

Monday

Tuesday

Wednesday

Thursday

Friday



1
Walking 8-11am
Card Games 9am
Knitting 9am-12pm
Pottery 9am-1pm
Bridge Group 10am
Yoga(\$)
AA Meeting 7:30pm

2
BP checks
Diabetes Class 10am
Card Games 9am
Art 9:30am-12:30pm
Lap Quilting 9am-12:30pm
Community Meal 4-6pm

3
Walking 8-11am
Card games 9am
Weaving Guild 9:30am-1pm
Sewing 9am-12pm
Bingo w Carrie 10am
Yoga (\$) 11:15am-12:15pm

6
Walking 8-11am
Card Games 9am
Chair Exercise 10-11am
Rug Hooking 1-3pm

7
Card Games 9am
Bead /Jewelry 10am-1 pm
Woodcarving 9am-12pm
Walking 8-11am

8
Walking 8-11am
Card Games 9am
Knitting 9am-12pm
Pottery 9am-1pm
Bridge Group 10am
Yoga(\$)
AA Meeting 7:30pm

9
Diabetes Class 10am
Card Games 9am
Art 9:30am-12:30pm
Lap Quilting 9am-12:30pm
Community Meal 4-6pm

10

**Closed for
Veteran's Day**

13
Walking 8-11am
Card Games 9am
Chair Exercise 10-11am
Rug Hooking 1-3pm

14
Card Games 9am
Bead /Jewelry 10am-1 pm
Woodcarving 9am-12pm
Walking 8-11am

15
Walking 8-11am
Card Games 9am
Knitting 9am-12pm
Pottery 9am-1pm
Bridge Group 10am
Yoga(\$)
AA Meeting 7:30pm

16
Diabetes Class 10am
Card Games 9am
Art 9:30am-12:30pm
Lap Quilting 9am-12:30pm
Community Meal 4-6pm

17
Walking 8-11am
Card games 9am
Weaving Guild 9:30am-1pm
Sewing 9am-12pm
Yoga (\$) 11:15am-12:15pm
Bingo w Carrie 10am

20
Walking 8-11am
Card Games 9am
Chair Exercise 10-11am
Rug Hooking 1-3pm

21
Card Games 9am
Bead /Jewelry 10am-1 pm
Woodcarving 9am-12pm
Walking 8-11am

22
Walking 8-11am
Card Games 9am
Knitting 9am-12pm
Pottery 9am-1pm
Bridge Group 10am
Yoga(\$)
AA Meeting 7:30pm

23
**Closed for
Thanksgiving**


24
**Closed for
Thanksgiving**


27
Walking 8-11am
Card Games 9am
Chair Exercise 10am
Live Bluegrass Music 10-11:30am
Rug Hooking 1-3pm

28
Card Games 9am
Bead /Jewelry 10am-1 pm
Woodcarving 9am-12pm
Walking 8-11am

29
Walking 8-11am
Card Games 9am
Knitting 9am-12pm
Pottery 9am-1pm
Bridge Group 10am
Yoga(\$)
AA Meeting 7:30pm

30
Diabetes Class 10am
Card Games 9am
Art 9:30am-12:30pm
Lap Quilting 9am-12:30pm
Community Meal 4-6pm

**Lunch is served
at 11:30am**

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November 2017 Western Watauga Community Center

****Closed November 10th for Veteran's Day and
November 23rd and 24th for Thanksgiving!**

**Bring your pics asap of when you were serving our country
for our Veteran's Day Game on Nov. 9th!**

**Bingo, cake and ice cream for Thanksgiving Party on
Weds., Nov. 22nd after lunch!**

Medicare Open Enrollment for Part D (prescriptions) and C
(Advantage Plans) is Oct. 15th-Dec. 7th. Appt. only.

Free Diabetes Class starts Nov. 2nd at 10am and then also for
the following four Thursdays (same time).

Speakers this month on Living Wills, Power of Attorney, Os-
teoporosis, CPR, Colon Cancer, Medicare Scams, Nutrition,
and more.

Yoga—Wednesdays, 4:45-5:45pm and Fridays, 11:15am-
12:15pm. Call 264-1384 for info and to sign up.

Bridge Group (all levels) -Wednesday afternoon. Beginners
welcome! Call for more info and to sign up.

BP Check -Thursday, November 2nd, at 10am.

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

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.

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 -\$7.18. (See a staff member for details)

Card Groups- Rook, etc: Mon- Fri 9am-12:30pm.

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

Watauga Woodcarving-Tuesdays 9am-12pm

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.

Sewing-Fridays, 9am-1pm- make clothes & household items

Knitting-Wednesdays, 9am-12pm

Pottery-Mondays and 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.
(Must make appt.)

Bridge-Wednesdays, call for info.

Bingo every Friday at 10am by Medi.

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

Horse shoes-Cards-Corn hole-Board Games-Puzzles-Exercise

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.**