



Thank you Gina Burney

For a Job Well Done . You have been an inspiration and joy for all our staff and members the love and Support you have shown and given Beyond your job. You will be truly missed.



Join us on Band

Participate in our online classes.



zoom

Live Stream Bingo Accept your invitation to join must have a smart phone or computer more details to come.



How to use your Smart Phone !

Come join us in some fun playing, BINGO Classes and other Activities on Zoom, Band During COVID -19

Wednesday, September 2, 2020 9:00 a.m.



Monday - Wednesday - Friday
10:00 a.m.



Must stay in car

Thank you for your patience!

Tool Kit for Active Living with Chronic Conditions

- Receive Living a Healthy Life with Chronic Conditions book
- Relaxation CD & Exercise CD



Free Sessions:

- Interactive discussions: One day a week for six weeks
- Access to a cell phone, land line, computer or tablet is required.

September 3 - October 8, 2020 9:00 - 11:45 a.m.



Advisory Officer Meeting

Monday, September 14, 2020 10:00a.m.



B I N G O

Tuesdays 10:00 a.m. - 10:45 a.m.



Get up & Move

Thursdays 10:00 a.m.



Senior Share Food Distribution

Friday, September 11, 2020 11:00 a.m.



SEPTEMBER

Carol Way	1
Kathleen Lane	3
Dewitt Smith	7
Ed Sims	8
Oliviade Luna	9
Jerry Roberson	11
Barbara Levand	20
Mark Hudson	24
Dorothy Van Capelle	26

Home, Not Alone

September

10:30 a.m.

Distribution



Don't Forget to Feed Me | PET FOOD BANK, Inc.

Wednesday's: 2nd, 16th & 30th

Welcome



Watauga Flyers

Indoor free-flight model airplane club

Wednesdays,

10:00 a.m. - 12:00 p.m.



New Classes coming

FREE Online Class

Virtual Youth MHFA
Veterans MHFA

Class Minimum 8

Contact Vickie Atchley 817 514 5892

Mental Health First Aide teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.



Monday, September 7, 2020

Center Closed for
Holiday Observance

