

WATAUGA

Parks & Community Services

Senior Adult Center



7857 Indian Springs Rd. * Watauga, TX 76148

(817) 514-5892 Fax (817) 514-3692

Open Monday-Friday 9:00 a.m. - 3:00 p.m.



Senior Activities Include:

Bingo, Bowling, Crochet, Exercise, Table Games, Wii Challenge, Great Fellowship & more.

Lunches Provided by Senior Citizen Services.

**Monday - Thursday
12:00 p.m.**

Meals must be reserved by 10:00 a.m. the day before, by Friday for Monday.

Once a month we go to different restaurants. *You pay for your meal.*

Free transportation is provided for Watauga residents 50 years of age and up to attend the center. You must be sufficiently mobile to meet and board the van with no assistance.

Reserve your seat by 3:00 p.m. the day before.



Fitness Classes
Monday - Friday
9:30 a.m.



Knitt Knotts

If you like to Crochet or Knit come join us and share your loving hands.

Mondays - 12:30 p.m.



Tuesday Distribution Days

11:30 p.m.



Bingo

Tuesdays & Thursdays
10:00 a.m. - 11:00 a.m.



Monday - Wednesday - Friday

Food Distribution

Tuesday, January 3, 2017
1:00 p.m.



2017 Officer Meeting

Thursday, January 5, 2017
11:00 a.m. - 1:00 p.m.



Bunco

Monday, January 9, 2017
10:00 a.m.

Craft Class

Monday, January 23, 2017
11:00 a.m. - 1:00 p.m.



Advisory Council Meeting

Thursday, January 12, 2017
9:45 a.m.



Birthday Bingo Rama

Monday, January 16, 2017
10:00 a.m.- 11:00 a.m.



Watauga Seniors Bowling League

Brunswick Watauga Lanes
7301 Rufe Snow
Wednesdays - 1:30 p.m.

Friday Practices for League Members.



**December
Member or the Month
JM KYLE**



Share A Dish

Friday, January 27, 2017

*A long time member he always has a smile and kind word.
Ready to play games and participate in many activities.
Been a good friend to everyone that has walked thru these doors.*



Sterling Therapeutics, LLC

Tuesday, January 10, 2017

11:00 a.m.



Smart Driver Course

AARP Real Possibilities

Wednesday, January 11, 2017

12:00 p.m. Check In Complete Paperwork
12:30 p.m.- 4:30 p.m.

\$15.00 AARP Members - \$20,00 Non Members.

(Must Bring AARP Membership Card to receive discount.)

Drivers 18 and up can attend this program.

One Day 4 hour Class

To receive a discount on your insurance contact your Agent to see if you qualify.

Call (817) 514 -5892 to RSVP.

This does not dismiss Traffic Tickets!



Leisurely Painting Class

Monday, January 23, 2015

10:00 a.m.



Mobile Health Mammograms

January 23, 2017

9:00 a.m. – 3:00 p.m.

Watauga Senior Adult Center
7857 Indian Springs Dr.

Call Texas Health Resources at **1.855.318.7696**
for Screening Appointment.

Bring Proof of Identification and a health insurance card
to their appointment. *(Must have 16 participants.)*

2017 Officers Watauga Senior Advisory

Ella Bowen - President

Kerry Curby - Vice President

Robert Hunze - Treasurer



Civil Rights Training

Thursday, January 19, 2017 11:00 a.m.



January 2017 TeleConnection Sessions

These telelearning sessions are open to all without charge.

Register online: <http://caregiversos.org/caregiver-teleconnection/>

or call 866.390.6491 Toll-Free weekdays 8 a.m.- 5 p.m.

- 1/5/2017 10:00 a.m. **Understanding the Stages of Dementia**
with Tam Cummings, M
- 1/9/2017 12:00 p.m. **Improving Communication and Relationships**
with Zanda Higler, LPC
- 1/17/2017 2:00 p.m. **Avoiding Burnout**
with Barry J Jacobs PSyD
- 1/25/2017 2:00 p.m. **Legal Issues for Caregivers**
with Carol Bertsch, Elder Law Attorney

Call. Learn. Share.

Confidential. Free.



WELLMED
CHARITABLE FOUNDATION

You must pre-register at least 24 hours prior to the classes

AARP FOUNDATION TAX-AIDE

FREE @ Watauga Community Center

Wednesdays

February 1, - April 12, 2017

12:00 PM - 4:00 PM

Call for Appointment:

(817) 514-5892 or (817) 514-5828



HealthForMe

Self Management Class - Chronic Illness

Wednesday's

9:30 a.m. - 12:00 p.m.

February 8 - March 15, 2017

6 week Class

Reserve your seat! Call (817) 514-5892

Must have 8 participants for class to make.

WATAUGA SENIOR ADULT CENTER

(817) 514 -5892 Fax (817) 514 - 3692

Open Monday-Friday 9:00 a.m. - 3:00 p.m.

SALVADOR TORRES

Parks & Community Services Director

(817) 514-5890

VICKIE ATCHLEY

Parks & Community Services

Senior Adult Center Supervisor

(817) 514-5892

Karla Null

Parks & Community Services

Senior Adult Center Attendant

(817) 281-4041

SENIOR ADVISORY COUNCIL

Ella Bowen – President

Kerry Curby – Vice President

Robert Hunze – Secretary / Treasurer



Observed Holiday Closings

Monday, January 1, 2017



FORT WORTH
**STOCK SHOW
& RODEO**

Senior Citizen Day

65 years and up.

Fridays \$5.00

Watauga Senior Adult Center

7857 Indian Springs Rd.

Watauga, TX 76148

January

To: