

Monday	Tuesday	Wednesday	Thursday	Friday
27 April Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Rug Hooking 10am-1pm	28 Walking 8am-11am Beading & Jewelry class 10am-1pm Wood Carving 8:30am Wii Exercise 10am-2:30pm	29 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Rook & Bridge 8am-2:30p	30 Art 9:30am-12:30pm Lap Quilting 9am-Noon Yoga 11-Noon WWFO 4:30pm	1 May Walking 8-11am In the gym Weaving Guild 9-1pm Card games 8am-2pm
4 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Rook & Bridge 8-2:30pm Wii Exercise 10am-2:30pm	5 Walking 8am-11am Wood Carving 8:30am Jewelry class 10am-1pm Wii Exercise 10am-2:30pm	6 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Jewelry Sale 10am-1pm	7 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11-12 Jewelry Sale 10am-1pm WWFO 4:30-6pm	8 Walking 8-11am In the gym Jewelry Sale 10am-1pm Weaving Guild 9-1pm Live music 10-11:30am
11 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm	12 Walking 8am-11am Beading & Jewelry class 10am-1pm Blood Pressures & Oxygen levels 10am Wood Carving 8:30am	13 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm	14 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11-Noon WWFO 4:30pm-6pm	15 Walking 8-11am Gym use 12-1pm Weaving Guild 9-1pm Card games 8-2:30pm
18 Walking 8am-11 Rug Hooking & fiber arts 10am-1pm Sewing Class 9am-1pm Card games 8am-2:30pm	19 Walking 8am-11am Jewelry class 10am-1pm Woodcarving 8:30-12:30pm Wii Exercise 10am-2:30pm	20 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm	21 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11am-12 WWFO 4:30pm-6:30pm	22 Walking 8-11am Gym use 12-1pm Weaving Guild 9am Live music 10-11:30am
25 CLOSED FOR MEMORIAL DAY	26 Grief support 10am Walking 8am-11am Beading & Jewelry class 10am-1pm Woodcarving 8:30am Wii Exercise 10am-2:30pm	27 Walking 8-11am Pottery 10am-1pm Knitting 9am-12pm Art class 12:30-2pm Card games 8am-2:30pm	28 Art 9:30am-12:30pm Lap Quilting 9am-Noon Gentle Yoga 11am-12 WWFO 4:30-6:30pm	29 Walking 8-11am 12-1pm Weaving Guild 9-1pm Card games 8am-2:30pm

May 2015

Most classes and activities are offered free to seniors age 60+ Other adults may enroll in some activities and classes as long as there is space. Some classes require a minimal tuition fee
The list is posted at the center.

Presentation

Lee Stanley, volunteer coordinator from the **Community Care Clinic** will give a program on May 7th 10:30-12:30pm including a the basic history of the facility, information on health care services, and also volunteer opportunities. Handouts and brochures will be available. Community Care Clinic-828-265-8591.

Special Activities and Interests

Free Blood Pressure and Oxygen Level Checks

Tuesday, May 12th 10am-11:30am

How to Cope with Changes in our lives –Adult Grief Support activity and counseling *with Bob* meets each month, Tuesday May 26th 10am-11am.

Tour of the ASU Turchin Center Art Galleries -Tour by Pegge Laine Wednesday, May 20th 2015 10am-12pm Art Gallery exhibits include: Senior Center display, sculpture, mixed media. Transportation will be provided by the Appalcart, or you may car-pool. There will be plenty of parking space. Participants may eat downtown or registered seniors may eat at the Lois E. Harrill senior center. Sign up in advance at the center. The Appalcart will pick up & return to Cove Creek at 1:30pm, no charge.

Art classes: mixed media with Marsha on Thursdays 10am.

Alcohol inks and Collage each Wed 12:30pm-2pm.

Western Watauga Food Outreach

Meets each Thursday 4:30pm-6pm with food distribution for rural folks. Free groceries and a drop in community meal are held on 1st and 3rd Thursday 4:30pm-6pm for details & to sign up, call ahead of time at 828-262-1628.

Weekly Activities

Coffee Time and Talk: Dining room Monday-Friday

8am-11:30am bring in a snack to share

Congregate Nutrition (lunch): Served Monday-Friday

11:30am-12:00pm- must be a registered participant or paying guest. Meal price -\$6.91. See a staff member for details

Card Groups-Rook or Bridge: Mon-Wed- Fri 8am-2:30

Call before hand to assure there are enough players

Nutrition Education: Thursdays 10am

Ongoing classes and guilds: Open enrollment Mon-Fri

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

Drop-In Activities for age 60 only

Bocce-horse shoes, Cards, Copy Machine (.05/copy)-Croquet -Board Games-Puzzles-Exercise Equipment-Library (movies and books)-Kindles for check out- Guitar, Piano, Puzzles, Games- TVVCR/DVD players-Sewing Machines

Fiber Arts

Fiber arts offer individual instruction, and group workshops.

Weaving meets each Friday 9am lessons by appointment

Rug Hooking & Stitching meets Mondays 10am

Hand Spinning guild meets First Tuesday, May 7 at 6:30pm

SHIP Counselors will be available Thursday May 21st 9:30am-Noon to help with Medicare questions.

Weight loss Support Group: meets Monday nights at 6pm
AA Group: meets Wednesday nights 7pm

1081 Old US Hwy 421
Sugar Grove, NC 28679
Phone: (828)297-5195
Director: Toni Wait
Email: Toni.wait@watgov.org

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

**Western Watauga
Community Center**



Hours of Operation: Monday-Friday 8-4pm, with evening hours.