

## Western Watauga Senior Center June 2019

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Mon	Tue	Wed	Thu	Fri
Walking 8am Bone Builders 10:30am Card Games 9am	Walking 8am Card Games 9am Jewelry 10am Woodcarving 9am Bridge 10am	Walking 8am Card Games 9am Bridge 10am Knitting 9am Pottery 9am Bone Builders 10:30am Yoga (\$) 4:45pm	Walking 8am Lap Quilting 9am Art 9:30am Rug Hooking 1pm	Bingo 10am Walking 8am Card Games 9am Sewing 9am- Weaving 10am Yoga (\$) 10:30am
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Bread available Monday and Friday mornings



Lunch Monday thru Friday 11:25am-12pm

## **WESTERN WATAUGA SENIOR CENTER June 2019**

Need volunteers for front desk and alternates for Home-Delivered Meals Bluegrass Music on the last Monday of each month at 10am Bridge on Tuesdays and Wednesdays-welcome new players!

Dementia Support group - last Tuesday of each month at 3pm Grief Support Group-3rd Tuesday of each month at 2pm

## Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 8am-11:30am

Congregate Nutrition - Monday-Friday at 11:25am

Card Games - Monday-Friday 9am-12pm

Walking in the Old CC Gym or Park - Monday-Friday 8am-1pm

**Bone Builders**– Mondays and Wednesdays at 10:30am

Watauga Woodcarving - Tuesdays at

**Beading/Jewelry** - Tuesdays at 10am

**Knitting** - Wednesdays at 9am

Pottery - Wednesdays at 9am

**Studio Art -** Thursdays at 9:30am

**Lap Quilting** - Thursdays at 9am

Weaving - Fridays at 10am

Sewing - Fridays at 9am

Bridge - Tuesdays and Wednesdays at 10am

**Handspinners** - First Sunday of each month, 2-4pm

Fiber Guild - 3rd Saturday of each month

Bingo - Fridays at 10am

Dementia Support Group - last Tuesday of each month at 3pm

**Book Club** –3rd Wednesday at 2:30pm

**Bluegrass Music**– last Monday of each month at 10am

Games, puzzles, cornhole and more available for seniors

**Western Watauga Food Outreach Community Dinner** - Every Thursday from 4-6pm free food distribution and meal. All ages are welcome on

first come-first serve basis.

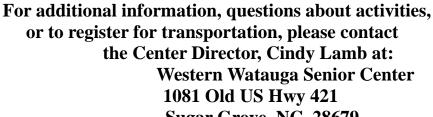


\*\*Lunch is served from 11:25am to 12 noon

Happy
Father's
Dayl

Hours of Operation Monday-Friday
8am-4pm. Classes
are free to those 60+.
Building rental
available after hours
and weekends for a





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