

# Western Watauga Senior Center July 2022



Tue

Wed

Thu

Fri

Classes and events are subject to change without notice. May call ahead to verify.



1

Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

**\*Ice Cream today!!**

4



**CLOSED FOR  
JULY 4TH!**

5

Walking 8am  
Card Games 9am  
Woodcarving 9am  
Yoga(\$) 5:30pm

6

Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
AA Mtg 7:30pm

7

Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Talk with Margie at 11:45 am  
Community meal- 4-6

8

Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am  
Caregiver Support Group 2-4pm

11

Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

12

Walking 8am  
Card Games 9am  
Woodcarving 9am  
Yoga(\$) 5:30pm

13

Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
AA Mtg 7:30pm

14

Walking 8am  
Card Games 9am  
Lap Quilting 9am  
HHC Food give out 4-6pm

15

Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

18

Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

19

Walking 8am  
Card Games 9am  
Woodcarving 9am  
Yoga(\$) 5:30pm

20

Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
Talk with Amber at 11:45 am  
AA Mtg 7:30pm

21

Walking 8am  
Card Games 9am  
Lap Quilting 9am  
Community meal- 4-6

22

Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

25

Walking 8am  
Bone Builders 10:30am  
Card games 10am  
Weaving 10am

26

Walking 8am  
Card Games 9am  
Woodcarving 9am  
Yoga(\$) 5:30pm

27

Walking 8am  
Bridge 10am  
Knitting 9am  
Pottery 9am  
AA Mtg 7:30pm

28

Walking 8am  
Card Games 9am  
Lap Quilting 9am  
HHC Food give out 4-6pm

29

Bingo 10am  
Walking 8am  
Card Games 9am  
Sewing 9am  
Weaving 10am

# WESTERN WATAUGA SENIOR CENTER July 2022

**We will be closed in observance of Independence Day on Monday, July 4th. Ice Cream for dessert after lunch on Friday, July 3rd! Bring your favorite topping!**

**Farmer's Market vouchers will be given out this month!**

**Margie Mansure, a dietitian/nutritionist, will speak on 7/7/22.**

**Amber, from AAA, will talk about Balance and Tai Chi on 7/20/22.**



## Weekly and Monthly Activities

Fresh coffee from Espresso News- Monday-Friday, 9am-11am

Congregate Nutrition - Monday-Friday at 11:30am

Card Games - Monday-Friday 10am-11:30am

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

Bone Builders Exercise Class - Mondays at 10:30am

Watauga Woodcarvers- Tuesdays at 9am

Knitting - Wednesdays at 9am

Pottery -Wednesdays at 9am

Lap Quilting - Thursdays at 9am

Weaving - Mondays and Fridays at 10am

Sewing - Fridays at 9am

Bridge - Wednesdays at 10am (Call for info)

Handspinners - First Sunday of each month

Fiber Guild - 3rd Saturday of each month

Bingo - Fridays at 10am

Games, puzzles, cornhole, and more available for seniors anytime!

**\*\*Lunch is served from 11:30am-12 noon**



**Hours of Operation - Monday-Friday, 8am-4pm. Classes are free to those 60+. Building rental available on week-ends for a fee.**

Western Watauga Food Outreach Community Dinner - First and Third Thursday from 4-6pm. Free food products on all Thursdays. All ages are welcome on a first come-first serve basis. Call Hunger and Health Coalition at 828-262-1628 for more info.

AA Group - Wednesday nights at 7:30pm

**\*\*Questions about services from Project on Aging- Ask Cindy!**

**Reserve your lunches ahead of time!**



**For additional information, questions about activities, or to register for transportation, please contact the Center Director, Cindy Lamb at:**

**Western Watauga Senior Center**

**1081 Old US Hwy 421**

**Sugar Grove, NC 28679**

**Phone - 828-297-5195**

**Email - [cindy.lamb@watgov.org](mailto:cindy.lamb@watgov.org)**