

# 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,  
Great Fellowship & more.

*Lunches Provided by .*



**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.



**Fitness Classes**  
**Monday - Friday**  
**11:00 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.



Monday - Wednesday - Friday



**Bingo**

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



**2017 Officer Meeting**

Thursday, February 2, 2017  
11:00 a.m.



**Piecemakers**

Wednesdays  
9:00 a.m. - 2:00 p.m.  
*Love to Quilt? Come Join Us.*



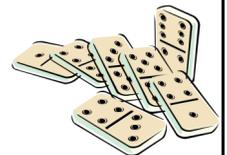
**Birthday Bingo Rama**

Monday, February 6, 2017  
10:00 a.m.- 11:00 a.m.



**Dominoes**

Wednesdays  
10:00 a.m. - 11:30 a.m.



**Senior Share Food Distribution**

Tuesday, February 7, 2017  
1:00 p.m.

**Craft Class**

Friday, February 17, 2017  
10:00 a.m.  
*There will be a supply fee.*



**Advisory Council Meeting**

Thursday, February 9, 2017  
9:45 a.m.

**Watauga Seniors Bowling League**

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

*Friday Practices for League Members.*



**Share A Dish**

Friday, February 24, 2017

**January**

**Member or the Month**  
**Roland Bourne**



**Bunco**

Monday, February 27, 2017  
10:00 a.m.

*Helps with going to get the food from our store donation  
program. Always has a hug a smile and a kind positive word  
that helps everyone to go on with their day.*

# AARP FOUNDATION TAX-AIDE

FREE @ Watauga Community Center



Wednesdays  
February 1, - April 12, 2017

11:00 a.m. - 4:00 p.m.

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.*



## February 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.

- 2/8/2017 2:00 p.m. **Care Management for Seniors**  
with Jill Piazzi, MA
- 2/13/2017 12:00 p.m. **Recognizing and Managing Caregiver Anxiety and Depression**  
with Zanda Hilger, LPC
- 2/22/2017 2:00 p.m. **I Need Help!**  
with Barry J Jacobs PsyD

Call. Learn. Share.  
Confidential. Free.



February 11, 2017  
9:00 a.m. - 1:00 p.m.  
(817) 531-5600

*FREE continental breakfast and lunch provided for this educational event*

400 W. Magnolia Ave.  
Fort Worth, TX 76104



*Formerly Senior Citizen Services of Tarrant County*

### Food Handlers Class

Monday, February 13, 2017

10:00 a.m.



### Leisurely Painting Class

Friday, February 17, 2015

10:00 a.m.



Tuesdays

February 28 - April 18, 2017

9:30 a.m. - 11:30 a.m.

Call (817) 514-5892

*Must have 10 participants for class.*

Eight two hours classes.



### Smart Driver Course

Wednesday, March 8, 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!



Friday, March 10, 2017

5:30 p.m. - 8:30 p.m.

Call for more Information

(817) 514 - 5892

# 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, February 20, 2017

**Watauga Senior Adult Center**

**7857 Indian Springs Rd.**

**Watauga, TX 76148**



To: