri 9am-12.

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

Watauga Woodcarving Tuesdays 9am-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 Thursday of the month, 6:30pm.

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-Mondays 1-3pm

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

Bridge-Wednesdays 10am

Yoga (\$)-Tues. at 11:15 and Thurs. at 4:15. Call for info.

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

Horse shoes-Cards-Cornhole-Board Games-Puzzles-Exercise

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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.

