

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am BP /Hearing Checks 10am Community Meal 4-6pm	2 Special Art Class 9-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm Computer Help 9-11am
5 CLOSED 	6 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm Handspinners 6-8pm	7 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm	8 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am Community Meal 4-6pm	9 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
12 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am Line Dancing 9am-10am	13 Walking 8-11am Bead /Jewelry 10am-1 pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm	14 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm	15 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Ice Cream Party 12:30pm Community Meal 4-6pm Fiber Guild 6:30-8:30pm	16 Walking 8-11am Special Art Class 9-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
19 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am Line Dancing 9am-10am	20 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm	21 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm	22 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am Community Meal 4-6pm	23 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm
26 Walking 8-11am Sewing Class 9am-1pm Card Games 8:30am Bingo w Bob 10am Line Dancing 9am-10am	27 Walking 8-11am Bead /Jewelry 10am-1pm Woodcarving 8:30am-12pm Card Games 8:30am Rug Hooking 12-2pm	28 Walking 8-11am Knitting 9am-12pm Pottery 9am-1pm Card Games 8:30am AA Meeting 7:30pm	29 Walking 8am-1pm Art 9:30am-12:30pm Lap Quilting 9am-12:30pm Card Games 8:30am Community Meal 4-6pm	30 Walking 8-11am Music/Singing 9-11am Card games 8:30am Weaving Guild 9am-1pm



September 2016

Western Watauga Community

Let's celebrate Labor Day and National Senior Center Month! Ice Cream Party/Bingo on Thursday, Sept. 15th at 12:30pm!

Special Interests

Special Art Class on Fri., Sept. 2nd and 16th-learn to paint beautiful flowers, etc. on a cake carrier to carry your delicious desserts!

Questions and sign up, see Cindy! (Free to 60+, must bring your cake carrier, casserole dish, etc. to paint on)

Line Dancing- Mondays, 9-10am, starting Sept. 12th. (Wear flat comfortable shoes to dance in!)

Blood Pressure /Hearing Checks on Thursday, Sept. 1st at 10am

Falls Prevention Awareness Day-Sept. 23rd

Computer Assistance-Sept. 2nd from 9-11am

Crafts for Sale in front area-pottery, knitted and sewn items, and jewelry, all made by our talented participants

Bingo w/ Bob/Medi-Home Hospice on Monday, Sept. 26th at 10am. (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 and Health Coalition-828-262-1628** for information.

AA group meets Wednesday nights at 7pm.

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.

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 8:30am.

(Call before hand to assure there are enough players.)

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

Watauga woodcarving group 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 Tuesday of month, 6-8pm

Fiber Guild Third Thursday of the month, 6:30-8:30 pm

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 Friday 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.