

Western Watauga Senior Center MAY 2022



Mon	Tue	Wed	Thu	Fri
2 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	3 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	4 Walking 8am Bridge 10am Knitting 9am AA Mtg 7:30pm	5 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am	6 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
9 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	10 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	11 Walking 8am Bridge 10am Knitting 9am AA Mtg 7:30pm	12 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am HHC Food Give out-4-6pm	13 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am Caregiver Support Group 2-4pm
16 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	17 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	18 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	19 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am Community Meal-4-6	20 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
23 Walking 8am Bone Builders 10:30am Card games 10am Weaving 10am	24 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am	25 Walking 8am Bridge 10am Knitting 9am Pottery 9am AA Mtg 7:30pm	26 Walking 8am Card Games 9am Lap Quilting 9am Bridge 10am Yoga(\$) 10:30am HHC Food give out-4-6pm	27 Bingo 10am Walking 8am Card Games 9am Sewing 9am Weaving 10am
30 <u>CLOSED FOR MEMORIAL DAY</u> 	31 Walking 8am Card Games 9am Woodcarving 9am Bridge 10am			

WESTERN WATAUGA SENIOR CENTER May 2022

**We will be closed Monday, May 30th, for Memorial Day.
Pottery class is canceled until May 18 due to Early Voting.
Bingo every Friday at 10am! Come join us!
Come try one of our fun classes and have lunch afterwards!
Happy Mother's Day!!**



Weekly and Monthly Activities

Coffee and Chat - Monday-Friday, 9am-11am
Congregate Nutrition - Monday-Friday at 11:30am
Card Games - Monday-Friday 9am-11:30am
Walking in the Old CC Gym - Monday- Friday 8am-1pm
Bone Builders Exercise Class - Mondays at 10:30am
Watauga Woodcarving - 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 - Tuesdays, Wednesdays, Thursdays 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

****Classes/events are subject to change w/o notice. Call ahead to verify if desired.**

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**

