

OUR MISSION at the Saluda Center is to enhance the quality of life for seniors and those who will be seniors in Saluda, Polk County and surrounding areas, by providing programs and activities that promote wellness, education/learning opportunities, personal fulfillment, socializing, community involvement and self esteem.

SALUDA CENTER ACTIVITIES

64 Greenville St.
(828) 749-9245
saludacenter@hotmail.com
Donna Carson, Director
Center Hrs. 8:30-2:30

December 2017

*Upstairs
*Downstairs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Board person of the month- Karen Bultman 749-1264					<i>1</i> 9:30 Gentle yoga 8:00 NA meeting	<i>2</i> Basement sale 10am-1pm RESERVED 10:30-12:30
<i>3</i>	<i>4</i> 6:00 Aikido	<i>5</i> 10am-2pm Bridge 3:30-5:00 Girl Scouts 6:00 Tai Chi 6:00 Al-Anon	<i>6</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	<i>7</i> 9:30 Knitting 2:00 Book club	<i>8</i> 9:30 Gentle yoga 8:00 NA meeting	<i>9</i> Basement sale 10am-1pm CHRISTMAS GALA 6:30-9:00
<i>10</i>	<i>11</i> 12:30 Dup. bridge 6:00 Aikido 7:00 Carolina Preppers Network meeting	<i>12</i> 10am-2pm Bridge 6:00 Tai Chi RESERVED 4-8 PM	<i>13</i> 10:00 Trash train 12:30 Gentle Yoga 1:30 Board mtg. 6:00 Aikido	<i>14</i> 9:30 Knitting 5:00 Social Singles potluck dinner	<i>15</i> 9:30 Gentle yoga 8:00 NA meeting	<i>16</i> Basement sale 10am-1pm
<i>17</i>	<i>18</i> 12:30 Dup. bridge 6:00 Aikido	<i>19</i> 10am-2pm Bridge 3:30-5:00 Girl Scouts 6:00 Tai Chi 6:00 Al-Anon	<i>20</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	<i>21</i> 9:30 Knitting	<i>22</i> 9:30 Gentle yoga 8:00 NA meeting	<i>23</i> Basement sale 10am-1pm
<i>24</i>	<i>25</i> COMMUNITY CHRISTMAS POTLUCK 1:30 PM	<i>26</i> CLOSED	<i>27</i> 10:00 Trash train 12:30 Gentle Yoga 6:00 Aikido	<i>28</i> 9:30 Knitting	<i>29</i> 9:30 Gentle yoga 8:00 NA meeting	<i>30</i> Basement sale 10am-1pm
<i>31</i>						